Dear Friends,

The last quarter has been a most eventful (and even demanding) time for all of us at CanSupport. While we started with setting up of our Home Care program in Meerut (UP), we end it in preparation for its expansion to Rohtak (Haryana). Our collaboration with the Delhi State Cancer Hospital intensified with establishment of free counseling services for patients and families through a dedicated staff deployed in the hospital premises.

We also released our latest publication, an illustrated, story format booklet on Palliative Care that makes an easy read for the masses. You may download it from our website link www.cansupport.org to share with family and friends.

The 13th Walk for Life event once again brought the community together at Rajpath to show solidarity and support for those facing cancer.

We welcomed on board Optum Global Solutions (India) Pvt. Ltd. and Agilent Technologies, Program Partners in meeting our common goal to making every day count for patients and their families facing cancer.

If you are in need of our free services or would like to give back by volunteering or donating, you will find various options right here in our newsletter. With that, I wish you a very happy and healthy new year 2020, one that’s filled with peace and harmony, in body, mind and spirit.

Sincerely,
Dr. Ambika Rajvanshi
CEO

CanSupport hosts delegates from New Zealand High Commission

CanSupport hosted delegates from New Zealand Parliamentary Friendship Group on 25 November, 2019 at their Head office. The six-member New Zealand Parliamentary Friendship Group consisted of Greg O’Connor, MP; Kanwaljit Singh Bakshi, MP; Tim MacIndoe, MP; Melissa Lee, MP and Natalie Moore, Secretary, Parliamentary Friendship Group along with H.E High Commissioner Joanna Kempkers.

As a part of their India visit, they visited CanSupport Day Care, which is supported by New Zealand High Commission’s Head of Mission Fund. The group was welcomed with a garland and a greeting card prepared by the kids the Day Care. The delegates were excited to meet the kids and their caregivers. H.E New Zealand High Commissioner Joanna Kempkers praised CanSupport for the work they are doing for the underprivileged.

Thank you Optum Global Solutions (India) Pvt. Ltd. for supporting our Home Care Palliative Care Programme.

CanSupport was conferred with prestigious Lion Subhash Lakhotra Service Award for FY 2019-2020. Dr. Ambika Rajvanshi, CEO CanSupport received the award at the Club’s Annual Charter Nite held on 1 February, 2020 in Claremont Hotel.

We thank Dr. Upender Mehan from Canada for visiting patients with our Home Care teams and supporting the printing of this Newsletter.
1. HOME BASED CARE
(Delhi, UP, Haryana and Punjab)

<table>
<thead>
<tr>
<th>Service</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Care Centres</td>
<td>11</td>
</tr>
<tr>
<td>Home Care Teams</td>
<td>31</td>
</tr>
<tr>
<td>Concurrent Patients Under Care</td>
<td>2634</td>
</tr>
<tr>
<td>New Patients Enrolled</td>
<td>850</td>
</tr>
<tr>
<td>Home Visits</td>
<td>10713</td>
</tr>
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</table>

CanSupport is extending its arm in Haryana and setting up a new centre in Rohtak. This will benefit many cancer patients who need palliative care services.

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 marginalized 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 helpline at 011-41010539

We seek donors and supporters like you who continue to support our work.

We have a Wishlist for Rohtak (see Page 8) that would help us in setting up our centre in Rohtak.

Please help us through your generous donations or in-kind support.

For CSR Partnership contact: Richa Aggarwal, Manager Corporate Partnerships at richa.aggarwal@cansupport.org

Contact our donor relation team at 9315905193

(All donations are eligible for 50% tax exemption and will be used for serving cancer patients)

2. DAY CARE

<table>
<thead>
<tr>
<th>Day Care</th>
<th>Children (Monday)</th>
<th>Teenagers (Thursday)</th>
<th>Adults (Wednesday &amp; Friday)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions</td>
<td>13</td>
<td>11</td>
<td>25</td>
<td>49</td>
</tr>
<tr>
<td>Patients</td>
<td>660</td>
<td>396</td>
<td>1170</td>
<td>2226</td>
</tr>
<tr>
<td>Caregivers</td>
<td>621</td>
<td>NA</td>
<td>559</td>
<td>1180</td>
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3. OUTPATIENT CARE
(Delhi, UP, Haryana and Punjab)

<table>
<thead>
<tr>
<th>Service</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outpatient Clinics</td>
<td>2</td>
</tr>
<tr>
<td>New Patients Enrolled</td>
<td>364</td>
</tr>
<tr>
<td>Patient Visits</td>
<td>2799</td>
</tr>
</tbody>
</table>

4. TELEPHONE HELPLINE
(Delhi, UP, Haryana and Punjab)

<table>
<thead>
<tr>
<th>Service</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incoming Calls</td>
<td>1930</td>
</tr>
<tr>
<td>Face to Face Counseling Sessions</td>
<td>04</td>
</tr>
<tr>
<td>Referrals to Palliative Care Programs</td>
<td>472</td>
</tr>
</tbody>
</table>

5. RESOURCE FACILITATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Patients Enrolled</td>
<td>414</td>
</tr>
<tr>
<td>Applications successfully facilitated</td>
<td>369</td>
</tr>
<tr>
<td>Funds Mobilized through Govt. Schemes</td>
<td>50.5 Lakh</td>
</tr>
<tr>
<td>In-kind support (amounting to)</td>
<td>59.75 Lakh</td>
</tr>
</tbody>
</table>
Dr. Francis Dias represented CanSupport in Health Festival held on 15-16 November 2019 at Dalai Lama Temple, Dharamshala. The Medical Camp was organized by Tibetan Cancer Society in collaboration with The Tibet Fund, Drokmo, National Cancer Institution AIIMS, Delhi State Cancer Institution, Fortis Hospital Kangra, Shree Balaji Hospital Kangra, SM Eye Hospital Kangra, SRL Diagnostics Centre and referral partner Delek Hospital.

Dr. Leena V. Gangolli, an expert in Geriatric Palliative Care was invited to conduct a two-day workshop for the Home Care teams and staff of CanSupport on 26 - 27 November, 2019 at CanSupport Head Office. Dr. Leena shared and explained the model of P.I.E.C.E.S (Physical, Intellectual, Emotional, Capabilities, Environment and Social) – an holistic, person and care partner-directed model which enhances capacity at the individual, team, organization and system levels to support the care of the older individual living with complex chronic disease, including neurocognitive disorders and/or other mental health needs, and associated behavioural changes.

CanSupport and Indian Rotary Cancer Hospital, AIIMS organized the 19th Annual Foundation Course in Palliative Care with support of Cipla Foundation on 3 - 4 December, 2019 at Jawaharlal Nehru Auditorium, AIIMS.

Satyendra Singh Pursawat, IAS officer and Drug Controller of Delhi Govt. was the Chief Guest of the program. The inaugural ceremony was presided by Guest of Honor, Prof. Sushma Bhatnagar, (Prof. and Head of Oncho-Anesthesia and Palliative Medicine, AIIMS), Mrs. Harmala Gupta, (Founder-President, CanSupport), Dr. Sandhya Gupta, (acting Principal, AIIMS College of Nursing), Capt. Indira Rani (Chief of Nursing, Jaypee Hospital, Noida). Amongst the imminent guest speakers, we had Dr. Vivek Nirabhawane from Cipla Foundation who took a session on “Final Days and Last Hours of Living”. A total of 125 delegates comprising of physicians, nurses, counsellors, and social workers participated in the course.

CanSupport and Fortis Mental Health and Behavioural Sciences organized “Helpline Networking Meet” on 10 December, 2019 at CanSupport Head Office for NGOs who are operating support helplines. The meet served as a common platform for sharing experiences, keeping abreast with new practices and network. Keshav Sharma, Psycho Oncologist, Fortis hospital took a special session on “how to handle difficult calls”. A total of 4 NGOs and 28 delegates participated in the workshop.

CanSupport conducted a two day Foundation Course in Palliative Care with support of Cipla Foundation at Ram Manohar Lohia (RML) Hospital on 14 - 15 January, 2020. The program was inaugurated in the presence of the Guest of Honor Dr. Poonam Kapoor, Additional Medical Superintendent, Dr. Rajiv Sood, Dean of ABVIMS, Dr. Veena Dochna, Nursing Superintendent of the RML hospital.

There was a special session from Zuliekha and Laughter therapy group to make the students engaged and interested. There were 102 staff nurses, faculty members and students of RML Hospital who attended the two-day course and found the sessions to be extremely informative.

CanSupport conducted a two day Continuing Nursing Education (CNE) workshop at Jaypee Hospital on 20-21 January, 2020. The program was inaugurated with a lighting ceremony by Guest of Honor Dr. Manoj Luthra – CEO, Jaypee Hospital, Dr. Esha, Director - Hemato Oncology & Bone Marrow Transplant, and Ms. Maria - Director of nursing of Amrita Institute of Medical sciences, Faridabad. The workshop was attended by 25 nurses and 5 faculty members.
CanSupport organized its 13th annual walk-a-thon, Walk for Life: Stride against Cancer supported by Narayana Health, our Associate partner, BSF and CRPF. The Walk was organized to draw public attention to the growing and menacing presence of cancer in our country, to show support for cancer patients, honor those lost to cancer and raise funds for CanSupport’s free of charge home care services to people with cancer in Delhi/NCR and Amritsar.

The Walk started with a Zumba session conducted by Fantezy Pvt. Limited and an awareness talk by Dr. Bhawna Sirohi, Director, Medical Oncology, Max Hospitals and member of CanSupport managing committee. We had a special dance performance by the patients who visit our Day Care.

The inaugural ceremony began with Harmala Gupta, Founder-President of CanSupport giving a welcome address followed by felicitation of our Associate Partner Narayana Health and key program partners of CanSupport’s Supportive Care Programs PNB Housing Finance Limited and Optum Global Solutions (India) Private Limited. Mr. Neeraj Dhiman, was acknowledged for his efforts in spreading awareness about CanSupport and raising pledge at the Airtel Delhi Half Marathon held in October 2019. Our Chief Guest, Smt. Gursharan Kaur, Wife of Ex-Prime Minister - Dr. Manmohan Singh, flagged off the Walk.

Other dignitaries who extended their support to the walk were: Cdr. Navneet Bali, Regional Director, North India, Narayana Health; Mr. Jatul Anand-National Credit Head, PNB Housing Finance Ltd; Manoj Kapoor-Vice President, Optum Global Solution (India) Private limited. The beautiful, bright sunny day saw thousands joining in including youth actively taking the lead with more than 30 corporates and students from around 50 schools & colleges joining in. Iron Men-Red Fort Harley Davidson Bikers Group also rode along with the participants reinforcing camaraderie between patients and supporters.

Three bands, one of them a Ladies Battalion band from CRPF and a band from BSF enthralled the walkers. The drummers from Djembe Circle kept the walkers entertained as they walked down Rajpath, the route of the walk. Other activities which were popular among participants were selfie corner, artificial tattoos, face painting, etc. that kept children and participants enthused.
PROGRAM HIGHLIGHTS

Remembrance Day observed on 23 November, 2019 at Baha’I House

The Annual Remembrance Day is a very special time for CanSupport and the bereaved families who come together to honour the lives of their dear ones, lost to cancer. It is also the time of sharing and acknowledging Home Care team’s efforts in supporting families in taking care of their loved ones at a difficult stage of their lives.

Zena Sorabjee, Vice-Chairperson, National Spiritual Assembly of the Bahai of India and Ghanshyam Solapurka from Baha’I House were special guests for the day.

The Programme started with silence and a poem recited by Mausami Dey Bhansali, Counsellor followed by opening address by Zena Sorabjee and message of hope by Ghanshyam Solapurka.

The evening concluded with releasing of balloons in the sky with messages (a symbolic way of sending note to their loved ones who have rested in peace), lighting of diyas and writing messages on the tribute tree. About 400 caregivers attended the programme.

CanSupport Day Care children celebrate Children’s Day on ‘Sapnon ki Udaan’

CanSupport celebrated children’s day in a unique way along with SpiceJet by taking 130 underprivileged children battling cancer on “Sapnon Ki Udaan”. A SpiceJet Boeing 737 aircraft was especially designated to take the kids on this ‘joy-flight’ followed by a buffet dinner at a hotel near Aerocity. The evening was marked by funfilled activities such as DJ, magic show, face painting, etc. We thank Mr. Ajay Singh, Chairman & Managing Director, SpiceJet and his team for such a memorable day and making the dream ‘to fly’ come true for our children, teens and adults. We also thank NDTV for supporting this initiative and documenting the event.

Optum Global Solutions (India) Private Limited organized a fun packed picnic in Waste to Wonder Theme Park for our Day Care children.

Day Care children celebrated Christmas at Chelmsford Club. We thank Satvir Singh Rana for his fund-raising initiative “Smile with Miles”. We also thank Mrs. Usha Jain, Group Chairperson and President Luxor Group for presenting gifts to children.
**COMMUNITY CANCER AWARENESS PROGRAMS**

**Community Outreach**

Our community networking team organized door to door cancer and palliative care awareness drive in Alaknanda RWA and a Free Breast and Cervical Cancer Screening Camp was organized in Sri Sanatan Dharam Mandir, Jangpura Ext. We are grateful to Dr. Bhawna Sirohi, Director, Medical Oncology, Max Hospital and MC member of CanSupport for taking the awareness session and Pushkar Sinha, President RWA for supporting us in organizing the Camp.

We would like to thank NavAbhiyan and Rajiv Gandhi Cancer Institute and Research Centre, Neeti Bagh for supporting us in organizing the screening camp.

If you are also interested to organize cancer awareness session for your employees, write to us at richa.aggarwal@cansupport.org or call our cancer helpline 011-41010539

**Workplace and Corporate Outreach**

CanSupport Workplace Wellness Initiative in collaboration with Pfizer was able to reach more than 4000 people in the months from November to January.

We are grateful for all the staff and dignitaries of the following institutes for participating and organizing the awareness session.

- NGO
  - Butterflies NGO
  - Trust Kalakar Tarang
  - Children Hope Prayas
  - Social Action Foundation
  - Astha NGO
- FACTORY
  - S.B. Fabtex Pvt. Ltd. (Factory)
  - Pal Knit Fab
  - Beauty Art Prints
  - Radnik Exports
- CORPORATE
  - BBDO
  - Make My Trip
  - Tech Mahindra Academy
  - ROI Net Solution Pvt Ltd
  - Bajaj Allianz Life Insurance
  - Decimal Technologies Pvt Ltd
  - Sonalika Tractors
  - Genpact
  - Map my India
  - Vaco Binary Semantics LLP
  - G4S
  - Prudent Broker
  - The Oriental Insurance Company Limited
  - Agilent Technologies International Pvt Ltd
  - Dabur India Limited

**Invincibles**

**Nilima Chawla**

Nilima Chawla, has a special charm and grace that warms every heart with her joyful presence and wise counsel. Her strong communication skills played a pivotal role in guiding CanSupport communication for many years. She continued to support the Day Care and other activities. Her heart connection with CanSupport is a blessing.

**Anjana Bakht**

Anjana Bakht, with her warm and poised personality has been part of the peer support group at CanSupport and visited the hospital to handhold patients and encouraged many patients through her gentle and compassionate advice. She was also part of the communication committee and supported other activities too.

**Events and Other Highlights**

**Mela Participation**

We thank organizers of various events and Melas for inviting and letting us spread awareness about cancer and raising funds for cancer patients.

- AWA Mela
- Christkindl Market
- Christmas Carnival - Pathways School, Noida
- Winter Carnival - DPS School Saket
Fund Raising Initiatives:

- Shades of India held its Annual Garden Sale on 5, 6, 7 December 2019 at Shri Ram Kala Kendra. We thank Shades of India for contributing part of the proceeds from the sale amounting to Rs. 3 Lakhs towards CanSupport Corpus Fund.

- The Lions Club Shakti mobilised funds and donated 2 RO, 200 Blankets and more than 500 Diapers.

- The Shriram Millennium School, Noida along with parents raised funds (1.80 Lakhs) for CanSupport during the school’s 10-year celebration. The school organized a ticketed mega production Mughal-Azam.com – a modern take on the classic Mughal-e-Azam on 14 and 21 December, 2019.

- Pathways School, Noida raised 1.50 Lakhs through their Interact Club social activity.

- Fuel a Dream—an online crowdfunding platform mobilized students of Pathways School, Gurgaon to raise funds for providing care and treatment to advanced cancer patients. We are thankful to Hiranya Ojha, Abhimanyu Aryan Batra, Adhiraj Sethi, Reetoja Banerjee, Sukkriti Nath, Harteerath Singh Ahluwalia, Yashvi Gupta, Malaika Bishnoi, Chaitanya Nair, Vishakha Gupta, Yashas Bansal and Sanskar Mittal.

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 respective schools, colleges and workplaces.

You can contact our donor relationship team @ 9315905193

### Wish List for Rohtak Centre

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refrigerator</td>
<td>1</td>
</tr>
<tr>
<td>Almirah</td>
<td>2</td>
</tr>
<tr>
<td>Chairs</td>
<td>8</td>
</tr>
<tr>
<td>Tables</td>
<td>2</td>
</tr>
<tr>
<td>Cooler</td>
<td>1</td>
</tr>
<tr>
<td>Laptop</td>
<td>1</td>
</tr>
<tr>
<td>Printer</td>
<td>1</td>
</tr>
<tr>
<td>Wall Clock</td>
<td>2</td>
</tr>
<tr>
<td>Bed</td>
<td>1</td>
</tr>
<tr>
<td>Bed sheets</td>
<td>10</td>
</tr>
<tr>
<td>Table</td>
<td>1</td>
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### Kitchen Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plates</td>
<td>6</td>
</tr>
<tr>
<td>Glasses</td>
<td>6</td>
</tr>
<tr>
<td>Cups</td>
<td>6</td>
</tr>
<tr>
<td>Kettle</td>
<td>1</td>
</tr>
<tr>
<td>Mayur jug</td>
<td>1</td>
</tr>
<tr>
<td>Saucepan</td>
<td>1</td>
</tr>
<tr>
<td>Toaster</td>
<td>1</td>
</tr>
<tr>
<td>Water Bottles</td>
<td>6</td>
</tr>
</tbody>
</table>

### Donations received from November 2019 to January 2020

**₹ 100,000 & Above**

- Ambience Interiors Pvt Ltd
- Charities Aid Foundation, UK
- Cipla Foundation
- CMA CGM Logistics Park Dadadri Pvt Ltd
- Decimal Technologies Pvt Ltd
- G4s Secure Solutions (India) Pvt Ltd
- HelpAge India
- Malini Saran
- Manju Kapur Dalmia
- Max India Foundation
- N Nagaraj
- Optum Global Solutions India Pvt Ltd
- PNB Housing Finance Ltd
- Rupendra Singh
- Sanjiv Seth
- Saral S Tandon
- Shades of India Crafts Pvt Ltd
- Shanta Bhalla
- SRF Welfare Trust
- The Oriental Insurance Company Ltd
- The Shriram Millennium School, Noida
- The Swaraj & Balraj Foundation
- Trigon TS LLP

**₹ 50,000 to ₹ 99,000**

- Bhai Sahib Ditta Mal & Sons Charitable Trust
- Hardip Kaur Khurana
- Harisimran Singh Ahluwalia
- Jatin Kaur Mann
- Mira Kushal
- Nissin ABC Logistics Pvt Ltd
- Pradeep Chugh
- Ramalakshmi Venketachalam
- S C Kaushik
- Shobhna Suri
- Upasana Sharma
- Vaco Binary Semantics L L P

### In-kind Donations (valued at ₹ 10,000 and above)

- Dalmia Manav Sewa Trust
- DMRC Contractor Sewa Sangh
- Dr. Neeraj
- GK ladies
- Meenu
- Nit Sarin
- Pragyan
- Qureshi
- Rasoi on Wheels
- Vasant Kunj - Inner Wheel
- Vasant Vihar Ladies Club

### 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

For more information visit us at: [www.cansupport.org](http://www.cansupport.org)