



GANGA PREM HOSPICE

ANNUAL REPORT

2022-23

GANGA PREM HOSPICE

A palliative care project of Shradha Cancer Care Trust

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GUIDING PRINCIPLES OF SHRADHA CANCER CARE TRUST

At Ganga Prem Hospice, our commitment goes beyond conventional hospice care. We have woven spiritual care and holistic medical healing into the fabric of our mission, creating a unique synthesis of medical expertise and spiritual insight.

In collaboration with respected oncologists, physicians, thought leaders and professionals in India, Ganga Prem Hospice strives to palliate the pain experienced by cancer patients and their grieving families.

Our vision is to help alleviate the physical and psychological discomfort associated with progressive and incurable cancer. And our mission is to take the best palliative care and hospice care to every terminally ill cancer patient in India growing into a reputed institute and a replicable model as a centre of excellence.

Our core service values revolve around care, commitment, and compassion. These principles guide our every action, ensuring that our services are not just medical interventions but complete, full-spectrum experiences that address the multifaceted needs of those under our care.

As we reflect on our past year's performance, we carry these principles forward, shaping our journey towards becoming a respected institution of compassion and care.

CHAIRPERSON'S MESSAGE

D S NEGI



As we reflect on the past year at Ganga Prem Hospice, I am inspired by the many strides we have taken, guided by the unwavering dedication of our exceptional team, committed volunteers, and the generosity of individuals and institutions like you.

Throughout the year, our focus on providing palliative care and holistic support to our cancer patients and their families has been at the forefront of our mission. We have witnessed the impact of our efforts as we journeyed with them in the end stages of their lives, fostering dignity and respect every step of the way.

Beyond patient care, we forged new alliances with grant givers and donors, securing critical funds vital to our mission's continuity, especially as the global community emerges from the shadow of the pandemic.

The generosity of our donors fuels our ability to deliver high-quality care and support. Your belief in our mission is a ray of

hope for many, and we are profoundly grateful for your steadfast support.

Our team's tireless commitment to enhancing the quality of life for our patients has been commendable, delivering best-in-class palliative care. Notably, we expanded our reach with home care initiatives, ensuring that our services touch lives even in distant communities. Our new satellite centre in the vastly populated city of Dehradun is a big step towards the scale that we aspire to achieve.

In tandem, our community outreach and education programmes gained strength, reaching a wider network and advancing our mission of cancer awareness and early detection. We connected with more corporates and organised more cancer clinics than ever before.

As we envision the year ahead, our commitment remains resolute. Ganga Prem Hospice will not only continue its mission but will strive for excellence in every endeavour. Together, we look forward to reaching new milestones, offering hope, comfort, and healing to a rapidly rising number of individuals and families confronting the challenges of cancer in India. Thank you for being a vital part of our journey.

MEDICAL DIRECTOR'S MESSAGE

DR. A K DEWAN



It is with a deep sense of honour that I recount our hospice's past year, a period that brought its share of challenges and notable green shoots. In the wake of the receding Covid-19 pandemic, our focus has shifted toward consolidating our efforts and advancing our mission.

Throughout the year, our dedicated team has delivered empathetic and comprehensive care to our terminally-ill cancer patients and their families. Our services, ranging from medical care to emotional support, have touched the lives of 1,165 cancer patients directly. We handled 73 deaths at our hospice facility in Rishikesh during the year, i.e., 1 death every 5 days on an average.

I extend my heartfelt gratitude to our incredible staff, volunteers, and generous donors for their devotion to our patients and their families. Your professionalism, hard work and support have played a pivotal role in establishing Ganga Prem Hospice as one of the country's leaders in palliative care.

As we near the approaching year, optimism and purpose guide our path. Our steadfast focus remains on providing the highest quality care and support to our patients.

To our supporters and dedicated advocates, thank you. It is through our collective efforts that Ganga Prem Hospice continues to make a meaningful difference.

COO'S MESSAGE

POOJA DOGRA



As we stand at the cusp of a new chapter, the resilience and collaborative spirit that have defined our journey over the past year come to the forefront. Navigating the challenging landscape shaped by the pandemic and financial uncertainties, this year, a meticulous examination of our approach to care became imperative.

With a focus on post-pandemic realities, we carefully reevaluated and refined our therapies, processes, and systems. The result was the introduction of several new and reengineered operating procedures and strategic policies, positioning us to thrive in a competitive landscape.

Our commitment to operational efficiency bore fruit, ensuring the seamless delivery of our free, top-notch services to over a thousand cancer patients in need, even in a struggling nonprofit space. Adaptability and innovation emerged as our strengths, enabling us to extend our reach and deepen our impact on the community we serve in Uttarakhand, India.

Looking ahead, our dedication to continual improvement remains steadfast. The future holds exciting possibilities as we forge new partnerships, explore innovative approaches, and leverage technology to elevate the quality of care we offer.

I extend my deepest gratitude to our dedicated staff for their unwavering commitment, our selfless volunteers for their invaluable contributions, and our donors for their hearty support.

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ABOUT PALLIATIVE CARE

Palliative care stands as a compassionate and holistic approach to healthcare, focusing on alleviating the physical, emotional, and spiritual suffering endured by patients facing serious illnesses, notably cancer. Throughout much of human history, the essence of medicine revolved around mitigating suffering. Ancient healers and physicians viewed the relief of pain and discomfort as integral to their healing practices, a principle that endured as medical science advanced, ushering in new diagnostic tools and treatment modalities.

However, with the evolution of medicine emphasising disease treatment and cure, individuals grappling with serious illnesses and approaching the end of life often found themselves marginalised and their suffering overlooked.

Central to end-of-life care, palliative care emerges as a vital conduit, offering comfort, dignity, and respect to patients and their families during their final stages. Despite its pivotal role, palliative care services face significant inadequacy in India. Currently, a mere 3% of the estimated need for palliative care is met in the country. This scarcity is attributed to a multitude of factors, including a lack of awareness and comprehension of palliative care, an insufficiency of trained healthcare professionals, and a dearth of funding and resources.





Hospice care, exemplified by the multifaceted and wide-ranged palliative care services such as those provided by Ganga Prem Hospice, is typically delivered through interdisciplinary teams. Comprising doctors, nurses, counsellors, and social workers, these teams collaborate to provide comprehensive care to patients and their families.

It is vital to recognise the significance of palliative care in enhancing the quality of life for patients and their families, aiding them in navigating the complexities linked to serious illnesses. Efforts need to multiply to ensure universal access to palliative care, and to bridge the gaps in access across India, bringing comprehensive care to all in need.



UNDERSTANDING END-OF-LIFE CARE

End-of-life care is a compassionate and specialised approach to healthcare that focuses on providing comprehensive support and comfort to individuals who are in the final stages of a life-limiting illness, ensuring that their remaining time is spent with

dignity, respect, and the highest possible quality of life. This form of care is tailored to meet the unique physical, emotional, and spiritual needs of patients and their families during this challenging period.

The Essence of End-of-Life Care

- **Holistic Care Approach:** End-of-life care takes a holistic approach, recognising that the physical, emotional, and spiritual dimensions of a person's life are interconnected. The goal is to address all aspects of well-being, creating a supportive environment that fosters comfort and peace.
- **Palliative Care Integration:** Often synonymous with palliative care, end-of-life care incorporates the principles of pain and symptom management, providing relief from distressing symptoms such as pain, nausea, and fatigue. It is not solely about managing physical symptoms but also extends to reducing emotional and spiritual distress.
- **Emotional and Spiritual Support:** A bedrock of end-of-life care is the provision of emotional and spiritual support. Recognising the emotional challenges that patients and their families face, this care model incorporates counselling, companionship, and spiritual guidance to navigate the profound emotional terrain.

- **Dignity and Respect:** Preserving the dignity of the individual is paramount in end-of-life care. This involves respecting the wishes, preferences, and values of the patient, promoting autonomy, and ensuring that their choices are acknowledged and honoured.

- **Family Involvement:** End-of-life care recognises that the impact of a life-limiting illness extends beyond the individual patient to their family and loved ones. As such, it involves family members in the care process, providing support, education, and resources to help them cope with the challenges of caregiving and bereavement.

Ganga Prem Hospice’s Commitment to End-of-Life Care

Our commitment to end-of-life care is deeply rooted in the belief that every individual deserves to experience a dignified and compassionate conclusion to their life journey. Our multidisciplinary team, comprising doctors, nurses, counsellors, and spiritual guides, collaborates to ensure that our patients and their families receive the holistic support they need.

We recognise the profound impact that end-of-life care can have on the overall well-being of individuals and their families, and we are dedicated to providing a supportive and nurturing environment where comfort, dignity, and respect are at the forefront.

Table 01: GPH India — Deaths Handled at Hospice

TIMELINE	DEATHS HANDLED AT HOSPICE	TOTAL TERMINALLY-ILL PATIENTS SERVED
2020-21	8	81
2021-22	52	93
2022-23	73	126

WHAT IS GANGA PREM HOSPICE?



Nestled by the sacred Ganges River, at the foothills of the Himalayas near the renowned city of Rishikesh, Ganga Prem Hospice stands as a leader in free of charge palliative care for terminally-ill cancer patients in India. Initiated in 2005-06 under the aegis of Shradha Cancer Care Trust, a registered and fully charitable Indian trust (reg. no. 9805), Ganga Prem Hospice has evolved into the first nonprofit registered medical institute (RMI) in palliative care in India.

Our journey began in 2006 with a commitment to redefine the narrative of hospice care in India. Unlike conventional medical facilities, a hospice focuses on palliative care, seeking to enhance the quality of life and the end-of-life experience of chronic and terminally-ill patients.

Our coverage goes beyond medical intervention, taking a comprehensive range of services encompassing medical, social, emotional, psychological, and spiritual support to our patients and their caregivers as they confront life-threatening cancer and navigate the challenging terrain of ongoing grief.

Situated in Gohri Maphi in Raiwala, Rishikesh, our hospice facility, commissioned in 2017, has gained recognition as a unique medical unit offering best-in-class palliative care in Uttarakhand. Supported by CSR grants and private donations, the hospice is equipped to accommodate up to 15 in-patients facing end-stage cancer. Services are rendered by a team of nearly 50 palliative care specialists and professionals.

The conscious choice of locating the hospice in Rishikesh adds a whole new dimension to our care with the city serving as the doorway to the difficult mountainous terrain of Uttarakhand.

Our services currently reach the densely populated cities of Dehradun, Haridwar, and Rishikesh, serving cancer patients at the hospice and at their homes.





OUR PROGRAMMES AND YEAR'S HIGHLIGHTS

YEAR IN REVIEW: 2022-23

Ganga Prem Hospice has emerged stronger than it was prior to the pandemic. Our 15-bedded facility is not just a structure; it embodies a carefully crafted centre designed both medically and architecturally to cater to the precise and personal palliative care needs of terminally-ill cancer patients navigating the end stages of life.

Palliative and hospice care, central to our mission, transcend conventional healthcare. They represent a sub-specialisation that encompasses a wide spectrum of medical and alternative therapies essential for managing symptoms and extensive pain during the terminal stages of illness. Our story of delivering free palliative care across substantial parts of Uttarakhand serves as a successful proof of concept, demonstrating that fully charitable hospice care is not only possible but achievable at remarkably low costs with the support and endorsement of government and private enterprises, and individual donors.





Reflecting on the past year at Ganga Prem Hospice fills us with humility and pride as we recognise the profound impact on the lives of our patients and their families. Our commitment to providing charitable palliative care continues to shape our journey, and we are delighted to present an overview of our services and the strides we've made over the past year.

As we dive into the highlights of the year, we invite you to explore the depth of our commitment, the impact of our services, and the collective efforts that define Ganga Prem Hospice as more than just a medical facility.

Table 02: GPH India Key Statistics

GPH SERVICE	NUMBER OF PATIENTS SERVED		
	2022-23	2021-22*	2020-21*
HOME CARE	395	391	323
FREE ONCOLOGY CLINICS	644	321	161
INPATIENT CARE	126	171	81
TOTAL DIRECT BENEFICIARIES	1165	883	565

*Operations severely affected due to Covid-19 pandemic, and related lockdowns and restrictions

IN-PATIENT HOSPICE CARE

At the heart of Ganga Prem Hospice's extensive regional operations lies our inpatient facility – a hub that coordinates administration, home care, educational outreach, and, paramountly, patient care. As the lingering effects of the Covid-19 pandemic waned in 2022-23, our hospice emerged stronger as a vital centre of activity. The dedicated hospice staff, driven by compassion, provided not just medical attention but a holistic spectrum of care, including pain relief, symptomatic relief, nutritious meals, and crucial psychological and spiritual support to terminally ill cancer patients.



Over the course of the year, our inpatient facility served as a haven for 126 patients, a diverse group comprising 48 women (38%) and 78 men (62%) grappling with stage III and stage IV cancer. Their journeys varied – some sought brief respites for days or weeks, receiving symptomatic treatment, while others found solace during the final months of life.

From amongst 45 different types of cancer, lung cancer emerged as the predominant malignancy, representing 10% of the patient cohort. The spectrum of cases was diverse, encompassing 12 instances of lung cancer, 9 cases each of ovary cancer and tongue cancer, 6 cases of breast cancer, alongside various other types. This spread underscores the comprehensive nature of our care, addressing the myriad facets of cancer. 24% of patients belonged to the ballooning 41-50 years age range.

Notably, 53% of resident patients hailed from the tri-city area of Rishikesh-Haridwar-Dehradun, while the remaining 47% traveled from distant towns nestled in the Himalayan foothills or the plains, emphasising the scarcity of inpatient hospice beds in India and the desperation that drives patients from afar to seek our services.

Table 03: GPH India – Hospice Inpatient Care Statistics

PATIENT FROM LOCATION	NUMBER OF IN-PATIENTS SERVED FROM UTTARAKHAND+ REGION		
	2022-23	2021-22	2020-21
DEHRADUN	36	32	27
RISHIKESH	13	14	27
HARIDWAR	28	17	11
OTHER LOCATIONS	49	30	16
TOTAL	126	93	81

Table 04: GPH India – Inpatient Cancer Type Statistics

TIMELINE	MOST COMMON TYPES OF CANCER AT INPATIENT FACILITY					
	CA BREAST	CA CERVIX	CA BUCCAL MUCOSA	CA LUNG	CA - ALL OTHERS	TERMINALLY-ILL PATIENTS
2020-21	4	2	2	13	60	81
2021-22	-	2	7	3	81	93
2022-23	7	16	10	12	81	126



HOME CARE

Embarking on its mission in November 2005, Ganga Prem Hospice's Home Care Services epitomise a compassionate journey delivered by a dedicated team of professionals comprising trained doctors, nurses, social workers, and allied therapists. This dynamic service is fortified with a dedicated fleet of vehicles and ambulances. At any given time, over 200 patients find solace in the comforting palliative care within the familiar environment of their homes, facilitated through four direct helpline numbers for seamless operations.

Home-based palliative care is a cornerstone of our end-of-life care strategy, tailored for terminally-ill cancer patients for whom traveling to the hospice may not be feasible or necessary at the moment. It is an intimate and vital component that enables individuals to embrace their final days amidst the love and familiarity of their own homes, surrounded by their closest kin.

Analysis of 365 of the total 395 patients served palliative care at home reveals that breast cancer (11%) and lung cancer (10%) were the most prominent cancers, followed by cervix cancer (7%) and buccal mucosa (5%). 229 men, a significant 58% of the total home care patients and 166 women, 42% of the total patients, received high quality care and counselling support at home. Over 45% of the patients were over 60 years of age.

The range of home-based care services encompasses pain and symptom management, emotional and spiritual support, medication oversight, wound care, and nutritional assistance. In addition to attentive care, Ganga Prem Hospice extends practical aid, providing essential medical equipment and supplies, including oxygen cylinders and hospital beds when needed.



Our team of healthcare professionals is more than just caregivers; they are companions in the patient's home, conducting regular assessments, offering care, support, and monitoring progress.

The frequency of visits is customised based on the patient's unique needs, ranging from daily visits to weekly or bi-weekly interactions. In times of urgency, the team is available 24/7, ensuring emergency care and support whenever required.

The mantle of leadership for the home care team was led by Dr. Taranjit Singh, our palliative care specialist and chief medical officer.

The impact of Ganga Prem Hospice's home-based care services echoes in the lives of countless terminally-ill or dying cancer patients and their families. Over 2022-23, our hospice extended its compassionate reach to 395 patients and their families, providing them the solace to spend their final moments within the embrace of their homes and families.

Table 05: GPH India – Home Care Statistics

PATIENT FROM LOCATION	NUMBER OF PATIENTS SERVED AT HOME IN UTTARAKHAND REGION		
	2022-23	2021-22	2020-21
DEHRADUN	174	180	137
RISHIKESH	120	112	87
HARIDWAR+	101	99	99
TOTAL	395	391	323



BEREAVEMENT SUPPORT

CHILDREN'S EDUCATION

The ripple effects of chronic diseases like cancer permeate every aspect of family life. One poignant repercussion of prolonged and financially taxing cancer treatments is the discontinuation of children's education. This abrupt halt is often necessitated by heightened financial strain, as family resources pivot towards covering treatment and care expenses, or it occurs due to the illness or demise of the primary breadwinner.



In response to this poignant scenario, Ganga Prem Hospice launched a formal program in 2019, spearheaded by our social work team, dedicated to bolstering the education of bereaved children. Over 2022-23, this initiative provided support to 11 children, offering assistance with tuition fees.

These 7 girls and 4 boys, aged between 6 years to 18 years old, now attend some of the finest schools in their area, including Maa Anandmayi Memorial School, Rishikesh International Public School, Chandreshwar Public School, and Swami Dayanand Saraswati SCP Inter College.



In the fiscal year 2022-23, the hospice allocated a total of INR 3,16,092 towards the educational expenses of these children. Preserving the educational journey of youngsters impacted by cancer not only instills hope in individual families but also contributes to breaking the cycle of poverty. Ganga Prem Hospice steadfastly commits to expanding this program annually, leveraging our awareness and fundraising campaigns to extend its reach.



BEREAVEMENT COUNSELLING

Our Bereavement Counselling program is not just about addressing grief; it's about instilling hope, guiding families towards resilience, and helping them rediscover a sense of purpose. By offering emotional and psychological support, Ganga Prem Hospice stands with families beyond life's transition, recognising that healing is a collective journey.

The emotional toll of losing a family member to cancer is multifaceted, affecting the surviving members on various levels. Grief, anxiety, and a sense of loss can be overwhelming, especially for those who served as caregivers during the patient's illness. We understand the diverse needs of bereaved families, and programme provides a vital space for expression, healing, and rebuilding.

Tailored counselling sessions address the unique needs of each family member, acknowledging the different ways individuals cope with loss. Dependent caregivers, who played a crucial role during the patient's illness, receive specialised attention.



Counselling focuses on helping them navigate the transition, rebuild their lives, and cope with the changes in their roles and responsibilities.

The hospice team was able to provide counselling support to bereaved caregivers and families of over 80 terminally-ill cancer patients through its touch points of inpatient care, home care, outpatient clinics and telephonic assistance.

ONCOLOGY CLINICS & CAMPS



In the operational year spanning April 2022 to March 2023, Ganga Prem Hospice orchestrated six benevolent cancer clinics, with four conducted in Rishikesh and two in Raiwala. These clinics stand as beacons of hope, extending compassionate care to individuals seeking diagnosis, follow-up, and support.

The clinics collectively attended to 54 patients on average per session, culminating in a total of 644 patients receiving free oncologic consultation at our 12 clinics during this period.

In March 2023, our largest clinic organised in Dehradun saw as many as 89 patients within 3 hours. Another large clinic in May 2022 in Rishikesh saw 82 patients. These large numbers underline both the critical importance of screening facilities and the responsiveness of Ganga Prem Hospice, adapting to the rapidly rising care needs.



The majority of patients, almost 63%, were men, maintaining the pattern observed in previous years. Of the total 644 patients seen, 470 had existing but non-terminal cancer, 67 were terminally ill, and 18 were suspected to have cancer.

Breast cancer and buccal mucosa persisted as the most prevalent, comprising 33% of cases (156 instances), followed by tongue cancer (71 cases), and thyroid cancer (25 cases). The youngest patient attended the May 2022 clinic aged 6.

Our clinic endeavours are fortified by a dedicated team of local and visiting doctors and volunteers, ensuring that each clinic is a holistic centre of care.

At every clinic, the presence of at least one oncologist, alongside palliative care specialists, gynaecologists, and Ayurveda acharyas, fosters a multidimensional approach to healthcare. Between 8 to 10 volunteers, including volunteer doctors, lend their expertise, making each clinic a testament to collective compassion and healing.

Table 06: GPH India – Free Oncology Clinics Statistics

CLINIC LOCATION	NUMBER OF FREE CLINICS IN UTTARAKHAND REGION		
	2022-23	2021-22*	2020-21*
RISHIKESH	10	4	0
GPH FACILITY	0	2	4
OTHER LOCATIONS	2	0	0
TOTAL	12	6	5



HOSPITAL OUTREACH & REFERRAL CARE

Ganga Prem Hospice's Hospital Outreach and Referral Care programme serves as a crucial bridge to connect terminally-ill patients with compassionate support. Nurturing robust relationships with key healthcare institutions in the region, our program is the guiding light for patients navigating the intricate web of healthcare options. Among our esteemed partners are AIIMS (Rishikesh) and Himalayan Hospital (Dehradun), the largest hospitals in Uttarakhand.

The Referral Care programme ensures support and guidance for patients and their families, especially during the challenging transition to end-of-life care. Acknowledging the overwhelming nature of this phase, our expert team steps forward to provide personalised assistance. Our goal is to empower patients with the care and support essential for a serene and comfortable end-of-life journey.

Complementing the Referral Care program, our Hospital Outreach services extend a helping hand to healthcare professionals. Collaborating with hospitals, in addition to identifying their patients that need palliative care, we offer orientation and training in palliative care, elevating the standard of care for terminally-ill patients within hospital settings.

Ganga Prem Hospice takes pride in contributing to the global movement to enhance end-of-life care. We benchmark our practices against both national and international hospices, steadfast in our commitment to delivering unparalleled care. This programme is dedicated to improving the quality of life for terminally-ill patients and their families. As we look ahead, our commitment drives us to expand our services, reaching more patients in need and fostering a community of holistic care and support.



CONTINUING MEDICAL EDUCATION

Ganga Prem Hospice stands as a standard of excellence in palliative care in India, with a firm commitment to advancing the field through comprehensive continuing medical education. Our dedication to continuing education is demonstrated in our 18 self-sponsored orientation and advanced training workshops. These initiatives significantly contribute to the elevation of palliative care education, awareness, and advocacy, both within the hospice and in the professional palliative care and healthcare community at large. Our sessions were attended by a total of 582 participants, a mix of staff, volunteers, external professionals, and post graduate students.



Our workshops transcend professional boundaries, attracting a diverse audience comprising palliative care professionals, government and private healthcare providers, hospice care specialists, counsellors, therapists, and allied specialists. The multidisciplinary nature of our approach creates a dynamic environment, fostering the exchange of knowledge and experiences among dedicated healthcare professionals striving to deliver exceptional palliative care.

Encompassing a broad spectrum of topics, our workshops delve into the fundamentals of palliative care, nuanced pain management, effective communication strategies, and comprehensive psychosocial support. Through hands-on training, insightful case discussions, and interactive sessions, we aim to empower participants with practical skills, enriching their ability to provide exemplary palliative care.

We actively engage with government bodies and private organisations, advocating for the seamless integration of palliative care into mainstream healthcare services. This collaborative synergy has not only heightened public awareness but has also fostered an environment conducive to enhancing the quality of life for patients grappling with life-limiting conditions and their families.

Table 07: GPH India – CME Training Events 2022-23

CME NAME	PERIOD	ATTENDEES
Psycho-Social Issues to Nursing Staff-CRI (Palliative Care Training)	30 March 2022	6
Communication: Special emphasis on breaking bad news and Collusion to Nursing Staff-CRI (Palliative Care Training)	30 March 2022	6
End of Life Care	04 April 2022	17
Palliative Care Emergencies	06 April 2022	17
Fumigation of Mortuary	07 April 2022	8
Community Based Palliative Care	13 May 2022	6
Introductory Session on Palliative Care **	24 Mat 2022	50
Nutrition on palliative care	14 July 2022	13

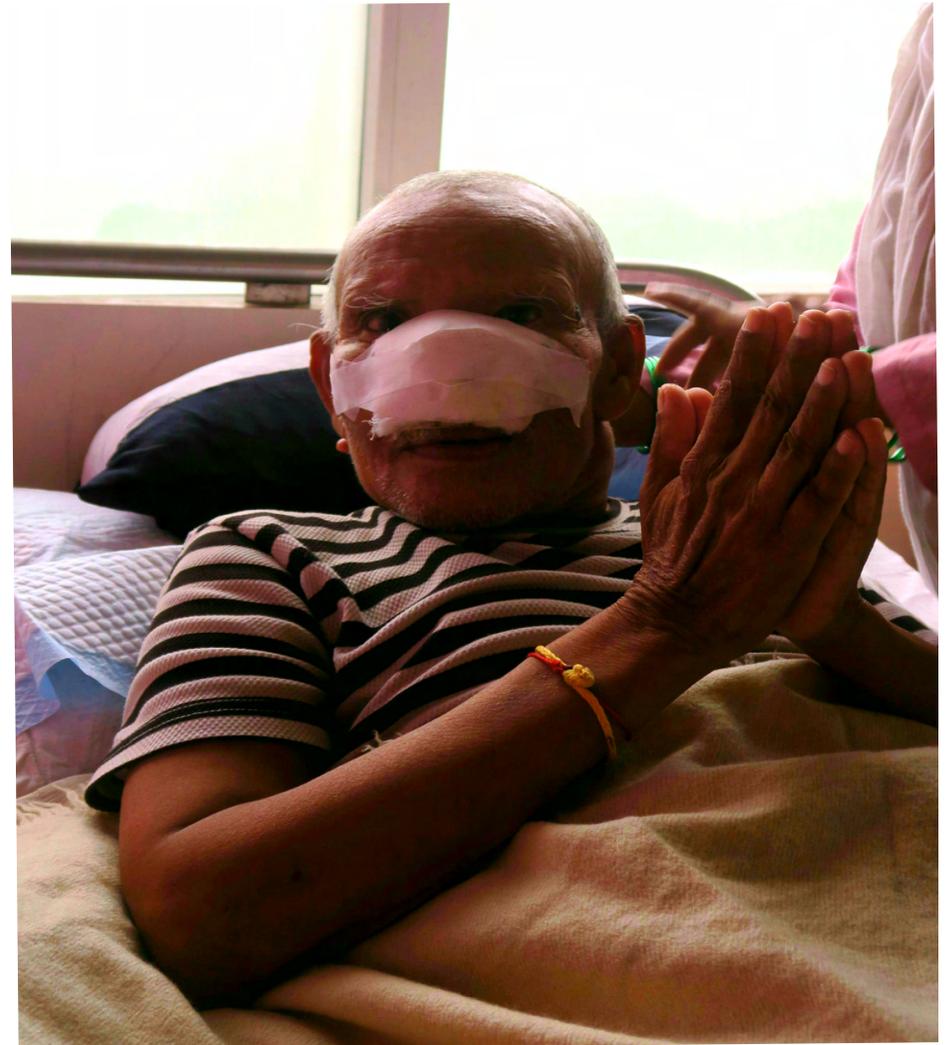
CME NAME	PERIOD	ATTENDEES
Biomedical waste Management Session	04 August 2022	27
Demo session For Care of Dying Patient & After Death Kit	23 August 2022	11
The Landscape of Loss, Grief & Bereavement	07 September 2022	24
A Session to learn about the disease Cancer, Palliative care and Hospice care **	29 September 2022	109
Palliative Care Training (Beginner Level) **	19 November 2022	48
Palliative Care Training (Intermediate Level) **	22 November 2022	46
Palliative Care Training (Advanced Level) **	25 November 2022	45
Introductory Session on Palliative Care & Hospice Care **	02 December 2022	124
Anxiety, Delirium & Communication	24 February 2023	12
Session on Palliative Care & roles of volunteers	28 February 2023	13
TOTAL	18	582

*** Includes external groups of professionals and post graduate students*

OUR DONORS & PARTNERS

At Ganga Prem Hospice in Rishikesh, India, the lifeblood of our mission flows from the generous contributions of diverse benefactors, highlighting a mosaic of support ranging from CSR initiatives to private philanthropy.

Integral to the fabric of our palliative care endeavours is the support from various quarters, with vital palliative care equipment and infrastructure either donated in kind or procured through grants. This lifeline of support ensures that our services are accessible to all, transcending geographical and financial barriers.



Renowned doctors, specialists, philanthropists, and families of patients, who recognise the sanctity of end-of-life medical care, form a crucial foundation of our sustained efforts. This group makes it possible for us to keep our services purely focused on total care with no charge to the patients and their families.

Year 2023 was extraordinarily special in that the esteemed Give Foundation in India not only recognised our efforts in its fundraising efforts for us, but also accorded the 'Gold Seal' status to Ganga Prem Hospice.

In the incredible recovery period of 2022-23, 593 private donors contributed to the tune of INR 1,20,72,755 through recurrent, multi-time and one-time donations.



The trust received CSR grants of INR 20,13,836 by 5 esteemed partners namely Kajaria Ceramics (INR 5 Lacs), SKB Builders India Ltd. Delhi (INR 5 Lacs), Hiral Labs Ltd. Roorkee (INR 4.91 Lacs), Sewa THDC Rishikesh (INR 3.23 Lacs), Hindustan Hydraulics Jalandhar (INR 2 Lacs), and a new website and ongoing technological and automation support from MSITEK Bengaluru. These funds serve to strengthen the hospice operations, ensuring the seamless provision of professional services, medical equipment, pharmacy and opioids supply, and nutritional patient and caregiver diet.

Your compassionate support makes Ganga Prem Hospice possible. We extend our heartfelt gratitude to each benefactor, recognising that their commitment brings solace and comfort to the lives of our cherished patients.



FINANCIAL OVERVIEW

At Ganga Prem Hospice, transparency and accountability in financial matters are integral to our ethos. As a nonprofit organisation, our ability to extend compassionate and charitable care to terminally-ill cancer patients and their families hinges on the generosity of our donors and supporters. We take pride in presenting a comprehensive summary of our financial performance over the past year.

Key Highlights:

- **Audited Financial Statements:** Our meticulously audited financial statements offer a comprehensive insight into our financial performance for the year. Prepared in strict adherence to the accounting principles generally accepted in India, these statements present a lucid and accurate depiction of our financial standing.
- **Financial Position, Performance, and Cash Flows:** The financial statements encapsulate our financial position, performance, and cash flows for the year. We maintain a steadfast commitment to financial accountability, ensuring the judicious and effective utilisation of our resources to further our mission and vision.

Our reasonable financial position fortifies our ability to consistently deliver high-quality palliative care to those in need. With an unwavering dedication to our goals, we look forward to the upcoming year, confident in our capacity to make a meaningful impact on the lives of terminally-ill cancer patients and their families.

SHRADHA CANCER CARE TRUST

Statement of Income and Expenditure for the year ended as at 31-03-2023

	Particulars	Note No.	For the year 2022-23	For the year 2021-22
I	Revenue from operations	7	1,51,54,290.34	50,04,651.16
II	Other Income	8	27,59,971.00	17,94,975.00
III	Total Income (I+II)		1,79,14,261.34	67,99,626.16
IV	<u>Expenses:</u>			
(a)	Employee Benefit Expense	9	90,51,722.36	79,02,604.22
(b)	Financial costs		-	-
(c)	Depreciation and Amortization Expense	4	45,71,807.00	50,04,127.00
(d)	Other Expenses	10	52,48,741.43	74,39,313.67
	Total Expenses		1,88,72,270.79	2,03,46,044.89
V	Profit before exceptional and extraordinary items and tax(III - IV)		(9,58,009.45)	(1,35,46,418.73)
VI	Exceptional items		-	-
VII	Profit/(Loss) before extraordinary items and tax (V-VI)		(9,58,009.45)	(1,35,46,418.73)
VIII	Extraordinary Items			
IX	Profit before tax (VII - VIII)		(9,58,009.45)	(1,35,46,418.73)
X	Tax Expense:			
(a)	Current Tax		-	-
XI	Profit/(Loss) for the year (IX-X)		(9,58,009.45)	(1,35,46,418.73)
	The Accompanying notes are integral part of the financial statements	11		

For Shradha Cancer Care Trust

Shradha Cancer Care Trust

Dr. Ajay Kumar Dewan
(Founder Member) *A Dewan*
Authorized Signatory

Date: 30-09-2023

Place: New Delhi

UDIN: 23095303B6VXQ24069

As per our audit report of even date attached



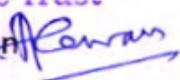
SHRADHA CANCER CARE TRUST

Annexures to Balance Sheet

NOTE-1 Corpus Funds

Particulars	As at 31 March 2023	As at 31 March 2022
	₹	₹
CORPUS FUND		
Opening Balance	7,85,24,036.97	8,90,57,458.27
Add: Received during the year	15,70,000.00	30,12,997.43
Add:Addition/(Utilization) during the year	(9,58,009.45)	(1,35,46,418.73)
	7,91,36,027.52	7,85,24,036.97
Total	7,91,36,027.52	7,85,24,036.97

For Shradha Cancer Care Trust

Shradha Cancer Care Trust
Dr. Ajay Kumar Dewan 
(Founder Member)
Authorised Signatory



SHRADHA CANCER CARE TRUST
Annexures to Statement of Income and Expenditure Account

Note-7 Revenue From Operations

Particulars	As at 31 March 2023	As at 31 March 2022
	₹	₹
Donations- Foreign Contribution	-	20,53,093.50
Donations- Domestic Contribution	1,51,54,290.34	29,51,557.66
Total	1,51,54,290.34	50,04,651.16

Note-8 Other Income

Particulars	As at 31 March 2023	As at 31 March 2022
	₹	₹
Interest Income-Saving	77,749.00	1,46,213.00
Interest Income -FDR	17,15,551.00	16,39,796.00
Interest on IT Refund	15,294.00	8,966.00
FCRA Penalty Refund from MHA	4,36,622.00	-
Liabilities written back	5,14,755.00	-
Total	27,59,971.00	17,94,975.00

For Shradha Cancer Care Trust

Shradha Cancer Care Trust
 Dr. Ajay Kumar Dewan
 (Founder Member) *A. Dewan*
 Authorised Signatory



OUR GOALS FOR 2023-24



At the threshold of a new year at Ganga Prem Hospice, our commitment to providing compassionate and charitable care to terminally-ill cancer patients and their families continues to be the driving force of our mission. Looking forward to the upcoming period, we are not just envisioning goals; we are charting a path to redefine the landscape of palliative care.

- **Expanding Our Reach:** Our primary objective is to extend the reach of our patient care services, ensuring that the embrace of compassion and care is felt by an even broader spectrum of patients and their families. Our primary goal is to expand our hospice capacity to include 15 more beds so that over 4,000 additional cancer patients can be served each year.
- **Community Outreach and Education:** As advocates for cancer awareness and early detection, we plan to intensify our community outreach and education initiatives. This involves expanding our campaigns and workshops to a wider audience including more corporate enterprises and locations, fortifying our commitment to promoting early detection and fostering a community well-versed in cancer awareness.
- **Strengthening Organisational Capacity:** Recognising that organisational strength is the backbone of our mission, our focus is on enhancing capacity. Through targeted training, development programs, and planned investments in technology, we aim to elevate our organisational efficiency.

As we embark on this journey into the upcoming year, the energy within our team is fuelled by the enthusiasm to turn these goals into tangible impacts on our community.

Our heartfelt gratitude extends to our donors and supporters, whose unwavering commitment to our mission and vision empowers us to make a significant difference in the lives we touch.

An immediate objective for Ganga Prem Hospice is securing institutional financial grant(s) to bring the proposed project “Construction of West Wing (three floors) of Ganga Prem Hospice end-of-life cancer care facility” to fruition.

The budgeted cost of approximately INR 5 Crores for this project is anticipated that can be completed within 18-24 months of receiving the grant.

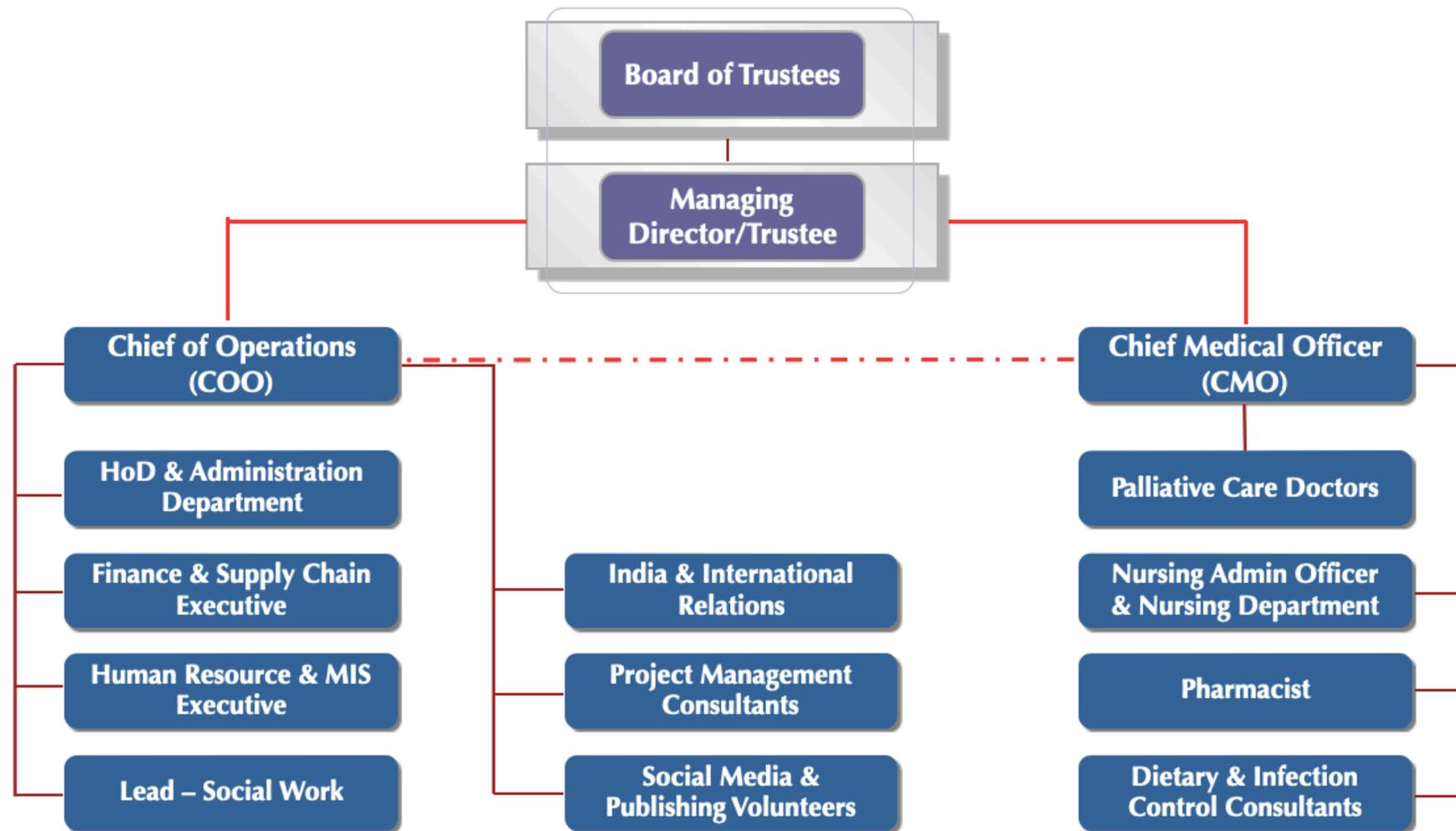


Table 08: GPH India — Proposed Expansion Plan

PARTICULARS	DETAILS
Proposed Project	Construction of West Wing (3 floors) of Ganga Prem Hospice facility in Uttarakhand
Headquarters of the Proposed Project	Ganga Prem Hospice Village Gohri Maphi, Raiwala Rishikesh - 249 205 Uttarakhand
Total Project Cost	INR 5.18 Crores as per 2021-22 estimates
Planned Project Duration	18-24 months from the date of receipt of grant
Proposed Project Activities	<ul style="list-style-type: none"> A. Construction of the proposed west wing that includes 10 more patient beds to the existing 15-bed facility B. The west wing will also add 18 utility rooms and a dedicated academic section C. As a result, the hospice will be able to serve an additional 250 terminally-ill cancer patients at the hospice, and over 4000 outpatients annually
Number of fully equipped patient beds and wards to be added	10
Number of additional patients expected to benefit annually	4500

PARTICULARS	DETAILS
Impact areas of the project	<p>A. Uttarakhand: Dehradun, Rishikesh, Haridwar, Roorkee, Mussourie, Srinagar, Pauri Garhwal, Tehri Garhwal, Uttarkashi, Rudraprayag, Chamoli, Nainital, Almora and Bageshwar</p> <p>B. Other parts of India: Uttar Pradesh, UT of Delhi, Punjab, Rajasthan, Gujarat, Himachal Pradesh an UT of J&K</p>
Nature of support sought	<p>A. Financial grant to cover the capital expenses and the operating expenses of the proposed project</p> <p>B. Formal recognition as a community partner</p>
Other key infrastructural additions resulting from the project	<ul style="list-style-type: none"> • Clinic for holistic therapies • Emergency room • Doctors' cabins • Doctors' and nurses' dormitories • Emergency room • Auditorium • Storage and other facilities
Primary stakeholders in the proposed project	<ul style="list-style-type: none"> • Beneficiaries • Grant Giver • Board of Trustees • Management Team • Project Team

A LOOK AT OUR ORGANISATION STRUCTURE



* Key positions only

THE TEAM

The Ganga Prem Hospice team is led by professional thought leaders and specialists unified by the Board of Trustees. Spearheaded by Chairperson, DS Negi, an eminent administrative services veteran and Medical Director, Dr. AK Dewan, a prominent surgical oncologist in India and the global oncology community, the Board comprises of eight trustees, all uniquely experienced.

The organisation was conceived with and maintains a clear vision and focus, and is progressing in the area of palliative care, bringing a tangible level of expertise and commitment to the project.

Chairperson: D S Negi, Indian Administrative Services (Retd)

DS Negi heads the Board of Trustees of Shradha Cancer Care Trust and maintains a keen interest in cancer care and palliative care. He is currently serving as the CEO of the prestigious super-specialty Rajiv Gandhi Cancer Institute & Research Centre, Delhi.

An IAS officer of the 1975 batch, Mr. Negi retired as Principal Secretary (Health & Family Welfare), Govt. of NCT of Delhi. He also served as the Chief Secretary of the Andaman and Nicobar administration and was instrumental in reconstruction and rehabilitation of the islands after the 2004 tsunami disaster. With a distinguished service record at both state and national levels, DS Negi has authored and published many policy documents, reports, articles, books and travelogues.

Founder Trustee & Medical Director (MD): Dr. A K Dewan, MS, MCh

Dr. AK Dewan is one of the most respected cancer surgeons in India, with over 30 years of experience in the field of oncology. Dr. Dewan super-specialises in head and neck cancers, and breast cancer surgery and has led more than 20,000 surgeries in his career.

Dr. Dewan founded the Ganga Prem Hospice project and has led it since its inception in 2005 as its Medical Director, and also the Managing Director. For two decades, he has engaged directly with hospice and palliative care in India to lessen the burden of terminal stage cancer on patients and their family members and loved ones.

Chief Medical Officer: Dr. Taranjit Singh, MBBS, MSc(UK), G.CertPallCare

Dr. Taranjit Singh is qualified in medicine from India and has worked in wide- ranging medical institutes and hospitals of repute prior to joining Ganga Prem Hospice in 2019.

With a Master's degree in palliative medicine from Cicely Saunders Institute at Kings College, London. He is the Chief Medical Officer and the attending palliative care physician at Ganga Prem Hospice, Uttarakhand's first purpose- built hospice services, integrating research, education, clinical services, support and information. Dr. Taranjit has clinical experience of more than 15 years in palliative care with expertise and interest in end of life care.

Chief of Operations: Pooja Dogra, Masters in Sustainable Development

Pooja Dogra has worked in the Indian non-profit development sector for 22 years, focusing on fundraising, publishing, and project execution. With a master's degree in sustainable development, she maintains an interest in environment protection.

At Ganga Prem Hospice, Pooja started as the coordinator of the project in 2009, having been an active volunteer for the hospice prior to then. She was instrumental in conceptualising the home care service of the hospice. She has successfully organised the Ganga Prem Hospice monthly cancer clinics for a decade and helped extend the clinic services beyond Rishikesh to Dehradun, and other districts of Uttarakhand. Pooja now serves the hospice as its Chief of Operations. She continues to lead the hospice's efforts to forge relationships with public and private sector organisations.

WHAT MAKES GANGA PREM HOSPICE UNIQUE?

OUR QUALITY OF CARE & SUSTAINABILITY EFFORTS

At Ganga Prem Hospice, our unique approach combines compassionate caregiving and conscious dedication to environmentally sustainable practices, making us stand apart in the field of palliative care with our hospice facility continuously aspiring to go entirely green and carbon negative by 2035. Our hospice facility has integrated several ecological facets into its design since conception. A few elements of our consciously green facility are:

- **Innovative Architectural Design:** Our facility boasts an architecturally innovative arc-shaped design, providing a naturally cooled environment that aligns with our commitment to sustainability. This design not only enhances energy efficiency but also promotes a serene and healing atmosphere.

- **Green Practices:** From waste reduction initiatives to energy-efficient lighting, we consistently integrate green practices into our operations. Our commitment to sustainability extends to every facet of our organisation, demonstrating our responsibility to the environment.



- **Rooftop Solar Water Heaters:** Embracing renewable energy sources, our facility features rooftop solar water heaters. This initiative not only reduces our carbon footprint but also showcases our dedication to harnessing sustainable energy.



- **In-House Wastewater Treatment Plant:** As stewards of the environment, we have implemented an in-house wastewater treatment plant. This initiative ensures responsible management of our ecological impact and underscores our commitment to sustainability.



CANCER & PALLIATIVE CARE FACTS

Cancer is the leading cause of death worldwide, accounting for nearly one in six deaths

The most common cancers are breast, lung, colon, and rectum and prostate cancers

Many cancers can be cured if detected early and treated effectively

According to National Cancer Registry Programme Report, Indian cancer load was 1.46 million in 2022

In India, one in nine people are likely to develop cancer in her/his lifetime

As per WHO, worldwide, an estimated 56.8 million people need palliative care each year

Adequate national policies, programmes, resources and training on palliative care are urgently needed

The number of registered and functional hospices and palliative care units in India is negligible

Global need for palliative care will continue to grow with the ageing of populations and rising disease burden

Globally, half of the cancer burden is seen in 65+ age groups, while it is one-third of cancer in India

Half of the estimated cancer burden in India is in the 40-64 age group

Worldwide, only about 14% of people who need palliative care currently receive it

CONTACT & DONOR INFORMATION

We extend our heartfelt gratitude for expressing your interest in Ganga Prem Hospice.

Should you wish to know more about our services and programs or consider contributing through a donation, we invite you to connect with us using the provided contact information.

Your feedback and suggestions are invaluable to us, and your support makes us persist in our mission to provide compassionate and charitable care to those facing terminal illnesses and their families.

We look forward to the possibility of connecting with you.

Contact Details:

 Email: info@gangapremhospice.org

 Phone: +91 98109 31743

 Website: www.gangapremhospice.org

Table 09: GPH India — Organisation Profile

PARTICULARS	DETAILS
Name of the Organisation	Shradha Cancer Care Trust (Ganga Prem Hospice, Rishikesh)
Date of Incorporation	28 November 2005
Registration Number	<ul style="list-style-type: none"> • 9805 under Indian Trusts Act, 1882 • 231661153 under FCRA Act, 1976
IT Exemption Status & Certificate	Tax exemption under Section 80G of Income Tax Act, 1961
RMI License Number	17P/1/56/2019/21806
Registered Head Office	C-13/115 Sector 3, Rohini New Delhi - 110 085 India
Bank Account Details	Punjab National Bank 39-40, Central Market, West Punjabi Bagh New Delhi - 110 062 A/C No.: 1501000101302075
Sources of Funding	<ul style="list-style-type: none"> • Institutional (CSR & non-CSR) donors • Individuals donors
Organisation Structure	As appended in the Annual Report

PARTICULARS	DETAILS
Operations Headquarters in India	Ganga Prem Hospice C/O Shradha Cancer Care Trust Village Gohri Maphi, Tehri Farm Raiwala, Rishikesh - 249 205 Uttarakhand, IN
Primary Activities/Major Services	<ol style="list-style-type: none"> 1. Inpatient medical end-of-life care facility in Raiwala for terminally-ill cancer patients 2. Home based end-of-life care for terminally-ill patients suffering with primary cancer and chronic renal failure 3. Outpatient medical care and consultation at free multi-disciplinary clinics/camps 4. Bereavement support for family of the departed patient 5. Advocacy and training/orientation on cancer care and palliative care in Uttarakhand and other parts of India
Beneficiaries' Demographics	<ul style="list-style-type: none"> • Across age groups • Males (lung, head & neck) • Females (breast, cervix, stomach) • Low to mid income group • Usually sole earning members of the family
Areas of Geographical Coverage	Uttarakhand: Dehradun, Rishikesh, Haridwar (up to suburban Roorkee), Nainital, Pauri Garhwal, Srinagar, Uttarkashi

PARTICULARS	DETAILS
Details of Projects Completed	<ul style="list-style-type: none"> • Initiated regular professional home care service • Initiated regular monthly outpatient clinics • Commissioned a 15-bed hospice care facility • Completed a multi-year advocacy and training programme across Uttarakhand with partner support • Launched a new Dehradun-based office to serve as base location for expanding geographical coverage of home care
Details of Projects in pipeline/funnel	<ul style="list-style-type: none"> • Completion of hospice facility by construction of west wing with three floors and 10 added palliative care beds • Establishment of professional cancer care clinics and awareness programme with support of Hon. Government of Uttarakhand • Initiation of newer Corporate/Industry (MSME) connects for employees' screening camps
Website	https://www.gangapremhospice.org
Email Address	<p>pooja@gangapremhospice.org info@gangapremhospice.org</p>
Contact Person	Pooja Dogra (COO)

**GANGA PREM HOSPICE, RISHIKESH
UTTARAKHAND, INDIA**

**Thank
You**

