

# CANSUPPORT



## Message from CEO

Happy New Year to all our friends!

We start this year with enormous gratitude for the generosity of our supporters and associates. Together you helped us meet our goals, but what that really means is you value compassion and dignity in the care of those who are critically ill. It is both humbling and gratifying to have earned your allegiance to our work.

As we close our year-long 25th year anniversary celebrations and begin preparations for the next 25, we are beaming with pride, filled with a sense of satisfaction, and feeling accomplished in something meaningful in bringing comfort and care to those with cancer.

At this time of the year, we also examine our work, see what is going well, what needs more innovation or change. It is exciting to make progress on current initiatives, start new projects, and learn about what new ventures our stakeholders want us to take on. Your suggestions are most welcome.

We send out endless wishes for good tidings and positive change.

*Dr. Ambika Rajvanshi*

Affectionate regards,  
Dr Ambika Rajvanshi

## Outpatient Service Launched in Jamshedpur



From November 21, Pritpal CanSupport Home Palliative Care Service in Jamshedpur added an Outpatient Service, to its Home Care Program especially to cater to two shelter homes near Tata Main Hospital. The team will visit these two shelter homes twice a week to provide symptom management, free medication, nursing care and psychosocial counselling. On the first day, the team registered 12 patients. We thank the management of both the shelter homes for their support. We also express our appreciation to Suri Seva Foundation for their grant to run the services.

## Lions Club of Fairlop Grants a New Home Care Vehicle



CanSupport expanded its home based palliative care program for patients with advanced cancer and their families to the Modi Nagar and Murad Nagar districts of Ghaziabad last year with the support of Tata Capital Housing Finance Limited. Now, with a generous donation from the Lions Club of Fairlop, UK and Brijesh Chauhan, a long-standing friend of CanSupport, the team now has a brand new EECO vehicle to make home visits to these areas. The vehicle will aid them in traveling farther into these districts, reaching out to those who need us most. The Lions Club of Fairlop has been supporting our home care programs since 2015 and has been instrumental in filling gaps in making our services more holistic and efficient.

## CanSupport Joins Hands with Dr Bhim Rao Ambedkar College and Cicely Saunders Institute for Research



CanSupport signed a joint MoU with Dr Bhim Rao Ambedkar College and Cicely Saunders Institute, King's College London, to start joint research project under the name **"Home based palliative care for cancer patients in the community: a cohort study of patients supported by CanSupport"**. The project will be carried out with the joint effort and assistance of an Executive team from King's College, London, headed by Dr Mevhibe Hocaoglu and her team consisting of Professor Irene Higginson, Rachel Chambers, Harry Watson, Dr Bhim Rao Ambedkar College team lead by Dr Tushti Bhardwaj New Delhi and CanSupport team lead by Dr Ambika Rajvanshi.

## PROGRAM HIGHLIGHTS OCTOBER TO DECEMBER 2022

### Home Based Palliative Care

#### 32 TEAMS

Comprising of a doctor, nurse and counsellor. Home Care teams operate through 17 Home Care centers across 5 states of India



#### 2829

Concurrent patients under care

#### 10082

Home visits

**991** New patients enrolled

### Outpatient & Mobile Clinics



**6** Clinics

#### 1054

New patients enrolled



#### 3864

Patient visits

### Day Care



**25** Sessions Held

#### 816

Patients Attended



#### 405

Caregivers Attended

### Community Outreach



#### 79

Awareness Sessions Held

#### 770

Self help Women Workers Trained

### Telephone Helpline



#### 2257

Calls served



#### 274

Service referrals extended

### Resource Facilitation



#### 5685

New patients enrolled

#### 5575

Patients successfully facilitated



#### 47 lakh

Mobilized for tests and treatments from Central and State Government Schemes

#### 93 lakh 53 thousand

Worth of resources mobilized in-kind for patients through various networks

## EMPLOYEE ENGAGEMENT ACTIVITIES



### ADOBE Foundation

On November 22, about 70 Adobe employees participated in a session organised by CanSupport to learn more about Palliative Care and our free of charge services to cancer patients. During the session titled 'Prevention to Palliation' conducted by Dr Ishita Gandhi, the employees learnt about self-care and the spirit of never losing hope. Ratna Jajoria, Senior Counsellor at CanSupport also shared her story of survivorship. In turn, Adobe employees designed and made e cards for cancer patients in our care to cheer them up!

### CIPLA Foundation

On November 16, 20 volunteers from Cipla Foundation, from its Urology sales and marketing department, attended a training session on the basics of Palliative Care. All of them took part in the session with great enthusiasm. The two-hour training session was conducted by the Quality Management & Research Unit at CanSupport. *"The session was an eye opener and very informative."* remarked one of the employees from Cipla Foundation.

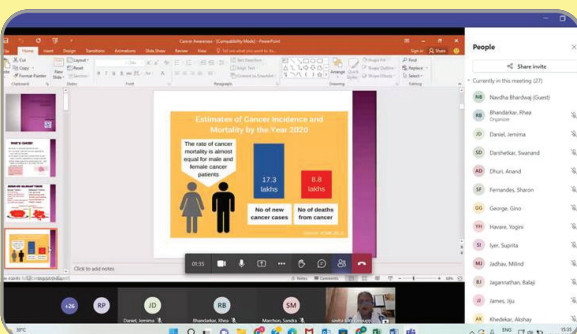


### IDFC FIRST Bank

On November 12, 15 employees from IDFC First bank visited CanSupport headquarters and attended a session on 'Palliative Care' conducted by Kiran Gera, Project Manager and Head Supportive Care Services. The employees also painted murals in the Children's Day Care Room and enjoyed beautifying the walls. We thank Amy Potter, our Art & Craft volunteer for her support in creating the outline of the murals and giving a beautiful canvas to the employees to colour!

### McKinsey & Company

On November 11, McKinsey India conducted an online session on 'Problem Solving' for CanSupport staff. We thank Parth Agarwal and Tiyasha Mitra from McKinsey India for a wonderful, interactive session that we all enjoyed and gained from! *"Through various break out room activities and brainstorming, we were able to learn to identify problems and solutions to some of the problems that we face at work."* shared Manjusha, Assistant Manager Corporate Relationship, CanSupport.



### Varian Medical Systems

On October 31, to mark Breast Cancer Awareness month, the team at CanSupport organised an online session on 'Breast Cancer Awareness' for the employees of Varian Medical System. 40 employees attended the session conducted by Savita Luka, Head Palliative Care Field Services. The attendees were all ears throughout the session and greatly appreciated the work that CanSupport was carrying out to support those battling cancer.



## ANNUAL REMEMBRANCE DAY

### Remembrance Day, Delhi



CanSupport's Annual Remembrance Day was held on December 17 at Baha'i House of Worship, Delhi. It was attended by around 600 caregivers who had lost their loved ones to cancer in the last one year.

CanSupport holds this event every year to give an opportunity to the families to come together and offer Shradhaanjali to their loved ones and help the grieving families find a closure. It's also an opportunity for CanSupport to recognize and appreciate the efforts put in by its home care teams, for their selfless dedication and spirit!

The event started with a recorded video message by Harmala Gupta, the Founder of CanSupport. In her message, Harmala Gupta welcomed and thanked all the caregivers who had come to attend the event and praised CanSupport staff for their hard work and selfless spirit.

N S Anand - Head Marketing & Public Relations, CanSupport, in his address spoke about the four universal sufferings of Birth, Aging, Sickness and Death, as identified by Gautam Buddha and added that these four sufferings were common to all humanity irrespective of color, caste or social status and that these four sufferings connect and bring all the humanity at the same level.

Savita Luka - Head Palliative Care Field Services, invited all the home care staff on the stage and thanked them for their devotion and commitment.

Many caregivers were then invited to the podium to share their memories. Each of them thanked the home care team, for supporting them, guiding them in their difficult time when even close family and friends didn't care.

This was followed by a short prayer meeting inside Lotus temple. We thank all the officials at Baha'i house of Worship for organising the prayer meeting and for providing the venue for free. Later, outside in the lawns, the caregivers lit diyas, wrote messages to their loved ones. Amy Potter, CanSupport volunteer who created the beautiful 'Remembrance Tree' assisted caregivers in putting up the messages on the tree. The backdrop of the illuminated Lotus temple, diyas and the tree, touched everyone's heart and brought peace to all those present.

At the end of the event, the caregivers were served tea and snacks. We thank all the caregivers, staff and volunteers for making this the most wonderful Remembrance Day ever!



### Remembrance Day, Amritsar

This year, for the first time CanSupport also held 'Remembrance Day' in Amritsar. The event was held at S.L Bhawan School and was attended by around 65 caregivers who shared remembrances of their loved ones and relived some of their wonderful memories. Many caregivers came forward to thank the CanSupport home care team in Amritsar for the unsinted support it provided them during their tough times. We thank S.L. Bhawan School, Amritsar and Rotary Club, Amritsar for supporting us in holding this event.

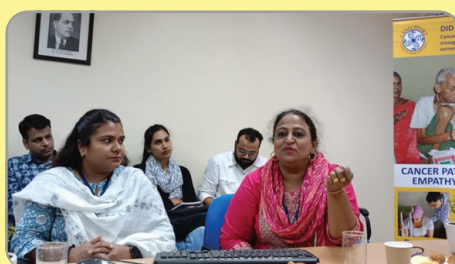


## TRAINING, EDUCATION & RESEARCH

This quarter saw many sessions on Palliative Care by CanSupport for various healthcare & educational institutes



**Sir Ganga Ram Hospital**



**Indira Gandhi Open University**



**Noida International University**

In October, Sir Ganga Ram Hospital, Indira Gandhi National Open University and College of Nursing, Noida International University, invited CanSupport to conduct sessions on Palliative Care and Cancer Awareness. The sessions conducted by the Quality Management & Research Unit at CanSupport were well received and appreciated by the attendees.

We express our appreciation to Dr Bimla Sharma, Head, Department of Palliative Medicine, Sir Ganga Ram Hospital, Dinesh Kumar, Director, College of Nursing, Noida International University and Dr Swati Patra, Professor of Psychology, IGNOU for extending an invitation to CanSupport for holding these sessions in the significant month of October that marks World Hospice & palliative Care Day as well as is observed as Breast Cancer Awareness Month. The sessions was attended by the hospital doctors, nurses and the students.



**Dharamshila Rahat Medical Centre**

In November, Dharamshila Rahat Medical Centre held a 3-day certificate course in Palliative Care and CanSupport was invited to take sessions as faculty. Dr Reena Sharma - Consultant Palliative Medicine, Rajvinder - Coordinator, Third Party Resource Facilitation and Maushmi Bhansali, Counsellor took these training sessions.



**KIIT College of Engineering, Gurgaon**

On National Cancer Awareness Day, November 7, Savita Luka, was invited to take a session on 'Palliative Care' at KIIT College of Engineering, Gurgaon. The session was attended by students of class 9-12 - KIIT World School, Sohna as well as the students and faculty of the Engineering college.



**Panna Dhai Maa Subharti Nursing College, Meerut**

On November 29, Quality Management & Research Unit conducted a two-hour workshop on 'Introduction to Palliative Care' at Panna Dhai Maa Subharti Nursing College, Meerut. Savita Luka, Head Palliative Care Field Services and Anil Sharma - Senior Counsellor conducted the workshop. We thank Dr Rahul Bansal, Professor & Head Community Medicine, Subharti for extending this invitation.



**Rufaida Nursing College, Delhi**

In November, the Quality Management & Research Unit also conducted a two-day day workshop on 'Basics of Palliative Care' for the BSc & MSc Nursing students of Rufaida College of Nursing, Delhi. The workshop was a great success. The participants learnt about and were sensitized on the subject of Palliative Care. Some of the nursing college faculty was also in attendance.



## TRAINING, EDUCATION & RESEARCH

### Cancer Awareness Sessions



On November 10, the Resource Mobilisation team at CanSupport with the help of volunteer, Rajni B Arora organised a Cancer Awareness Session at DPS International, Gurgaon for the students of class 7 to 12. Dr Ishita Gandhi conducted the session that was attended by about 100 students and faculty. The principal of the school was also in attendance. Rajni Arora also shared about 'CanSupport Walk for Life-Stride against Cancer 2023' event and encouraged everyone to participate.

On National Cancer Day, November 7, Shashi Bharti, Social Worker & Hospital Networking Officer delivered a talk on Cancer Awareness at Lady Harding Medical College, Delhi. She took part in the Cancer Awareness Walk in the campus, interacted with all the attendees and shared with them about CanSupport and its free of charge palliative care services.



On October 18, the Community Outreach Team carried out a promotion program in the densely populated Kirti Nagar Industrial Area. The team distributed posters and leaflets in 10 anganwadis. The team also met various other community groups to disburse information about CanSupport's free of charge Palliative Care services. The promotion also helped in getting a few home care referrals.



### Free Cancer Screening

Rajiv Gandhi Cancer Institute & Research Centre, conducted a free cancer screening session for CanSupport staff on December 14. We thank Dr Indu Aggarwal, Dr Geetu Arora & Team Preventive Oncology of RGCIRC for conducting this health camp.

## DAY CARE & STAFF WELLBEING HEALING SESSIONS



### Children's Day

Children's Day was celebrated in Day Care with a Magic show that delighted the patients and their caregivers. The magician amazed everyone with his magic tricks, especially the children. We thank Tanisa Foundation for making the Day so special!



### Picnic at Lodhi Garden

Day Care visitors also enjoyed a picnic in Lodhi garden that warmed their spirits during the cold of winter. Our Day Care volunteers had organised various outdoor activities and games like 'Lemon Race' and 'Ring the Gift' that lifted everyone's spirits. We thank Shweta Meglani, Day Care Coordinator for organising this outing.



### Puppet Show

Day Care children also enjoyed a Puppet Show organised by Innerwheel Club of Delhi Airport. They thoroughly enjoyed the show and had a great laugh!



### Music Therapy

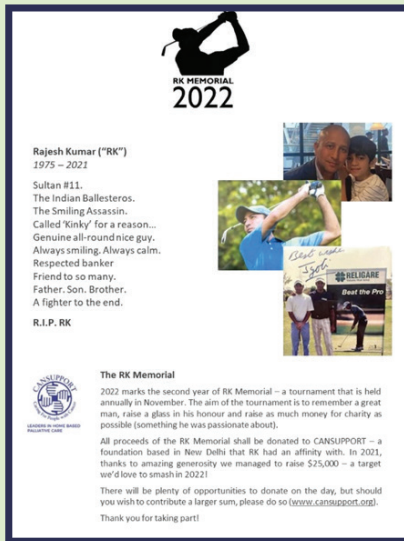
We thank Meena Gupta, a long time supporter of CanSupport for holding 'Music Therapy Sessions' for CanSupport staff and another session for the home care teams. The sessions gave everyone a chance to listen to some relaxing music, relax and experience moments of calm!



### Healing Session

We are also grateful to Pukhraj Singh, CanSupport volunteer and Abaj, a Rene May follower for holding two Healing sessions - for CanSupport staff, and Day Care patients on November 2. The sessions were greatly appreciated by the staff and our Day Care patients and their caregivers.

## WE THANK OUR DONORS AND SUPPORTERS



We thank RK Memorial, founded in the memory of Late Rajesh Kumar (RK) for once again raising funds for CanSupport by organising a Golf tournament in the memory of Rajesh. The memorial was founded by Rajesh Kumar's close friends to help raise funds to support a charity close to Rajesh's heart. This is the second year R K Memorial has held this tournament and raised \$25,000 to donate to CanSupport. Special thanks to Nitin Sibal and Sandip Talukdar.

We express our gratitude to Vaibhav Manocha, for raising funds for CanSupport by running an online fundraiser on Ketto. Vaibhav had lost his mother to cancer and on her first death anniversary he decided to raise money through his friends and family to support CanSupport's free of charge Palliative Care services to cancer patients.



*Thank You*

**We acknowledge our new CSR Partners**  
**SRF Foundation and Roop VK Jain Foundation**

## Donations received from October - December 2022

### Donation amount

#### Rs. 1,00,000 and above

- Automat Industries Pvt Ltd
- Barco Electronic Systems Pvt Ltd
- Cipla Foundation
- Col Rajiv Patney
- Harcharan Singh
- HelpAge India
- Lions Club of Fairlop
- Nalini Sehgal
- Online Giving Foundation
- Optum Global Solutions (India) Pvt Ltd
- Play Games24x7 Pvt Ltd
- Reliance Foundation
- Sophie Ahmed
- SRF Foundation
- Tata Capital Financial Services Ltd
- Tata Capital Housing Finance Ltd
- Suri Seva Foundation
- Trigon TS LLP
- UK Online Giving Foundation
- Volkart Foundation Indian Trust

- Rotary Southend Charitable Trust
- Sharat Kumar Charitable Trust
- Shobhna Suri
- Sunil Kant Munjal
- Tara Singh Vachani
- Upma Srivastava

### In Kind Donation

#### (valued at Rs. 10,000 and above)

- Akash Mishra
- Alpna Sharma
- Delhi Millennium Ladies Circles
- Dr Vimmi Abbott
- IWC Delhi Vasant Vatika
- Lions Club New Delhi Shakti
- Madhu Bhalla
- Mission of Mercy Foundation
- Optum Global Solutions (India) Pvt Ltd
- Ritikesh Salhotra
- Rotary Club of Delhi Regency Next
- Sanjay Joshi
- Tata Capital Financial Services Ltd
- Zinnia Digital Service LLP

- Manvinder Pal Singh Gill
- Neelam Ahuja
- Optum Global Solutions (India) Pvt Ltd
- Real Time Data Service Pvt Ltd
- The Good Food Project

### Winter Support

- Anita Singh
- Ashutosh Kaul
- Bhanu Seth
- Caritas India
- Hope Project
- Lions Club New Delhi Shakti
- Manavta Ek Ahsaas
- Nina Khatri
- Shine Foundation
- Tina Bhayana
- Vibha Kapur

*Every Donation Matters!*

### Donation amount

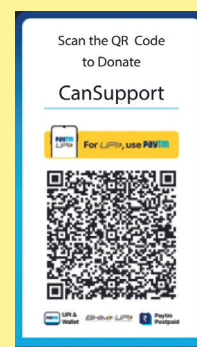
#### Rs. 50,000 to Rs. 100,000

- Anupama Sharma
- Vaibhav Manocha
- Manjula
- Ramkrishna Choudhari Trust

### Ration & Nutrition Support

#### (valued at Rs 10,000 and above)

- Delhi Langar Seva Society
- Humanity Trust
- Khalsa Help International
- Manavta Ek Ahsaas



## OTHER INFORMATION



### Credibility Alliance has awarded CanSupport accreditation under its desirable norms

In their email to CanSupport, they wrote, "We greatly appreciate your commitment for being part of the national effort in building an accountable and transparent voluntary Sector."

## The Invincibles



### Rugmini P & Ratna Jajoria

Rugmini P, Senior Nurse has been working at CanSupport for more than 15 years now. She is a specialised nurse in Palliative Care. Currently, she is the nurse on Mobile Palliative Care Clinic. Forever devoted, systematic, hardworking and dutiful, she is totally devoted to serving patients in our care. *"Rugmini Nurse is always smiling and willing to run that extra mile to serve the patients. Every single patient who comes to the mobile van goes back touched by her warmth."* says Dr Ravinder Mohan.



Ratna Jajoria, Senior Counsellor, Telephone Helpline has been working at CanSupport for over 15 years now. Known for her soothing, calming voice on the phone, she touches the heart of every person she interacts with. Ratna is a pillar of strength, devoted to CanSupport from the core of her heart. She is caring, generous, supportive and kind.

Thank you, Rugmini and Ratna for the devotion and commitment you have shown and continue to show to CanSupport's mission of creating a caring society!

## Register for CanSupport Walk for Life, Stride against Cancer to be held on Sunday, 19 February 2023

We request you to support us in our annual fundraising event 'CanSupport Walk for Life-Stride against Cancer' to be held on Sunday, 19 February 2023, The event to mark World Cancer Day aims to raise cancer awareness and early detection that can help save many a life. The Walkathon is going to be held at Kartavya Path (tbc), New Delhi. Every year many people from all walks of life, corporates, schools, colleges and other educational institutes participate in this event.



Many fun activities are also organised at the venue like music, dance, face painting.

We solicit your help in publicising the event through your contacts and social media accounts.

We also appeal for generous donations towards this event to help us serve patients in our care. To donate, visit [www.walkforlifeindia.org](http://www.walkforlifeindia.org). Every donation counts, every rupee counts.

### Head Office and Palliative Care Training Centre

A-2, Gulmohar Park  
New Delhi - 110049

Ph: 011-41010537

E: [info@cansupport.org](mailto:info@cansupport.org)  
[www.cansupport.org](http://www.cansupport.org)

### Wish List

- Coolers (6 Nos)
- Ceiling Fans (8 Nos)
- Almirahs (24 Nos)
- Office Tables (3 Nos)
- CCTV Sets (8 Nos)
- PA System (3 Nos)
- Office Chairs (6 Nos)
- Laptops (2 Nos)
- Adult Diapers (100 Packets)
- Dry Ration Kits (100 Nos)
- Colostomy Bags (50 Boxes)
- Glucose Biscuits 200 grams (1152 packets)
- Masks for children (200 packets)
- Powdered Sugar (10 kgs)
- Tea Leaves (5 kgs)
- Protein Supplement (600 boxes)
- Chemo and general medicines (Contact the team for the list)

**For more details, please contact our donor relation team @ 9667718209.**

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CanSupport Helpline Numbers: 011- 41010539/ 9899011212  
National Palliative Care Helpline 'Saath Saath': 1800-202-7777