



Ganga Prem Hospice

Care and comfort for the terminally ill

Annual Report 2011-12



A project of SHRADHA CANCER CARE TRUST
www.gangapremhospice.org

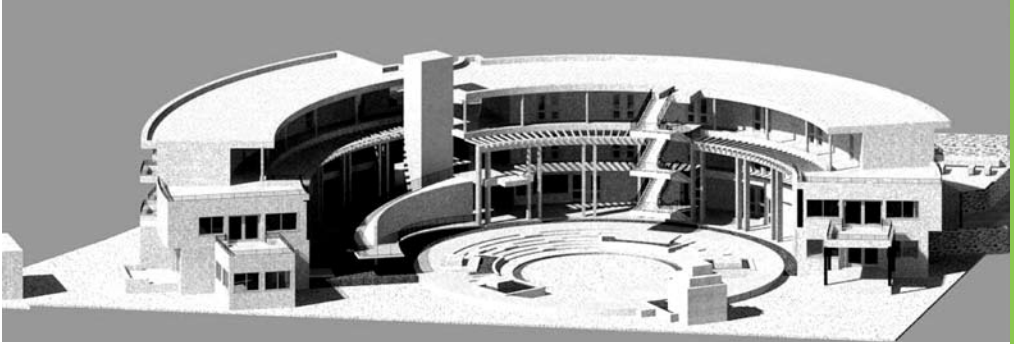
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What is Ganga Prem Hospice?

Ganga Prem Hospice is being created to add other dimensions to the concept of hospice—the dimensions of spiritual care and holistic treatment. Ganga Prem Hospice exemplifies a fusion between medical care and spiritual perception. Eminent oncologists from Delhi have joined hands with spiritual seekers and holistic therapists in the Rishikesh area to alleviate the physical and emotional pain of cancer patients and their grieving families.

The Hospice will be constructed on the bank of the river Ganga, in a village called Gohri Maphi, in Raiwala. The village is situated at the foot of the Himalayas near to the town of Rishikesh, which is known for its spiritual culture and the many well-developed holistic centres.



A rendered image of the architectural drawing of Ganga Prem Hospice

The Concept of a Hospice

Ganga Prem Hospice is a spiritually-orientated, non-profit hospice for terminally ill cancer patients. The Hospice will provide medical, social, emotional and spiritual support for individuals and their loved ones as they face life threatening cancer, and in their ongoing grief.

A hospice can provide care both through inpatient facility and also through home care service. It offers the possibility of a dignified death with minimal distress.

A hospice provides palliative care to terminally-ill patients, aiming to help control their pain and other symptoms so that they can achieve the best possible quality of life and death. A hospice offers personal and caring service to both patients and their loved ones by providing information, comfort and basic care.

At Ganga Prem Hospice, volunteers, social workers, spiritual advisers and nurses assist doctors in providing medical and holistic care to terminally ill cancer patients. All facets of the patient's

life—the physical, social, emotional and spiritual—are considered to be of importance. Trained in patient-centred terminal care techniques, staff and volunteers understand that each patient and his needs are unique.

Hospices provide solace and comfort to patients and their families and help them to adjust to the many challenges and losses they face in the terminal phases of cancer. Often holistic by nature, palliative care can provide pain relief, symptom control and support at the time when it is most needed. After death, the hospice extends care to family and friends of the patient during their bereavement. In some cases, where the patient's families are destitute, an attempt is made to rehabilitate the family in case of the patient's death.



A Letter from our Chairman



In absence of an established palliative care service ethos in India, patients, particularly those stricken with cancer, often die a painful death which is agonising for them and traumatising for their families. The under-privileged, particularly, suffer tremendously, as they neither have the financial means, nor the information about how to go about accessing pain relief or medical care.

The year 2011-12 was marked by several young and highly qualified professionals, especially doctors, joining the Ganga Prem Hospice team as volunteers and taking the cancer care work forward. Surgical oncologists, general surgeons, and nurses gave their time and expertise to Ganga Prem Hospice patients, helping us extend the outreach of our cancer clinics to places beyond Rishikesh. In all, 18 cancer camps were held where each clinic, on an average, saw 90 patients get free of charge oncological consultations, medicines, and counselling.

As Ganga Prem Hospice tended to a much higher number of cancer patients who came to our cancer clinics, as well as those who were reached by us in their homes, we saw how acute the need for overall support for cancer patients is: patients could not just be given a doctor's consultation or a home care visit by a nurse, they needed financial help, practical help with visiting the hospitals, guidance with diagnostic tests, even provisions like food and clothing to help tide them over a very difficult period in their lives.

We hope that with the inpatient facility of Ganga Prem Hospice, which has faced pre-construction difficulties, we will be able to provide relief to patients and their families, not just from physical pain, but also from the vicissitudes of trying times.

In the year 2011-12, Ganga Prem Hospice had the arduous task of expanding its services on the one hand, and following up with the state administration and government to grant the numerous permissions required for construction of the Hospice, on the other hand. I can say with satisfaction that our small team managed to keep up with both the demands.

I would like to thank all those who supported Ganga Prem Hospice, whether in cash or in kind, whether by dedicating their precious hours to our patients at our cancer camps and home care visits, or in various other special ways. Each bit has contributed not only to sustaining the work of the Hospice, but also making its growth possible.

Dr AK Dewan, MS, MCh

Medical Director, Ganga Prem Hospice,
Chairman, Shradha Cancer Care Trust.



Surgical oncologist and Ganga Prem Hospice medical director Dr AK Dewan seeing a patient at one of the Hospice's monthly charitable cancer clinics in Rishikesh

Ganga Prem Hospice Progress in 2011-12

In the year 2011-12, the Ganga Prem Hospice work expanded more than it ever had in the years before. The Hospice reached out to a high number of patients—1,636 footfalls—in the year, through the 18 charitable cancer clinics, which were held in five different towns. At least 11 volunteer doctors, who specialise in different disciplines of medicine and surgery, offered their consultations free of charge to patients.

Home Care Service for Terminally ill Cancer Patients

The home care programme became the bedrock of the Ganga Prem Hospice work, with volunteers, doctors and nurses from different disciplines joining the home care nurse from time to time to go on home visits. In the year, 2011-12, a total number of 108 terminally ill cancer patients were given home care by the Ganga Prem Hospice home care team, principally in the three different towns of Rishikesh, Haridwar, and Dehradun, as well as in the adjoining villages.

Hospice Construction Plans Move Ahead

In the year 2011-12, Ganga Prem Hospice received the voluntary services of a renowned architect and structural engineer to further augment and improve the hospice designs. Technical work like mapping

and soil testing of the Ganga Prem Hospice land site were carried out by professional agencies.

The Ganga Prem Hospice team worked hard towards getting the various administrative permissions for construction of the Hospice.

Support: in Cash and in Kind

Hospice fund-raising and support, both in cash and in kind, saw a rise. In-kind support, such as medicines, medical supplies, massage oils, packaged drinking water, health food, and snacks came Ganga Prem Hospice's way. Fund-raising campaigns were initiated, not just by the Hospice team, but also by groups and individuals in India and outside, who very generously chose Ganga Prem Hospice as their campaigns' beneficiary.

Public and private sector companies in India supported Ganga Prem Hospice by sponsoring some part of the cancer clinics, and home care.

Our Activities

Monthly Cancer Clinics in Rishikesh

Ganga Prem Hospice holds a charitable monthly cancer clinic in Rishikesh. The clinic is held on the last Sunday of every month at the Sardarni Nanki Devi and Punjab Sindh Kshetra Charitable Hospital, in Rishikesh. Surgical oncologist Dr AK Dewan, accompanied by other oncologists, gynaecologists, general surgeons, general physicians, and an Ayurvedacharya sees an average of 90 patients at each clinic. The clinic begins at 9.00 am and finishes between 1.00 and 2.00 pm.

Most patients who come to the clinic are from the lower income brackets. Many people who come are already suffering from cancer and many more come with suspected cancer symptoms. New cases of cancer are generally diagnosed at every clinic and the patients are directed to the correct procedures. As much as possible, medicines are distributed free of charge at the clinic to under-privileged patients.

The Ganga Prem Hospice monthly charitable cancer clinics in Rishikesh offer:

- Screening of patients for possibility of cancer;
- Oncological consultation for cancer patients;
- Consultation for terminally ill cancer patients;
- Counselling for cancer patients and their families;
- Counselling for terminally ill patients and their families;
- Free of charge distribution of medicines;
- Palliative care for terminally ill patients;
- Free of charge essential oils massage;
- Pick up and drop back ambulance service for terminally ill patients when needed;
- Cancer awareness and prevention information dissemination.



Ninety patients are seen on an average at each of the Ganga Prem Hospice monthly charitable cancer clinics in Rishikesh, held on the last Sunday of every month

Periodic Cancer Clinics in Other Towns/Cities

Additional cancer clinics are held periodically in other towns and cities of Uttarakhand, notably Haridwar and Dehradun. The medical team travels to these cities often on the day before the monthly Rishikesh clinic and cancer clinics are held in hospitals and other premises, donated by supporters of the Hospice project.



Surgical oncologists Dr Ashish Goel, Dr Rajinder Kaur Saggu, Dr Vivek Gupta examine patients at a periodic charitable cancer clinic held in Dehradun

Home Care Service for the Terminally ill

During the year 2011-12, the Ganga Prem Hospice home care team travelled a total of 22,120 km in the service of cancer patients. The home care visits by a nurse, accompanied by a doctor and masseuse whenever possible, predominantly took place in the areas of Rishikesh, Haridwar and Dehradun.

The home care service provides comfort and solace to terminally ill cancer patients in their own homes. The Ganga Prem Hospice medical team and volunteers visit terminally ill cancer patients, and as much as possible provide medical, social, emotional and spiritual support to the patient and their families. Visits are carried out six days a week in the areas of Rishikesh, Haridwar and Dehradun.

Our patients come from varied backgrounds, belong to different religions and have varied social status and economic standing. All have in common the pain and trauma of dealing with advanced cancer. All of our patients are treated with the same love and care by the Hospice team.



Home care patients are given nursing care for pain relief, bedsores, malignant wounds dressing, toileting, mobility, medicines, and foot massages

The home care service provides:

- Regular visits to patient's home by a:
 - A palliative care nurse;
 - Doctor (whenever possible);
 - Physiotherapist (whenever possible);
 - Complementary therapist (whenever possible);
 - Counsellor (whenever possible);
 - Spiritual advisor (whenever possible);
 - General volunteer (whenever possible);
- Medical care for patient as advised by oncologist;
- Complementary therapies for symptom relief and relaxation for both patient and family;
- Counselling for patient and family;
- Spiritual support for patient and family;
- General support for patient and family.

The Support-a-Cancer-Patient Scheme

The support-a-cancer-patient scheme gives donors an opportunity to sponsor palliative care treatment for a financially underprivileged cancer patient. Ganga Prem Hospice social workers assess applicants for benefit from this scheme and patients who are chosen have their diagnostic tests or treatment arranged for by the Hospice. In addition to sponsoring tests and treatment, the support-a-cancer-patient scheme ensures that the chosen

patient and his family receive other basic essentials that they need such as food, clothing, etc.

The Support-a-Cancer-Patient Scheme provides:

- Sponsorship of palliative treatment and medicines' cost;
- Nutritional support;
- Transport for treatment;
- Other financial support according to need (e.g., clothing, house rent)

Bereavement Support

The bereavement support service gives much needed help to family and friends after the patient has died. The support, in select cases, continues until the loved ones feel it is no longer needed.

The bereavement support service provides:

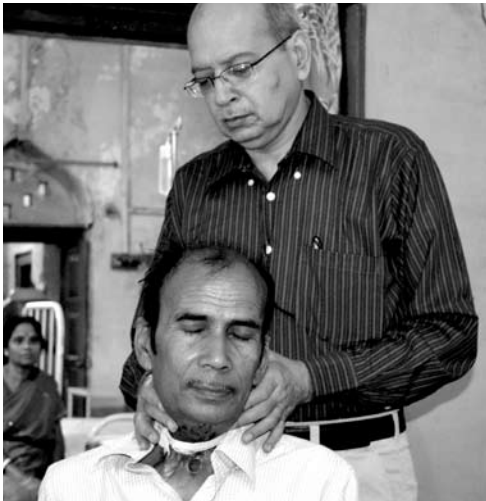
- Help with practical arrangements after the death of patient;
- Counselling—helping family members manage the process of grieving;
- A promise of continued support, if required.



Deceased under-privileged patients' families are helped with rehabilitation after the patients' death

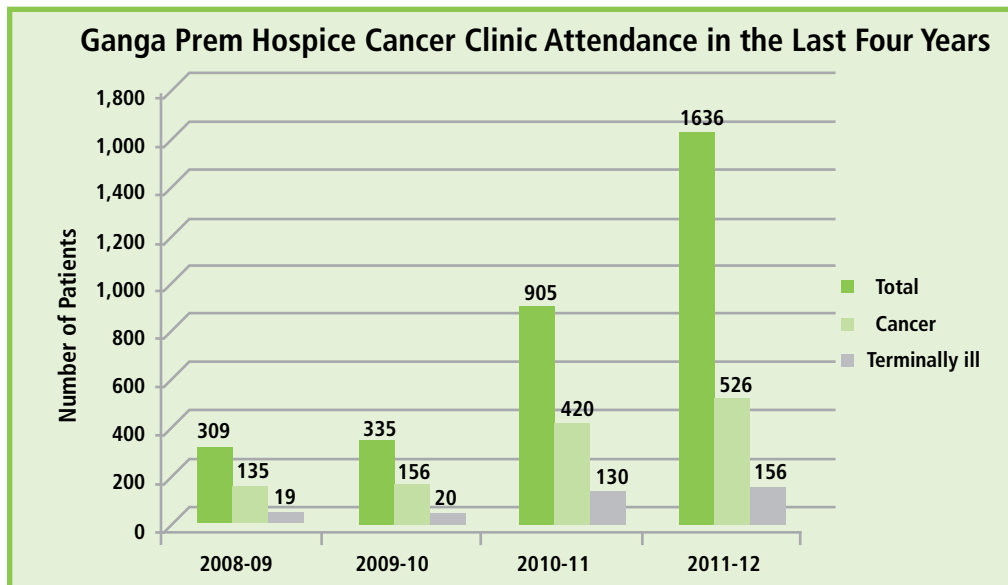
Ganga Prem Hospice Charitable Cancer Clinics: April 2011 to March 2012

At the 18 charitable cancer clinics organised by Ganga Prem Hospice in 2011-12, almost every third patient was a cancer patient while 10% of the patients coming to the clinic had advanced stage cancer.



The Ganga Prem Hospice charitable cancer clinic service in 2011-12 saw an increase of 81% in the number of patients seen as compared to the previous year. The number of cancer patients and terminally ill cancer patients visiting the clinic also went up by 25% and 20% respectively. Rishikesh, Haridwar, Dehradun, New Tehri and Uttarkashi were the towns covered by the cancer clinics in a 200-kilometre radius.

The year 2011-12 also saw eleven medical practitioners give their consultations to patients at the Ganga Prem Hospice monthly charitable cancer clinics. These specialists—surgical oncologists, general surgeons, gynaecologists, general



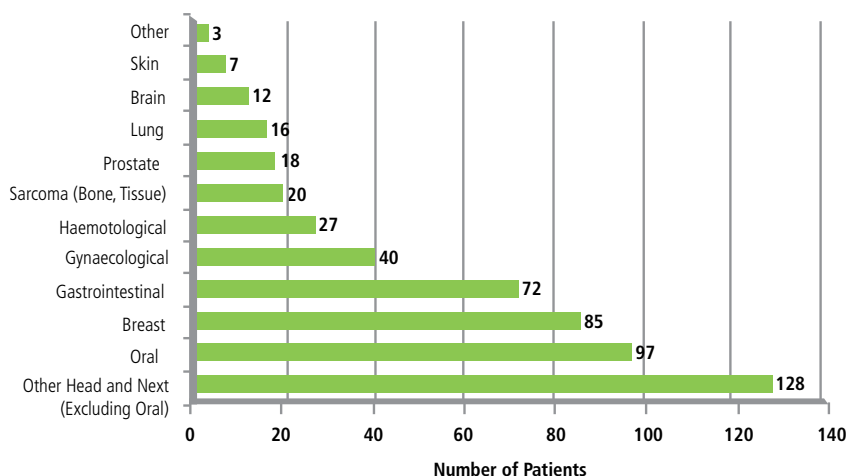
physicians and *ayurvedacharyas*—gave their time and services free of charge, both to the patients and to Ganga Prem Hospice. They took time off their hospital duties, travelled long distances from Delhi to the clinic locations, and were always ready to give further advice over the phone.

The cancer clinics also doubled up as screening

camps, especially in the mountain areas where patients otherwise do not have access to medical experts. Diagnostic and screenings tests like the Pap smear, biopsies, ultrasounds, X-rays, CT scans, endoscopies and MRI scans were sponsored for poor patients, as were laboratory tests like sputum, urine and other tests.

Sixty different types of cancer were seen by Ganga Prem Hospice in 2011-12. Breast cancer was by far the most common cancer found in patients, with buccal mucosa as the second most commonly seen malignancy.

Types of Cancer Seen at Cancer Clinics in 2011-12



Oral and head and neck cancers together were the most dominant category of cancers seen at the Ganga Prem Hospice cancer clinics in 2011-12

Economic status of patients

Most patients who attended the Ganga Prem Hospice charitable cancer clinics in 2011-2012 were from the poor to the lower-middle class income groups.

Towns/cities of patients

Patients who attended the Ganga Prem Hospice charitable cancer clinics in 2011-12 came from

the following towns/cities of three different states: Uttarakhand, Uttar Pradesh (UP), and Himachal Pradesh (HP): Bijnor (UP), Chamba, Chamoli, Dalhousie (HP), Dhampur (UP), Dehradun, Devprayag, Ghaziabad (UP), Haridwar, Kotdwar, Laksar, Meerut (UP), Moradabad (UP), Mussoorie, Muzaffarnagar (UP), Muzaffarpur (Bihar), Najibabad (UP), Narendra Nagar, Rishikesh, Roorkee, Rudraprayag, Saharanpur (UP), Tehri, and Uttarkashi.

THDC India Ltd. supports cancer screening camps



The Rishikesh-based public sector enterprise, THDC India Ltd, as one of its CSR activities, sponsored five Ganga Prem Hospice charitable cancer screening camps in Uttarakhand, in the towns of New Tehri, Uttarkashi, Rishikesh, Haridwar and Dehradun.

Ganga Prem Hospice strived to provide all-round support to patients attending the cancer clinics— not just a consultation and a prescription. The counselling service was of value to the patients as after the doctor's consultation, patients could get information about where to go and what to do from the counsellor, who spoke to the patients and their families at length.

Patients who were found to be terminally ill at the cancer clinics were offered the Ganga Prem Hospice home care service. Those who were under-privileged were also helped with sponsorship of their palliative treatment, as far as possible.

The larger number of clinics served to introduce Ganga Prem Hospice to the residents of Uttarakhand and has led to a rise in the number of cancer patients seeking support from the Hospice. It has also led to an increase in volunteer support in the areas of clinic outreach, particularly in the Uttarkashi district of Uttarakhand.

Gender of patients at the cancer clinics in 2011-12

Gender	Number of Patients
Male	849
Female	787
Total	1,636

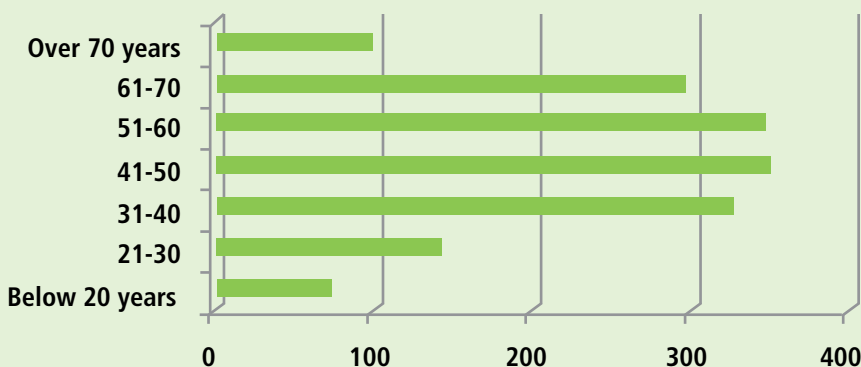


Senior gynaecologist Dr Rupali Dewan (left) gives consultations to female patients at the cancer clinics. Rishikesh-based visiting gynaecologist Dr Rajesh Saxena (R), sees a patient at a Ganga Prem Hospice monthly cancer clinic

Almost all of the under-privileged patients who came to the Hospice clinics were given medicines free of charge and also given the option of getting tests done at diagnostic centres that give Ganga Prem Hospice patients reduced rates for tests. Some tests such as Pap smears, blood glucose etc, were also done free of charge at the cancer

clinics themselves. Nutritional supplements were distributed to those who needed them and, from time to time, fruit juices, cereals, tea and snacks were also given to patients at the clinic and on home care visits.

Age of Patients Seen at Cancer Clinics 2011-12



A patient in Rishikesh gets an Ayurvedic consultation



An oral cancer patient is comforted at the Ganga Prem Hospice cancer clinic in Rishikesh



Ganga Prem Hospice Home Care Service

The home care team visited patients in their homes on 267 days of the 2011-12 financial year.

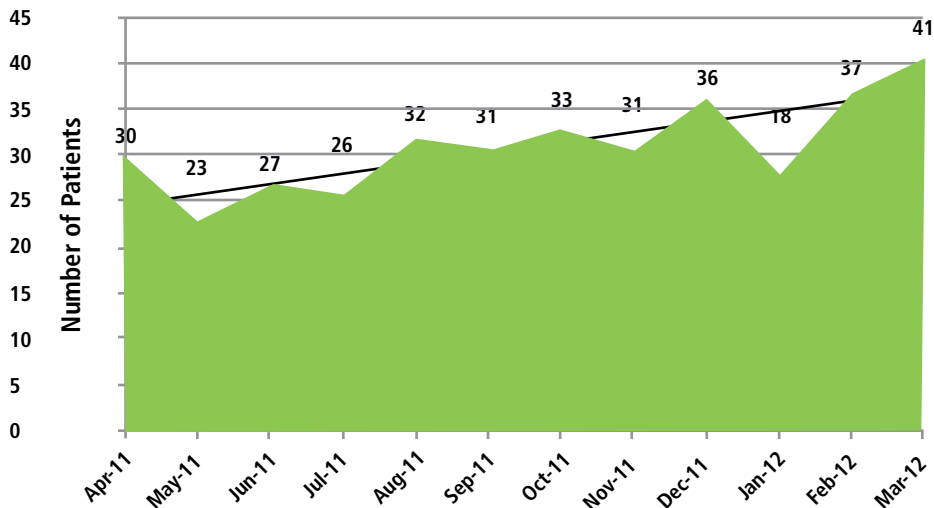
In the West, terminally ill patients may choose to die at home. In India, due to the absence of hospices, under-privileged patients have no option other than to die at home. Cramped living conditions at home, no medical support—not even basic medical care equipment for toileting—no respiratory support apparatus, and poor nutrition make dying a far worse experience than it should be.

The Ganga Prem Hospice home care service works towards making the last days of cancer patients more bearable. The only full-time charitable service

of its kind in the state of Uttarakhand, the home care team of a nurse, and a masseuse travelled to Dehradun, Haridwar and Rishikesh six days a week throughout the year. Each patient received one or two visits every week.

The year 2010-11, which was the second year of full-time home care service for terminally ill cancer patients, saw the work get firmly established in Haridwar and Dehradun, as well as the Ganga Prem Hospice home city of Rishikesh.

Number of Home Care Patients in 2011-12



Early in the year 2011-12, the number of home care patients in Rishikesh was always far more than the Haridwar or Dehradun ones, but as the year progressed, there was almost an equal number of patients in each of the three cities at any given time



Ganga Prem Hospice palliative care nurse administers an IV drip to a terminally ill cancer patient at his home in Dehradun, during a home care visit

Of the 108 cancer patients who were served during the twelve months of 2011-12, breast cancer was the single most common cancer found. If we categorise the cancers according to their sites, then gastrointestinal cancers had struck 30% of the home care patients, with head and neck cancers being the second most prevalent category of cancer after gastrointestinal.

The fact that the Ganga Prem Hospice service facilities are utilised mainly by the economically weaker sections of society was evident from the data that only 29% of the 108 home care patients the Hospice served came from financially-secure backgrounds. The rest of the patients were under-privileged and unable to access the medical care that they so much needed in their last days.

The average number of home care visits in the financial year of 2011-12 was 130 per month. The elderly continued to be the majority recipients of the home care service, as 51% of the 108 home care patients were above the age of 60.

The home care team not only provided nursing care such as dressing of tumours, changing of catheters, monitoring of vital statistics and dispensing of medicines, but also carried food supplies, clothes, and medical accessories to the patients, and gave emotional support to patients and families on every visit.

While the nurse and the ambulance driver, sometimes accompanied by a doctor and therapist, were the front-end of the home care service, the Ganga Prem Hospice counsellor, assistant manager, volunteers, and others worked behind the scenes, arranging for medicines and food supplies, sending patients' reports to oncologists, raising funds for the home care service and the hospitalisation of patients, and entering each and every home care visit report and its details into a database designed specifically to monitor the daily medical care given by Ganga Prem Hospice come rain, cold or heat wave. The remuneration of the Ganga Prem Hospice home care nurse was sponsored by the Indo-American Cancer Association.

Number of home care patients

During the 2011-12 financial year, a total of 108 patients benefitted from the Ganga Prem Hospice Home Care Programme.

Gender of home care terminally ill patients

Gender	Number of Patients
Male	53
Female	55
Total	108

Age of home care patients

Age Group	Number of Patients
0 - 20	3
21 - 30	2
31 - 40	6
41 - 50	14
51 - 60	28
61 - 70	46
71 +	9
Total	108

Economic status of home care patients

Economic Status	Number of Patients
Very poor	17
Poor	35
Lower-middle class	25
Upper-middle class	19
Well Off	12
Total	108

Towns/cities of home care patients

Town/City	Number of Patients
Rishikesh	38
Haridwar	34
Dehradun	35
Other	1
Total	108

Types of cancer

Cancer Type	Number of Patients	Cancer Type	Number of Patients
Breast	15	Alveolus	1
Gallbladder	11	Cheek	1
Lung	8	Chondrosarcoma	1
Oesophagus	8	Disseminated Cancer	1
Cervix	6	Endometrium	1
Buccal Mucosa	4	Giant Cell Tumour (GCT)	1
Larynx	4	Glioblastoma Multiforme	1
Brain	3	Lymphoma	1
Kidney	3	Malignant Ascites	1
Oropharynx	3	Maxilla	1
Prostate	3	Mouth	1
Rectum	3	Multiple Myeloma	1
Thyroid	3	Neck	1
Base Tongue	2	Pancreas	1
Blood	2	Parotid	1
Hypopharynx	2	Piriform Fossa (PFF)	1
Liver	2	Poorly Differentiated Carcinoma	1
Ovary	2	Postcricoid Area	1
Squamous Cell Carcinoma (SCC)	2	Ureter	1
Stomach	2	None	1
Total			108

Stages of cancer

Cancer Stage	Number of Patients
Stage 4	93
Stage 3	3
Stage 2	3
Stage 1	0
Unknown	8
None	1
Total	108

Deaths

Of the 108 patients who benefitted from the Ganga Prem Hospice Home Care Programme during the 2011-12 financial year, 58 patients passed away during the year.

Types of support provided

Support type	Number of Patients
Nursing	105
Doctor's visit	86
Hospital visit/stay	16
Medicine	94
CAM Therapies	80
Counselling	21
Spiritual counselling	7
Other support	14

The Support-a-Cancer-Patient Scheme

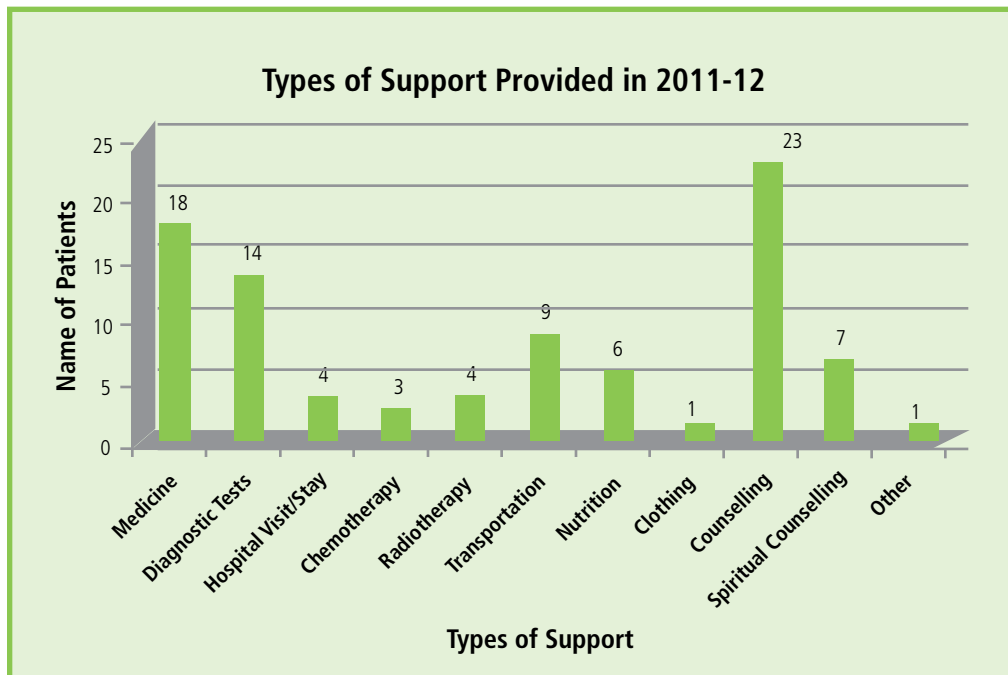
In the year 2011-2012, twenty-three economically under-privileged cancer patients availed of the Hospice Support-a-Cancer-Patient Scheme.

Apart from oncological consultations and home care, Ganga Prem Hospice also provided other forms of support to underprivileged cancer patients during the year 2011-2012. This support included sponsorship for diagnostic tests, surgery, chemo and radiotherapy, regular supplies of medicines, hospital stays, travel expenses, food rations, clothing, and emotional and spiritual support.

Although Ganga Prem Hospice predominantly sponsors patients who are terminally ill, in certain exceptional cases patients in non-terminal stages of cancer were also given help for their needs.

The Hospice paid for the necessary treatment and care. At the same time, the Hospice social workers looked for financial sponsors for the under-privileged cancer patients and helped them apply for government aid.

Most of the beneficiaries fell within the 41-50 age group and came from Rishikesh, although patients from the Dehradun, Haridwar and Chamoli district were also given support under the support-a-cancer-patient scheme. More than half of the sponsored patients had advanced stage cancer and ten of them died within the same year.



Gender of support-a-cancer-patient scheme patients

Gender	Number of patients
Male	12
Female	11
Total	23

Economic status of patients who benefitted from the support-a-cancer-patient scheme

Economic Status	Number of patients
Very Poor	8
Poor	10
Unknown	5
Total	23

Stages of cancer of support-a-cancer-patient scheme patients

Cancer Stage	Number of patients
Stage 4	15
Stage 3	2
Stage 2	1
Stage 1	0
Unknown	2
None	3
Total	23

Towns/cities of patients who benefitted from the support-a-cancer-patient scheme

Town/City	Number of patients
Rishikesh	10
Dehradun	3
Haridwar	3
New Tehri	2
Bihar	1
Bijnor (UP)	1
Chamoli	1
Ghaziabad (UP)	1
Unknown	1
Total	23

Bereavement Support

During the 2011-12 financial year, a total of 47 bereavement visits were provided to the families of 46 patients.





Essential oil foot massages for patients are a regular feature of the Ganga Prem Hospice charitable cancer clinics and home care programme

Complementary Therapies

In the year 2011-12, Ganga Prem Hospice employed a masseuse to serve patients with aromatherapy oil massages at the monthly cancer clinics and on home care visits.

Our nurses and therapists in Rishikesh use the following complementary therapies:

- Aromatherapy
- Therapeutic massage
- Ayurveda
- Diet
- To approach charitable foundations, companies and corporations, as well as individuals, who will give financial backing to the project;
- To expand our volunteer force for both our palliative care service and fundraising efforts;
- To create greater awareness about our project, both in India and abroad;

Our Future Plans

The objectives of Ganga Prem Hospice in the forthcoming year are:

- To raise funds for the construction of the in-patient facility at Raiwala;
- To expand our workforce in Rishikesh in both the administrative and nursing departments;
- To collaborate with other palliative care centres, both in India and abroad, in order to increase our knowledge and ability to serve; and
- To sustain a cohesive network of support between our team and our patients and their families.

Members Of Our Trust

SHRADHA CANCER CARE TRUST BOARD

Chairman

- Dr AK Dewan, MS, MCh.

Members

- Dr DC Doval, MD
- Dr Rupali Dewan, MD
- Navjeet Singh Sobti
- Arun Kumar Banerjee (IAS, Retd.)
- Deepak Bajjal
- Dev Singh Negi (IAS, Retd.)
- Suresh Kathpalia, Treasurer
- Raghuvir Lal Ghai
- Nani Ma

Charitable Cancer Clinic Doctors

Doctor's Name	Position
Dr AK Dewan, MS, MCh	Regular Oncologist
Dr Rupali Dewan, MD	Gynaecologist
Dr Ashish Goel, MS, DNB	Visiting Oncologist
Dr GS Vats, MD	Visiting Physician
Dr Vivek Gupta, MS, DNB	Visiting Oncologist
Dr Rajinder Kaur Saggu, MS, FIAGES	Visiting Oncologist
Dr Pallavi Purwar, MS	Visiting Surgeon
Dr Rajesh Saxena, MBBS	Visiting Gynaecologist
Dr JP Rathi	Visiting Ayurvedacharya
Dr C Mohanan	Visiting Home Care Doctor
Dr KK Garg, MBBS	Home Care Doctor
Dr Rajiv Saxena, D.Ortho	Home Care Doctor

Ganga Prem Hospice Employees

Employee Name	Position
Pooja Dogra	Coordinator
Divyae Katiyar	Assistant Manager
Vas Verghese Koikara	Assistant Manager
Yogeshwar Prasad	Administrative Assistant
Dr KK Garg, MBBS	Home Care Doctor
Dr Rajiv Saxena, D.Ortho	Home Care Doctor
Sicily Sebastion	Palliative Care Nurse
Sebastion Thomas	Home Care Vehicle Driver
Jamuna Halder	Masseuse
Bhurelal	Site Caretaker

Ganga Prem Hospice Volunteers

Cancer survivors joined Ganga Prem Hospice as volunteers.

In Rishikesh, a nurse who is a cancer survivor went on home care visits as a volunteer. Another patient—a contractor—helped with work at the Hospice site. In Delhi, a cancer patient who is a psychology professor supported a young graduate cancer patient with regular phone calls and encouragement.

Volunteers in Rishikesh

Volunteer Name	Position
Akwant Kaur	Nurse
Alan Neachell	Graphic Designer
Anil Gupta	Honorary Manager, Counsellor and Social Worker
Antonina Peixo	Physiotherapist
Beth	Benefit Concert Helper
Bhagavati Kala	Clinic Helper
Chandan	Nurse
Christina Gmrs	Nurse
Christine Ashton	Nursing
Daniel	Benefit Concert Helper
Estefanea Peixo	Nurse
Geeta Kukreti	Clinic Helper
Hasya	Masseuse
Jennifer Melmon	Clinic and Benefit Concert Helper
Jitendra Bisht	Clinic Helper
Kamala Bhasin	Clinic Helper
Karl	Benefit Concert Helper
Lorna	Benefit Concert Helper
Madhava	Benefit Concert Helper
Panchanan Pandey	Motorcycle Driver and General Helper
Panshula Rai	Clinic Helper
Ras Bihari Agarwal	Benefit Concert Helper
Rohit Anand	Benefit Concert Helper
Sarla Dabral	Nurse

Volunteer Name	Position
Sarojini Murthy	Palliative Care Counsellor and Social Worker
Seema Sareen	Clinic Helper
Shashi Rana	Clinic Helper
Steven Lopresti	Senior Administrative Officer
Swami Sarvamangalanand	Benefit Concert Help
Tapasia Keet	Aromatherapist and Masseuse
Totaram Arya	Pharmacist
Vani	Benefit Concert Helper
Vanita Khurana	Clinic Helper
Yura	Benefit Concert Helper

Volunteers in Delhi

Volunteer name	Position
Abhilasha Srivastava	Patient visitor
Anuj Gupta	Media technician and general helper
Meena Dawar	General helper
Mridul Dewan	IT technician
Neeraj Dang	IT technician
Priyanka	Patient visitor
Raj Rani	General helper
Swadesh Trikha	General helper

Volunteers in Dehradun

Volunteer name	Position
Salim Pani	Clinic Helper
Solomon Pani	Clinic Helper

Volunteers in New Tehri

Volunteer Name	Position
Mast Ram Melwal	Clinic Helper
Members of H.E.R.D.S.	Clinic Helpers
Nirmala Rawat	Nurse
Vinod Uniyal	Clinic Helper

Volunteers in Uttarkashi

Volunteer Name	Position
Alpine Public School Teachers and Students	Clinic Helpers
Girish Kanswal	Clinic and Patient Visitor
Masseeh Dilasa School Teachers and Students	Clinic Helpers
Pallavi Sharma Duffy	Uttarkashi Clinic Organiser
Peggy Baldwin	Secretary
Pranava Bienenstein	Web Designer
Satya Rao	Clinic Helper
The Somya Kashi Rotary Club	Clinic Organisers

Volunteers in Other Cities

Volunteer Name	Position
Prof Yatin Pandya	Architect
Moksh and Smita Thapar	Interior Designers
Venkata Rangarao	Structural Designer
TWG	Project Managers

Thoughts from the Hospice

FROM VOLUNTEERS

"Working at Ganga Prem Hospice has been an enriching and learning experience for me. I have yet to complete a year working with this organisation but the team has made me feel that I have been a part of them since the beginning. Working with Dr AK Dewan has especially been a training in all aspects, whether it is making a diagnosis, talking to patients or counselling them.

Also, even one day's visit every month here makes so much of a difference to the people who come from even far off places like Tehri for medical advice. I am grateful for this opportunity to make a difference for at least a few people who would otherwise have no access to basic health care, let



alone complicated cancers that we routinely see in our clinic.

I have always felt in my heart that a true doctor must make an effort to help those most in need. I've worked in government-run hospitals hoping to

make a difference. But the kind of rush in Delhi hospitals sometimes makes it difficult to spend good time with our cancer patients, thereby doing gross injustice, especially to those deemed terminally ill. Hence this hospice centre gives me an opportunity to connect with such patients, clarify their doubts, talk to their family members and give them appropriate symptomatic treatment. All this is possible thanks to the existence of Ganga Prem Hospice.

I am honoured to be a part of this organisation and would hope to be part of it in the future as the organisation expands further."

Dr Pallavi Purwar, Visiting Surgeon, Delhi

"One of my jobs is to carry the volunteer nurse on my motorbike and translate during our visits to the patients. I see the help and love that is offered and somehow I am also relieved and feel at peace with both the patient and his family."



Panchanan Pandey, General Helper, Rishikesh

"Time Well Spent"

"In February 2012, I had the unique opportunity to accompany Nani Ma and the Ganga Prem Hospice team to their first clinic in Uttarkashi. I was given the simple task of documenting the patient's prescriptions and directing them to counselling if it was determined they had cancer, or to the medication table if needed. I had no idea that this simple task would impact me so much. Seeing the faces of so many patients, over 130, touched me to the core. In their eyes I could see the emotions of

fear, bewilderment, pain, and hope, all mixed up. It was very up front, a very personal exchange.

For some of these people their lives would be dramatically changed, with much for them and their families to cope with in the coming days and months. And the GPH team did not miss a beat. They were there ready to diagnose, counsel, prescribe, medicate, provide home care and support as needed. They did this for one reason and one reason only that I could tell, because it was to be done. I can't heap enough accolades on the GPH team for their dedicated efforts and compassion to help the needy at such a time of distress. I remain grateful for having been able to share in that opportunity to serve."

Satya Rao, Clinic Helper, USA

FROM DONORS

"True living is not about what you have got, or who you are, but what treasures you have uncovered within yourself and then what you have done with those insights for the benefit of others. This IS hospice... trying to be quietly alongside others in their anxiety and longings in a supportive and non-judgmental way.

Ganga Prem Hospice does this every day. And, although I've never seen them (and I never will)... how much I would love to come and visit this place. But only in my dreams. I cannot get out of bed into my wheelchair on my own.

But what I can do, is finding a practical way to help them fulfilling their truly inspirational vision. Is there anything better and enriching for ME than that?"

Margot Kenter, Donor, Amsterdam

Donors

Ganga Prem Hospice donors come from different ethnic, social, religious and economic backgrounds from across the world.

MAJOR DONORS

Almondz Global Securities - Delhi, India
 Arun Duggal - Gurgaon, India
 Bank of Maharashtra - Delhi, India
 Brahma Vidya Hilfswerke V, Germany
 Ganga Prem Hospice, UK - UK
 Golden Bridge Yoga - USA
 Indo-American Cancer Association – USA
 Indu Gambhir - Ottawa, Canada
 Jamnalal Bajaj Foundation - Mumbai, India
 Madhu Duggal - Delhi, India
 Mrs Nergesh Khurshedji Dady Public Charitable Trust - Mumbai, India
 Oriental Bank of Commerce - Delhi, India
 Pete and Margot - Amsterdam, Holland
 Relaxo Footwears Ltd - Delhi, India
 Swami Sarvamangalananda - Rishikesh, India
 Viscountess Caroline Windsor - Shropshire, UK

MONTHLY DONORS

Anne Douglas - Edinborough, Scotland
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DONORS

Amit Garg - California, USA
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Lewis Silkin Yoga class - UK
MN Ali Khan - Dehradun, India
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Maddalena Fortunati - Mantova, Italy
Mahila Satsang Mandal – Ghaziabad
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Pia Bossi - Zurich, Switzerland
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Pranava Bienenstein - Germany
Prashant Rallabandi - Mumbai, India
Punjab Travels - Ahmedabad, India
Quality Council of India - Delhi, India
Rita Armaghan Alishahi - New York, USA
Roopa Acharya - Mumbai, India
Rotary Club of Ranipur, R. I. District 3080 - Haridwar, India
Sanofi-Aventis - Mumbai, India
Sardarilal Agarwal and Sushilawati Agarwal Charitable Trust - Delhi, India
Satya Rao - California, USA
Sebastian Hansson - Skane, Sweden
Sameer Kumar - Rishikesh, India

Sharda Madhavani - Mumbai, India
Solveig McIntosh - London, UK
Sonya Dettelbacher - Switzerland
Sudhir/Manju Mahajan - Gurgaon, India
Surinder Pal Sachdeva - Pune, India
Susan Humphrey - Victoria, Australia
Susan Lee Wilson - California, USA
Sri Amodini Ma - Rishikesh, India
Swami Amritarupananda - Rishikesh
Swami Atmaswarupananda - Rishikesh
Swami Hariharananda - India
Swami Muktananda - Rishikesh, India
Swami Sadananda - Bangalore, India
The Clean Himalaya Society - Rishikesh
Vikas & Mani Mahajan - Manchester, UK

IN LOVING MEMORY

A donation was received in loving memory of Abhijit Sen, Pune, India.

A donation was received in loving memory of Srimati Phoolwati Soni, Rishikesh, India.

A donation was received in loving memory of Pushpa Pratap Deshmukh, India.

A donation was received in loving memory of Srimati Savitri Singh, Rishikesh, India.

A donation was received in loving memory of Ma Krishnananda Giri, Kedarnath, India.

ON THE OCCASION OF

A donation was received on the occasion of the wedding of Mark and Erica, USA.

The UK was well ahead of other countries when it came to fundraising events and held five different fundraisers during the year.

FUNDRAISING

Alan Neachell and Anil Gupta - Rishikesh, India - Charity concert by Krishna Das

Caroline Tautz - UK - 'Open house' fundraiser

Corinne Burgalière - France - Part proceeds from sales at Nomadic Boutic

Francesca Genco - USA - Shakini chanting and sound healing circles

Gabrielle Steen - UK - Garden party, World Hospice Day satsang

Karen Koerber - USA - Proceeds from Divali Om Pumpkin Lanterns sale

Purnima Zweers - Holland - Part proceeds from North India pilgrimage

Rishabh Sharma - UK - Soul Ride from Barcelona to London

Sanjay Sharma - UK - Slow Train to India from Nottingham, UK to Delhi, India

CONTRIBUTORS OF GOODS AND SERVICES

Medicines which are distributed on home care visits and at the cancer clinics are mostly donated by Indian pharmaceutical companies. Nearly 50% of donations in kind came from donors in Uttarakhand, India, and included food, medicines, medical equipment and office equipment.

Abhishek Kumar - Haridwar, India - surgical dressing supplies

Adley Formulations - Chandigarh, India - medicines

Annapurna Rasoi - Rishikesh, India - refreshments at the clinics

Chirayu Herbal - Haridwar, India - food supplies for under-privileged terminally ill patients

Dr Ahujas' Pathology & Imaging Centre - Dehradun, India - discounted diagnostic tests

Dr Reddy's Laboratories Ltd - Hyderabad, India - medicines

Franco-Indian Pharmaceuticals Pvt Ltd - Mumbai - medicines, antianaemics

Havells India Ltd - Noida, India - three wall-mounted fans for the clinic

Himalaya Health Care - Bangalore, India - medicines

Hiral Labs - Roorkee, India - medicines

HOSCO - Kolkata, India - blood pressure monitor and blood glucose test strips

Inderlok Hotel, Dehradun - hospitality for the doctors at Dehradun clinic

Inner Wheel Club - Rishikesh, India - wheelchair and medicines

Invision Medi Sciences - Bangalore, India - medicines

Lark Laboratories - Delhi, India - medicines

Lenovo India Pvt Ltd - Bangalore, India - laptop computer

Manav Ashraya - Delhi, India - board and lodgings for poor cancer patients

Mercury Lamps Pvt Ltd - India - medicines, dressing materials, bedside screen

Micro Labs Pvt Ltd - Tamil Nadu, India - medicines

Microtek International Pvt Ltd - Delhi, India - UPS unit for office

Ashish Kumar, ESD Bright Sunshine - Chandigarh, India — juicer-mixer for patients and electric kettle

Nortech Remedies - Ahmedabad, India - medicines

Omkar Nath Sharma - Delhi, India - medicines

Organic India - Lucknow, India - free organic tea at KD concert

Panjwani Charitable Trust - Haridwar, India - medicines, protein powder

Parmarth Niketan - Rishikesh, India - free use of yoga hall for charity concert

Pepsi Co - Gurgaon, India - bottled water, fruit juices, snacks — cancer clinics & concert

Premier Nutraceuticals Pvt Ltd - Dehradun, India - medicines

Prof Yatin Pandya, FOOTPRINTS E.A.R.T.H. - Ahmedabad, India - architectural design of the Hospice

Psychotropics India Ltd - Haridwar, India - medicines

Rajasthani Mishthan Bhandar - Rishikesh, India - tea, snacks and fruit juice

Raturi Pharma - Rishikesh, India - protein powder for home care patients

Rishab Healthcare - Panchkula, Haryana, India - medicines

Safetech Formulations - Ahmedabad, India - medicines

Sameer Kumar - Rishikesh, India - sphygmomanometers

Sankhubaba International - Haridwar, India - essential oils for aromatherapy

Satya Rao - California, USA - laptop computer for administration work

Shekhar Gupta - Rishikesh, India - renting of tent and fans for the clinic

Shivlinga Tourist Complex - Uttarkashi, India - hospitality for GPH team

Shreshtha Formulations - Indore, India - medicines

Somya Kashi Rotary Club - Uttarkashi, India - hospitality for GPH team

Sugandhim - Haridwar, India - massage oils, room sprays

TWG - Ahmedabad, India - project management

Venkata Rangarao - Hyderabad, India - structural design of the Hospice

Yudhveer Singh - Rishikesh, India - medicines, including cancer medicines

Our Contact Information

Registered Address: Shradha Cancer Care Trust, 115, C-13, Sector 3, Rohini, Delhi-110085, India

Correspondence address: Shradha Cancer Care Trust, 239, Ghalib Apts., Parwana Road, Pitampura, New Delhi 110034.

Phone numbers

+91 98109 31743 (Delhi)

+91 94107 07108 (Rishikesh)

E-mail Address

info@gangapremhospice.org

Website

www.gangapremhospice.org

Donate

Donations by Indian citizens:

Cheques and bank drafts are to be made out to:

"SHRADHA CANCER CARE TRUST".

Address at which cheque/draft may be sent:

239, Ghalib Apts, Parwana Road, Pitampura, New Delhi 110034, India

Wire transfers can be sent to:

Punjab National Bank, Delhi, India

Account number: 1501000101302075

MICR code: 110024079

IFSC code: PUNB 0150100

Bank branch:

Punjab National Bank

39-40 Central Market, West Punjabi Bagh

New Delhi 110026, India

Online donations can be made via our website

www.gangapremhospice.org

FROM FOREIGN DONORS

Cheques and bank drafts can be sent to

SHRADHA CANCER CARE TRUST

239, Ghalib Apts, Parwana Road, Pitampura, New Delhi 110034, India

Wire transfers (from out of India only) can be sent to

Punjab National Bank, Delhi, India

Account name: Shradha Cancer Care Trust

Account number: 1501000101310612 (for out of India transfers only)

Swift Code: PUNBINBBDPB

MICR Code: 110024079

IFSC Code: PUNB0150100

Bank branch:

Punjab National Bank

39-40 Central Market, West Punjabi Bagh,

New Delhi 110026, India

SHRADHA CANCER CARE TRUST

Balance Sheet as on 31st March 2012

LIABILITIES	AMOUNT (Rs)	TOTAL (Rs)	ASSETS	AMOUNT (Rs)	TOTAL (Rs)
CORPUS FUND			FIXED ASSET		
Opening Balance	10,646,863.58		(As per Annexure)		7,066,645.10
Add:			CASH & BANK BALANCES		
a). Received during the year	1,877,500.00		Cash in Hand		4,773.00
b). Excess of Income over Expenditure	<u>4,059,499.25</u>	16,583,862.83	Advances recoverable in cash or in kind or for value to be received		33,328.00
CURRENT LIABILITIES			Bank Balances		
Sundry creditors		137,911.00	Balance at Bank	2,527,027.73	
			Bank - FDR	<u>7,090,000.00</u>	9,617,027.73
Total.....(Rs)		16,721,773.83	Total.....(Rs)		16,721,773.83

Place: New Delhi

Date: 28-09-2012

Checked and found correct in accordance with books of accounts produced before us.

For APT Associates
Chartered Accountants
(Firm Registration No. 015248N)

TARUN KUMAR
(PARTNER)
(Membership No 089082)

Dr AJAY KUMAR DEWAN
(TRUSTEE)

SURESH KATHPALIA
(TRUSTEE)

SHRADHA CANCER CARE TRUST

Income And Expenditure Account For The Year Ending 31st March 2012

PARTICULARS	TOTAL (Rs)	PARTICULARS	TOTAL (Rs)
To Camp & Patient Care Expenses	371,555.00	By interest received	3,02,263
To Bank Charges and Interest	13,899.38	By Donation	5,448,790.53
To Repair & Maintenance	4,135.00		
To Travelling & Conveyance Expenses	20,364.00		
To Vehicle Expenses	116,830.00		
To Telephone & Internet Expenses	34,934.00		
To Printing & Stationery	156,716.00		
To Postage & Courier Expenses	8,621.00		
To Depreciation	50,207.90		
To Salary & Staff Welfare	906,372.00		
To Miscellaneous Expenses	7,920.00		
To excess of income over expenditure transferred to Balance Sheet	4,059,499.25		
Total.....(Rs)	5,751,053.53	Total.....(Rs)	5,751,053.53

Place: New Delhi

Date: 28-9-2012

Checked and found correct in accordance with
books of accounts produced before us.

For APT Associates
Chartered Accountants
(Firm Registration No. 015248N)

TARUN KUMAR
(PARTNER)
(Membership No 089082)

Dr AJAY KUMAR DEWAN
(TRUSTEE)

SURESH KATHPALIA
(TRUSTEE)



Ganga Prem Hospice will be constructed by the river Ganga in the Raiwala area of Rishikesh. The peaceful area has the uninterrupted view of the Ganga and the Himalayan foothills a little distance away.

The non-profit 27-bed Hospice will offer terminally ill cancer patients first-class medical facilities and spiritual solace. The staff will include oncologists, professionals from holistic care systems, physiotherapists, dieticians, specialists in complementary medicine, and spiritual counsellors.

Ganga Prem Hospice will have clinics for holistic therapies, a conference and dining hall, and a counselling room, among other medical, spiritual and recreational facilities. The Hospice will also have facilities for the disabled and a paediatric section for children with terminal cancer.

Ganga Prem Hospice

Shradha Cancer Care Trust

Website: www.gangapremhospice.org

Address: 115, C-13, Sector 3

Rohini, Delhi 110085

Correspondence address: 239, Ghalib Apts,
Parwana Road, Pitampura, New Delhi 110034

Mobile: +91 98109 31743 (Delhi)

+91 94107 07108 (Rishikesh)

E-mail: info@gangapremhospice.org