

ANNUAL REPORT
2007-2008
GANGA PREM HOSPICE



MANAGED BY
SHRADHA CANCER CARE TRUST

All services at Ganga Prem Hospice will be provided free of charge to any terminally ill cancer patient, regardless of age, race, religion or financial status.

www.gangapremhospice.org

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1. A Message from Our Chairman.

There are 5000 new cancer cases every year in Uttarkhand, India but cancer care facilities are almost non-existent. Moreover this state whose cultural heritage is rich in knowledge of alternative therapies is poor in its practical application of them against such a dreaded disease. It is simply unacceptable that at a time of great economic prosperity in our Nation's history, people are facing an undignified death without care and support for themselves and their grieving relatives.

Caring for a loved one who is terminally ill is one of the most challenging times in life. Ganga Prem Hospice, a project of Shradha Cancer Care Trust, provides professional help to bring physical, emotional and spiritual comfort to everyone involved e.g., patient, caregivers and family. The focus is not on curing but on caring.

We care not just for the patient but for the caregivers also. We treat not just the pain of disease but also the pain of loss as well. We visit homes of terminally ill cancer patients and provide supportive care, emotional support, a listening ear and sometimes a shoulder to cry on.

We strive to promote the hospice philosophy and support the development of hospice care. Since its inception, the year 2007-2008 has been the most eventful for Ganga Prem Hospice. Key developments include:-

1. Establishment of a **Cancer Clinic** at Sardarni Nanki Devi and Punjab Sindh Kshetra Hospital, Rishikesh. We are grateful to Mr. Ghai, Manager of Punjab Sindh Kshetra for his untiring efforts towards making the clinic a success.
2. Launch of **Home Care Programme** where our volunteers visit homes of terminally ill cancer patients.
3. **Support a Cancer Patient Scheme** where poor cancer patients are being financially supported for their treatment.
4. **Bereavement Support Services.**
5. Organization of a spiritual concert on January 2, 2008.
6. Many hours of service were donated by volunteers and Hospice members in last 6 months.

I would like to thank all the generous and committed members of our trust, especially Nani Ma, for all their support, guidance and encouragement. I am indebted to all our volunteers, donors and everyone who has contributed in anyway to the Hospice work. Please accept my sincere thanks for helping us to extend our mission of care to many more patients and their relatives. With your continued support we can do much more.

Dr A. K. Dewan M.S., M.Ch. Chairman

2. Our Vision.

Ganga Prem Hospice will be a spiritually orientated, non-profit hospice for terminally ill cancer patients. Our vision is to provide first class medical facilities which will ensure maximum control over pain and other symptoms and in addition, to create a spiritual and loving ambience in which our patients can pass through this great transition with the minimum of emotional distress.

We feel that death is not only a physical event but has far reaching implications for the patients, relatives and all who are involved. Although the death process is perfectly normal and has to be passed through by every living being, it is still deeply resonant in the physical, social, emotional and spiritual planes of each and every one of our lives. It is for this reason that care at Ganga Prem Hospice will encompass every aspect of the patient's life.

Death is not only about dying; it is also about living. At Ganga Prem Hospice patients, families and staff will find a sympathetic atmosphere where, if they wish, they can gently review their living and their dying. For many, death is a time of memories and often of regrets. We want, therefore, to provide a space where emotional and spiritual problems can be faced, understood and left behind. Death is a time when the frail and transitory nature of physical life makes itself very much evident and can therefore be a time of searching and learning for all concerned. For some it may involve relating the limited time and space of their own lives to the greater concepts of Eternity and Infinity. For many it will be a time to find themselves in a relationship with a Higher Power in which they can take refuge.

In order that we can provide a spiritual atmosphere as well as medical care we have chosen a setting for our hospice which is both beautiful and serene. The forested foothills of the Himalaya are famous for their ability to soothe the mind and uplift the spirit of all who enter them. The most sacred and charming areas in these foothills are those where the river Ganga flows. Her lucid waters have brought peace to the hearts of millions throughout the ages. In this tranquil environment we will construct a comfortable and aesthetically pleasing hospice where staff and volunteers will be trained to help the patients and relatives through this most difficult period of their lives.

Our vision is that the spiritual orientation of this hospice together with its medical excellence will create an exemplary centre in which all members can benefit and grow together.

3. Our Progress this Year.

The year 2007 -2008 has seen tremendous progress for the Ganga Prem Hospice. We started the year as a small but determined group of people who wanted to help to alleviate the desperately difficult situation of terminally ill cancer patients in Northern India. We had already set up our trust, the Shradha Cancer Care Trust and had chosen our working area as Rishikesh, a spiritual and holistic centre in the foothills of the Himalaya. Despite great efforts, as a comparatively unknown group, we did not seem to be making a great deal of progress.

The position changed, however, in the summer of 2007, when we began to look for somewhere to start a cancer clinic in Rishikesh. Our search was rewarded when the Sardarni Nanki Devi Trust and The Punjab Sindh Kshetra Trust offered us the use of rooms at their charitable clinic. We held the first clinic on 15th September 2007. It was then decided that the clinic should be held on the last Sunday of every month.

Mr Ghai, Honorary Manager of the Punjab Sindh Kshetra, took a personal interest in the clinic and by October he had made a number of improvements in facilities such as lights for medical examinations, screens for privacy and wash basins for the doctors to wash their hands. Workers and volunteers from the Kshetra Trust ensure that the allotted rooms are clean and ready for use before each cancer clinic. Mr Ghai made publicity boards and put notices in the local newspapers to inform the public about the new clinic. Our volunteer, Bibi Hamel, worked hard to help Mr Ghai with publicity and other arrangements.

At the first clinic Sarojini Murthy joined the team as a very able and experienced volunteer and took over the work of registration. Bibi ushered the patients in to see the doctors and helped in any way that was required. At each clinic Dr Dewan, sometimes joined by Mrs (Dr) Dewan or Dr Doval, sees about 30 patients. Some are diagnosed with general ailments and as far as possible are given free medicines. Others are sent to have further tests, after which diagnosis can be made. At each clinic new cases of cancer are discovered and patients are directed to the appropriate procedures. Many of the patients who come already have cancer and need advice on how to proceed. After a few months the team was joined by Eliza Renwick and Stan Giles, who are qualified nurses with hospice experience.

As most of the patients attending our clinics are poor, it became increasingly obvious that, even before our Hospice can be built, we need to extend our activities to helping these underprivileged patients with their immediate problems. In January we were able to set up two new schemes

to help fulfill the needs of our patients. The first is the '**Support a Cancer Patient Scheme**' and the second is a '**Home Care Programme**'.

The 'Support a Cancer Patient Scheme' gives donors an opportunity to finance treatment for poor patients. GPH volunteers take the patients for treatment, care for them during the treatment and purchase the necessary medicines for them. The 'Home Care Programme' arranges for Ganga Prem Hospice volunteers to visit terminally ill cancer patients in their own homes and as far as possible to provide medical, social, emotional and spiritual support to the patient and their families. Both schemes started functioning in January and are managed by Sarojini Murthy. The visits are carried out by a hospice nurse who is accompanied by another volunteer. Regular reports of the visits are sent to Dr Dewan and the nurses contact him by phone for any advice that they need.

A '**Friends of Ganga Prem Hospice Association**' is being set up in Rishikesh so that volunteers, patients and their families and friends can meet together and discuss ways in which we can improve our services and generate more help for our project.

We are still looking for 5 bigas of land (approx. 4 acres) in the Rishikesh area where we can build the Hospice. We are hoping to find land near to the Ganga but the popularity and rising prices of the area has so far prevented us from finding a suitable piece that we can afford.

Jennifer Melmon has been ably managing the International Branch of our Trust from her home in Fairfield, USA. People living abroad, who wish to contribute to the hospice work, are able to send donations through Ganga Prem Hospice Inc., which she has set up there. Jennifer also updates our database and sends out our electronic literature to anyone who is interested in hearing our news. Many other volunteers around the world have been holding fund raisers to help collect money for the Hospice. On 2nd January, internationally acclaimed recording artist Krishna Das and the famous Odissi dancer Jyoti Rout gave inspiring performances at GPH's first charity concert, which was held in Rishikesh and organized by one of our volunteers, Renu Gulati. Tables and stalls have been set up at several conferences to increase awareness about our project. Anjana Dharnidharka, our web master, provides our supporters around the world with up to date news on our activities.

So far all of the work done for the hospice, including medical care, administration, web management, clerical work and fundraising, has been done entirely by volunteers. However, although the numbers of well wishers and volunteers in both the nursing schemes and fund raising schemes have increased, the numbers of financial contributions have not grown in the same proportion. Lack of funds has been an issue which has stopped the Ganga Prem Hospice from increasing its services even more and we will

need to generate a lot more financial help before our Hospice can be up and running.

Thoughts from Rishikesh

“I don’t know what we would have done if you hadn’t helped us....” A beneficiary’s son.

“It made our mother feel happy and grateful that we were not alone and also that she had medical attention and care to the very end....” A late patient’s son.

“I wish I was rich so that I could help these people more....” Sarojini Murthy.

“The work itself is satisfying and enriching.....” Bibi Hamel.

“A good work is good for everyone.....the people of Rishikesh very much appreciate this new facility.....” Mr Ghai.

Our goal of providing holistic care and improving the quality of life in the last days of a cancer patient’s journey is achievable with your generous contribution.

4. Our Activities.

GANGA PREM HOSPICE SERVICES AT RISHIKESH

1. Monthly Cancer Clinic.

Includes:

- a) Screening of patients for possibility of cancer,
- b) Consultation for cancer patients,
- c) Consultation for terminally ill cancer patients,
- d) Counselling for terminally ill patients and their families,
- e) Distribution of free medicine,
- f) Monthly meeting of doctors and volunteers.

2. Support a Cancer Patient Scheme.

Includes:

- a) Evaluation of eligibility for support
- b) Accompaniment to the place of patient's treatment
- c) Care during treatment
- d) Payment for treatment and prescribed medicines
- e) Follow up with home visits
- f) Emotional and spiritual support for patients and family.

3. Home Care Programme for Terminally Ill Cancer Patients.

Includes:

- a) Regular visits to patient's home by;
 - i. hospice nurse
 - ii. complementary therapist
 - iii. counsellor
 - iv. spiritual advisor
 - v. general volunteer.
- b) Medical care for patient as advised by oncologist.
- c) Complementary therapies for symptom relief and relaxation for both patient and family.
- d) Counselling for patient and family.
- e) Spiritual support for patient and family.
- f) General care for patient and family.

4. Bereavement Support.

Includes:

- a) Help with practical arrangements after death of patient.
- b) Counselling – helping family members manage process of grief.
- c) A promise of continued support, as is required.

5. Our Patients.

1. Monthly Cancer Clinic

September 2007 – March 2008

a) Number of Patients:	215			
b) Social Status:	Mostly poor to lower middle class.			
c) Gender:	Masculine: 119	Feminine: 96		
d) Age:	Below 20	4		
	20-30	23		
	31-40	33		
	41-50	50		
	51-60	59		
	61-70	30		
	Over 70:	16		
e) Patients with Cancer:	53			
Type of Cancer:	Breast	13	AE Fold	1
	Cheek	8	Blood	1
	Tongue	6	Eye	1
	Cervix	5	Gall Bladder	1
	Larynx	3	Thyroid	1
	Liver	3	Neck	1
	Lung	3	PFF	1
	Ovary	2	Mouth	1
	Maxilla	2	Thigh	1
	Rectum	2	Phy. Wall	1
	Soft Palate	2	Unspecified	6
f) Patients advised to have follow-up tests:		73		
g) Other illnesses diagnosed/referral to other doctors/ prescriptions given/ free medicine dispensed.		77		

2. Support a Cancer Patient Scheme

a) Number of Beneficiaries:	1
b) Social Status	Poor
c) Gender	Female
d) Age	45

2. Support a Cancer Patient Scheme (contd.)

e) Type of Cancer	Cervix
f) Stage of Cancer	III
g) Type of Support	i) Full payment for chemo therapy and all necessary medicines. ii) Provision of free dietary supplements. iii) Regular home visits.

3. Home Care Programme

a) Number of Beneficiaries:	3
b) Social Status	Lower Middle Class 2 Sannyasin 1
c) Gender	Female
d) Age	50-60 1 60-70 2
e) Types of Cancer	Breast 1 Gall Bladder 1 Lung 1
f) Stage of Cancer	Terminal 3
g) Types of Support	Free Medicine 1 Doctor's visits 2 Nursing 1 Complementary 3 Therapies Counselling 1 Spiritual Support 1 General 3
h) Deaths	1

4. Bereavement Support

a) Home Visits	1
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6. Complementary Therapies.

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

1. **Aroma Therapy**
2. **Bach Flower Remedies**
3. **Bowen Therapy**
4. **Homeopathy**
5. **Meditation**
6. **Reiki**
7. **Therapeutic Massage**

We also hope to soon start using Ayurveda for pain relief and symptom control.

Other qualified complementary therapists are invited to join us and share their knowledge and skills with us so that we can provide more comfort and help for our patients.

***Ganga Prem Hospice
eases the pain,
soothes the mind,
and uplifts the spirit.***

7. Our Financial Position.

Our financial position at the end of this year is not as good as we had hoped. In March 2008 our bank balance stands at Rs. 29,50,000 (approx. \$75,000), which is not even enough to buy the 5 bigas of land that we need to build our hospice. The present price of 5 bigas of land in the Rishikesh area and within wheel chair distance of the river Ganga is, at the very least, Rs 50-60,00,000 (approx.US\$150,000).

One obstacle we have encountered is that charitable foundations are often not willing to contribute towards *capital* costs. So, initially we need to find the finance to buy the land and construct the building. Once this is in place, charitable trusts are then willing to consider costs for tangible items such as specialist medical equipment and furnishing as well as specific patient groups such as palliative care for a children's wing etc.

Our estimated costs to get the hospice up and running are outlined in detail in our **Project Report** (*copies available on request*) and are summarized below:

Purchase of Land	Rs 60,00,000 (US\$150,000)
Construction & furnishing of 2 tier building to accommodate 20 patients	Rs 60,00,000 (US\$150,000)
Medical Equipment & Supplies	Rs 40,00,000 (US\$100,000)
Staff costs for 1 st year	Rs 20,00,000 (US\$50,000)

Most of the money collected has come from individual donations and small fund-raising events. The fact that the money is not enough for our needs means that we must make more efforts in the area of fund-raising. We now need to approach foundations and businesses that might be interested in helping to fund our project. Ganga Prem Hospice actively appeals to new and existing volunteers who will offer their time for publicity and fund-raising. We need to be able to reach some big donors who will help us to set up and run our hospice.

We confirm that less than 2% of all donations received have been spent on administration costs. Most of our volunteers do not even claim their expenses.

8. Our Future Plans.

Our objectives in the forthcoming year are;

- to consolidate and expand our present services in Rishikesh.
- to purchase the land for our Hospice and to start to construct the building.
- to expand our working force in Rishikesh to include more nursing staff and complementary therapists.
- to approach charitable foundations and companies who will give financial backing to the project.
- to expand our volunteer force for both our palliative care service and fund-raising efforts.
- to provide training schemes in palliative care for volunteers in Rishikesh.
- to create greater awareness about our project, both in India and abroad.
- to collaborate with other Palliative care centres, both in India and abroad, in order to increase our knowledge and ability to serve.

Our goal of providing holistic care and improving the quality of life in the last days of a cancer patient's journey is achievable with your generous contribution.

9. Members of Our Trust.

Main Branch, Delhi, India.

Shradha Cancer Care Trust

Chairman: Dr. A K Dewan M.S. M.Ch.

Members: Dr. D C Doval M.D.
Dr. (Mrs) R Dewan M.D.
Mr S Kathpalia
Mr D Baijal
Nani Ma

U.S.A. Branch, Fairfield, Iowa.

Ganga Prem Hospice Inc.

Manager: Ms Jennifer Melmon

Members: Swamini Pramananda
Mrs Diane Long
Prof. Fredrick Smith
Mr Scott Morrow

U.K. Branch , London.

Ganga Prem Hospice,Ltd.

Members: Swami Saradananda
Mr Rakesh Luthra
Ms April Pierrot
Ms Frankie Jennings
Mrs Renu Gulati

10. Our Main Volunteer workers.

Ms Sarojini Murthy	Administration and palliative care
Ms Bibi Hamel	Administration, and palliative care
Ms Eliza Renwick R.N.	Nursing and palliative care
Mr Stan Giles R.N.	Nursing and palliative care
Swami Madhavananda	Fund raising and publicity
Ms Anjana Dharnidharka	Web master

All services at Ganga Prem Hospice will be provided free of charge to any terminally ill cancer patient, regardless of age, race, religion or financial status.

11. Reflections.

1. From Beneficiaries

Anil Rana (Support a Cancer Patient Scheme)

".....You have offered my mother a grant of life...'jeevan daan'.....How can we adequately express our thanks for all your support? We were lonely and desperate and without the funds to do the Chemotherapy. We cannot thank you enough for your help. And your visits and care and concern give us hope and courage. Although, my mother's death is inevitable, it is so helpful to know that we are not alone.'

Vinod Rana (Home Care Programme)

".....Visits from Ganga Prem Hospice volunteers were indeed very helpful. Such loving and selfless support provided by GPH gave us a lot of moral support and strength. At such a crucial time, relatives although they visit, do not really want to get involved in helping or alleviating our grief and so it was such a source of solace, strength and moral support to have such volunteers as you all to help us through our crisis. It made our mother feel happy and grateful that we were not alone and also that she had medical attention and care to the very end. Eliza has been especially caring and kind on her many visits to us and we feel deeply indebted and touched and now she has become a part of our family. We are very grateful for GPH's involvement in our life. Also, we are moved that the volunteers continued to visit and offer support even after our mother had passed on.'

2. From Volunteers

Bibi Hamel.

".....The work I am doing is satisfying. Knowing that every effort is not wasted and that someday it will all come to fruition and help a few souls. However sometimes I feel helpless and it is heartbreaking knowing that you cannot do much to improve the condition of the patient or render more help. But if I stop to remember at such moments that nothing is helpless, on some level something takes place. Just listening and saying a silent prayer goes a long way towards healing the patient in some way.

Volunteer work has always helped expand my heart. Every effort helps a little in this area of developing love for all and serving all without any expectations.”

Eliza Renwick R.N.

“.....I have deeply enjoyed my experience as a volunteer for GPH. It has been so exciting to be a part of the first stages of a hospice development in India. I have been deeply impressed by Sarojini's deep intuition and feeling for our clients and I can see by the light in their eyes that she is making a big difference.....just in being willing to be a part of their journey during these challenging days. I am very much looking forward to returning in the fall and helping with the training of volunteers!’

3. From a Donor

“.....I am happy to have found a charity which is really worth supporting. Seeing the excellent service which is being done for poor cancer patients through the Ganga Prem Hospice Clinic in Rishikesh, I feel very impressed. I am looking forward to the time when the Hospice will be built and will be able to benefit many more patients. I am truly encouraged knowing that the money that I have given will be well used...”

Ganga Prem Hospice, a project of Shradha Cancer Care Trust, 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.

12. Our Contact Information.

1. INDIA

SHRADHA CANCER CARE TRUST

www.gangapremhospice.org

Chairman

Dr. A.K.Dewan

Postal Address:

115, C-13, Sector 3, Rohini, Delhi 110085, INDIA.

Mobile:

(0091)-9891988243 - from 7p.m. to 10p.m. I.S.T.

E-mail:

dr.dewan@gangapremhospice.org

Accountant

Mr. S. Kathpalia

& Trust Member

Mobile:

(0091)-09811128952

E-mail:

suresh@gangapremhospice.org

2. U.S.A.

GANGA PREM HOSPICE, Inc.

Manager:

Ms Jennifer Melmon

Postal Address:

P.O. Box 1735, Fairfield, IA 52556, U.S.A.

Phone :

001-641-472-846

E-mail :

gangapremhospice@yahoo.com

3. U.K.

GANGA PREM HOSPICE, Ltd.

www.gangapremhospice.org.uk

Trustee:

Swami Saradananda

Postal Address:

2nd Floor, 145-157, St John St., London,
EC1V 4PY, United Kingdom.

E-mail:

enquiries@gangapremhospice.org.uk

13. How to Donate.

1. INDIA

(Donations from Indian citizens are tax deductible - 80G status).

Donations from India to be sent to:

SHRADHA CANCER CARE TRUST
Postal Address - 115,C-13,Sector 3, Rohini, Delhi 110085, INDIA.

Personal cheques, bank drafts and wire transfers are accepted.

PUNJAB NATIONAL BANK
Delhi, India.
Account no.1501000101302075
IFCS code: PUNB 0150100

2. OUTSIDE OF INDIA

Donations from outside India to be sent to:

GANGA PREM HOSPICE, Inc. (U.S.A.)
Postal Address : P.O. Box 1735, Fairfield, IA 52556, U.S.

Personal cheques, bank drafts and wire transfers are accepted.

MIDWEST ONE BANK
Fairfield, Iowa, U.S.A.
Account no. 898341
Routing no. 07390123

3. U.K.

Donations can be sent to:

GANGA PREM HOSPICE, Ltd. (U.K.)
Postal Address: 2nd Floor, 147-157, St. John St., London, EC1V 4PY, U.K.

Personal cheques and bank drafts are accepted.