



Dear Karunashraya Family,



**Kala Devarajan**

Trustee (Treasurer) - Karunashraya

I want to take a moment to look at our mission through a different lens. Usually, we measure our "impact" in numbers: lives touched, homecare visits, or patient admissions. But as the person overseeing our resources, I see a different kind of math—the incredible geometry of collective kindness.

To our dedicated employees and volunteers: You are the pulse of this organization. While I manage the "how" of our funding, you are the "why." Your tireless energy ensures that every rupee is transformed into a tangible smile or a moment of relief.

To our generous donors and corporate partners: I am acutely aware that every contribution represents a choice. Whether it is a monthly gift or a large-scale corporate social responsibility initiative, your trust is our most valuable asset. It is this trust that allowed us to shine on the global stage, proving that our community's support translates into world-class care.

Because Karunashraya provides palliative care free of charge, our success isn't measured in profit, but in the scale and quality of compassion delivered. We remain committed to ensuring that our financial health is always a reflection of our heart.

As we look toward the future, my goal is to ensure that the math of compassion remains as stable as the care we provide.

I invite you to continue this journey with us, visit us, see the ripple effect of resources in person, or reach out if you'd like to learn more about Karunashraya and the work being done here. Your partnership is what makes our mission possible.

Together, we can ensure that Karunashraya remains a sanctuary of dignity for every family who will need us tomorrow.

Thank you for being part of this journey.

Warm Regards

**Kala Devarajan**

Trustee (Treasurer) - Karunashraya

**BANGALORE HOSPICE TRUST : PATIENT STATISTICS**

**BAGCHI KARUNASHRAYA**

**HOME CARE**

NEW ADMISSIONS : 25  
 DEATH : 6  
 TOTAL HOME CARE VISIT : 315

**IN-PATIENT**

NEW ADMISSIONS : 141  
 RE ADMISSIONS : 36  
 NO. OF IN-PATIENTS : 177

**BHT- KARUNASHRAYA**

**HOME CARE**

NEW ADMISSIONS : 31  
 DEATH : 23  
 TOTAL HOME CARE VISIT : 759

**IN-PATIENT**

NEW ADMISSIONS : 209  
 RE ADMISSIONS : 70  
 NO. OF IN-PATIENTS : 279  
 NO. OF OPD PATIENTS TREATED : 54

# BANGALORE HOSPICE TRUST NEWSLETTER

JANUARY. FEBRUARY. MARCH 2026



## A SYMPHONY OF HEALING: SOUND BATH WITH VASUNDHARA DAS

This quarter, we were honoured to host celebrated musician and the trustee of Community Drumjam. Ms. Vasundhara Das, alongwith Ms. Tomoko Yokota from Japan, who conducted a transformative Sound Bath event for our patients and staff. The meditative melodies provided a unique sense of serenity and deep relaxation—a beautiful testament to the power of sound in healing.



## WORLD CANCER DAY: UNITED BY UNIQUE

Karunashraya delivered impactful talks on cancer awareness and the critical role of palliative care at Cisco and GE Vernova. To drive grassroots impact, our Homecare team partnered with Christ University's MSW department to host a cancer and palliative care awareness camp in the LR Nagar slums. We held poster presentations and awareness sessions at Sacred Heart School, St. Joseph's University, Oakridge International School and The International School of Bangalore, ensuring the next generation understands the importance of compassionate care.





**MOU BETWEEN DEPARTMENT OF HEALTH AND FAMILY WELFARE, GOVERNMENT OF KARNATAKA AND BANGALORE HOSPICE TRUST, KARUNASHRAYA.**

We signed an MoU with the Department of Health and Family Welfare, Government of Karnataka. Through the provisions in this MoU, Karunashraya shall join hands with the state government to partner on initiatives aimed at capacity building, advocacy, and developing policy pertaining to palliative care.



**HEALTH AND FAMILY WELFARE DEPARTMENT**



**IN-HOUSE TRAINING**

This quarter KIPCER organised five case discussions led by the clinical team, three closed-door paper reviews as part of ongoing counsellor training. Two guest lectures conducted by Mr. Terryimize (SRMIST, Chennai) and Dr. Seema R Rao (Director, MHRC, Manipal) titled "Prevention and Management of Bed Sores" and "Anticipatory Medications in Palliative Care" respectively. As part of the new volunteering initiative, KIPCER also collaborated with PR, Counselling Services, Medical Team, and Physiotherapy departments to organise 1 volunteer orientation session and 2 induction sessions this quarter.



**ORIENTATION VISITS**

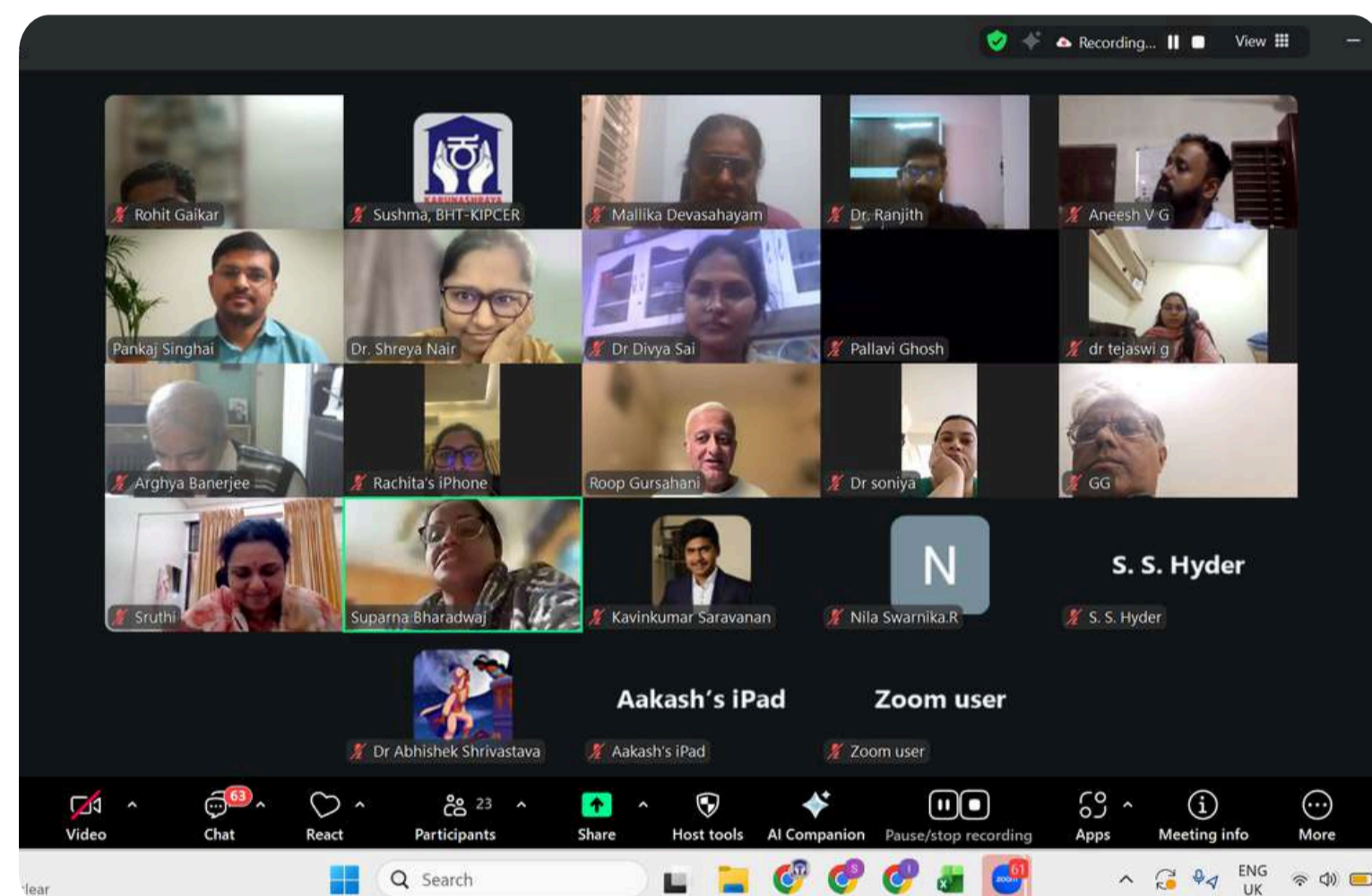
Two orientation visits were carried out - MA Psychology students from Jain University and staff members from MNJ Institute of Oncology & Regional Cancer Centre. The goal of these orientations is to introduce attendees to hospice and palliative care.

*Karunashraya's national leadership in palliative care has been further solidified by recent high-level appointments and government collaborations. Mr. Mathew George Chandy and Ms. Sangeetha Murugan were appointed to the HSSC Karnataka Core Committee, a move set to bolster mentoring and streamline Continuing Education Program (CEP) processes across the state. On a national stage, Karunashraya was invited to the Government of India's post-budget webinar on March 9, 2026, where Ms. Murugan contributed to strategic discussions on skilling 1.5 lakh multiskilled caregivers under the "Sabka Saath, Sabka Vikas" initiative.*



## SKILLS IN NEUROPALLIATIVE CARE: PROGNOSTICATION, ETHICS AND COMMUNICATION SKILLS

A workshop on "Skills in Neuropalliative Care: Prognostication, Ethics and Communication Skills" was held on 28th and 29th March 2026 at Sri Aurobindo Medical College & PG Institute, Indore. The workshop is offered as a part of the International Neuropalliative Care Certificate Course and also as a standalone training. Nineteen participants were in attendance. The focus of the workshop was to enhance practical skills in prognostication, ethical decision-making, and communication in neurologic care through interactive sessions and case-based discussions.



## INTERNATIONAL NEUROPALLIATIVE CARE CERTIFICATE COURSE

This quarter saw the successful completion of the fourth batch (basic level) of the "International Neuropalliative Care Certificate Course". The course is jointly offered by International Neuropalliative Care Society; Kasturba Medical College, Manipal and Bangalore Hospice Trust - Karunashraya. The batch consisted of 25 candidates.

## CTC, DELHI

The Palliative Care Training Programme for Cancer Treatment Centres in India is a national platform focused on initiating and strengthening palliative care centres in hospitals and tracking their progress. The seventh cohort of the CTC refresher course was held on March 13th - March 15th at New Delhi. This cohort brought together 11 teams from across India and 42 healthcare professionals, both doctors and nurses, for a 2.5-day intensive program. Ms. Sangeetha Murugan represented Karunashraya as faculty, and contributed to capacity building and mentorship. It was a valuable opportunity to showcase our work and support the growth of palliative care services nationwide.





## “FAMILY AT THE CORE - GRIEF, DYNAMICS AND DEMORALISATION IN PALLIATIVE CARE”

KIPCER along with the Department of Counselling Services hosted Professor David W Kissane, AC (Department of Psychiatry, Monash University, Cabrini Haematology and Oncology Centre, Australia). On February 5th, Professor Kissane facilitated a one-day workshop on “Family at the Core: Grief, Dynamics and Demoralisation in Palliative Care” attended by 37 participants from the field of psycho-oncology and palliative care. During the workshop he covered Family Focused Grief Therapy and Demoralisation through didactic sessions and role play. He also took lectures for the counselling team at BHT-Karunashraya and invited personnel from partnering organizations on Meaning and Purpose Therapy and Bedside Supportive Psychotherapy on February 6th.



## TRAINING MILESTONE: GDA BATCH

The 34th batch of Hospice Care Assistant (formerly General Duty Assistant) programme came to a conclusion this quarter. In addition to the nine candidates who enrolled this year, eleven nursing aides of BHT-Karunashraya also appeared for the exam conducted under the aegis of Healthcare Sector Skill Council. A total of 20 candidates appeared for the exam in this year’s cycle. We were able to secure a 100% pass rate, with an overall average score of 88.9%. Notably, 13 out of 20 students scored 90% and above.

## KIPCER COLLABORATED WITH INARA

An initiative led by medical students across Bengaluru with the aim to raise awareness about health through education, services and volunteering. This January, 12 medical students from INARA spent three days at the Karunashraya premises for an immersive training experience which included didactic teaching and ward postings.



## 33RD ANNUAL INTERNATIONAL CONFERENCE OF THE INDIAN ASSOCIATION OF PALLIATIVE CARE (IAPCON2026)

Karunashraya maintained a robust presence at the conference through diverse pre-conference workshops and significant contributions to the scientific program. The organization's leadership and faculty, including Ms. Sangeetha N, Ms. Michelle Normen, and Dr. Babita P A Varkey, spearheaded workshops focusing on nursing leadership, psychosocial issues, and holistic home-based end-of-life care. This engagement extended into the main event, where Dr. Srinagesh Simha judged the "Hospice Shark Tank," and Mr. Gurmeet Randhawa provided expertise on financing palliative care models. Throughout the various tracks, the team participated in critical panel discussions covering nursing career sustainability, moral distress among clinicians, and the operational balance required for high-quality hospice and community-integrated home care.



### HIGHLIGHTS FROM IAPCON 2026

During the conference, Karunashraya celebrated two major milestones aimed at enhancing palliative care accessibility for both families and professionals. The first was the launch of "Moments that Matter," an animated video series designed to empower informal caregivers with the practical skills and confidence needed to support loved ones at home. Complementing this public outreach, the organization also released a new version of "Palikare," a free clinical reference app available on Android and iOS that serves as an evidence-based "ready reckoner" for medical personnel managing various palliative symptoms. Together, these projects advance KIPCER's mission to bridge the gap between compassionate care and clinical expertise in the public domain.

### IAPCON 2026 PRESENTATIONS

#### Total Presentations:

12 sessions delivered, consisting of 10 scientific posters and 2 oral presentations.

#### Core Themes:

Research focused on palliative care essentials, including:

- Syringe driver use and ESAS implementation.
- Nursing training and end-of-life communication.
- Unique clinical case studies.
- Methodological Rigor: The work demonstrated high diversity, utilizing retrospective and prospective designs, clinical audits, case studies, and training evaluations.

### AWARD-WINNING PRESENTATIONS

The team's academic excellence was recognized with three major awards:

- **First Prize (Oral):** \* Topic: "Indian Healthcare Provider Experiences with End-of-Life Conversations in Oncology and Palliative Care."
  - Presenter: Ms. Michelle Normen.
- **Third Prize (Oral):** \* Topic: "Are We Meeting Standards? Audit of End-of-Life Care Delivery to Advanced Cancer Patients in a Hospice Setting in India."
  - Presenter: Ms. Sangeetha N.
- **Third Prize (Poster):** \* Topic: "The Phoenix Protocol: Reversing the Hospice Trajectory Through Integrated Palliative Care and Resilient Weaning."
  - Presenter: Sr. Jeena Varghese.



## STRENGTHENING REGIONAL PALLIATIVE CARE THROUGH CLINICAL CAPACITY BUILDING

To bolster regional healthcare, Bagchi Karunashraya is conducting specialized capacity-building workshops and training sessions led by clinical experts. These initiatives aim to enhance healthcare professionals' expertise in palliative care and advance the adoption of patient-centered clinical practices. Recent programs have been conducted across several key locations, including City Hospital in Cuttack, healthcare centres under the CDMO Khordha, and the District Headquarters Hospitals in Ganjam and Kalahandi.



## ADVANCE MEDICAL DIRECTIVE CLINIC

As part of the Karunashraya - MAHE Centre of Excellence for Advance Care Planning in collaboration with Manipal Academy of Higher Education, Karunashraya launched an Advance Medical Directive (AMD) Clinic for the general public on 17th January 2026. The clinic aims to provide persons with information and resources to assist them with the process of Advance Care Planning and preparing Advance Medical Directives in a manner that is in keeping with current guidelines of the Supreme Court of India. The clinic offers walk-in, in-person sessions every Saturday between 10:00 am and 12:00 pm. Online sessions are available by appointment from Monday to Friday. The clinic can be contacted at [advancedirective@karunashraya.org](mailto:advancedirective@karunashraya.org)

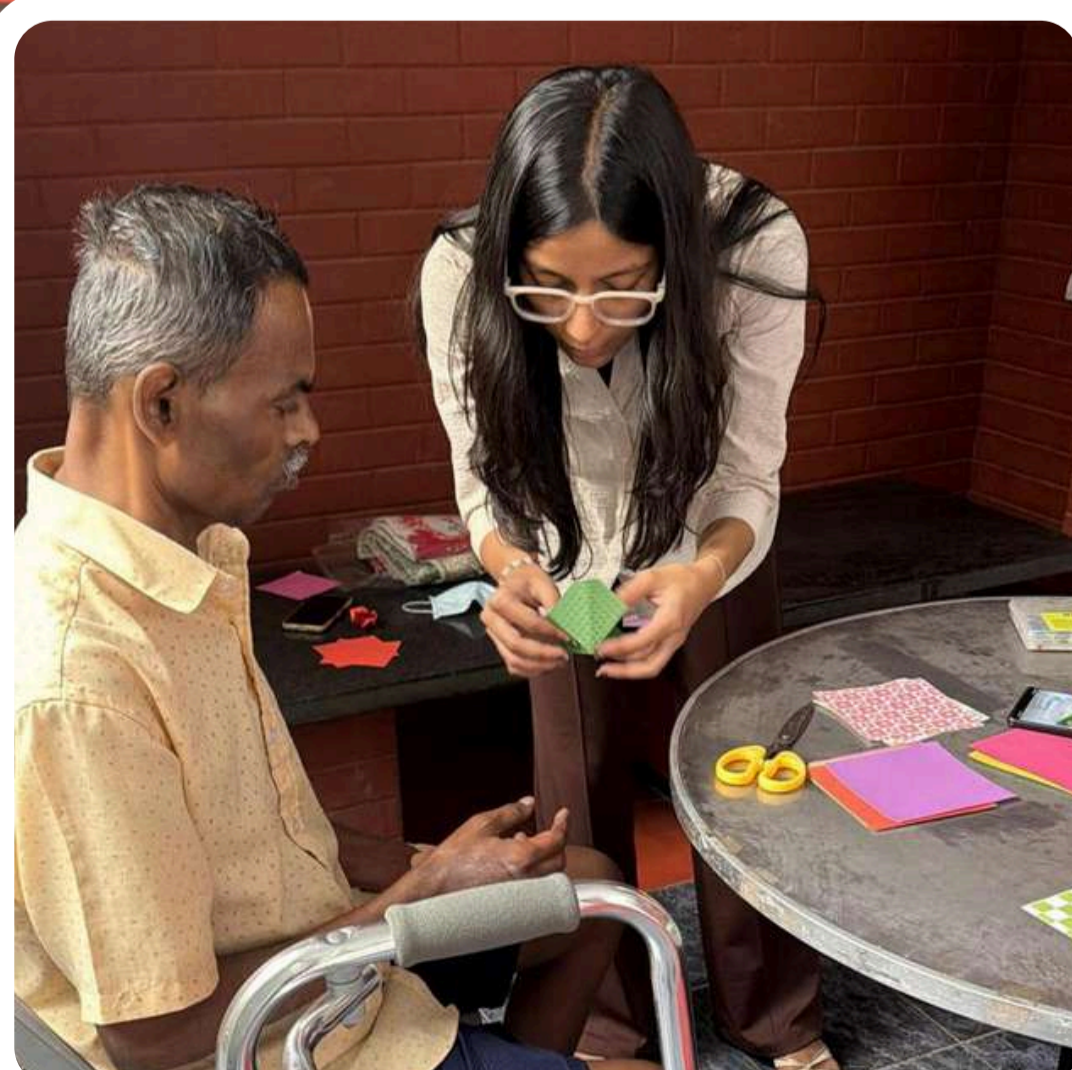
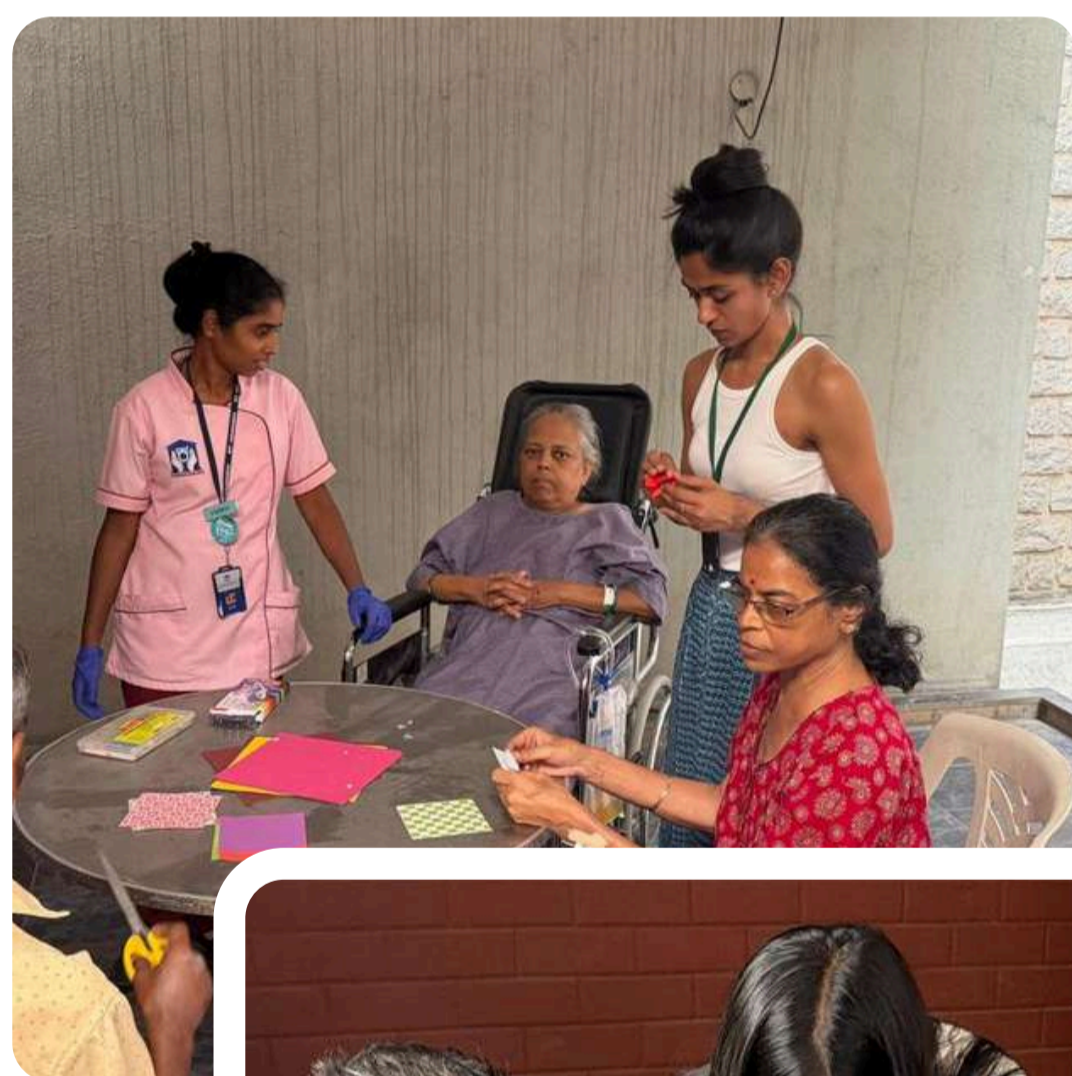


### WHERE CARE MEETS FAITH AND HOME

Sometimes, true care transcends medicine—it listens deeply, understands fully, and carves out space for what matters most. When these women shared their heartfelt longing to visit the temple, our treating team and volunteers united to transform that simple wish into a profound, shared journey.

What unfolded was no ordinary outing. It was a day woven with quiet joy, the soothing chants of familiar rituals, and a profound peace born of faith and presence. Held by gentle hands and radiant smiles, every step honoured their dignity, wrapped them in respect, and enveloped them in unwavering compassion.

These moments reveal that healing isn't just physical—it's emotional and spiritual, too. By cherishing their wishes, we didn't just enable a visit; we crafted an enduring memory brimming with comfort, belonging, and grace.



### SLOW HANDS, OPEN HEARTS

In a sunlit corner alive with soft chatter and warmth, something profound emerges: connection, care, and creativity intertwining in the gentlest ways. These aren't mere activities—they're stories of patience, dignity, and raw humanity unfolding.

With vibrant paper sheets, tender guidance, and unwavering hands, each deliberate fold bridges souls and mends isolation. What looks like a simple craft session is truly a sanctuary where trust takes root and hearts unfurl.

There's magic in the slowdown—in sharing space, crafting by hand, and being utterly present. For those joining in, every crease sparks engagement, sharpens focus, and ignites quiet joy. For the guides, it's pure compassion: meeting them exactly where they are, with encouragement that asks nothing in return.

## RECHARGING COMPASSION: FUN AND RESILIENCE IN HOSPICE CARE

Hospice work immerses us in profound suffering, death, and grieving families, often sparking emotional fatigue, burnout, and compassion fatigue. Self-care isn't a luxury—it's the lifeline that sustains our ability to deliver heartfelt care.

That's why we embraced lively group activities like Antakshari sing-alongs, uproarious dumb charades, and brain-teasing movie puzzles. These moments infused our space with laughter and lightness, offering a vital pause from the emotional weight of our days.

More than fun, they carved out safe havens for emotional release, deep relaxation, and quiet reflection—rebuilding resilience so our team can keep showing up with unwavering compassion.



## HARMONY IN HEALING: SHANKAR MAHADEVAN ACADEMY BRINGS MELODY TO KARUNASHRAYA

In a heartwarming fusion of music and compassion, the Shankar Mahadevan Academy of Music recently transformed Karunashraya's serene halls into a symphony of joy. On a vibrant day, patients, caregivers, and staff gathered for an exclusive live performance, where a renowned artist from the Academy shared soul-stirring melodies that echoed with hope and resilience.

This program not only sparked moments of pure bliss but also underscored music's role in psychosocial well-being—reducing anxiety, fostering connection, and igniting inner strength.



## HEARTS OF SERVICE: VOLUNTEER ENGAGEMENT MEET

In January 2026, the Counselling Services joined hands with our Public Relations team to redefine and increase the role of volunteers in supporting hospice care. We hosted a dynamic orientation session for volunteers and shared the diverse avenues where they could contribute their time meaningfully. The extended focus of volunteering is now in a structured and guided manner, allowing volunteers to engage in closer conversations with patients and caregivers, as well as supporting ambulation and movement of beds for diversion activities guided by our physiotherapy team. This marks an exciting new chapter in inviting heart-centred service from all!





## RUN FOR A CAUSE



On February 1st, the energy was electric at the 7th edition of the 16K,10K, 5K, and 3K Run organized by Sharanya Narayani International School. All the proceeds from this event were donated to the Bangalore Hospice Trust (BHT) - Karunashraya. Seeing the youth run in support of palliative care is an inspiration to us all.



### HOLI CELEBRATION

We celebrated holi in true festive spirit. The hospice was filled with laughter and colour as staff and volunteers came together to celebrate the festival of spring, reminding us all of the vibrant life and light that exists within our community.



## STRENGTHENING PALLIATIVE CARE THROUGH COMMUNITY ENGAGEMENT

During this quarter, Bagchi Karunashraya prioritized public outreach to champion the importance of palliative care. By executing a series of consistent, broad-based engagement initiatives across diverse platforms and locations, the center successfully educated various communities and significantly raised the profile of specialized supportive care.



**PATHA UTSAV PATIA**



**SUSTAIN HEALTH EXPO**



**XAVIER UNIVERSITY**



**PATHA UTSAV JATANI**



**NILAKANTHESWAR SOCIETY**



**SHAHI TRAINING CENTRE**



**KALINGA NAGAR SHG**



**GURUDWARA**

## CSR VOLUNTEERS

- TCS
- Vantive
- Cipla
- Deloitte
- Bottomline
- Intel
- Cisco
- GE
- Vernova
- Taj Group
- Aneriad
- NES Fircroft
- Fortinet
- Accenture
- Sabre
- Madura Coats
- Atkins Realis
- Conrix
- Convergint

- Udupa Foundation
- Purnima Lamha Group
- Drum Jam Foundation
- Bakul Foundation
- Sansud Infra
- Lions Club
- Mitra Foundation
- Rama Devi University
- Ishaneswar Sishu Surakshya Trust

## EDUCATIONAL INSTITUTES

- St. Joseph's
- TISB
- Christ
- Yenepoya University
- RV College
- Avani Institute of Design
- NPS HSR
- NPS Kormangala
- New Horizon
- DY Patil School of Architecture
- Rajalakshmi School of Architecture
- JNAFAU Hyderabad
- Sri Venkateswara College of Architecture
- National Institute of Technology
- KIIT School of Architecture
- Centurion University
- AIIMS
- Rama Devi Women's University



## EMPLOYEE WELLNESS: THRILLS AT WONDERLA

Our hardworking staff enjoyed well-deserved breaks through three exciting batches of trips to Wonderla, generously sponsored by Collins Aerospace. Beyond the rides and the delicious lunch provided, these outings served as vital team-building moments, allowing our caregivers to recharge their spirits so they can continue providing the best care possible.

