



BANGALORE HOSPICE TRUST KARUNASHRAYA

BAGCHI KARUNASHRAYA PALLIATIVE CARE CENTRE

KARUNASHRAYA INSTITUTE FOR PALLIATIVE CARE EDUCATION AND RESEARCH



NEWSLETTER

JULY . AUGUST . SEPTEMBER 2026



Dr. Nagesh Simha
Medical Director

Dear All,

Thank you for your continuous support and dedication to our mission at Karunashraya.

Earlier in the year, we began a weekly in-person clinic as part of the initiatives under the Karunashraya-MAHE Centre of Excellence for Advance Care Planning and this quarter, we are proud to announce that we have extended the services of our Advance medical directive clinic to online sessions which are available across the week.

An Advance Medical Directive is a legally recognised document that one may prepare through which they can list their choices with respect to medical care should they lose the capacity to express consent. Through the process of creating an AMD, a person can ensure that their choices influence their care, through nominated representatives, and by extension ensuring that their personal autonomy is upheld. This is a step forward for us as an organisation as we continue to champion the cause of dignified and good deaths.

The Advance Medical Directive Clinic aims to support persons with the process of preparing AMDs by providing guidance and resources through individual or group information sessions. To get in touch with the clinic, you may write to us at advancedirective@karunashraya.org. Sessions are available by appointment from Monday to Friday between 10:00 am and 4:00 pm and an in-person walk-in clinic between 10:00 am and 12:00 pm on Saturdays.

Your support enables us to protect patient dignity and bring peace of mind to families when it matters most.

Thank you for bringing these vital projects to life.

With sincere thanks,

Dr. Nagesh Simha
Medical Director

ABOUT US

Karunashraya is a non-profit public charitable trust dedicated to providing comprehensive, free-of-charge palliative care to patients with advanced-stage cancer. True to its name the "Abode of Compassion" our mission is to alleviate physical, psychological, and spiritual suffering, ensuring our patients spend their final days in comfort and with absolute dignity. To date, we have supported over 33,000 individuals through our integrated home care and in-patient services.

SERVICES

- Home care services
- Inpatient services
- OPD services
- Day care services
- Clinical consultation
- Counselling services
- Advance healthcare directive Clinic
- Education and Research services

PATIENT STATISTICS

KARUNASHRAYA

Bengaluru

INPATIENT

NEW ADMISSIONS: 231

READMISSIONS: 73

NO. OF IN-PATIENTS: 304

NO. OF OPD PATIENTS TREATED: 68

HOME CARE

NEW ADMISSIONS: 59

DEATH: 29

TOTAL HOME CARE VISITS: 776

BAGCHI KARUNASHRAYA

Bhubaneswar

INPATIENT

NEW ADMISSIONS: 154

READMISSIONS: 53

NO. OF IN-PATIENTS: 207

NO. OF OPD PATIENTS TREATED: 09

HOME CARE

NEW ADMISSIONS: 48

DEATH: 20

TOTAL HOME CARE VISITS: 683



Expanding Compassionate Care: Bagchi Karunashraya Launches Free Palliative Care OPD in Bhubaneswar

Bagchi Karunashraya, in partnership with BMC Multispecialty Hospital, inaugurated a dedicated Palliative Care Outpatient Department (OPD) in Bhubaneswar on September 28, 2026.

The facility was officially opened by Smt. Sulochana Das, Hon'ble Mayor of Bhubaneswar Municipal Corporation, alongside Dr. Siddharth Sankar Ray (CMMO, BMC Hospital) and Dr. Nagesh Simha (Medical Director, Bangalore Hospice Trust–Karunashraya).

This initiative provides advanced cancer patients and their families with specialized physical and emotional support, completely free of charge, ensuring compassionate and dignified care for all.



SPIRIT OF INDEPENDENCE

Independence Day at both Karunashraya centers goes far beyond traditional celebrations. While we honor our national pride and freedom fighters, this day holds a deeper promise for us: celebrating life, resilience, and compassion. Here, freedom means ensuring every individual lives each day with peace, comfort, and complete dignity.



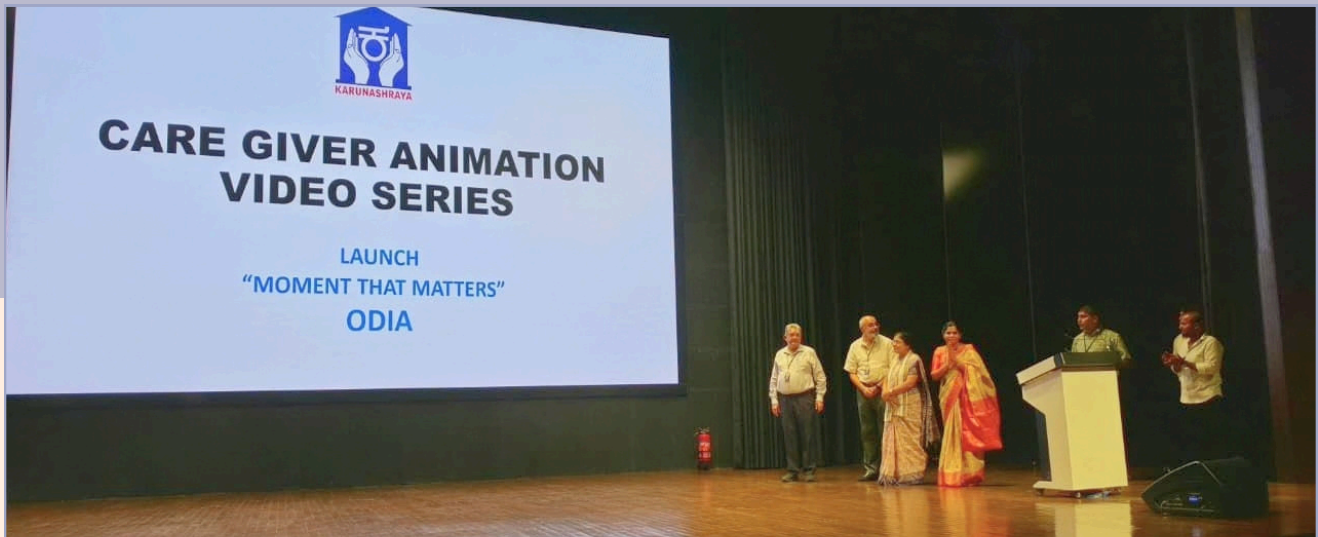
ANNUAL SPORTS DAY 2026

On September 18 and 19, our Bengaluru and Bhubaneswar centers hosted the annual Karunashraya Sports Day across both campuses. The event brought staff together for a series of spirited indoor and outdoor games, highlighting our shared values of teamwork, healthy competition, and community.



A Proud Milestone for Bagchi Karunashraya Palliative Care Centre, Bhubaneswar!

Marking a significant milestone in compassionate healthcare, Bagchi Karunashraya Palliative Care Centre, Bhubaneswar, launched two transformative initiatives to strengthen caregiving in India. The event was graced by Chief Guest Dr. Prameela Baral, SAG, Directorate of Public Health, Government of Odisha, highlighting the centre's ongoing commitment to building a robust care ecosystem.



Empowering Young Women Through GDA Programme

Karunashraya expanded its flagship healthcare training to Bhubaneswar with the inauguration of the 35th General Duty Assistant (GDA) batch. The fully funded, six-month programme equips underprivileged young women with practical skills and clinical experience, backed by 100% placement assistance. Beyond filling critical caregiving roles in the healthcare sector, the initiative helps participants secure dignified, financially independent futures.

Launch of the Odia version of “Moments That Matter: Caregiver Animation Series”

Karunashraya has expanded its Moments That Matter caregiver education series with a new Odia edition. Built to empower families managing home care, the series offers clear, practical guidance on delivering compassionate care. Launching in Odia makes this critical support more accessible, relatable, and localized for the families who need it most.



BKPCC Outreach & Community Impact Highlights

Bagchi Karunashraya Palliative Care Centre (BKPCC) conducted a series of impactful awareness sessions across various institutions, bringing the core message of compassionate and holistic care to over 1,100 participants.

Empowering Future Healthcare Professionals

Viswas Nursing College (17th July 2026) – 455 Attendees
We engaged with 455 nursing students and faculty to explore the core principles of palliative care. The session emphasized symptom management, effective patient communication, early integration of palliative services, and holistic support systems for families.



Sensitizing Pediatric and Clinical Staff

Sishu Bhawan, Cuttack (25th July 2026) – 46 Attendees
Focusing on compassionate support for serious and life-limiting pediatric conditions, this interactive session highlighted essential techniques for effective symptom control, psychosocial support, and enhancing the overall quality of life for young patients and their caregivers.

Legal Community Outreach

High Court Bar Association, Cuttack (27th July 2026) – 275 Attendees

BKPCC met with legal professionals at the High Court Bar Association to raise awareness about the critical role palliative care plays in offering holistic physical, emotional, and social support to families navigating chronic illnesses.

Bhubaneswar District Court Bar Association (21st August 2026) – 228 Attendees

Continuing our reach within the legal fraternity, this workshop focused on patient-centered support, pain and symptom management strategies, and practical ways to champion quality of life within the community.



Corporate & Public Sector Engagement

New India Insurance Centre, Bhubaneswar (21st August 2026) – 124 Attendees

BKPCC hosted an awareness drive to demystify palliative care, discussing its broad health benefits and advocating for timely, equitable access to supportive medical care.



THINK BEFORE YOU CLICK!

Karunashraya recently hosted a practical session on Self & Cyber Awareness and Digital Safety led by cyber criminologist, cybercrime intervention officer and TEDx speaker, Manju Mehra. Packed with real-world examples, the workshop helped participants spot common online threats and build the confidence to navigate today's digital world safely and responsibly.



ONAM JOURNAL

Onam is always one of our favourite times of the year at Karunashraya, and this quarter's celebration was full of energy and joy! The day featured colorful Pookalam competitions, lively Thiruvathirakali performances, and a special visit from King Mahabali himself. We wrapped up the festivities with sharing a delicious, mouthwatering Onam Sadhya prepared right in our own kitchen.





CSR VOLUNTEERING SUPPORT

- Accenture
- Allegis
- Aquera
- AT&T
- Azim Premji Foundation
- Baxter
- Business Network International (BNI)
- Clarivate
- Concentrix
- Deloitte
- Eli Lilly
- F5 Inc. Ltd.
- Fortinet
- 4 Base Care
- GSK
- Huron
- Intel
- Mindspace
- Morgan Stanley
- NES Fircroft
- Norwich Clinical Services
- Regeneron
- Siemens Healthineers (Siemens Health)
- Sun Life
- Taj Vivanta
- Tata Consultancy Services (TCS)
- Tata Elxsi

OTHER INSTITUTIONAL SUPPORT

- Air Force School
- Sri Chaitanya School
- Basil Woods International School
- Oakridge International School
- K.S. Institute of Technology (KSIT)
- CMR National PU College
- CMR Institute of Technology (CMRIT)
- M.S. Ramaiah College
- The International School Bangalore (TISB)
- SJB School of Architecture and Planning (SJBSAP)
- Vaishnavi School of Architecture and Planning

Observing Childhood Cancer Awareness Month: Spreading Hope and Solidarity

The counselling and multidisciplinary teams observed Childhood Cancer Awareness Month to spread awareness and hope. During the event, the hospice consultant addressed family members and commended everyone for supporting children through their cancer journey. Staff members wore golden ribbons to stand in solidarity with the young fighters and their families.



Bridging Gaps in Childhood Cancer Care

On August 8, the BKPCC counselling team attended a workshop on childhood cancer organized by the NGO Umeedain at CYSD, Bhubaneswar. The event convened diverse stakeholders from healthcare, psychosocial support, advocacy, and community services to examine the medical, emotional, social, and financial challenges of affected children and their families. Through collaborative discussions, participants shared valuable insights, identified key gaps in current support systems, and outlined actionable strategies to strengthen future care pathways.



Love, Closure, and Lasting Memories: Celebrating Rakhi at BKPCC

Our Rakhi celebration provided a heartwarming environment where cancer patients could enjoy moments of genuine joy away from their daily struggles. A particularly poignant moment occurred when one patient was reunited with his sister, who arrived in person to tie Rakhi. Having passed away the following day, this meaningful visit fulfilled his last wish and brought him peaceful closure.



Paws, Presence, and Healing

In palliative care, where we witness profound suffering daily, animal-assisted therapy offers a silent yet transformative form of healing. A pet therapy session with rescued animals—organized by NGOs like Charlie Animal Rescue Center (CARE)—demonstrates that non-verbal companionship can instantly lower stress, soothe physical pain, and restore emotional warmth. These animals provide pure, non-judgmental comfort, proving that presence alone is often the most powerful intervention for both patients and caregivers.



Nourishing the Hands That Heal: Staff Wellbeing at Karunashraya

To help our staff recharge, Anuradha Chandramouli led a practical session introducing simple breathing and progressive muscle relaxation techniques designed to relieve physical stress and calm the mind.

Taking just 10 to 15 minutes for these exercises allows our team to reset and return to their work feeling grounded and energized. At Karunashraya, introducing regular self-care circles is a vital investment in our caregivers. After all, caring for our staff is essential to delivering the best possible care to our patients.



EDUCATION & RESEARCH



KIPCER HOSTS INTERNATIONAL WORKSHOP ON SKILLS IN NEUROPALLIATIVE CARE

KIPCER conducted a 10-hour workshop as part of the International Neuropalliative Care Certificate Course, titled "Skills in Neuropalliative Care: Prognostication, Ethics and Communication Skills" on 18th & 19th July 2026. A total of 25 healthcare and allied professionals enrolled in the workshop, which aimed to provide the participants with real world challenges such as ethical decision making and communication in neurology and palliative care through interactive didactic sessions and case-based discussions.

INC 20-hour Palliative Care Module for Nursing Students

KIPCER conducted a 20-hour Palliative Care Training for the 4th semester B.Sc. Nursing students from Chinmaya College of Nursing. This training programme covered the fundamentals of palliative care, nursing issues and challenges, and other relevant topics, along with demonstrations of essential nursing procedures. By the end of the programme, students gained an understanding of key principles and practices in palliative care.



Empowering Future Doctors: Inara's Second Batch Trains in Palliative Care at Karunashraya

Inara is an initiative led by medical students across Bengaluru with the aim to raise awareness about health through education, services and volunteering. This July, the second batch comprising nine MBBS students spent three days at the Karunashraya premises for an immersive training experience which included didactic teaching and ward postings.





Observational Visits and Exposure Programs at KIP CER

During the quarter, KIP CER hosted several observational visits from reputed institutions, including medical students from St. John's Medical College, nursing staff from Manipal Hospitals, and psychology/counselling students from Banjara Academy and Jain University. The visits provided participants with an introduction to palliative care and hospice, and an understanding of the role of different healthcare professionals within a hospice setting.

External Sessions

Ms. Sangeetha has contributed in conducting various online lectures for courses such as Advance Nursing Skills in Palliative Care (ANSPC), Foundation in Essentials of Palliative Care (FCEPC), IAPC Certificate Course in Basics of Palliative Care (BLCC). Ms. Sharon Varghese and Ms. Michelle Normen visited Christ (Deemed to be University), Bengaluru, as guest lecturers for MSc. Clinical Psycho-oncology students.

Conference Sessions

Ms. Michelle Normen facilitated two sessions at the conference "Beyond the Diagnosis: Psycho-Social Pathways in Cancer Care," hosted by Sri Shankara Cancer Hospital and Research Centre, Bengaluru, on September 24 - 25, 2026, covering topics such as "Grief during treatment and survivorship in Uro-Oncology malignancies" and "Palliation and end-of-life care".

Internal Training

- Bangalore Baptist Hospital : 1
- Nemmadi Centre for Palliative Care: 2
- Christ (Deemed to be University) : 8
- CMR University : 1
- Krupanidhi College : 2
- One Billion Lives Foundation : 1
- Narotam Sekhsaria Foundation, Mumbai : 1
- KIDWAI : 2
- MVJ Medical College and Research Hospital : 9
- Bangalore Medical College and Research Institute : 1
- St. Philomena's College of Nursing : 2
- BLDE (Deemed to be University) : 2
- Cipla Palliative Care, Pune : 2
- Sanjeevan Palliative Care, Puducherry : 1
- Chinmaya College of Nursing : 42

Internal Training

Visitors for orientation visit: 217
 Doctors: 22
 Nurses: 44
 Mental health professionals: 14
 Observers: 17

External Training

Nurses: 220
 Mental health professionals: 50



KARUNASHRAYA EXPANDS HEALTHCARE EDUCATION WITH NEW GDA TRAINING BATCHES

On August 3, 2026, the General Duty Assistant (GDA) Training Programme marked significant milestones across two key facilities, advancing specialized healthcare education and empowering future caregivers through comprehensive clinical preparation. At the Bagchi Karunashraya Palliative Care Centre (BKPCC), the organization celebrated the official inauguration of its flagship GDA cohort, welcoming 10 pioneer students into an intensive, six-month curriculum specifically designed to combine rigorous academic instruction with hands-on clinical exposure in palliative care. Simultaneously, the Bangalore Hospice Trust - Karunashraya launched its 35th GDA batch at maximum capacity with 20 enrolled students, highlighting the steady expansion and enduring impact of its vocational healthcare training initiatives in building skilled, compassionate frontline caregiving professionals.

• Internships:

Master's students pursuing Clinical Psycho-Oncology from Christ (Deemed to be University), Counselling Psychology from CMR University, and Social Work from Krupanidhi College completed their internships and fieldwork postings at KIPCER.

• Clinical postings and Training programmes:

Candidates from NFPN, NFPM and FCEPC courses have completed their 10-day clinical postings at KIPCER. Training was also provided for staff from Nemmadi Centre for Palliative Care, MD Geriatrics students from BLDE (Deemed to be University), and medical students from Team INARA.

• In-house Nursing Training:

As part of the in-house nursing training, 3 bedside teaching and 3 ward case presentations. This quarter two Continuous Nursing Education programmes were conducted namely "End-of-Life Care: Initiation, Process & Documentation", and "Fall Prevention".

In-house Training:

This quarter KIPCER organized eight clinical case discussions led by the clinical team, three closed-door paper reviews for the counselling services team. Three Guest Lectures were conducted:

- Mr. János Hartung (Grief & Palliative Care Companion, Germany) titled 'Approaching Children in Medical Settings, Bereavement & Palliative Care: Experience & Concepts from Germany',
- Dr. Jananee Muralidharan (Medical Director, Clinical Informatics, Atropos Health, USA) titled 'Data Science in Healthcare',
- Dr. Mansi Munshi (Radiation Oncologist - Ruby Hall Clinic, Pune) on 'Hereditary Cancer Syndromes and the art of Genetic Counselling'.

• Observational visits:

M.Sc. Nursing students from St. Philomena's College of Nursing; the Cipla Palliative Care team, and participants from IAP Course in Advanced Pediatric Palliative Care.

A Glimpse into Volunteering at Our Center

