



**Inauguration ceremony of our new link centre**



**Doctor's day celebrations**



**Tricolour Celebrations**

**PATIENT'S STATISTICS / FIGURES:  
JULY TO SEPTEMBER**

**In- patient care**

Admissions - New: 252  
Re admissions: 146  
Deaths: 183  
Total No. of patients: 398

**Home care**

Admissions - New: 084  
Deaths: 031  
Total Home Visits: 707

**Total number of patients  
from APRIL 2017 - SEPTEMBER, 2017**

**In-patient total Admission : 804**  
**Home care service: 506**

## New Beginning



A long-cherished dream came true with the inauguration of our Second Link Centre in collaboration with the Sri Chandanmal Pukhraj Bothra Trust. It is located at Jai Bharath Nagar near Maruthi Seva Nagar. The Centre will provide palliative care for patients in the East Bangalore area. We are indebted to Mr. Bothra and the Trust for generously providing us a room in the clinic, a vehicle for the outreach nurses and the services of Dr Veena to aid the patients.

## TA Training.



Ms. Annie Cariapa (PTSTA Psychotherapy) the founder of Spanda has conducted Transactional Analysis (TA) sessions at Karunashraya. Each session lasts for 2 and half hours. A total of 5 sessions would complete a certified course in transaction analysis which would give a basic understanding of the concepts. These sessions will help the staff understand themselves and will help them find effective ways of communication with others and enhance their relationship and skills for working as a group.



## Colourful Revelry

It was a feast for the eyes at Karunashraya's Onam celebrations. Full of vibrant Pookalams, the whole facility was transformed into a flowery paradise. The enthusiastic staff dressed in traditional attire, danced and swayed to the music. Even Mahabali couldn't resist dropping by and checking out all the fun. The festivities added some cheer and excitement to the day for the patients and their families. The nursing staff took part in the Pookalam contest with great zest. The designs were innovative and intricate. The day ended with a sumptuous Onam Sadhya for everyone.



## Dandiya Beats

Our fundraising event, Dandiya Beats, marked the Navratri/Dandiya season with yet another power-packed house with hundreds of Patrons during its Dussehra Extravaganza. The energies in the house soared sky-high, with the most exhilarating feelings. The energies were divine, and the feeling magical with magnificence and grandeur unparalleled!!!



## Spreading Smiles

Volunteers from the Sanman Group and the Agarwal Mahila Mandal did their bit to brighten up the day for our residents. The patients could enjoy some light-hearted moments, with music and games.



## Tricolour Celebrations

The 71st Independence Day was marked with fanfare with a flag-hoisting ceremony and a large gathering. The patriotic crowd included the patients and their families. They were so happy to be present there, even if some were unable to walk and had to be wheeled out to the lawn by their attenders.



Karunashraya works towards promoting Palliative Care education at all levels. Since July, the Hospice has had many visiting colleges to understand palliative care as part of their curriculum. Institutions like St. John's Medical College Hospital and Sampurna Montfort College have been regular visitors to our Hospice.

In July Dr. Jeremy Johnson taught on the Basic Essentials of Palliative Care course at Kidwai Memorial Institute of Oncology. The advocacy work of Karunashraya continues at the local and national level. In August Dr. Johnson spoke at the OWC meeting which is a great platform to spread awareness about Palliative Care and was part of the Rajasthan Palliative Committee in advocating and establishing Palliative Care in parts of Rajasthan. The department has also encouraged the Hospice team to be a part of the BPCIG which was held at Cytecure Hospital in September.

Dr. Simha and Dr. Johnson were faculty at the Cardiff University MSc course in the UK at the end of September. Dr. Babita and Amelia were there as students along with six others from various parts of India. The 26th batch of Nursing Aides Training Program commenced in the month of September with a group of 6 talented trainees. These trainees will receive hands-on training for 6 months so that they become well equipped in providing care to the patients.

The Department of Education and Research and The Department of Counselling together organized a 1-day event for the nursing staff "DAN DA NAKA" as part of staff support. It is an attempt to help our staff relieve their stress and give them a different atmosphere out of their routine work.



### Case Study - BEACON OF HOPE

Suman (name changed) cries and worries incessantly about his wife and young children. He is 52 and suffers from renal and genitourinary cancer. He used to run his own pharmacy but since his diagnosis 1.5 years ago, he is in great turmoil about his family's future. His children are still very young. His daughter is in the 9th Grade and his son is only in LKG.

Suman has had a tracheotomy, so he mainly communicates his anxieties with actions and tears. He desperately wants to live for a few more years so that he can bring up his kids but is sadly aware of his grim prognosis. His wife is also full of fear and trepidation about their future. She has only studied till 1st PUC and is very anxious about coping with this steep curve their life has taken. She has also taken a hefty loan of 12 Lakh Rupees for his surgery and treatment.

The counsellors at Karunashraya spoke to his wife and instilled courage and strength in her. They told her to valiantly face this storm and provide for her children. The counsellors advised her to take over her husband's business or start doing some other work. She first came to Karunashraya broken and weak in spirit but the ample moral support, encouragement, practical and financial advice gave her a boost. She is now determined to work hard and build a secure future for her children.



### Doctor's Day

It was a special day to thank our doctors for working tirelessly and selflessly. Staff from various departments took to the stage with an entertainment programme. On Doctor's Day on July 1st, the Karunashraya family joined hands to dedicate this occasion to our wonderful team. Our doctors comfort our patients in body, mind and spirit. Their work is not just limited to handling the patient's physical issues but transcends to being a soothing balm for the afflicted.



### Young Kids, Big Hearts

Students from Delhi Public School, Whitefield, visited us and it was an enriching experience for them as well as the patients. They interacted with the patients and put on an entertainment programme. They also gave a generous donation to the organisation. Visits like these provide some respite and cheer for the patients. They enjoyed the soulful music and meeting these young kids. For the students, it was a lesson in empathy, sharing and giving back to the community.



### Moulding Young Minds :

MBBS students from St. John's College, students from Mount Carmel College and a team from Acharya Institute of Management and Sciences visited our campus. They learnt about the various aspects of palliative care and the crucial role played by a hospice centre. It was a firsthand experience for them, more valuable than textbook knowledge of palliative care.



### Corporate visits:



The CSR teams from CISCO, XL Cathlin, HP & Xerox plunged into their voluntary work with full zeal. They lent a helping hand in various departments, with great enthusiasm. They donned the chef's apron and cap, became gardeners for the day and did some scrubbing and cleaning of the premises. Some helped out at the dispensary and also assisted with records and paperwork.