



A fresh year is once again upon us. It's the time to be thankful for the blessings of the past year and to take stock of all our achievements. At the same time, New Year 2018 is a brand new year to start afresh, to start strong, and yet another chance to do everything we want to do this year. All the staffs at Karunashraya would like to say a very big thank you to everyone who has expressed their support for the hospice over the years.

We have been absolutely overwhelmed and humbled by the loyalty and love shown to us by the families of current and former patients. Once again thank you for all your support.



Advanced Therapeutics Course of Palliative Medicine

PATIENT'S STATISTICS / FIGURES:

OCTOBER - DECEMBER

In- patient Care		Home Care		Total number of patients from APRIL 2017 - DECEMBER 2017	
Admissions - New:	237	Admissions - New:	077	In-patient Admission :	1041
Re admissions:	107	Deaths:	038	Home care service:	740
Deaths:	161	Total Home Visits:	619		
Total No. of patients:	344				



Raising Awareness on World Hospice and Palliative Care Day 2017

World Hospice and Palliative Care Day is a unified day of action to celebrate and support hospice and palliative care around the world. This internationally recognized day was celebrated with togetherness and enthusiasm by the Karunashraya family along with our well wishers, at Fortune Select on the 14th of October 2017. The mesmerizing dance performance by the Nrityagram dance group on this occasion held us captive and we were enthralled by the same. World Hospice and Palliative care day also help us to raise awareness and understanding of the needs of people living with a life limiting illness and their families.

Corporate Visits

Employers are generous and often offer us the chance to use a day to volunteer at a charity. Corporate Social Responsibility (CSR) days are such a valuable resource for KARUNASHRAYA. CSR teams from corporates such as Cisco, Intel, Dell, TCS, Elli Lilly, AT&T, JDA Software, Adobe, Riverbed Technology, Deloitte, Sabre Technology and Max group, visited BHT-Karunashraya, not only to know more about the hospice but also to extend their support by volunteering in the kitchen, gardening, preparing medical kits and entertaining the patients and staff with games, performances, lovely musical programs and filled them with joy. It is very nice to know that the corporate world is recognizing Karunashraya's efforts in giving back to the society, which is the reason donors are voluntarily coming forward to contribute.



DaanUtsav - Giving Back to Society

Joy of Giving Week (DaanUtsav) is India's very own 'Festival of Giving' that takes place from October 2 to 8. It aims at spreading joy and happiness among those who need help and support, and for each of us to experience the joy in giving. Everybody, including corporates, participate in social activities such as making donations, organizing events, or volunteering. The motive behind DaanUtsav is to give back to the society and for us to look beyond our own needs to aid the deprived sections of the society. This year, we organised 2 events for the Joy of Giving Week. Our Hospice organised wish-tree campaign at Broadcom Eco space campus and Broadcom GTP campus as part of the festival. Children from the NGO VIDYA visited Karunashraya and extended their fun filled support by entertaining the patients and staff with games and performances and ensuring that our hospice family had a lovely time.

Dept of Education & Research



Advanced Therapeutics Course

Advanced Therapeutics Course of Palliative Medicine, conducted in November, 2017, had participants from all over the country and from different professional backgrounds. The course had the benefit of having foreign faculty with enormous experience in Palliative Medicine. The courses also had the presence of the KMC Observer, Dr. Albert, to award the CME credits to the doctors who participated in the course.



Students Visit

Students from various schools and colleges such as St.Philomena College ,New Horizon Gurukul schools, VIDYA, Army Public School , St.Annes Girls School and Ilma International School visited Karunashraya to learn more about palliative care and the functions of a hospice center.



Training Programme by BHT

In collaboration with the National Institute of Health and Family Welfare, Karunashraya was privileged to conduct 'The Hands On Training Of Trainers Under The National Programme For Palliative Care' on November 2nd, 3rd and 4th 2017. Doctors and Nurses from seven states of India attended.

CASE STORY

This is a wonderful story of how Karunashraya (Bangalore hospice trust) touched yet another person's life. A 58 year old mother of 2 sons and one daughter from Andhra Pradesh, India was a passionate cook. Her family and friends loved to savor her cooking. Two years ago Kanthamma (name changed) was diagnosed with cancer and was unable to continue with her passion. She has been in and out of palliative care in Karunashraya over the last 2 years. During a Counseling session with her Counselor, she expressed her love for cooking and told the counselor that she would love to cook something in the Karunashraya kitchen for the staff. Counselor asked her what she would like to cook, and she replied that she would like to prepare pakodas which is a favorite of many. Necessary arrangements were made and she got an opportunity to do what she loves. The entire staff of Karunashraya got a taste of her cooking skills and the hot pakodas quickly disappeared. Kanthamma was very happy that her wish was fulfilled and we could see the joy on her face.



Christmas Bells Ring at Karunashraya

A group of church from JCILM (Church) , Amazing Grace AG Church and Nation of Rhythm organised lovely Christmas programs for our patients and staff. We had a few students and clubs arranging a beautiful session of Christmas Carols at our hospice. We were so lucky to have people sharing their talents around the community during the holiday season.



YOGA

1000 Yoga studio organised yoga sessions focusing on Nurses. This sequence is designed for nurses who spend their days caring for others and a lot of time on their feet. The work that nurses deal with daily and the stressful situations they put their body and mind in can cause anxiety, depression, back pain, migraines, colds, poor posture, bad nutrition, lack of sleep, etc



Lighting up Diwali

Every year Karunashraya celebrates Diwali, the festival of light, by touching the lives of the patients in a meaningful way. While the rest of the world was busy celebrating Diwali with sweets and lights, a group of volunteers from Sanman group and Giftable brightened up the festival at Karunashraya with their presence and delicious sweets. They brought about a smile on the face of the patients and the staff with their fun filled celebrations.



Counseling Workshop by Indian Cancer Society

Indian Cancer Society conducted a two-day workshop in BHT Karunashraya on counseling cancer patients and caregivers through extensive use of role plays, case studies, videos and sharing of experience which was an extremely helpful and considerate initiative.



Kannada Rajyotsava



On 28th November, 2017 our staff and patients celebrated the Kannada Rajyotsava in a grand manner. This significant festival was celebrated with utmost joy at Karunashraya as we organised cultural programme competitions like group songs, fashion shows, fancy dress and dance competitions for our staff. One of our patients hoisted the Karnataka flag at our campus.