



GANGA PREM HOSPICE

Care and comfort for the terminally ill

Annual Report 2012-13



A Project of Shradha Cancer Care Trust
www.gangapremhospice.org

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A Letter from Our Chairman

It was a year when Ganga Prem Hospice took some very concrete steps towards realising its dream of building an inpatient facility. Even though a lot of time went into working out the construction plan, our patient-related and medical work also grew as it received due attention.

In the year 2012-13, as our small but committed team at Ganga Prem Hospice persevered through the various pre-construction administrative permissions required for the construction of the inpatient facility, there were many encouraging instances of support for our work, as also well thought-out improvements in database management and the Hospice's services. These signs reassure me that the Ganga Prem Hospice project, which has been close to the hearts of so many, can only flourish in the times ahead.

If institutions continued to support us with regular contributions and donations, individuals were not far behind in showing their support by either sending us monthly donations, or volunteering for Ganga Prem in Rishikesh, going on home visits with our home care team, or spreading the word about the hospice, wherever they were. Professionals helped by donating their skills, whether by fund-raising for the Hospice in their respective hometowns or doing something like making documentary films about Ganga Prem Hospice's work, thus creating information dissemination tools for us. It warmed my heart to see that not just adults, even children like those of the Sri Ram Ashram in Haridwar fundraised for the Hospice by organising crossfit fundraisers.

The Hospice added to its home care work force by employing a part-time nurse specifically for patients in Haridwar. We introduced guided-meditation sessions at our monthly Rishikesh cancer clinics.

I am happy to note that even though our patient load increased in the year, both at the clinic and at home care, we successfully managed to maintain effective analgesic supply which is crucial to provide relief to end-of-life cancer patients.

Even though Ganga Prem Hospice's own funds for patients' medical treatment are limited, our team guided patients to government avenues from where they could get support for their treatment. We made an effort to relieve patients' financial distress and worries by giving them medicines, ensuring that they and their families did not run out of food supplies, and the children were rehabilitated in school or vocational studies.

Even though I cannot recount every supporter's name here, every little contribution and act of support remains important for Ganga Prem, and cannot be over-emphasised.

Dr AK Dewan, MS, MCh

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

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 will be constructed on the bank of the river Ganga, in a village called Gohri Maphi, in Raiwala. The

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

village is situated at the foot of the Himalayas near to the town of Rishikesh, which is known for its spiritual culture and the many well-developed holistic centres.

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 her needs are unique.

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



A terminally ill child patient is seen by surgical oncologist at Ganga Prem Hospice clinic.



Ganga Prem Hospice Progress in 2012-13

Pre-construction Phase of Ganga Prem Hospice Inpatient Facility

The year 2012-13 saw a great deal of effort and time being devoted to the pre-construction phase of the inpatient facility. The various administrative permissions to start the construction of the Hospice were sought. A civil engineer was deployed in early 2013 to give further impetus to the work.

The chief architect, Prof Yatin Pandya of FOOTPRINTS Earth, Ahmedabad, and structural engineer Venkata

Four surgical oncologists were among the seventeen doctors who provided their expertise free-of-charge to the Ganga Prem Hospice patients at the charitable cancer clinics in Rishikesh and outside. The number of terminally ill patients served in their homes grew to 115 during the year 2012-13 as a second nurse was employed specifically to look after patients in the Haridwar area.

At the same time, the hospice pre-construction work gained momentum as the chief architect and structural engineer worked on preparing the final blueprint of the inpatient facility design.

Rangarao of SLS Structural, Hyderabad, continued to work on the architectural and structural drawings of the Hospice building.

Monthly Charitable Cancer Clinics

The medical work of Ganga Prem Hospice continued with the Rishikesh monthly charitable cancer clinics seeing a sustained number of patients coming for consultations every month, averaging 90 patients at each clinic.

In addition to the 12 cancer clinics held in Rishikesh on the last Sunday of every month, two additional clinics were held in Districts Uttarkashi and Haridwar respectively. The Uttarkashi cancer clinic was the first-ever two-day clinic held by Ganga Prem Hospice.

Home Care Service for Terminally ill Cancer Patients

The Ganga Prem Hospice home-care service served 115 cancer patients in their homes in the year 2012-13 across three cities: Rishikesh, Haridwar and Dehradun. Patients between the ages of 8 and 85, and hailing from different religions, economic and social backgrounds, were provided nursing care in their homes.



Our Activities

✦ Monthly Cancer Clinics in Rishikesh

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

Most patients who come to the clinic are from 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 under-privileged patients.

✦ Periodic Cancer Clinics in Cities other than Rishikesh

In addition to the monthly cancer clinics in Rishikesh, additional clinics are held periodically in other



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

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

The Ganga Prem Hospice Monthly Charitable Cancer Clinics in Rishikesh Offer:

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



✦ 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 2008. 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 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

During the year 2012-13, the Ganga Prem Hospice home care team served 115 terminally ill cancer patients residing in Rishikesh, Haridwar and Dehradun. Those who were in far-flung mountainous districts of the state, where the Hospice team could not reach, were supplied with medicines like analgesics to alleviate their suffering.

arranged for by the Hospice. In addition to sponsoring tests and treatment, the Support-a-Cancer-Patient Scheme ensures that the chosen patient and family receive other basic essentials that they need such as food, clothing, and other provisions.

The Home Care Service Provides:

- ◆ Regular visits to patient's home by a:
 - Palliative care nurse;
 - Doctor (whenever possible);
 - Physiotherapist (whenever possible);
 - 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.



Twenty-two patients were supported through the Ganga Prem Hospice Support-a-Cancer-Patient scheme in year 2012-13.

The Support-a-Cancer-Patient Scheme Provides:

- ◆ Sponsorship of treatment and medicines' cost;
- ◆ Nutritional support;
- ◆ Transport for hospital visits;
- ◆ 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.

✦ 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.

Ganga Prem Hospice Charitable Cancer Clinics: 2012-13

The Ganga Prem Hospice monthly cancer clinics in Rishikesh saw a high incidence of 42% cancer patients among the 1,082 patients who came for consultations in the year 2012-13. At all clinics, patients had access to the expertise of at least one senior oncologist, and sometimes more than one.

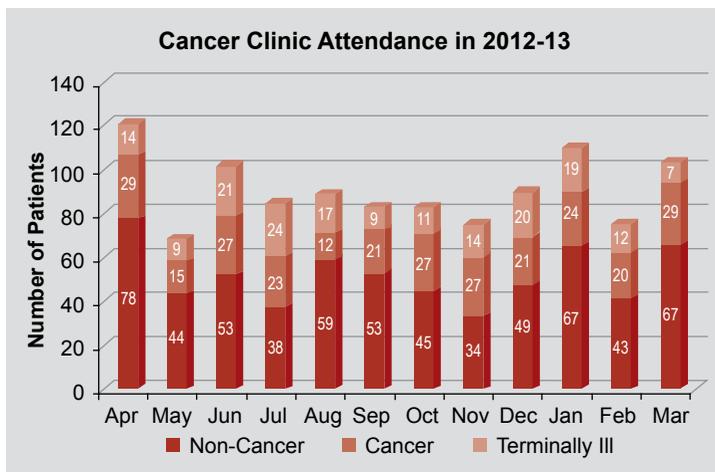
During the year 2012-13, the Ganga Prem Hospice charitable cancer clinics continued to be held for the fifth successive year on the last Sunday of every month at the Sardarni Nanki Devi-Punjab Sindh Kshetra charitable hospital in Rishikesh. One cancer screening camp was held in Haridwar in conjunction with the Rotary Club of Ranipur, and another screening camp was held at the District Hospital in Uttarkashi, with the help of a donor.

The Rishikesh cancer clinics saw an average of 80 to 100 patients at each clinic, bringing the total





Cancer Clinic Attendance in 2012-13



Breast cancer, found in 73 patients, continued to be the most common type of cancer seen at the clinics with oral cancers following close behind. Other head and neck cancers as well as gynaecological cancers were also common.

The 50-60 age group continued to be a majority among the patients, but sadly 54 of this year's patients were under the age of 20. While 63% of the patients attending the Rishikesh clinics were from Rishikesh itself, 275 of the 1,082

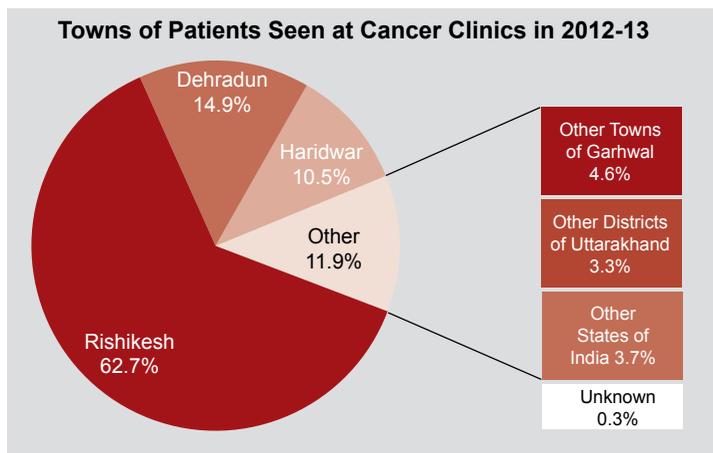
number of patients seen during the year to 1,082. As many as 42% of these patients were confirmed cancer patients while 39% of those with cancer were terminally ill. Most of the terminally ill cancer patients who visited the clinics were afterwards included in the Ganga Prem Hospice home care service, unless they lived too far away for the Hospice team to be able to visit them. Among those who could not be visited, many were provided with medicines free of charge and other types of support on a regular basis. A total of 46 patients seen at the cancer clinics were suspected of having cancer and were sent for further tests. Among these, the diagnostic tests of very poor patients were sponsored by the Hospice while many others had their tests done at a discounted rate by diagnostic centres with whom the Hospice had previously made agreements.

patients came from the neighbouring cities of Haridwar and Dehradun, and yet others had made the long journey from the Himalayan towns of New Tehri, Uttarkashi and Chamoli in order to take advantage of the free-of-charge consultations offered at the Hospice clinics. Still others had travelled from other towns in the Uttarakhand state while 40 patients had come from other states, especially from towns and cities in the bordering state of Uttar Pradesh.

All the doctors offered their services free-of-charge. Most of the doctors came from Delhi while some

The number of female patients at the cancer clinics was only marginally less than that of male patients. Each clinic provided the services of at least one gynaecologist to female patients with pap smear tests being done largely free of charge as a screening service.

Towns of Patients Seen at Cancer Clinics in 2012-13





Internal medicine physician Dr GS Vats was one of the many doctors who travelled to Rishikesh to offer their services to patients at the Ganga Prem Hospice charitable cancer clinics.



Patients have access to a senior gynaecologist at every monthly clinic.

doctors from Rishikesh, Dehradun and other cities also joined the team at various clinics. The team of oncologists led by Ganga Prem Hospice medical director Dr AK Dewan included Dr Ashish Goel, Dr Anoop Puri and Dr Rajinder Kaur. Gynaecologists Dr Rupali Dewan

and Dr Rajesh Saxena served female patients. General surgeon Dr Pallavi Purwar worked with Dr Dewan at almost every clinic. General physicians Dr GS Vats, Dr Khushboo Puri and Dr Amit Aggarwal also offered their services at clinics. ENT specialist Dr Jai Gopal Sharma, laparoscopic surgeon Dr Sukhvinder Singh Saggi, orthopaedic surgeon Dr SK Bhaskar and general surgeon at Uttarkashi, Dr Harika, offered their services at two clinics. Dr Aditi Chaturvedi, palliative care specialist, started to regularly attend the clinic from August onwards and helped with counselling as well as giving medical consultations. Ayurvedacharya Dr JP Rathi assisted at most of the clinics during the year.

The doctors were supported in the clinic services by nurses Sicily Sebastian and Priyanka Massey, and volunteer nurses Sarla Dabral and Suzanne Hetherington, and a hardworking team of staff and volunteers including Sarojini Murthy, Pooja Dogra, Totaram Arya, Divyae Katiyar, Anil Gupta, Steven Lopresti, Panchanan Pandey, Panshula Rai, Yogeshwar Prasad, Bhagwati Kala, Vanita Kurana and many others.

Apart from offering free medical consultations, counselling, distribution of medicines, massage, physiotherapy and dietary advice at the cancer clinics, from December 2013 onwards, guided meditation sessions were also carried out at the clinic. The guided meditation sessions, which were well attended by patients, carers and staff, were led by Dr Harish Chaturvedi, associate professor at the medical college in Srikot, Srinagar, of the Pauri Garhwal district of Uttarakhand.

Hospice supporters regularly donated tea and snacks at the clinics, which, along with the love and support offered by the team, helped to create a pleasant atmosphere at the clinics, which were otherwise difficult for many of the patients and their families. Clothes and food supplies were also distributed to under-privileged patients at many of the clinics.

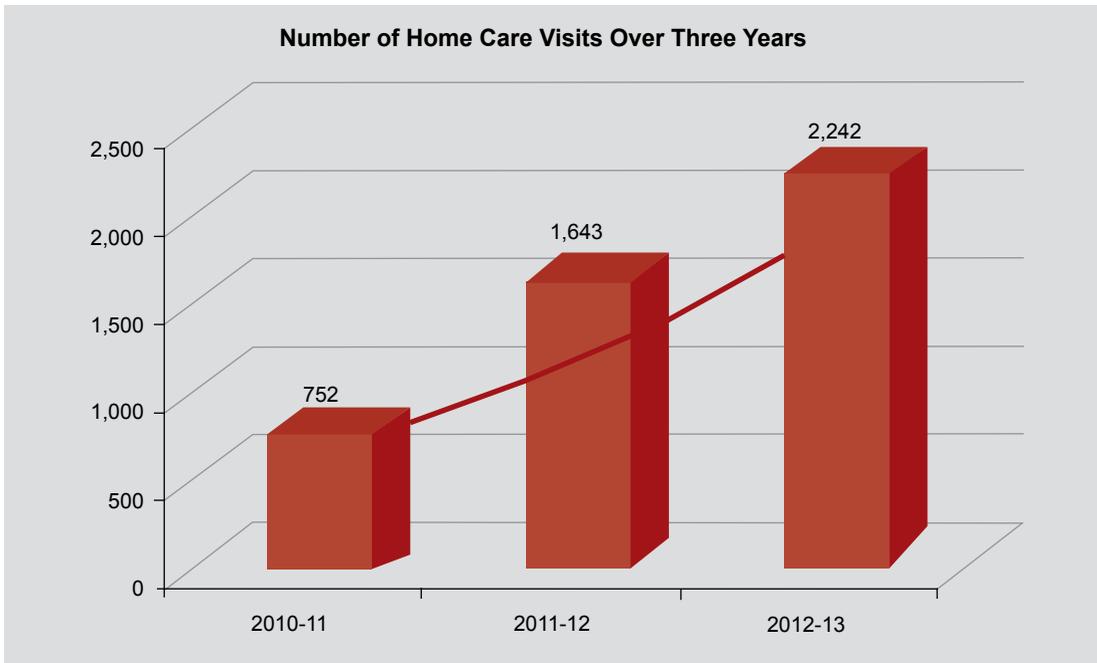


The Ganga Prem Hospice Home Care Service

During the year 2012-2013 (April 2012 to March 2013), the Hospice served 115 home care patients and made a total of 2,242 visits, which is approximately triple the number of visits made during the year 2010-2011 when a full-time nurse was first hired. The maximum number of patients during any one month was 53 and the minimum was 37.

Ganga Prem Hospice provides Uttarakhand's only home care service to terminally ill cancer patients. The service is provided six days a week in the cities of Rishikesh, Haridwar and Dehradun. The team usually consists of a nurse, nursing assistant and vehicle driver, with visiting nurses, doctors and therapists from time to time. From June to September 2013, a volunteer palliative care nurse from the USA joined the team and cared for a number of critically ill patients in Rishikesh while



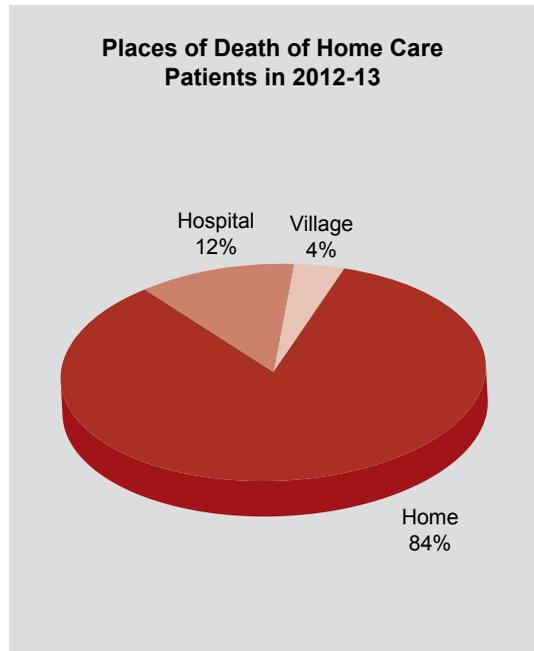
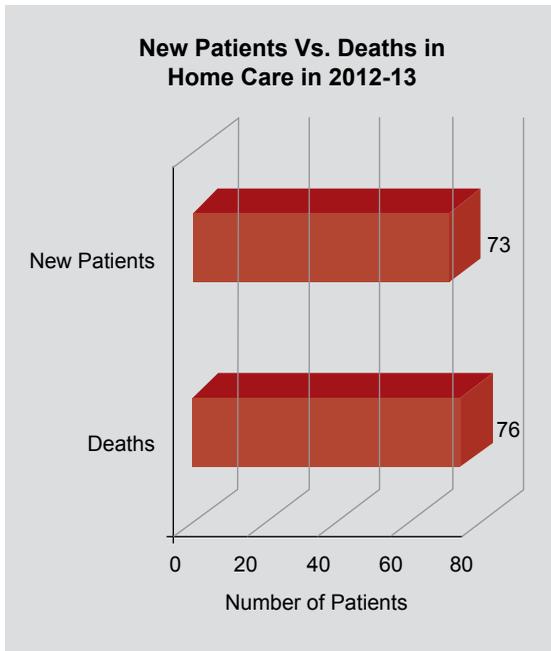


The Ganga Prem Hospice home care team provides medicines and other support supplies to under-privileged patients. The team travels to patients' homes in Rishikesh, Haridwar and Dehradun.

in February and March, a psychology intern from Spain worked with the team. From December 2012 to March 2013, a part-time nurse served patients in Haridwar by carrying out home care visits within the city.

The home care team mainly provided nursing care such as pain relief, dressing of wounds, changing of catheters, monitoring of vital statistics and dispensing of medicines, but regular massage, emotional support and provision of medical advice were also important parts of the service.

Gastrointestinal cancers, breast cancer and head and neck cancers (other than oral) were most common among the home care patients accounting for 16



percent each. Lung and oral cancers accounted for 13 and 12 percents respectively.

A majority of the Ganga Prem Hospice home care patients were either economically very poor, or poor, and with another large number being found in the lower-middle class bracket. Along with medicines, nutritional supplements and medical accessories, the Hospice also provided under-privileged patients with food supplies and clothing. Two patients' widows and children were supported with medicines, food supplies and clothing.

The majority of home care patients belonged to the 61 to 70 age group. Sadly seventeen patients were also below the age of forty including two children. Rishikesh continued to have the highest number of home care patients at 44 percent but as time went on the larger city of Dehradun began to have a bigger share of home care patients than Haridwar. Although Ganga Prem Hospice works in a predominately Hindu-populated

area, eight percent of home care patients were Muslim and a few were from other religions.

Most patients continued to be introduced to the Ganga Prem Hospice home care service through the cancer clinics although some did come through word of mouth. The telephone helpline continued to be a useful source of support for enquiries and emergencies. Without the option of an inpatient facility most patients died at home, although 12 percent died in hospital and another two percent returned to their village of origin at the time of death.

The home care team members received the full support of other staff and volunteer workers who provided vital assistance at every stage of the process. They arranged for medicines and food supplies, sent patients' reports to oncologists, raised funds for the home care service and the patients' hospital visits, and entered every home care visit report and its details into the digitalised database.

The Ganga Prem Hospice Support a Cancer Patient Scheme

Twenty of the twenty-two patients supported by the Support a Cancer Patient Scheme were below the poverty line, half of them being extremely poor financially.

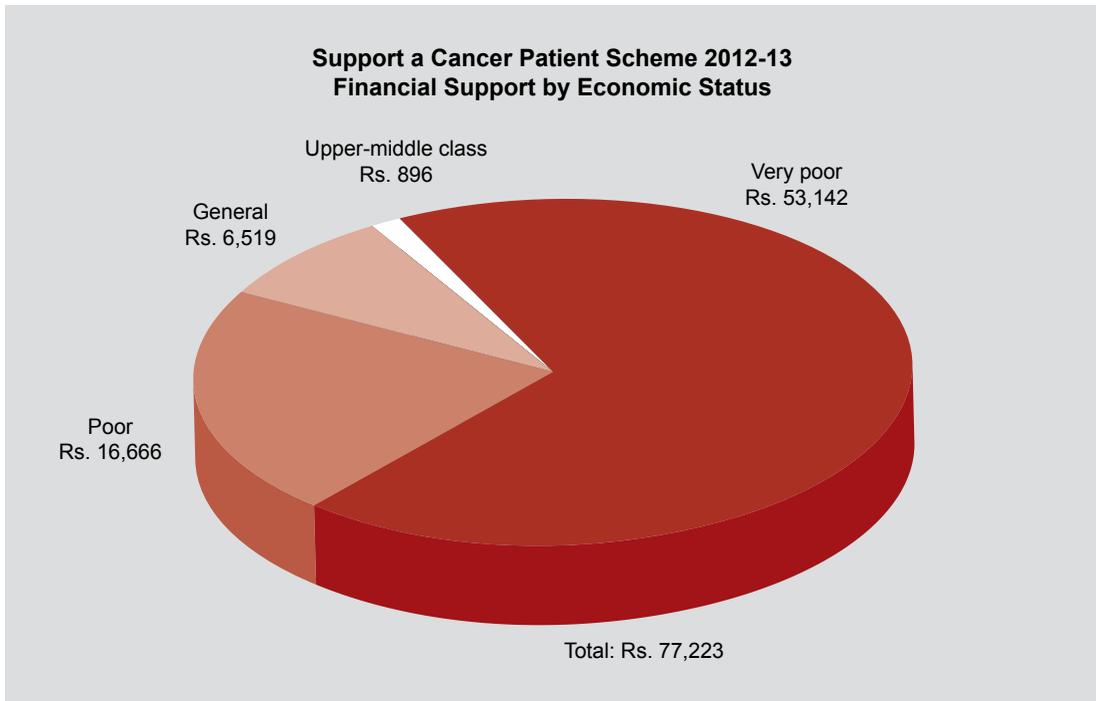
The Ganga Prem Hospice Support a Cancer Patient Scheme sponsored twenty-two patients in all in the year 2012-13, financing the cost of medicines, chemotherapy, radiotherapy, minor surgery, diagnostic tests, hospital stay, travel costs and food supplies, as well as providing very poor patients with clothes and other necessities.

These patients suffered from sixteen different types of cancers, with breast malignancies leading in number. Terminally ill patients—seventeen of the twenty-two—benefitted the most from the Support-a-Cancer-Patient-Scheme. Twelve of these patients have passed away since.

Rehabilitation of deceased patients' families was also handled by Ganga



A home care patient of Haridwar had diagnostic tests and a minor surgery sponsored by Ganga Prem Hospice. The patient used to earn his living by pulling a cycle-rickshaw and had a young family to support.



Prem Hospice as two patients' widows were given food supplies, household provisions and monthly sponsorships to help them tide over the stressful financial situation generated from the loss of the sole earning member of their families.

The last rites of two patients were sponsored by Ganga Prem Hospice, one of them being a ten-year-old cancer patient whose impoverished parents had not only spent all their money on their son's treatment but had also

taken loans from creditors for his medical procedures.

The Rs 77,223 that Ganga Prem Hospice spent on supporting cancer patients in the year 2012-13 saw contributions from eight individual donors and two organisations, including a Rotary Club. One donor took on the responsibility of financing the rehabilitation of a patient's widow with monthly donations, while another donor who had a loved one suffering from cancer, decided to sponsor a breast cancer patient who was under Ganga Prem Hospice's care.

Volunteers at Ganga Prem Hospice

Five thousand hours of time was dedicated by volunteers to Ganga Prem Hospice in Uttarakhand during the year, giving their time, talent and energy to the project.

True to hospice tradition, the volunteers at Ganga Prem Hospice handle a large percentage of the Hospice work. Volunteers come from all social and ethnic backgrounds and offered their talents and time to the running of the Hospice administration and care of the patients. During the year 2012-13, volunteers in Uttarakhand alone donated no less than five thousand hours of service to GPH. There were many more volunteers in other parts of India and overseas who spent time in fundraising, publicity and administration work for the Hospice.

Whilst most of the volunteer hours were spent at the clinics directly serving patients, the second highest number of hours donated by volunteers went towards administration. The third highest number of hours was spent in general volunteer work such as helping at fundraisers, graphic design for printed material etc. The fourth category was volunteer work done during home care visits. Finally two percent of the total number of hours donated by volunteers was construction-related.

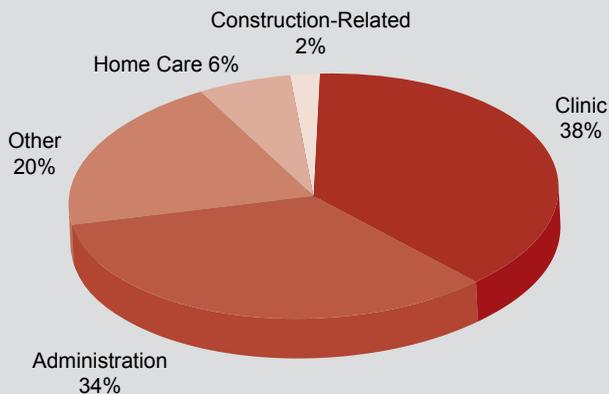
One of the significant features of the volunteer work at Ganga Prem has been the high number of doctors who



have given their time and skills to serve patients. Not just oncologists and palliative care specialists, there has been regular service received from gynaecologists, general physicians and general surgeons, while orthopaedic surgeons and ENT specialists have also volunteered their time at some clinics. Most of the doctors that volunteer at Ganga Prem are senior



Distribution of Time Volunteered by Category in 2012-13



Volunteer work in administration has been headed by our full time volunteer, Steven Lopresti, who has spent more hours at his computer than any other volunteer since the year 2010. He has made full use of his talents in helping the administration team in shaping much of the infrastructure used by GPH in its patient and home care data record keeping, fundraising and staff management spheres.

Fundraisers such as the annual Krishna Das concert in Rishikesh

specialists in their own fields who find time to come and serve at the monthly clinics in Rishikesh and outside. An ayurvedacharya is regularly present at the clinics while periodically complementary therapies practitioners also donate their time. Other medical volunteers including a number of nurses have volunteered at the clinics and with the home care service, including a palliative care nurse from the USA.

The doctors at the clinics are assisted by a wide variety of volunteers both from India and abroad, who help with counselling, meditation sessions, physiotherapy, massages, and the general running of the clinics, registration, calling in patients, carrying or wheeling in those patients who are too ill to walk, keeping record of patients' files, serving refreshments, water and snacks to patients, their carers, and the medical team, and any other way possible.

On home care visits, most of the volunteers have been complementary therapists offering massage and other relaxation techniques, although volunteers have also included nurses and a psychologist. Sometimes Indian volunteers have also acted as interpreters for foreign volunteers. Others have used their vehicles to take staff or volunteers to patients' homes.

have attracted many volunteers, especially from the local ashram communities, while a number of professionals in the field of construction and management have spent their time helping GPH with construction-related matters such as design and costing.

The Ganga Prem Hospice management, staff and patients have to truly thank all the volunteers for their precious time that makes this much needed palliative care work possible.



Nurse Suzanne Hetherington offered nursing care to patients at the Ganga Prem Hospice clinics and home care as a volunteer.



Surgeon Dr Pallavi Purwar travelled to Rishikesh every month to volunteer at the cancer clinics.



Surgical oncologist Dr Ashish Goel traversed a thousand kilometers back and forth from Delhi to Uttarkashi to volunteer as main oncologist at two-day Ganga Prem Hospice charitable cancer clinic in the mountainous Uttarkashi.

Names of Volunteers

Doctors

- Dr Ashish Goel – Surgical oncologist
- Dr Aditi Chaturvedi – Palliative care specialist and pharmacologist
- Dr Anoop Puri – Surgical oncologist
- Dr Amit Aggarwal – General physician
- Dr GS Vats – General physician
- Dr Jai Gopal Sharma – ENT specialist
- Dr JP Rathi – Ayurvedacharya
- Dr Khusbhoo Puri – General physician
- Dr Pallavi Purwar – General surgeon
- Dr Rajesh Saxena – Gynaecologist
- Dr Rajinder Kaur Saggu – Surgical oncologist
- Dr SK Bhaskar – Orthopedic surgeon
- Dr Ramanand Saikia – Endoscopic surgeon
- Dr Sukhvinder Singh Saggu – Laparoscopic surgeon

Complementary Therapists

- Diane Long – Yoga Instructor
- Dr Harish Chaturvedi – Guided Meditation Therapist
- Rohit Anand – Reiki Master

Counsellors

- Dunia Rida
- Sarojini Murthy

Nurses

- Chandan
- Sarla Dabral
- Seema Sahi
- Suzanne Hetherington

Pharmacists

- Totaram Arya



Administration and Clerical

Anil Gupta
Gaj Lakshmi
Steven Lopresti

Krishna Das
Monu Giri
Paco Capaldi
Peggy Baldwin

Jitendra Bisht
Jitendar Raturi
Julia Harper
Mahesh

Graphic Design

Alan Neachell

Prema

Satyra Rao

Om Prakash Nautiyal
Pallavi Sharma-Duffy

Design, Project Management and Construction

Anuj Gupta

Prashant Pandya, TWG Advisors

Prof Yatin Pandya, FOOTPRINTS EARTH

Venkata Ranga Rao, SL Structural Consortium

Smita and Moksh Thapar

Todd Sykes

Swami Sarvamangalananda

Tania

Vanu

Panchanan Pandey

Panshula Rai

Pernille Evers

Priyanka Singhal

Clinics and General

Akshey Koushal

Ashok Arora

Athmanathan

Bhagwati Kala

Carrie Croft

Elisa Garlaschi

Gargi Badoni

Geeta Kukreti

Girish Kanswal

Harish Badoni

Satyam Khurana

Seema Sareen

Shanta Rana

Shashi Rana

Trilok Khurana

Uma Garg

Uttarkashi Rotarians

Uttarkashi school children

Vanita Khurana

Vijay Lakshmi

Publicity and Fundraising

Archit

Arjun Bruggeman

Iona

Julien Balme

Members of Our Trust

SHRADHA CANCER CARE TRUST BOARD

Chairman

- Dr AK Dewan, MS, MCh.

Members

- Dr DC Doval, MD

- Dr Rupali Dewan, MD

- Arun Kumar Banerjee (IFS, Retd.)

- Deepak Bajjal

- Dev Singh Negi (IAS, Retd.)

- Suresh Kathpalia

- Raghubir Lal Ghai

- Nani Ma

Testimonials

Volunteers



Dr Aditi Chaturvedi MD
Pharmacologist and Volunteer
Palliative Care Specialist

“Whenever I volunteer for GPH, every time I feel I have to contribute more. I dream of a better end of life care—a better living and a better dying—for all the terminally ill especially cancer patients throughout India and particularly Uttarakhand. Ganga Prem Hospice seems to me the doorway where we as a team can contribute and achieve this difficult task. Dr Dewan and Nani Ma are a great source of inspiration for me. I see the future of palliative care in Rishikesh and Uttarakhand through the Hospice. Whenever I visit GPH, I must admit that I feel really proud to be a part of GPH.”



Suzanne Hetherington
Volunteer Palliative Care Nurse from
USA

“I have been a nurse for twenty-two years now and felt that I wanted to give back in some way and do what I could to help hospice patients in India. I found Ganga Prem Hospice after doing a web search and when I read about their work and watched the video, I felt I had stumbled upon just what I was looking for. Emails flew between GPH and myself and in June 2012, I landed in India for the first time. I worked with home patients in Rishikesh and helped out during the monthly clinics. I can honestly say it was the most challenging and one of the best experiences of my life. I will stay involved with this amazing organization for as long as they will have me. I look forward to returning to Rishikesh and working at the new hospice facility.”



Beneficiaries

“If I am surviving it is only because of Ganga Prem Hospice...”

Sunita Rana
Under-privileged breast cancer patient

“We are alive only because Ganga Prem is helping us. We don’t have anyone else.”

Gayatri
Under-privileged widow of a cancer patient,
supports four minor children

Orthopaedic surgeon Dr. SK Bhaskar seeing a patient at a charitable clinic in District Uttarkashi.



Donors

Rs. 5,00,001 - 10,00,000

Ganga Prem Hospice UK - London, UK
Brahma Vidya - Döttesfeld, Germany

Rs. 1,00,001 - 5,00,000

Almondz Global Securities - Delhi, India
Associazione Yoga Niketan - Italy
Christine Dunbar - Toronto, Canada
Indo-American Cancer Association - USA
Pete Sketchley and Margot Kenter - Amsterdam, Netherlands
Relaxo Footwears Ltd - Delhi, India
Retina Associates Eye Foundation - Delhi, India
Suvela International Trust - Delhi, India

Rs. 50,001 - 1,00,000

Pranava Bienenstein - Austria
Rajinder Singh Jeer - Wolverhampton, UK
Smart Cube India Pvt Ltd - Delhi, India
Smt Ugam Kanwar Man Mal Singhvi Charitable Trust - Jodhpur, India
Timothy Sweeney - Castlegregory, Ireland

Rs. 10,001 - 50,000

Bibi Hamel - Rishikesh, India
Daulat Mal Singhvi - Jodhpur, India
Denis & Leela Champ - Singapore
Filip Van Wanzele - Elst, Belgium
Gabriele Knoechel - Krostitz, Germany
Gargi Yadav - Mumbai, India
Joachim Volger - Utrecht, Netherlands
Keepunt Foundation - Netherlands
Mahiema Anand - Gurgaon, India
Pia Bossi - Zurich, Switzerland
Praveen Kumar Sharma - New Delhi, India
Quick Aviation Services Pvt. Ltd. - New Delhi, India
Sanjai Kumar - New Delhi, India
Sarla Devi - Dehradun, India
SK Choudhary - Gujarat, India

Rs. 5,001 - 10,000

Arron Selby - Kings Langley, UK
Dr Kristina Stock - Leipzig, Germany
FWJM Zipp - Alkmaar, Netherlands
Georgina Drew - New York, USA
Ingrid van de Linde - Goes, Netherlands
Jaques Bancelin - France
Patrick and Dominique Cassidy - Switzerland
Peter Kelsey - Minnesota, USA
Pradeep and Sarbani Sen - Pune, India
Rohit Anand - Dubai, UAE
Sanjay Kumar Jain - Rishikesh, India
Satya Rao - California, USA
Swati Chopra - Delhi, India
Tatiana Protasova - Hessen, Germany

Rs. 1 - 5,000

AK Banerjee - Delhi, India
Akshey Koushal - Delhi, India
Alan Kelher - Ljubljana, Slovenia
Alok Kumar Srivastava - Noida, India
Ameet Kaul - Delhi, India
Amit Bhatnagar - Rishikesh, India
Ashish Agrawal - Tonbridge, UK
CL Verma - Noida, India
Claire Dagnaux - Dauphin, France
Deepak Khanna - Delhi, India
Devinder Chopra - Punjab, India
Gurupriya - Colomiers, France
JK Arora - Delhi, India
Kanshi Ram - Delhi, India
Kaushalya Sharma - Faridabad, India
Maria Delzina Annibal - Ruislip Gardens, UK
Mason Bennett - Vancouver, Canada
Michael Stoeger - Stockerau, Austria
Narinder Kumar Wahi - Delhi, India
NB Kartikeyan - Rishikesh, India
Olaf Milkner - Delitzsch, Germany
Prashant Rallabandi - Mumbai, India



Prof Padam Kumar - Roorkee, India
 Renee Schouwenberg - Amsterdam, Netherlands
 Rita Armaghan Alishahi - New York, USA
 Teresa Mamo - Lombardia, Italy
 Saroj Bala - New Delhi, India
 Sudershan Malhotra - Faridabad, India
 Susan Lee Wilson - California, USA
 Swami Sadatmananda - Bangalore, India
 Tina Watwani - Delhi, India

Monthly Donors

Almondz Global Securities - Delhi, India
 Rajinder Singh Jeer - Wolverhampton, UK
 Rohit Anand - Dubai, UAE
 Smart Cube India Pvt Ltd - Delhi, India
 Tatiana Protasova - Hessen, Germany

In Loving Memory

A hospital bed, wheelchair and medicines were received in loving memory of Sonal Garg, from Dehradun, India.

On the Occasion of...

A donation was received on the occasion of the wedding of Lori and Bill, USA.

Fundraising

Alan Neachell and Anil Gupta - Rishikesh, India - Krishna Das benefit concert
 Benedetta Capanna - Rome, Italy - Benefit dance performance
 Gabrielle Steen - New Malden, England - Diwali chanting and meditation event.
 Ganga Prem Hospice UK - London, UK – Yoga-based charity event, Christmas stocking sale
 Parvati Baul - Rome, Italy - Benefit dance performance
 Purnima Zweers - Holland - Pilgrimages into sacred India
 Sri Ram Ashram - Haridwar, India - Crossfit sponsored athletic programme

Contributors of Goods and Services

Abhishek Kumar - Haridwar, India-dressing material
 Anil Sharma-Rishikesh, India-fruits for patients at the clinic

Annapurna Rasoi - Rishikesh, India - refreshments at the clinics
 Arora Store - Rishikesh, India - antiseptic handwash for GPH office
 Arun Kapania - Ambala, India - ICCU bed and mattress, over-bed table, anti-decubitus air mattress with pump system
 Aruna Vashisht - Rishikesh, India - air mattress
 Ashok Arora - Rishikesh, India - food supplies for two families of under-privileged patients
 Chirayu Herbals - Haridwar, India - food supplies for patients' families
 Dr Ahuja's Pathology & Imaging Centre - Dehradun, India - discounted tests
 DS Group - Noida, India - clothes for under-privileged patients & their families
 Franco-Indian Pharmaceuticals Pvt Ltd - Mumbai, India - antianaemics
 Gargi Badoni - Rishikesh, India - food rations and clothing for patients
 Geeta Kukreti - Rishikesh, India - dressing materials and food supplies
 Gloria - Spain - paper bags for dispensed medicines
 Hiral Labs - Roorkee, India - medicines
 Hope Meditek - Delhi, India - Pap smear kits
 Lark Laboratories -Delhi, India - medicines and dressing materials
 Meena Dawar - Delhi, India - chemotherapy medicines
 National Chemical - Ahmedabad, India – muti-vitamin tablets
 Pepsi Co - Gurgaon, India - bottled water, snacks for medical team, oatmeal for patients
 Rajasthani Mishthan Bhandar - Rishikesh, India - tea, snacks and fruit juice
 Rajpal Pharmaceuticals - Lucknow, India - medicines and disposable gloves
 Renu Gulati - Rishikesh, India - bedsheets, pillows and blankets
 Rohit Anand - Dubai, UAE - medical supplies



Shashi Rana - Rishikesh, India - food supplies for a breast cancer patient

Sugandhim - Haridwar, India - two litres of massage oil

Sunita Sharma - Haridwar, India - one wheelchair

TWG Advisors - Ahmedabad, India – project management consultation for construction work

Vanita Khurana - Rishikesh, India - medicines

Verve Healthcare - Delhi, India - Analgesics for patients

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, India

Phone numbers

+91 98109 31743 (Delhi)

+91 94107 07108 (Rishikesh)

E-mail Address

info@gangapremhospice.org

Website

www.gangapremhospice.org



SHRADHA CANCER CARE TRUST

BALANCE SHEET AS AT 31ST MARCH, 2013

<u>LIABILITIES</u>	<u>AMOUNT</u>	<u>TOTAL</u>	<u>ASSETS</u>	<u>AMOUNT</u>	<u>TOTAL</u>
<u>CORPUS FUND</u>			<u>FIXED ASSET</u>		
Opening Balance	16,583,862.83		(As per Annexure)		6,357,862.15
<u>Add :-</u>			<u>CASH & BANK BALANCES</u>		
a). Received During The Year	5,666,645.00		Cash in Hand		4,773.00
b). Excess of Income over Expenditure	138,325.45	22,388,833.28	Advances Recoverable in Cash or in kind or for value to be received		24,050.00
			Sundry Debtors		5,340.00
<u>CURRENT LIABILITIES</u>			<u>Bank Balances</u>		
Sundry Creditors		123,420.00	Balance at Bank	4,033,683.13	
			Bank - FDR	12,086,545.00	16,120,228.13
TOTAL.....Rs.		22,512,253.28	TOTAL.....Rs.		22,512,253.28

PLACE :- NEW DELHI

DATE :- 30-09-2013

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

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



TARUN KUMAR
(PARTNER)

(Membership No. 089082)

30/9/2013

Ajay Kumar Diwan

DR. AJAY KUMAR DIWAN
(TRUSTEE)

Suresh Pathalia

SURESH PATHALIA
(TRUSTEE)

**SHRADHA CANCER CARE TRUST****INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31ST MARCH, 2013**

<u>PARTICULARS</u>	<u>AMOUNT</u>	<u>TOTAL</u>	<u>PARTICULARS</u>	<u>AMOUNT</u>	<u>TOTAL</u>
To Camp & Patient Care Expenses		230,676.00	By Interest Received		755,420.50
To Bank Charges		3,192.68	By Donation		278,585.58
To Repair & Maintenance		4,580.00	By Profit on Sale of Asset		419,000.00
To Travelling & Conveyance Expenses		28,899.00	By Donation - THDC		177,875.00
To Vehicle Expenses		119,050.00			
To Telephone & Internet Expenses		37,251.00			
To Printing & Stationery		94,438.00			
To Festival Expenses		7,300.00			
To Postage and Courier Expenses		8,328.00			
To THDC		75,885.00			
To Depreciation		44,711.95			
To Salary & Staff Welfare		804,071.00			
To Professional Charges		5,000.00			
To Miscellaneous Expenses		29,173.00			
To excess of Income over Expenditure Transferred to Balance Sheet		138,325.45			
TOTAL.....Rs.		1,630,881.08	TOTAL.....Rs.		1,630,881.08

PLACE :- NEW DELHI

DATE :- 30-09-2013

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

for APT ASSOCIATES
Chartered Accountants
(Firm Registration No. 015248N)NEW DELHI
TAREN KUMAR
(PARTNER)
(Membership No. 089082)

30/9/2013

DR. AJAY KUMAR DIWAN
(TRUSTEE)SURESH KATHALIA
(TRUSTEE)



Ganga Prem Hospice will be 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, doctors from various specialities, professionals from holistic care systems and complementary therapies, physiotherapists, dietitians, social workers, grief and spiritual counsellors.

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

Ganga Prem Hospice, 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: 98 1093 1743 (Delhi)
94 1070 7108 (Rishikesh)

Email: info@gangapremhospice.org