



World Hospice & Palliative Care Day, celebrated every year across the globe, on the second Saturday in October, is a day for stock taking and for recommitting to the goals of palliative care.

These goals focus on the needs of patients and families facing serious life limiting illnesses and conditions. The theme of this year's World Hospice & Palliative Care Day emphasizes the right to receive care that relieves avoidable suffering. We urge governments worldwide to make policies and initiate actions based on this right, so that palliative care becomes an integral part of universal health care.

In India, the government has already started welcome steps in this direction. A task force has prepared training materials for grass root health workers so that palliative care can be delivered at the primary health care level.

At CanSupport, it is our constant endeavour and fervent hope that further advocacy with like-minded partners will provide patients and their caregivers with easy and affordable access to the life altering services they need. We appeal today to everyone to join these efforts which are based on a basic human right: to be relieved of unnecessary pain and suffering no matter what the prognosis.

Harmala Gupta
Founder-President, CanSupport



Harmala Gupta, Founder-President, CanSupport was conferred with "Healthcare Humanitarian Award" for her outstanding contribution in improving the healthcare status of Indian society. Ms Gupta received the award from the hands of veteran thespian Victor Banerjee and Sandip Somany, FICCI President at an event by FICCI at Le-meridien Hotel on the occasion of their 11th edition of Healthcare Excellence Awards 2019.

Meerut Now Has Access To Free Palliative Care

On October 14, 2019 CanSupport started its new home-based palliative care centre in Meerut, Uttar Pradesh, taking our total count of home teams to 32. The new team comprising of Dr. Mahboob Waris, Nurse cum Counselor Elizabeth Massey, and Nurse Nitisha, will cover the entire district of Meerut and surrounding areas, and will be supported by Networking Officer, Mohit Kumar. The team spent an entire one-month training in Delhi under the tutelage of Dr. Ravinder Mohan, Dr. Reena Sharma, Savita Luka and Birbal Mahato.

The Team has already started getting a good response and enrolled 17 patients in its care on their first day. They are working in close collaboration with Valentis Cancer Hospital, KMC Cancer Hospital, Lala Lajpat Rai Memorial Medical College and Sardar Vallabh Bhai Patel Hospital and visiting communities with messages about palliative care and its impact.

CanSupport also started its dedicated Cancer Helpline No. 8826576722 (9:30 am to 5:30 pm, Monday to Friday) for residents of Meerut and its nearby areas. The Helpline will provide information related to cancer facilities in these areas and enrol patients into our home care program. The new centre is located at A-18, Surya Nagar, behind LIC Building, Meerut.

We are grateful to Dr. Vinay Jain, Founder - JIV Daya Foundation, Shri Mridul Arora and State Street Corporation for providing the seed grant for setting up and running the project in its first year of operation. We also thank Dr. Bhawna Sirohi, Vishal Sood and Purna Tandon, Members of CanSupport Managing Committee for their guidance and support in launching the Meerut Project. A big thanks to all those who provided in-kind support in setting up the centre!

Our next Home Care centre is being planned at Rohtak in Haryana in April 2020. We urge corporates and individuals to support us in reaching out to needy patients with advanced cancer in Rohtak.



PROGRAM HIGHLIGHTS JUNE-OCTOBER 2019

1. HOME BASED CARE

(Delhi, UP, Haryana and Punjab)

Home Care Centres	11
Home Care Teams	32
Concurrent Patients Under Care	2492
New Patients Enrolled	974
Home Visits	14613



2. DAY CARE

Day Care	Children (Monday)	Teenagers (Thursday)	Adults (Wednesday & Friday)	Total
Sessions	21	19	41	81
Patients	1058	558	2106	3722
Caregivers	915	NA	1096	2011



SUPPORT OUR AMRITSAR TEAM

CanSupport launched its first outstation team in Amritsar, Punjab on November 13, 2017. Since then they have brought relief to more than 200 patients and 550 caregivers by doing more than 1400 home visits.

CanSupport team that comprises a doctor, a nurse and a counsellor, enables people with advanced cancer along with their families to make informed decisions and to receive appropriate physical, emotional, social and spiritual support.

Most of the patients that we serve are from the marginalised backgrounds and do not have means to take care of their patients.

All services provided by CanSupport team are free of charge. Patients who need our services can call our Amritsar helpline at 9501887956.

To continue our work, we are entirely dependent on the support of our donors and supporters.

Any amount donated by you will be utilized to execute on-ground home care projects to take care of people with cancer.

Contribute to ensure that palliative care reaches all those who need it *free of charge*.

Contact Our Donor Relation Team at 9315905193



3. OUTPATIENT CARE

Outpatient Clinics	2
New Patients Enrolled	614
Patient Visits	4415



4. TELEPHONE HELPLINE

(Delhi, UP, Haryana and Punjab)

Incoming Calls	2983
Face to Face Counseling Sessions	15
Referrals to Palliative Care Programs	461

5. RESOURCE FACILITATION

Total Patients Enrolled	635
Applications successfully facilitated	560
Funds Mobilized through Govt. Schemes	80.93 Lakhs
In-kind support (amounting to)	110.9 Lakhs

TRAINING AND EDUCATION



Nationwide Quality of Care Network (NOOCN) organized a two-day quality improvement workshop for CanSupport doctors, nurses and counselors on 26-27 August, 2019 at CanSupport head office. The aim of the workshop was to introduce latest tools and techniques to improve quality and how to use these tools.



Dr. Ravinder Mohan, head of training and education, CanSupport was invited as the guest speaker at "Sensitization Program on Palliative Care" organized by Pallium India, in collaboration with Directorate of Health, Kashmir on 27 July, 2019.



CanSupport organized introductory palliative care workshop for nurses and doctors in 6 hospitals in Delhi/NCR. Through these workshops more than 270 nurses and 16 doctors were sensitized about the importance of palliative care.



The knowledge and training department organized Annual Foundation Course in Palliative Care with the support of Cipla Foundation at Syadwad Institute of Higher Education and Research College of Nursing, Baghpat on 8-9 August, 2019. A total of 73 students and 25 faculty members attended the two-day course.



CanSupport nurses participated in the workshop "Basics in Palliative Care" organized by The Trained Nurses Association of India (TNAI) on 20 September, 2019.



The knowledge and training department conducted its 20th Certificate Course in Counseling in Palliative & End of Life Care from 5 September to 31 October, 2019.



Dr. Anita Harish completed National Fellowship in Palliative Medicine in July 2019. This training will equip her skills and knowledge to render holistic care, to improve quality of life of patients and their families facing problems associated with life threatening illness and cancer.



Usha Kala, CanSupport's senior volunteer, was invited to conduct a session on stress management for our doctors, nurses and counselors. The session took place on 22 October, 2019.

CANSUPPORT CELEBRATES WORLD HOSPICE AND PALLIATIVE CARE DAY THROUGH SOUL FEST

The second edition of Soul Fest- celebrating World Hospice and Palliative Care Day and community & wellness, was held at the picturesque British High Commissioner's residence lawns on 12 October, 2019. The event started with the auspicious lighting of the lamp by CanSupport's senior volunteers Bhanu Seth, Nadira Chaturvedi, Rajni Arora and Dr. Ambika Rajvanshi, CEO, CanSupport followed by a mesmerizing performance by 'AIMR'. The harmony between their woodwind and brass instruments enraptured the audience.

The exhibition started with great enthusiasm and energy and saw more than 130 exhibitors participating with latest fashion apparels, lifestyle products, jewelry, home décor, paintings, gourmet food, etc.

Particularly exciting was the raffle draw which caught

people's attention. The gifts for the raffle draw were sponsored by Shades of India and Headmasters - Vasant Kunj.

World Hospice and Palliative Care Day was celebrated this year with the theme "My Care, My Right". On this occasion CanSupport Planner 2020 was unveiled by Shibani Chawla, long standing supporter of CanSupport, Bhanu Seth, senior volunteer and Dr. Ambika Rajvanshi, CEO.

In the cool Autumn evening with the sun going down, Soul Fest finally concluded with breath taking performances by AIMR students and Jingle Bells and everyone swayed to their spellbinding foot tapping music.

We would like to acknowledge our supporters and partners who helped us in our endeavor and made this Soul Fest memorable. Below is the list of our supporters and partners.

Gift Partners : Shades of India, Headmasters- Vasant Kunj

Performance Support Partner : AIMR and Jingle Bells

List of Exhibitors:

- 7th Period- Sasvata
- Aadi
- Aadaa Lifestyle
- Adiaa Simplified Living Solutions OPC Pvt.
- Aiyana / Handkraftd
- Ali Carpet
- allmyCraft/ASAP Structured Solutions Pvt. Ltd.
- Amigos Burrit
- AMOLI
- Ananda
- Andblooms
- Aranyam Natural Options
- ARMATUER
- Artinn Jaipur
- Arts & Gestures
- Aseem's Library
- At 44
- AVARYA
- Bath It Up
- Beautiful Garden
- Bela's SpiceJar
- Bling with KHLOE
- Blyss
- Bubble Me Up
- Chef Pradhan
- Child Heart Foundation
- Citaara by Vani Chopra/ShreeVeda
- D&S
- Daughter of a Carpenter
- Dazzle By Sonia
- DCODE/ D2 ENTERPRISES INC.
- Delhiponics
- DIVA CREATIONS by Sangeeta Ranka
- Donation Box
- DOUX AMOUR
- Dr. Poonam Batra Multispeciality Dental Clinic
- Echoes in the Mountains by Neetu Singh
- FashEnable
- Fog Horn Foods
- Four Steps
- Gabbar's (A unit of KASM Hospitality)
- Gallery Kalaveda by Nishant
- Gana Jewelz
- Geetanjali Anand Fine jewellery
- Get Gorgeous
- Greenloom
- Gypsy Queen
- Heer India
- Heta
- Home Chefs Suraya & Prem
- House of BDS
- I Say Organic Pvt. Ltd.
- IKKA AMODINNI
- Indie Reign
- Insaai Arts
- Isya Aesthetics Pvt. Ltd.
- Jaya Skin Clinic
- Jewel Baksha
- Jus' Kiddin'
- KC Aryan HOME OF FOLK ART
- Khushigram
- Ktex Overseas Pvt. Ltd.
- LABELLISSIMO STOLEES & SCARVES
- M/S Valley Crafts/ Memorable Carpets
- Mad Hatter's
- Magic Batter
- Mansi House of Fashion-My Mohi
- MIAAH
- MINI SONDHI
- Mirifique
- Mooi Label
- Mudcafe
- Mughal Shawls by Shawlstory
- MyKindofArts
- NAVA FOOD
- NEELIMA CREATION
- Neelofar"s
- Niharika Sharma Designer Pvt. Ltd.
- Nirmalya
- NISHBA
- Nunu's Pitara
- Okhai Center for Empowerment
- Pachouli Wellness Clinic
- Parvada Bungalows
- Phoolwari
- Pink Elephant
- Pins and Needles
- Pitara
- Preeti Dadoo Creations
- PRIMA ROSE
- Q'Art Products
- R&H Clothing Multi designers
- Radhika Creation
- Raffle Draw
- Resfas Pvt Ltd- Venn
- Riddhi Catering
- Romani Dill
- Rubhaaiyat
- Sabrich
- Sach Garnish
- Sakuhiro Pvt. Ltd. RRhythm Store
- Sara Earthenware
- SASSY LOOKS
- Scented Threads
- SKY
- SPARSH
- Speaking Tiger
- Statement Fashion House
- Studio Ishneet Mann
- Sundarii Handmade
- Swadhyay Health Care
- SWARNMAYA
- TANTUK
- Tarai Soaps
- The Blank Label
- The Clay Worx
- The Fluor Project
- The Herb Boutique
- The Karigar Collective
- The Mystic Hymn
- TRADITION BY SONIA CHADHA
- Tui Tui
- Twenty Two
- Uma by TARAASH/ UMA CREATIVES
- Underworld Co.
- Vinkee Bhasiin Ceramics
- Volunteer Donated Merchandise Sale
- VON
- WBL by Meghna
- Wee Bit Of Love
- WholeLeaves Private Limited
- Winkie's Cucina
- Yuvti
- Zero-G Gluten-Free



We are grateful to Yash Pal Syngal, Neeraj Dhiman for running and Fluor Group for inviting us to be one of their charity partners in the Airtel Delhi Half marathon to support CanSupport work.

You too can raise funds to support CanSupport work through your personal initiative.

COMMUNITY CANCER AWARENESS PROGRAMS

Community Outreach

Our Community Networking team organized door to door cancer and palliative care awareness drive and screening camp in 4 colonies and a school, reaching out to 700 families.

We are grateful to Dr. Sangita Sen, Headmistress; A. J. Philip, CEO, Deepalaya; Reena Banerjee, Founder Secretary & Chief Functionary, Nav Srishti and Mr. Pravin H. Parekh, President; Mr. Ajit Pudussery, Secretary, Neeti Bagh Club for supporting us in organizing these camps.

Workplace Outreach

CanSupport has launched Workplace Wellness Initiative in collaboration with Pfizer. Through this initiative, we were able to reach more than 2450 people.

We are grateful to the Management and staff of the following institutes for participating and organizing the awareness session.

- ASHA
- Bir Horizons
- Centre of Equity Studies
- Chetanalaya
- Color n style (P) Ltd.
- Jagori
- Kent RO Systems Ltd.
- Kushi Rainbow Home
- Laxmi Fab Dye Printing (P) Ltd.
- LOTS wholesale solution
- National Tex Print
- NIIT Foundation
- Optum Global Solution
- Pearl Printers
- PULLMAN
- Rajput Enterprises
- SE2
- SKI Pvt. Ltd.
- Sky Lark Dyeing Pvt. Ltd.



DAY CARE HIGHLIGHTS



Late Sunita Kapur's family celebrated her birthday with our Day Care children.



CafeCulture and CII IWN Delhi organized a fun packed event in GK for our Day Care teenagers.



The Angels Network organized a wonderful Diwali Party for our Day Care children, teen and adults at Vasant Kunj farms on 18 October, 2019.

INVINCIBLES

Anju Abbott

Anju, the soft, sporty and well turned out young lady has been one of the pillars of East Delhi Day Care from the time of its inception. Her gentle, unassuming and efficient planning and execution of Day Care duties are truly admirable.



Geetha Raghavan

Geetha Raghavan, the mature, wise lady, has been with us for over a decade and half performing various roles. She is full of enthusiasm and new ideas, infact she has played an important role in our pilot skill development project in East Delhi.

SUMMER AND AUTUMN INTERNSHIPS AT CANSUPPORT

Maressa Cumbermack (Princeton University)

"My internship experience at CanSupport has been nothing less than transformative. I worked on and participated in a variety of opportunities such as the weekly Day Care, home-care visits, and the outpatient clinics. From this internship, I have learned a great deal about working in health care at grass-roots level. One of my main goals for this summer was to learn about health care delivery and access in a resource-stricken environment and I feel that CanSupport has truly helped me accomplish this. Working with CanSupport, I have gained a very humanistic approach to medicine that will be very beneficial in my future career in medicine".



Niranjana Bienkowska (Princeton University)

"Seeing the doctors during the home visit of how they were treating each patient with patience and care was overwhelming. I was able to sit with families, talk, and observe how the doctors did their best to help them was truly a memorable experience. CanSupport not only bolstered my skills in research and technology but also allowed me to volunteer amongst inspiring souls fighting such a rough battle".

Dr. Vanessa Portugal (Brazil)

"There comes a time when we can no longer cure. Even though we try, it's impossible for us to have all the answers. Eventually, we need to accept that life must come to an end. But care never ends - there is always something we can do. That is what CanSupport is all about - relieving pain, bringing comfort and dignity to patients at end of life".



Dianne Taylor (Australia)

"Travelling from down under to India to step into an unknown adventure, volunteering with CanSupport has been profound. My experience with the day care volunteers has been so enriching, and on top of it visit with teams for home care was such a humbling experience reinforcing the human connectedness of caring, supporting, acknowledgement, respect - affirming that their lives do matter. My lack of hindi is no barrier to the basic human need of love, smiles, hugs and acknowledgement. Volunteering with CanSupport really energised me!".

EVENTS AND OTHER HIGHLIGHTS



Walkathon on World Blood Donor Day
CanSupport participated in Medeor Hospital's walkathon to celebrate World Blood Donor Day at India Gate on 14 June, 2019.



Art Exhibition
Laxmi Gupta chose CanSupport to be the Charity Partner for her art exhibition "Rumination of an Unfettered Mind" at Triveni Gallery, Triveni Kala Sangam held from 13 to 22 September, 2019.



Diwali Celebration
Our teams celebrated Diwali by lighting Diya in office on 22 October, 2019. On the occasion, Dr. Ambika introduced Meenakshi Sharma, Chief Marketing Officer and Richa Aggarwal, Manager Corporate Relation to the home care teams.



We participated in the following Melas
AADI, Delhi Metro, IOCL, LSR Diwali Mela, B-10 Vasant Kunj Diwali Mela, Gulmohar Park Diwali Mela, SOIL Diwali Mela, Gargi College, Green Farmer Crusader Mela, Noida.

WE THANK OUR DONORS AND SUPPORTERS

Fund Raising Initiatives :

- Gunjan Ladies Club and Lions Club New Delhi Shakti raised funds to buy medicines.
- Cambridge school, Greater Noida raised funds through their students as part of our Ration support initiative under the Rehabilitation Project.
- Smarth and Sarthak Nath made and distributed Chemo caps for our patients under School & College Fundraising Project.
- Prof. Shreekant Gupta raised funds in memory of Dr. Subir Gokarn and donated to CanSupport.

The funds raised from these initiatives will help us in bringing ease and comfort to cancer patients that we serve. We encourage and invite individuals and organizations who can help us in raising much needed funds at their schools, colleges and their respective workplaces. You can contact our donor relationship team @ 9315905193



Yashwant Mishra raised funds for Rehabilitation Project and Remembrance Day from his friends and family.

Wish List for CanSupport DAYCARE	
Food and Nutrition Items (per Week)	
Biscuit Packets-80 gm	500
Almonds	2 Kg
Sattu Drink Packets	300
Medicines	
Tab Moxikind CV	200 packets
Sponsor	
<ul style="list-style-type: none"> • Urgent need for Amritsar Center, Ration Support for Home Care Cancer Patients @1000/- per person per month X 20 patients. • Weekly Nutritional Support for one Day Care Patient @ Rs. 220/- • Lunch for Patients visiting Day Care @ Rs. 50/- per person. • For more details you can contact our donor relationship team @ 9599558368 	
Utility Items	
Flasks 750 ml	250
Blankets	300

Donations received from June to October 2019	
100,000 & Above <ul style="list-style-type: none"> • AVL India Pvt. Ltd. • Cipla Foundation • Dalmia Manav Sewa Trust • Delhi International Airport Ltd • G4S Secure Solutions (India) Pvt. Ltd. • HelpAge India • Jiv Daya Foundation • Kabir Rustogi • Kalpataru Trust • Kewal Bagal • Kotak Mahindra Bank Ltd. • Manju Vaish • Max India Foundation • Meenakshi Devi Mattoo Charitable Trust • Mridul Arora • New Zealand High Commission • Nissin ABC Logistics Pvt. Ltd. • Oil and Natural Gas Corporation Ltd. • P N B Housing Finance Ltd. • Rajeshwar Susheela Dayal Charitable Trust • Reliance Foundation • Sarabjit Singh • Tech Mahindra Foundation • The Oriental Insurance Company Ltd. • Tom and Sheila Springer Charity • Volkart Foundation Indian Trust 	50,000 to 100,000 <ul style="list-style-type: none"> • Ajay Vohra • Anupam Suri • Bharti Gupta Ramola • Lalita Sharma • M Raveendiran • Madhu Puri • Poonam Jain • Praveen Khanna • Prem Nath Uppal • Rita Bhagwati • Sanika Kulshreshtha • Satya Pal Ratti • Sneha Midha • Taneja Service Station • The Swaraj and Balraj Foundation • Vatsala Balakrishnan • Vineet Taneja
In-kind Donations (valued at 10,000 and above) <ul style="list-style-type: none"> • Amar Fruits • Disang Ladies Club • Mehak Wadhvani • Saroj Malhotra • Vasant Vihar Ladies Club 	
In-kind Medicines and Equipment <ul style="list-style-type: none"> • Amita Baig Consultants • Arti Ahuja • British High Commission Charity Committee • Himanshu • Indu Aggarwal • Kanta Sherawat • Lions Saroj Bhutona • Vijay Kumari • Youth Icon 	

CanSupport Helpline Numbers

Delhi/NCR - 011-41010539
 Amritsar - +91-9501887956
 Bathinda - +91-9315905178
 Meerut - +91-8826576722
 Timings - Monday to Friday
 9:30 am to 5:30 pm

Head Office, Palliative Care and Training Centre
 A-2, Gulmohar Park
 New Delhi - 110049
 Contact No:-011- 41010537

Amritsar Centre:
 Amritsar Sewa Samiti, Beri Gate
 Hospital, Inner Circular Road
 Beri Gate Amritsar-143001
 Contact No:- 9501887956

Bathinda Centre:
 Booth No. 6, Near Tulip Club
 Ganpati Enclave, Dabawali
 Road, Bathinda-151001
 Contact No:- 9315905178

Meerut Centre:
 A-18, Surya Nagar
 Behind LIC Building,
 Meerut - 250001
 Contact No:- 8826576722



Sunday, 2 February 2020
9:00 AM to 11:00 AM
New Delhi

For Registration Contact:
 Chandamita: 7827998780
 Navdha: 9315905193



REGISTER and commit to the cause and walk with us **SHARE** and help us spread the word **DONATE** or sponsor a walker

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