



BANGALORE HOSPICE TRUST NEWSLETTER

JULY . AUGUST . SEPTEMBER 2025

Dear All,



Dr. Nagesh Simha
Medical Director, Karunashraya

It is with a heart full of gratitude that I write to you today. As we close another quarter, I am overwhelmed by the collective spirit and dedication that makes Karunashraya not just an organization, but a beacon of hope and comfort for so many.

Over the past two decades Karunashraya has made many advancements and achievements in medical field of palliative care. Additionally, our team has been actively involved in research with international universities, contributing to significant progress in the field. We are also a key part of multiple groups dedicated to improving palliative care programs. We have been working closely with both the Karnataka and Odisha state governments, as well as the Union Health Ministry, on various health initiatives. Furthermore, we are also a Ph.D. center for the Manipal Academy of Higher Education (MAHE), which is a testament to our commitment to academic excellence and research.

Every day, I have the profound privilege of witnessing the extraordinary courage of our patients and their families. Their resilience in the face of immense challenges is a constant reminder of why our work is so vital. And it is your unwavering support—whether you are a dedicated staff member, a tireless volunteer, a generous donor, a corporate partner or a well-wisher who spreads our message—that allows us to walk alongside them on this difficult journey.

The essence of palliative care is not just about medical treatment; it is about providing dignity, alleviating suffering, and ensuring that every moment is lived with peace and comfort. This past quarter, we have been able to touch more lives, offer more solace, and create more moments of joy, all thanks to your contributions. Your time, your resources, and your belief in our mission are the pillars upon which our care is built.

As we look ahead, it's clear that Karunashraya has become a guiding force in palliative care. While we have achieved so much, the challenges remain, but so does our resolve. We are committed to expanding our reach and enhancing our services, and we can only do this with your continued partnership.

Thank you, for being a part of the Karunashraya family. Your compassion is our greatest strength.

With sincere gratitude,

Dr. Nagesh Simha
Medical Director, Karunashraya

BANGALORE HOSPICE TRUST : PATIENT STATISTICS

BAGCHI KARUNASHRAYA HOME CARE

NEW ADMISSIONS : 100
DEATH : 19
TOTAL HOME CARE VISIT : 639

BHT- KARUNASHRAYA HOME CARE

NEW ADMISSIONS : 77
DEATH : 33
TOTAL HOME CARE VISIT : 853

BAGCHI KARUNASHRAYA IN-PATIENT

NEW ADMISSIONS : 146
RE ADMISSIONS : 54
NO. OF IN-PATIENTS : 200
NO. OF OPD PATIENTS TREATED : 19

BHT- KARUNASHRAYA IN-PATIENT

NEW ADMISSIONS : 212
RE ADMISSIONS : 72
NO. OF IN-PATIENTS : 284
NO. OF OPD PATIENTS TREATED : 74

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A VISIT OF ENCOURAGEMENT: HEALTH MINISTER SHRI DINESH GUNDU RAO APPRECIATES KARUNASHRAYA'S COMPASSIONATE CARE

Karunashraya recently had the distinct honor of welcoming the Hon'ble Minister of Health and Family Welfare, Government of Karnataka, Shri Dinesh Gundu Rao, to our facility this quarter. The Minister's visit served as a significant occasion to showcase the crucial work being done in palliative care.

Following the briefing and tour, the Hon'ble Minister engaged in an interactive session with our dedicated team. He was deeply moved by the quality of the care provided, expressing his profound appreciation for the compassionate care shown to every patient.

Shri Dinesh Gundu Rao delivered encouraging remarks, commending the entire Karunashraya team for their unwavering commitment and selfless service to the community. His kind words affirmed the tireless efforts of our staff and volunteers.

We at Karunashraya are immensely grateful for the time the Hon'ble Minister dedicated to understanding our mission, and we are especially thankful for his powerful encouragement and kind words of support. This visit strengthens our resolve to continue providing high-quality palliative care to those in need.





THE ELNEC WORKSHOPS

The ELNEC (End-of-Life Nursing Education Consortium) Workshop, held from 17th–19th July 2025 at Apollo AyurVAID Hospitals, Bengaluru, brought together caregivers, nurses, and AyurVAID Vaidyas. This programme explored grief, dignity, pain, communication, and ethical decision-making in palliative care. Ms. Sangeetha Murugan, Head of Nursing Education and other expert faculty, emphasized integrative, person-centred care, blending modern medicine and Ayurveda to uphold compassion, empathy, and dignity in end-of-life care.



In a significant step to improve care for advanced-stage cancer patients, the Bagchi Karunashraya Palliative Care Centre, Bhubaneswar, hosted a core End-of-Life Nursing Education Consortium (ELNEC) Oncology training from September 17th – 19th, 2025. 51 dedicated nurses participated in this intensive three-day program, which was conducted in association with the Indian Hospice and Palliative Care Nurses Association (HPNA) and ELNEC India. The training focused on deepening their knowledge and skills in Palliative and End-of-Life Care, ensuring they are better equipped to provide the compassionate support that patients and their families need during this crucial time.



SKILLS IN NEUROPALLIATIVE CARE: PROGNOSTICATION, ETHICS & COMMUNICATION SKILLS

A two-day, 10-hour workshop on Neuropalliative Care was held for 25 healthcare professionals. Conducted by eminent experts, the program focused on prognostication, ethics, and communication skills in the context of serious neurological illnesses. Participants engaged with interactive case scenarios concerning both acute and chronic conditions, and used role-playing to practice and refine the complex communication skills needed when discussing serious illness.



SEEING THE UNSEEN

A successful two-day workshop, "Seeing the Unseen," was recently held for 42 specialized healthcare professionals from nursing, psychology, and physiotherapy fields. This collaborative effort between Karunashraya and the Manipal Hospice and Respite Centre, MAHE was expertly guided by Ms. Michelle Normen, Dr. Seema R. Rao, and Dr. Sravanthi Maya. Participants engaged in in-depth exploration of psychosocial issues and learned about practical, holistic strategies for coping with these challenges, ultimately enhancing the comprehensive care they provide.



PALLIATIVE CARE NURSING WORKSHOPS

KIPCER continued its vital role in nursing education this quarter by conducting four comprehensive, three-day workshops to fulfill the Indian Nursing Council's mandated 20-hour Palliative Care training. Nearly 400 second-year BSc Nursing students from six Bengaluru institutions participated. The intensive training covered the prescribed syllabus, ensuring students gained a solid understanding of palliative care core concepts, ethical considerations, psychological aspects, end-of-life care, and practical nursing procedures.

VOLUNTEERS TRAINING AT KIPCER

On September 13, 2025, the Karunashraya Institute for Palliative Care Education and Research (KIPCER) conducted its "Compassion in Action: Volunteer's Training Programme."

Fourteen dedicated individuals joined the training, eager to understand palliative care and discover practical ways to support patients and families as volunteers. The program featured highly interactive sessions, blending the subject matter expertise of KIPCER faculty with the practical, heartfelt experiences of current volunteers. Participants left the day equipped with knowledge and inspired to take action.





STRENGTHENING HEALTHCARE STANDARDS: KARUNASHRAYA REPRESENTED AT HSSC ACCREDITATION LAUNCH

The Bangalore Hospice Trust-Karunashraya was honored to be invited by the Health Sector Skill Council (HSSC) to the launch of their new Accreditation Standards in New Delhi. Our Head of Nursing Education, Ms. Sangeetha N., attended the prestigious event alongside many top healthcare leaders. This invitation highlights Karunashraya's valued, ongoing association with HSSC and our commitment to ensuring high-quality care through continuous skill development.



TRAINING

- External Training Programs: 25
- Internal Training Programs: 35
- Visiting Observers: 05
- Internships / Fieldworkers: 65
- Educational Institution: 6
- Number Of Doctors Trained: 240
- Nurses Trained: 890
- Mental Health Professionals: 60
- Other Healthcare Professionals: 30
- General Public: 15



ONGOING RESEARCH:

- Retrospective analysis of the use of Continuous subcutaneous infusion (CSCI) in terminally ill cancer patients in a hospice setting.
- Prevalence and clinical characteristics of electrolyte abnormalities among advanced stage cancer patients admitted in the hospice.
- Retrospective Analysis of Symptom Burden in Terminally Ill Cancer Patients Using the Edmonton Symptom Assessment System (ESAS) in a Hospice Setting in India.
- Building Bonds at the Bedside: Insights into Nurse-Nursing aides Teamwork in a Bangalore Palliative Care Hospice.
- Bereaved Caregivers' Satisfaction with Counselling Support received during End-of-Life Care in a hospice in Urban India.
- Factors Contributing to Occupational Stress in Palliative Care Nurses.
- A Study on Caregiver Burden and Resilience among Informal Caregivers of Terminally Ill Cancer Patients in a Hospice in Urban India.

COMMUNITY OUTREACH: PALLIATIVE CARE AWARENESS IN PIPLI

We are delighted to share that the team of Bagchi Karunashraya Palliative Care Centre (#BKPCC), Bhubaneswar, participated in a community awareness program in Pipli, organized by Al Fazal Tours. The event focused on raising awareness about the importance and accessibility of palliative care services. Dr. Satish Sadangi, Associate Consultant, represented the Centre and shared insights on our free palliative care and home care services. Mr. Swaroop Baral further engaged with the audience, highlighting the scope and significance of palliative care in enhancing quality of life. It was a wonderful opportunity to be able to contribute to such an impactful initiative.



BREAKING BAD NEWS (BBN)

Dr. Nagesh Simha, our Medical Director, led an informative and insightful session on "Breaking Bad News" (BBN) at the Bagchi Sri Shankara Cancer Centre and Research Institute in Bhubaneswar. The session was attended by 30 doctors from various specialties. The session focused on developing empathy, clarity, and sensitivity when delivering difficult news to patients and their families. Dr. Simha emphasised on the use of structured communication and non-verbal models that helps healthcare professionals navigate these difficult conversations. A regular training and awareness session on BBN will provide better support to end staged cancer patients during hard times and reduce stress to health healthcare providers.





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COUNSELLING & SUPPORTIVE CARE

This edition delves into the heart of Karunashraya's extensive support services. We'll explore the diverse therapeutic approaches available to both staff and patients, highlighting our focus on emotional well-being. Crucially, we'll also share how we honor each patient's wishes and celebrate life's milestones, like birthdays, recognizing the profound impact these moments have on their lives.



A CELEBRATION BEYOND TIME

Facing the end of her life at age 32, a determined woman focused her last efforts on fulfilling a single wish: celebrating her husband's birthday.

Despite her frail health, her love proved stronger than her illness. A simple, heartfelt celebration was held right by her bedside, transforming the room from a place of sickness to one of laughter, smiles, and pure love. This moment stands as a moving reminder that love shines brightest and gives light, meaning, and hope, even in the most difficult circumstances.



SELF-CARE CIRCLE



The Counselling Department is delighted to announce the launch of a long-envisioned initiative: the Self-Care Circle. This program is a dedicated, confidential space created specifically for our hospice team to pause, reflect, and proactively care for their own emotional and psychological well-being.

Rooted in the fundamental belief that caring for others begins with the essential practice of caring for ourselves, the Self-Care Circle is a strategic investment in our staff's resilience and longevity. The demanding nature of hospice care—characterized by deep emotional connection, continuous compassion, and navigating grief—makes dedicated self-care not a luxury, but a necessity. These sessions are designed to support resilience, proactively reduce the risk of burnout, and foster a deeper sense of connection and shared experience among staff members.

Our inaugural session with the exceptional nursing team was a deeply meaningful success, reaffirming our belief that caring for others is sustained by caring for ourselves. By offering regular moments of calm, connection, and emotional renewal, the Self-Care Circle aims to actively reduce burnout, foster resilience, and reinforce the essential sense of community among all hospice staff members amidst the daily demands of compassionate caregiving.

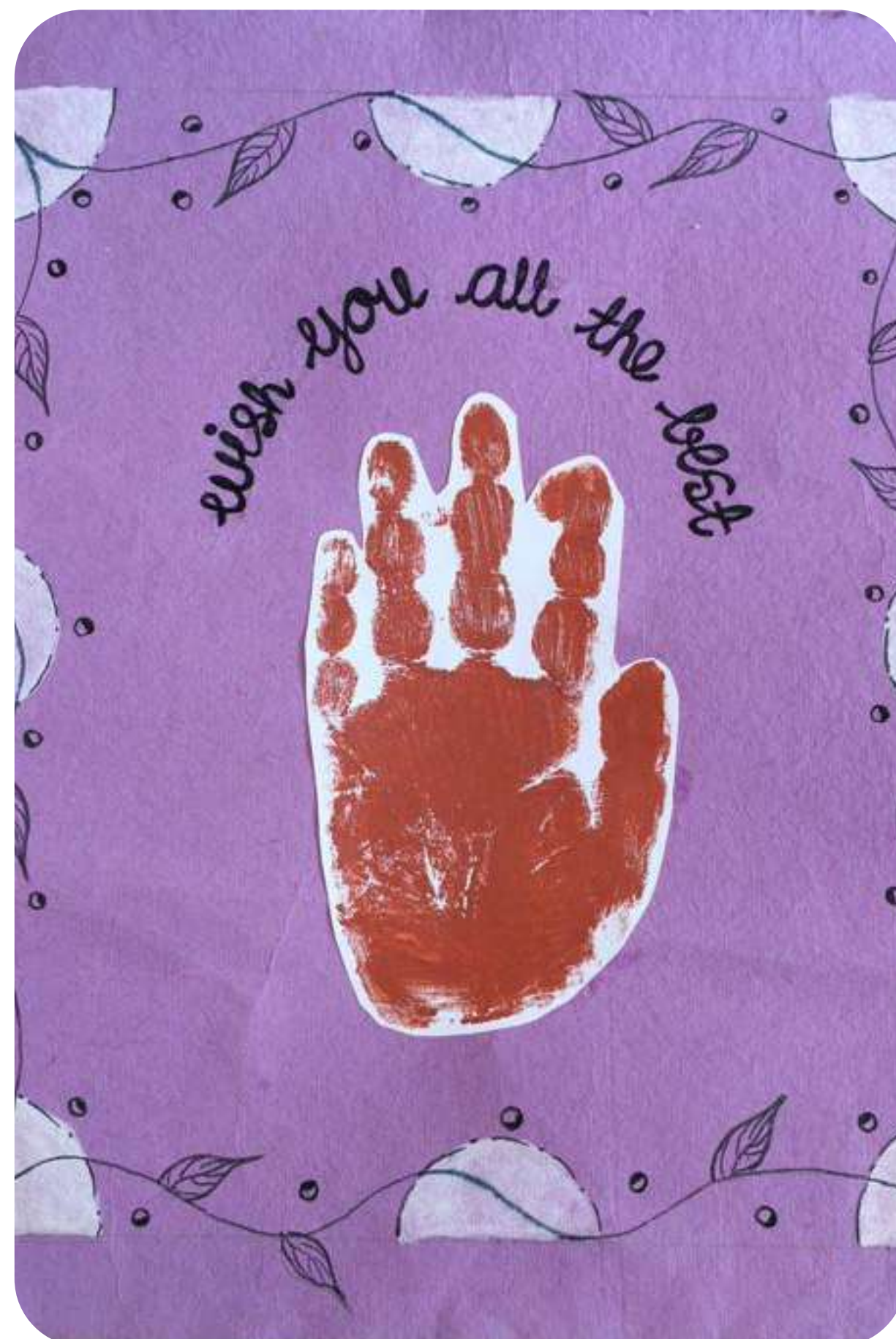
BLESSINGS

Legacy work is a guided process that helps people with serious or terminal illness reflect on their life, share their memories, values, and experiences, and create something meaningful—like a written document, video, letter, or recording—that can be passed on to loved ones.

Sixty-year-old Bhramananda felt happy and content living with the memories of his wife, Padmalatha. He didn't want anything else for himself, but for his children, he yearned for their mother's blessings. How could one capture something as sacred and revered as a mother's blessing in a tangible form? When the counsellor learned of Bhramananda's wish, he suggested taking a print of her hands. This was the closest one could get to symbolizing blessings. Bhramananda and his children were pleased with this idea.

They were a closely knit, down-to-earth, and humble family. Bhramananda and both of his sons, who were medical professionals, understood the trajectory of their mother's illness and had fully accepted it, trying to make her as comfortable as possible.

The imprint of her left hand was taken, but due to swelling in her right hand, they were unable to get a print of it. They decided to wait until the swelling diminished. Unfortunately, that opportunity never came, as she passed away. The counsellor expressed his regret for the incomplete task, to which Bhramananda responded, "Even if it is just one hand, this imprint is of my wife, and that means a lot to me. Thank you." Sometimes, certain individuals leave deep imprints in our hearts. A mother's blessing is no different



EVENTS & PROGRAMS



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AWARDS AND RECOGNITION

We are absolutely delighted and profoundly proud to announce that our Managing Trustee, Mr. Gurmeet Randhawa, has been honoured with the prestigious Lifetime Achievement Award by St. Joseph's Boys' High School, his alma mater.

This significant recognition is a testament to a life dedicated to service and compassionate leadership. It celebrates Mr. Randhawa's unwavering commitment and invaluable contributions to the field of palliative care and community service through his remarkable tenure and guidance at Karunashraya.

On behalf of all the members, staff, volunteers, and beneficiaries of Karunashraya, we extend our most heartfelt and sincere congratulations to Mr. Randhawa on this truly well-deserved honour. His passion is an inspiration to us all, and we are privileged to follow his lead as we continue our service to the community.



LEADING WITH COMPASSION: A VISIT FROM TCS PRESIDENT

We were privileged to host Mr. Anupam Singhal, President of Manufacturing at Tata Consultancy Services (TCS), and Ms. Asha V, Program Director of CSR at TCS, along with their team this quarter.

It was truly inspiring to witness Mr. Singhal's dedication. Despite his demanding schedule, he came directly to Karunashraya from the airport to interact with our team. He shared his heartfelt reflections on the compassionate care we provide to our patients, highlighting the deep impact of our work.

During the visit, Mr. Singhal planted a sapling on our premises, a beautiful gesture that symbolizes growth, care, and sustainability. The TCS team also participated in various volunteering activities, making the day even more meaningful for everyone.



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CSR VOLUNTEERS

Micron
Morgan Stanley
Zebra Technologies
Nutanix
Cisco
Burns & McDonnell
TCS
Intel
Deloitte
Baker Hughes
Oracle
IQVIA
Cipla
Light & Wonder
Gallgher
Tata Elxsi
Allegis Group
Cipla
SunLife
Eli Lilly
Zendesk.

SBI-SUPPORTED 100 KWP SOLAR SYSTEM BRINGS SUSTAINABLE CARE TO BAGCHI KARUNASHRAYA

We are thrilled to announce that the new 100 KWP Solar PV Power System at the Bagchi Karunashraya Palliative Care Centre in Bhubaneswar was officially inaugurated on September 15, 2025. The event was graced by Shri C. S. Setty, Chairman of the State Bank of India, along with senior SBI leaders and representatives from Bangalore Hospice Trust.

This sustainable energy initiative, generously supported by the State Bank of India, will power our center with green energy, ensuring that we can continue to provide compassionate, eco-friendly care to our patients.

EDUCATIONAL INSTITUTES

SRM University
Ramaiah Institute of management studies (RIMS)
Wadiyar Centre of architecture (WCFA)
College of Engineering
Trivandrum
TKM School of Architecture
KLE Technological University
Euro school

VIT Vellore
BMS College
Reva University
Sharanya Narayani School
R.N.S School of Architecture
Deens Academy
Gopalan School of Architecture
St Joseph's College
Sindhi College.



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ONAM AT KARUNASHRAYA: A CELEBRATION OF JOY



This year, Karunashraya upheld its tradition of celebrating Onam with immense enthusiasm. The festivities began with a Pookalam competition that saw seven teams display impressive creativity and competitive spirit, making the judging particularly difficult. The event continued with perfectly synchronized group dances and a spectacular ramp walk by the energetic employees. The celebration concluded with everyone enjoying a delicious Onam sadhya, prepared in-house by the dedicated kitchen team. We were reminded that music, dancing, and food are powerful forms of diversional therapy for both employees and caretakers.

CELEBRATING OUR TALENT WITH BAKER HUGHES

This quarter, BHT Karunashraya enthusiastically celebrated a talent show, an event made possible by the unwavering support of our long-time corporate partner, Baker Hughes. The talent show was a vibrant display of employee talent, featuring diverse performances such as various dance styles, multilingual songs, theatrical skits and instrumental pieces on the guitar.

Baker Hughes sponsored all the essential elements to make the event memorable, providing funding for makeup artists, costumes, evening snacks, and more. The event was also attended by a group of key members from Baker Hughes. Such events serve as a form of diversional therapy, offering a much-needed break for the hard-working employees of Karunashraya.



INDEGENE'S RUN FOR HOPE

On a beautiful Sunday morning, July 27th, employees of Indegene and their families showed their immense support for a noble cause by participating in a charity run for BHT-Karunashraya.

The 5 km and 7 km run, held at St. Joseph's School grounds, was a high-energy event that started with an invigorating warm-up session. The infectious enthusiasm turned the day into a fun and healthy start for everyone, leaving them smiling and inspired. The proceeds from the run were generously donated to Karunashraya. This was more than just a run; it was a powerful stride toward providing hope, dignity, and comfort to those navigating the toughest phase of their lives.

BKPCC-TREE PLANTATION DRIVE

On August 2nd, a Tree Plantation Drive was thoughtfully organized by the volunteer group SUPPORT at the Bagchi Karunashraya Palliative Care Centre (BKPCC). This meaningful initiative underscores our shared commitment to fostering a greener, more sustainable environment. The SUPPORT team demonstrated remarkable generosity by donating one hundred plants to BKPCC, significantly contributing to the local ecosystem and improving air quality. Every step towards nurturing nature is indeed a step towards healing.



CELEBRATING INDEPENDENCE: A SYMBOL OF RESILIENCE AT KARUNASHRAYA

Our Independence Day celebration this year was a powerful testament to the spirit of resilience, with the national flag being hoisted by our patients at both the Bangalore and Bhubaneswar hospice campuses. This meaningful act was a profound symbol of their personal independence and triumph.

The day's festivities were marked by unity and joy. Our employees led the way with melodious patriotic songs and enthusiastic dance performances, creating an atmosphere where laughter filled the air. The collective spirit of independence was honored by everyone present—patients, staff, trustees, Rotarians, and volunteers—demonstrating the strong community at Karunashraya where life is celebrated, even in its most challenging moments.





Oracle CSR Volunteers



Chand Belani Volunteers



Eli Lilly CSR Team



Deloitte CSR Volunteer



St. Joseph Students



Students from Sindhi College



Intel Volunteers