



GANGA PREM HOSPICE

CARE AND COMFORT FOR THE TERMINALLY ILL

Annual Report 2014-15



A PROJECT OF SHRADHA CANCER CARE TRUST
www.gangapremhospice.org

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About Ganga Prem Hospice

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



Ganga Prem Hospice has been 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 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 is being constructed in a village called Gohri Maphi, in Raiwala. The village is situated at the foot of the Himalayas near to

the towns of Rishikesh and Haridwar, which are known for their spiritual culture and the many well-developed holistic centres.

The Concept Of A Hospice

A hospice provides palliative care to chronic and 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

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

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.





Our Activities



The Ganga Prem Hospice charitable cancer clinics are held on the last Sunday of every month in Rishikesh

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 Punjab Sindh Kshetra Charitable Hospital. Surgical oncologist Dr AK Dewan, accompanied by other oncologists, gynaecologists, general physicians, and an Ayurvedacharya sees an average of 70-90 patients at each clinic. The clinic begins at 9.00 am and finishes between 2.00 pm and 3.00 pm.

Most patients who come to the clinic are from 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 clinics and the patients are directed to the correct procedures. As much as possible, medicines are

distributed free-of-charge at the clinic to underprivileged patients.

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

- Screening of patients for signs of cancer;
- Oncological consultation for cancer patients;
- Counselling for cancer patients, terminally ill patients, and their families;
- Free of charge distribution of medicines;
- Guided meditation sessions;
- Palliative care for terminally ill patients;
- Free of charge essential oils massage;
- Pick up and drop back vehicle service for terminally ill patients when needed.



Periodic Cancer Clinics In Other Towns/Cities

In addition to the monthly cancer clinics in Rishikesh, additional 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, or sometimes in the middle of the month. These cancer clinics are held in hospitals and other premises, donated by supporters of the Hospice project.



A Ganga Prem Hospice cancer clinic in progress in Dehradun

Home Care Service For The Terminally Ill

Ganga Prem Hospice has run a full-time home care service for terminally ill cancer patients since the year 2010. Patients in the geographical areas of Rishikesh, Haridwar and Dehradun are visited twice a week or more frequently, as per

their needs, by the Ganga Prem Hospice nurses, and sometimes also by visiting doctors, nurses, and complementary therapists.

The visits provide medical, social, emotional and spiritual support to the patient and their families. Under-privileged patients' immediate needs, like that of food, nutrition and clothing are also assessed and help reached to them accordingly.

The home care service provides:

- Regular visits to patient's home by:
 - A palliative care nurse;
 - A palliative care doctor;
 - Complementary therapist (whenever possible);
 - Counsellor (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 cancer treatment or palliative care treatment for financially underprivileged cancer patients. 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, and other provisions.

Bereavement Support

The bereavement support service gives much needed support 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.



Patients are provided medicines, nutritional support, and various other kinds of help by Ganga Prem Hospice

The Support-a-Cancer-Patient Scheme provides:

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

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.



Construction of the East Wing of Ganga Prem Hospice



The year 2014-15 saw the commencement of the construction of the East Wing of Ganga Prem Hospice inpatient facility. The foundation work was done, the plinth was laid, and the ground and first floors of the three-floor building started to take shape with the layouts of the rooms, toilets, balconies and stairwell becoming discernible. The roofs of the first two floors were also laid during the year. By the end of the year, the electrical and plumbing work on the ground floor, and fitting of granite in the window areas was well under-way. A 40-cubic metre under-ground water tank for fire safety was also constructed during the year.

Ganga Prem Hospice facility is designed as an eco-friendly and sustainable building, with waste-water management, rain-water harvesting, and solar-water heating systems incorporated in the building plan.

During the year, a Decentralised Waste Water Treatment system (DWWT) with 10 KLD capacity was designed for the Hospice by the Delhi-based research organisation Centre for Science and Environment (CSE). The system will locally treat the sewage and make the treated water available for non-potable uses at the Hospice.

The hospice construction site was visited multiple number of times by the building's chief architect, Prof Yatin Pandya of FOOTPRINTS E.A.R.T.H of Ahmedabad, Gujarat. Prof Pandya inspected the ongoing construction work, and guided the on-site construction team.

Representatives from BHEL, and IFCI - the sponsors of the East Wing, also visited the site during the time.



Ganga Prem Hospice Charitable Cancer Clinics

In the year 2014-15, Ganga Prem Hospice held fifteen charitable cancer clinics. Of these clinics, twelve were the monthly cancer clinics organised in Rishikesh, while two were held in Dehradun, and one in Haridwar.



The Ganga Prem Hospice charitable cancer clinics continued to be held for the sixth successive year on the last Sunday of every month at the Sardarni Nanki Devi-Punjab Sindh Kshetra charitable hospital in Rishikesh. The cancer clinics attracted

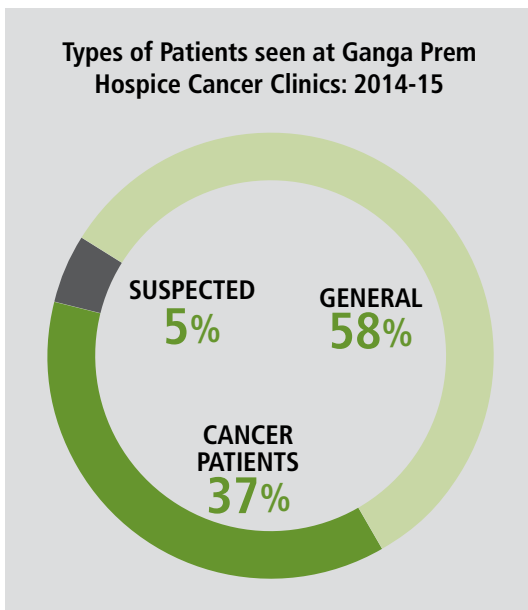
1,282 patients who came to consult with the eminent oncologists who volunteered at the clinics throughout the year. Four hundred and seventy-one of these patients were already confirmed cancer patients while the rest had



Guided meditation sessions at Ganga Prem Hospice clinics. Patients and carers alike benefitted from the sessions

symptoms that indicated the possibility of cancer and came to avail of the free cancer screening opportunity offered at the clinics.

Sixty-one of the patients who received screening, i.e. 5% of the patients, were suspected of having cancer and were sent for further diagnostic tests to substantiate the suspicion. Another 19% of the cancer patients were terminally ill and were offered the service of the home care programme. In some cases when patients lived too far away from Rishikesh to receive visits from the team, the GPH palliative care doctor kept in touch with the patients and their families by telephone, and medicines were sent to them by local transport, whenever needed.



Head and neck cancers were the most frequently seen cancer. These were often due to the tobacco and gutkha chewing habit which is common among the men of the hilly region of Uttarakhand. Cancer of the tongue was the commonest single cancer type seen with fifty-three patients suffering from this malignancy. Breast cancer was the second most frequent cancer with forty-seven cases being recorded at the clinics.



The Ganga Prem Hospice Home Care Service

The Ganga Prem Hospice home care teams visited 130 patients with advanced stage cancer during the year 2014 -15. The patients, hailing mostly from Dehradun, Haridwar and Rishikesh, received palliative care consultations, nursing care, wound dressings, free medicines and counselling in their own homes.



In the final stages of a disease, patients often want to spend time at home, rather than being hospitalized. Ganga Prem Hospice enables the patients and their families to spend as much time together at home as possible, as the hospice

team takes on the job of managing the patients' symptoms, providing them pain-relief, medical attention and emotional support. The frequency of the home visits increases as symptoms of the final days of the patient begin to exhibit.



Once the patient passes, the Ganga Prem Hospice team provide bereavement support to the family, as also long-term assistance and social and economic rehabilitation, whenever needed.

Of the 130 patients cared for in their homes in the year 2014-15, fifty-nine of the patients served by the Hospice lived in the state capital of Dehradun, while another forty-seven resided in Rishikesh, the Hospice's hometown. Twenty-one patients were visited in their homes in the city of Haridwar while two lived in the Himalayan foothills, and one in the plains, in the town of Saharanpur. Three 4-day trips were made to Uttarkashi, 153 kilometres away from Rishikesh to visit a twenty-year old patient who was desperately in need of care.

Two new vehicles were donated to Ganga Prem Hospice in the year. The GPH vehicles travelled 11,072 kilometres during the year, most of this travel being on home care visits.

The number of patients visited in each month varied as new patients joined the programme and existing patients passed away. The maximum

The average number of patients visited per month was thirty-seven.

The total number of home care visits made during the year was 1771.

number of home care patients visited in one month occurred in September 2014 when fifty-one patients received home care visits. Ganga Prem Hospice employed three nurses during the year 2014-15, two of them being employed at any one time. A part time palliative care doctor and a nursing assistant also formed a regular part of the team along with the ambulance drivers who were always helpful to the team and to the families visited. Behind the scenes a team of administrators kept the data and statistics in order ensuring it was known which patient needed what at the right time. They also arranged that medicines and supplies were in stock as required.



Young patients in the home care programme

Eight of the home care patients served by Ganga Prem Hospice were below the age of twenty. Serving terminally ill children is emotionally very difficult for the home care teams but the visits were carried out with much love and care and were much appreciated by the patients' families. After the death of one fourteen-year-old, the parents stated they could not have got through the ordeal without the daily support of the hospice team.



Balance Sheet and Income & Expenditure Account

SHARDHA CANCER CARE TRUST

BALANCE SHEET AS AT 31ST MARCH, 2015

LIABILITIES	AMOUNT (IN RS.)	TOTAL (IN RS.)	ASSETS	AMOUNT (IN RS.)	TOTAL (IN RS.)
CORPUS FUND			FIXED ASSET		20,056,868.00
OPENING BALANCE	29,295,239.00		(As Per Annexure)		
Add:-			CASH & BANK BALANCES		158,371.00
a). Received During The Year	13,307,157.00		Cash in Hand		
b). Excess of Expenditure Over Income	<u>(751,476.00)</u>	41,850,920.00	Bank Balances		
			Balance at Bank	7,250,403.00	
			Bank - FDR	<u>13,749,362.00</u>	20,999,765.00
CURRENT LIABILITIES			Advances Recoverable in Cash or in kind or for value to be received		1,458,836.00
Sunday Creditors & Expenses Payable		360,380.00			
Security Deposits		<u>462,540.00</u>			
TOTAL		<u>42,673,840.00</u>	TOTAL		<u>42,673,840.00</u>

PLACE:- NEW DELHI
DATE:- 29.09.2015

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

for APT ASSOCIATES
Chartered Accountants
(Firm Registration No. 015248N)


TARUN KUMAR
(PARTNER)
(Membership No. 089082)


DR. AJAY KUMAR DEWAN
(TRUSTEE)


SURESH KATHPALIA
(TRUSTEE)

SHARDHA CANCER CARE TRUST

BALANCE SHEET AS AT 31ST MARCH, 2015


PARTICULARS	AMOUNT	TOTAL	ASSETS	AMOUNT (IN RS.)	TOTAL (IN RS.)
To Bank Charges		6,520.00	By Interest Received		1,367,334.00
To Medicine & Patient Care Expenses		152,391.00	By Donation		665,833.00
To Repair & Maintenance		29,683.00	By Excess of Expenditure over Income		751,476.00
To Travelling & Conveyance Expenses		223,371.00			
To Vehicle Running & Maintenance Expenses		302,544.00			
To Telephone, Postage & Courier Expenses		57,336.00			
To Printing & Stationery		68,681.00			
To Advertisement Expenses		66,614.00			
To Depreciation		152,233.00			
To Salaries & Staff Welfare		1,196,436.00			
To Professional Charges		<u>480,000.00</u>			
To Miscellaneous Expenses		48,834.00			
TOTAL		<u>2,784,643.00</u>	TOTAL		<u>2,784,643.00</u>

PLACE:- NEW DELHI
DATE:- 29.09.2015

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TARUN KUMAR
(PARTNER)
(Membership No. 089082)


DR. AJAY KUMAR DEWAN
(TRUSTEE)


SURESH KATHPALIA
(TRUSTEE)



Members Of Our Trust

Shradha Cancer Care Trust Board

Chairman

DS Negi (IAS Retd.)

Members

Dr AK Dewan, MS, MCh.

Dr DC Doval, MD

Dr Rupali Dewan, MD

Arun Kumar Banerjee (IFS Retd.)

Suresh Kathpalia

Deepak Baijal

Raghubir Lal Ghai

Nani Ma

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



Ganga Prem Hospice is being constructed in the Raiwala area of Rishikesh. The peaceful area has the uninterrupted view of the river 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 hospice team will include oncologists, palliative care specialists, doctors from various specialties, trained palliative care nurses, professionals from complementary therapies, dietitians, social workers, grief and spiritual counsellors.

The Hospice inpatient facility will have clinics, a yoga and conference hall, dining hall, library, a pharmacy, sit-out, music and art room, a counseling room, and patients rooms among other medical, spiritual and recreational facilities. The Hospice will also have facilities for the disabled and paediatric rooms for children with terminal cancer.

Ganga Prem Hospice, Rishikesh

Shradha Cancer Care Trust

Website: www.gangapremhospice.org

Regd. address: 115, C-13, Sector 3,
Rohini, Delhi-110085

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

Phone: 9810931743 (Delhi)
9410707108 (Rishikesh)

Email: info@gangapremhospice.org