



BANGALORE HOSPICE TRUST

# KARUNASHRAYA

QUARTERLY  
NEWSLETTER  
JANUARY- MARCH 2019



The annual Conference of the IAPC was held this year in Kochi from 8th to 10th February 2019. This year the theme of the conference was "Voices in palliative care; ensuring quality, creating solutions".



Admissions - New:	237
Re admissions:	102
Deaths:	176
Total No. of patients:	339



Admissions - New:	073
Deaths:	029
Total Home Visits:	307



Marking the festival of colours, Karunashraya celebrated Holi on 23rd March 2019. On this joyous celebration, organic colours were used and 40 children (age group 6-8 years) and guests, together with staff of Karunashraya, had a very happy time. Music and food stalls were also put up. In all, we had 274 guests. Patients also had their share of fun and frolic. A substantial amount of money was raised on the occasion.



Total number  
of patients  
from

In-patient:	1420
Home care service:	1121

## VISITS BY STUDENTS FROM ACADEMIC INSTITUTIONS

Students of Idea School of Architecture, Nashik, visited Karunashraya to study its widely acclaimed architecture. Students from Cambridge School, New Horizon College, St. Mary School and Deens Academy also visited Karunashraya where they were briefly introduced to the role of palliative care and hospice for terminally ill patients. These students volunteered in various activities of Karunashraya and also organized cultural programs for the patients and staff.



**EDUCATIONAL INSTITUTIONS**



**VOLUNTEERS**

## CORPORATE SOCIAL RESPONSIBILITY (CSR)

Volunteers from various corporate houses, namely, Allegis, AT&T, Bank of Baroda, CISCO, Davework, Graffiti Collaborative, Herbal Life, HP, Infosys, Intel, Kinapse, KPMG, Tata Power and Zuri Infra-world, visited Karunashraya. They rendered a helping hand in activities relating to kitchen, pharmacy, store keeping, preparation of medical kits for patients, cleaning of solar panels, gardening, etc. Many of these volunteers also entertained the patients and staff of Karunashraya by organizing cultural programs. Volunteers of "Common Purpose" team visited Karunashraya as a part of their leadership training program.



**DIVERSIONAL THERAPY FOR PATIENTS**



**CSR TEAM VISITS**

## EDUCATION AND RESEARCH

### NATIONAL FELLOWSHIP IN PALLIATIVE MEDICINE

Four doctors from different parts of our country spent their 10 day clinical posting in Karunashraya under the program "National Fellowship in Palliative Medicine". These postings helped these doctors to learn what is being done at Karunashraya and their own experience's were helpful to us as well.

### LECTURES AT KARUNASHRAYA

**Dr. Greg Barclay**, a distinguished palliative care physician from Sydney, gave an in-house talk about "Sedation in End-of-life Care" on February 4, 2019.

**Mr.Samartha Srinivasa**, Founder J.K. Legal Bangalore, gave a presentation on 'Medico-legal Issues" on March 9, 2019.



**7 DOCTORS TRAINING PROGRAM**



**7 VISITING OBSERVERS**

### TRAINING ON FUNDAMENTALS OF PALLIATIVE CARE

From January to March 2019, a ten-day training program on "Fundamentals of Palliative Care" was organized at Karunashraya every month. In all, 30 doctors and 60 nurses from various districts in the state of Karnataka benefitted from these courses, the participants committed to use the generated expertise in imparting palliative care to patients within their own organizations. Dr. V.S. Patil, Joint Director and Dr. H.V. Rangaswamy, Deputy Director, Department of Health and Family Welfare, Government of Karnataka, gave away certificates to the participants.



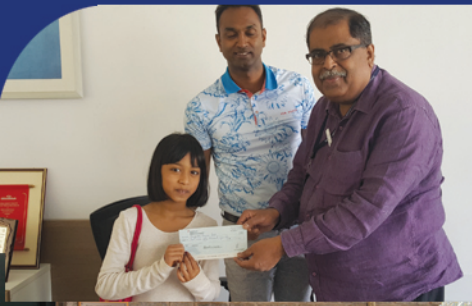
**1 IN- HOUSE TRAINING PROGRAM**

### OTHER ACTIVITIES:

Dr. Nagesh Simha, Medical Director, Karunashraya served as a resource person in various organizations. He was the Guest of Honour during inauguration of the Department of Palliative Care at Balabhai Nanavati Hospital, Mumbai (08/03/2019), as also during the release of the volume "Blue Maple", the procedural guidelines for limitations of life sustaining treatment and end-of-life care, at Manipal Academy of Higher Education (24/03/2019). He was a resource person in the workshop on Communication Skill for ICU doctors at Apollo Hospital, Chennai (11/01/2019), and delivered a lecture on a similar topic to neurologists at Mt. Abu, Rajasthan (13/01/2019). He also participated in CME on Palliative and End-of-Life Care at Bhatia Hospital, Mumbai, and delivered a lecture on "Importance of Networking" in the workshop "Palliative Care and NGOs" at Tata Memorial Hospital, Mumbai



**SYMPOSIUM**



### RUNNING FOR A CAUSE

Dr. Hari Kumar Sholinghur participated in 12 marathons across the globe including countries like UK & Spain with the noble purpose of raising fund for Karunashraya.



### SNEHDHARA FOUNDATION

Four volunteers of "Snehdhara Foundation" visited us on March 30th, 2019, for their project work which involved creating canvas and patterns with flowers & Rangoli designs. Nursing staff, other care givers and counseling staff of Karunashraya participated. The inmates also took keen interest in these activities.



### GLOBAL RUN FOR CANCER 2019

"Globalwings Fitness" organized "The Run for Cancer Awareness" on the 24th February 2019, to bring hope to cancer patients, to honour survivors, and to increase awareness about reducing cancer risks. The proceeds of this event were gifted to Karunashraya.



### COMPOST PLANT

AT&T has set up a composting pit within the premises of Karunashraya. This plant uses leaf litter and other such debris to generate compost that AT&T intends to sell to their employee for generating money for Karunashraya. Their volunteers visit Karunashraya at regular intervals for this composting activity.



### WORLD CANCER DAY 2019

Sixty students from New Horizon College, Bengaluru, organized music and dance extravaganza on the 4th February, 2019, which was greatly enjoyed by patients and staff alike. Another team of volunteers visited Karunashraya bringing along their premium motor bikes later in the evening. The patients and staff were all the more excited getting their very own share of rides on these unique bikes.



### RENOVATION OF THE PRAYER ROOM

INTEL Foundation has generously funded for the renovation of the prayer room. The room is now newly air conditioned alongside the beautiful murals and paintings, seating, and a body preserver.



DOCTOR'S CARE



NURSING CARE



COUNSELLING



ADMINISTRATIVE SUPPORT

Donations by cheque should be drawn in favour of "Bangalore Hospice Trust". All monetary contributions are eligible for tax exemption under Section 80G ( 50% tax exemption).

Paytm

DONATE NOW



# KARUNASHRAYA

## Bangalore Hospice Trust

PROVIDING FREE OF COST PALLIATIVE CARE FOR ADVANCE STAGED CANCER PATIENTS SINCE 1995

[www.karunashraya.org](http://www.karunashraya.org)

Donate



# 2424

## SUPPORT A PATIENT FOR A DAY

(THIS INCLUDES MEDICAL CARE, MEDICINES, FOOD , ACCOMMODATION).

Cost per week for a Patient: 16,968/-

Cost per month for a Patient: : 72,720/-

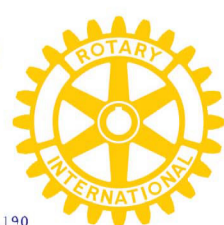
Cost per year: for a Patient: 8,84,760/-



RISE AGAINST CANCER

A joint project of the Indian Cancer Society (Karnataka Chapter) and the Rotary Bangalore Indiranagar

Rotary  
Bangalore  
INDIRANAGAR



P.I. Dist. 3190