CANSUPPORT

April - June 2025 | LXXI

www.cansupport.org

From the CEO's Desk

Dear friends,

We've had an incredibly exciting start to this financial year at CanSupport!

In April, we expanded our programs into the Pune district of Maharashtra, making it our 7th state of direct operations, alongside Delhi, Punjab, Haryana, UP, Jharkhand, and Himachal Pradesh. Through our collaboration with Cipla Foundation, over 700 patients were transitioned into CanSupport's Home Care Program from Cipla Cancer & AIDS Foundation. In addition, our 9 multidisciplinary home teams in Pune enrolled 232 new patients in the first three months.

Our partnership with Indrayani Hospital for our first outpatient clinic in Pune has been overwhelmingly successful, with 400 visits in the first quarter. Our goal is to steadily cover the entire district to ensure everyone who needs palliative care has ready access to it. Simultaneously, we are actively working on integrating palliative care into Punjab State's existing healthcare system. In April, CanSupport signed an MOU with the Ministry of Health & Family Welfare, Punjab, to train healthcare personnel across all its district hospitals, CHCs, and PHCs within a structured timeframe. This is a significant milestone as CanSupport approaches its 30th anniversary in 2026, and we anticipate many more State Government collaborations.

It was both inspiring and encouraging to host a panel discussion at the World Health Summit, where experts from various sectors joined us to share their insights on scaling access to palliative care in India.

We also had the privilege of welcoming Dr Seema Mishra, the newly appointed Head of the Department of Pain and Palliative Care at the Institute Rotary Cancer Hospital, AIIMS. Her visit to our head office and interaction with our teams continues the legacy of her predecessor, Dr Sushma Bhatnagar, and strengthens the pioneering partnership between our two institutions.

Many new projects are in the pipeline for CanSupport this year. We are excited to keep you updated through our quarterly bulletins, social media channels, and website. We extend our sincere gratitude to everyone who is part of this journey and warmly welcome new friends.

Affectionately,
Dr. Ambika Rajvanshi

Crucial Agreement Signed for Expansion in Punjab

CanSupport is pleased to enter into a significant partnership through signing a Memorandum of Understanding (MoU) with the Government of Punjab to expand our palliative care initiatives in the state. The MoU was formalised in the presence of Dr. Balbir Singh, Hon'ble Minister for Health and Family Welfare, and Mr. Kumar Rahul, IAS, Administrative Secretary, Health and Family Welfare. We appreciate the continued support we get from Mohini Daljeet SIngh, Honorary Member, CanSupport Managing Committee, and Kulvin Suri, Director, Operations and Member-Board of Directors, Suri Seva Foundation

This collaboration will facilitate referrals from Rajindra Hospital in Patiala, enable the establishment of an Outpatient Clinic (OPC), and lay the groundwork for the provision of oral morphine to patients in need. As a first step, we will conduct training programmes for district hospital staff and mobile palliative care teams, setting the stage for a meaningful and sustainable impact across Punjab.

Vehicle Donated by SCA Health India

SCA Health India made a generous contribution of a new vehicle to bolster our free-of-charge home care and essential palliative care services, particularly supporting our East Delhi Area Centre. The vehicle was formally inaugurated at Tahirpur, Dilshad Garden in the presence of SCA Health India representatives and staff from our Head Office.

As part of the visit, the SCA Health India team toured the facility, interacted with our staff, and gained first-hand insight into the services we provide. Witnessing the impact of compassionate care on the lives of patients and families further reinforced the shared commitment to collective action in healthcare.

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PROGRAM HIGHLIGHTS

April - June 2025

Home Care

- Teams: **44**
- Home Visits: **15,955**
- New Patients Enrolled: **1,937**
- Concurrent Patients Under Care: **3,765**

Resource Facilitation

- New patients enrolled: **1,362**
- Patients facilitated: **1,313**
- Funds mobilised for tests and treatments from Central and State Governments: **₹ 45.75 lakh**
- Resources mobilised in-kind for patients through various networks worth: **₹ 50.41 lakh**

Day Care

- Sessions held: **50**
- Patients attended to: **1,214**
- Caregivers attended to: **977**

Outpatient Clinics

- Teams: **9**
- New patients enrolled: **1,816**
- Patient visits: **8,644**

Telephone Helpline

- Calls Served: **1,983**
- Service Referrals Extended: **298**

HOME CARE SERVICES

The patients, their caregivers and families continue to receive compassionate care and guidance from the Home Care teams.

PROGRAM HIGHLIGHTS
April - June 2025

DAY CARE

Promoting Nutrition through Interactive Sessions

Anchal Bhalla Chopra, Chef and Founder of Tastesutra and a long-time supporter of CanSupport, conducted engaging and informative sessions for patients and caregivers. She demonstrated the preparation of simple, nutritious recipes such as porridge and pizzas, using fresh ingredients and healthy alternatives. Participants were actively involved in the cooking process and enjoyed tasting the wholesome dishes afterwards. The importance of a balanced diet during treatment was also emphasised, highlighting how mindful eating can support overall well-being and recovery.

Renewed Energy at East Delhi Day Care

The Day Care sessions at our East Delhi Centre have seen renewed momentum, thanks to the continued dedication of our longstanding volunteers, Bhanu Seth, Aashna, together with Shyam Gupta, Mani Datta, and Rohan Bhatia, who have brought fresh energy and enthusiasm, significantly enriching the experience for both patients and caregivers. Their contributions have included insightful presentations on Yog Nidra and basic acupressure techniques, along with meaningful one-on-one interactions that have added immense value to the sessions. The impact of their compassionate engagement continues to reflect in the growing participation and positive feedback from attendees.

Umbrella Distribution Drive

An umbrella distribution drive was organised for patients and other attendees to help offer relief from the intense summer heat. The aim was to provide practical support and comfort, ensuring a bit of protection from the harsh sun during their daily commutes and any outdoor activities. 302 umbrellas were distributed and we are thankful to Jashoda R. C., Lead - CSR, India Today Group & Care Today Fund for making the initiative a success.

COMMUNITY OUTREACH (COR)

Our teams have been actively engaging with local communities through a series of awareness and outreach programs aimed at promoting CanSupport's mission and services. By conducting interactive sessions, group discussions, and distributing informative material, the teams in Haryana and Pune effectively raised awareness about palliative care and the free-of-charge support we offer to patients, their caregivers and families.

The Jamshedpur team organised a blood donation camp, which not only contributed to strengthening local blood reserves but also helped generate funds to further our cause.

As part of our ongoing efforts to promote prevention of cervical cancer, we launched a free HPV vaccination initiative for girls aged 9 to 14 in collaboration with Ircon International Limited.

Led by our Field Support Team, vaccination camps are being actively organised across Delhi-NCR to ensure wider access and community outreach. Two such camps have recently been conducted in partnership with Chetnalaya and Samarpan Foundation, marking an important step towards safeguarding the health of young girls through early preventive care.

Organise an Awareness Session and/or Cancer Screening Camp in your community!
Contact: navdha@cansupport.org | 9599558368

CANSUPPORT NEWS

CanSupport Leads Panel at WHS Regional Meeting 2025

CanSupport organised a panel discussion on "Scaling Access to Palliative Care in India" at the World Health Summit (WHS) Regional Meeting 2025, held for the first time in India. The session explored key aspects of policy, current initiatives, and emerging developments in the field of palliative care.

The discussion was moderated by Radhika Shapoorjee, Honorary Secretary, CanSupport Managing Committee, and opened by the Guest of Honour, Dr. Soumya Swaminathan, Chairperson, M.S. Swaminathan Research Foundation.

The panel featured eminent experts including Dr. Bhawna Sirohi (Vedanta Medical Research Foundation), Dr. Gayatri Palat (MNJ Institute of Oncology and Regional Cancer Centre), Dr. Sushma Bhatnagar (Clinical Lead & Sr Consultant, Pain, Palliative Medicine & Supportive Care, Indraprastha Apollo Hospitals), Dr. Alok Mathur (Directorate General of Health Services), and Dr. Prakash Fernandes (National Palliative Care Partnerships, Cipla Foundation). Katherine Pettus, Senior Advocacy and Partnerships Director at the International Association for Hospice and Palliative Care, also shared a recorded message for the occasion.

The session offered attendees valuable insights and concluded with a thought-provoking Q&A, fostering dialogue on strategies to advance palliative care accessibility across India.

World No Tobacco Day

CanSupport organised a series of awareness activities across its centres to mark World No Tobacco Day. A Tobacco Cessation session was held at Indrayani Hospital and Cancer Institute, Pune, where patients and visitors pledged to abstain from tobacco use and to encourage others to do the same.

Our teams further promoted the anti-tobacco message through health camps, Day Care programmes, and social media outreach, inviting individuals to take a public pledge against the use of tobacco and related products. Personal stories and experiences were shared, reinforcing the urgent call to quit - or never start - the use of tobacco and other carcinogenic substances.

A video series titled, '***The Quiet Heroes***' was launched on the day to share about the journey of Atul, who is one of the patients in our care, which covers how the habit of tobacco use has impacted his health and the lives of everyone in his family. We have, since, continued with bringing more such stories.

Scan to Watch & Share

Testimonials from Caregivers and Friends & Families of Our Patients

Words of Praise for Our Teams

"I would like to sincerely thank CanSupport's **Faridabad** team for all they have done. They truly helped my friend, Sumesh Ahuja, during his last days before he departed for the heavenly abode. He was freed from the excruciating pain and for relieving his agony, my dear friend Rujuta and the family profoundly appreciate the efforts of the doctor, nurse, and counsellor. They assisted them in one of the roughest times one can ever face and I wish to share their regards and mine, to all who were part of the home visits."

"I am Sagar from Muana village in **Jind, Haryana**. My whole family is thankful to CanSupport, especially Dr. Rakesh Kumar and Nurse Kusum Lata. They helped us in our crucial time through medical guidance and pain management by taking care of the wound and controlling the pain of my father, Mr Sube Singh. They also provided essential counselling. They were there for us, irrespective of the time, ready to assist in whatever way possible. I pray that CanSupport and their teams grow stronger to continue to help needy people like us."

"I, Rajinder Kaul, am grateful for CanSupport's vital work in palliative care. Your team's dedication to supporting patients like my mother is truly commendable. I wish not just the **West Delhi** team but all at CanSupport continued success in making a difference in lives of those fighting cancer and other serious illnesses."

"My name is Neha and we live in Sewa Nagar in Putlighar, **Amritsar**. My grandmother was suffering from cancer and she was in pain due to which she was unable to sleep comfortably. A pharmacy informed us about CanSupport. After we got in touch, the team used to come every week and give us the medicine. Dr Harman, Sisters Sahira and Charni visited us and they were always available to talk over the phone as well. My grandmother didn't get any hospital treatment and peacefully passed away at home. I want to thank the team for all their help, support and kindness."

TRAINING, EDUCATION & RESEARCH

International Patients' Union Conference 2025 at IIC

Dr. Ravinder Mohan attended the 3rd International Patients' Union Conference (IPUC) 2025 at the India International Centre, New Delhi. The event brought together patients, policymakers, healthcare professionals, and industry leaders to explore innovative directions for healthcare policy.

Visionary leaders and change-makers shaping global health delivered impactful keynote addresses, while panel discussions delved into critical topics such as patient empowerment and digital health. Patients shared powerful personal stories, and participants engaged with like-minded advocates to exchange ideas and gain actionable strategies for driving meaningful change.

Trainings conducted in Tripura

Dr. Ravinder Mohan was invited as Master Trainer for a training sponsored by the Ministry of Health, Government of India, held from 27–29 May at the National Health Mission, Government of Tripura. He delivered two key presentations - "How to Assess Quality of Palliative Care and the Ethical Issues", which included a discussion on opioids, and "Futuristic Approaches in Palliative Care." He accompanied the 25 trainee doctors to Agartala's Regional Cancer Centre, where they presented cases and explored practical solutions. He also joined home care visits, engaging the doctors in discussions on various case scenarios and sharing insights into CanSupport's home care program, thereby providing a comprehensive, hands-on learning experience.

Manuscript and Abstracts in Indian Journal of Palliative Care

The Indian Journal of Palliative Care (IJPC) has published the manuscript titled "Psychometric Evaluation of Patient Health Questionnaire-9 Hindi for Use with Patients with Cancer in Community Palliative Care Settings." This study focuses on psychometrically validating a depression screening tool for patients with cancer in Northern India.

The paper was co-authored by Tushti Bhardwaj and Neha Arora from the Departments of Social Work and Psychology at Dr. Bhim Rao Ambedkar College, University of Delhi, and Dr. Ambika Rajvanshi, CEO, CanSupport.

Additionally, Physiotherapist Kajal Behl's abstract on "Management of Paraparesis in Cancer Prostate due to Spinal Cord Compression", authored by Dr. Anbin Thomas M. Boban and Dr. Ishita Gandhi, has also been published. Furthermore, an abstract on "Prognostication in Palliative Homecare" has been selected for publication. These works were made possible through the collaborative efforts of doctors, as well as nurses and counsellors from our teams and reflect a collective effort involving data collection, training, coordination, and valuable contributions from volunteers, participants, and other individuals.

To stay updated about the latest news regarding CanSupport, please follow us on Social Media where we regularly share about the work being done across the nation.

LIKE SHARE SUBSCRIBE COMMENT

Please Scan

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TRAINING, EDUCATION & RESEARCH

Participation in Roundtable Discussion

Dr. Ravinder Mohan participated in a panel discussion on “Future Pathways for Cancer Care in India” organised by the BORBHAG Foundation in Delhi. He highlighted the vital role of palliative care in the cancer care continuum and shared insights from CanSupport’s experience. The foundation has expressed its intent to develop a scalable model of care for implementation across various states and regions and will explore opportunities for collaboration with CanSupport in this endeavour.

EMPLOYEE ENGAGEMENT ACTIVITIES

BorgWarner Emissions Systems India Pvt. Ltd.

A group from BorgWarner Emissions Systems India Pvt. Ltd. became part of a Day Care session. They interacted with the patients and caregivers and eagerly engaged with them. They met with the staff at the head office as well and got to learn about our programs and operations.

Optum Global Solutions (India) Pvt Ltd

About 30 staff members from Optum Global Solutions (India) Pvt Ltd participated in a Day Care session and spent the time hearing about their experiences and getting to know more about the work we do. The younger attendees were enthused to converse with them and everyone had an energising time.

CANSUPPORT EMPLOYEE ENGAGEMENT PROGRAM

CanSupport has been organising Employee Engagement activities with corporate entitities since 2018.
You can also get an activity organised for your employees/staff where they can participate in fun yet meaningful engagements with our employees or cancer patients in our care or we can hold a session for them.

For further details: Call 9818566052 or write to inst.relations@cansupport.org

DONOR FEATURE

ALKEM FOUNDATION

CanSupport has partnered with ALKEM Foundation, the social arm of ALKEM Laboratories Limited, to bolster our Home Care based palliative care program.

The foundation focuses on the key thematic areas of healthcare, education and rural development and endeavours to bring about a tangible change in the lives of underprivileged people as part of their Corporate Social Responsibility (CSR) mandate. Being a pharmaceutical company, cancer care is one of the main thrust areas and through partnership with us, they continue to deepen their commitment to supporting individuals and families affected by the disease.

Starting April 2025, our South Area Centre's new Home Care Team 4 has been formed with their support. Launched by Dr. Seema Mishra, Professor & Head, IRCH, AIIMS as the Chief Guest, the team has initiated reaching out to more patients and assisting their caregivers and families as well.

We thank the ALKEM Foundation for reposing faith in our mission which has enabled us to bring comfort, hope, and dignity to those affected by cancer and other serious illnesses.

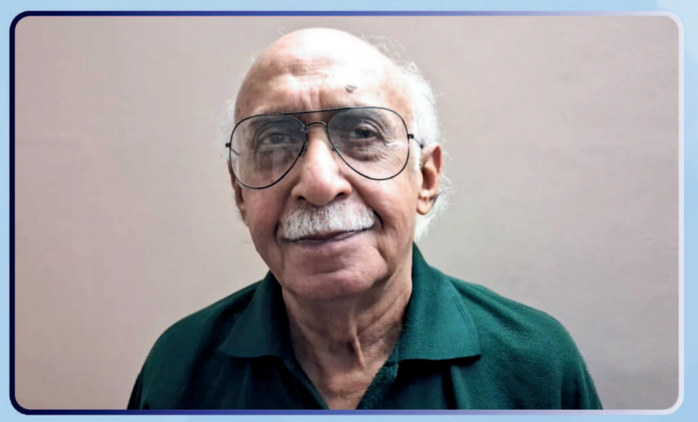
BENEFACTOR FEATURE

Our collaboration with BASAID has yielded remarkable results, with substantial funds raised through the “Empower 2,000 Women Patients Battling Cancer in Our Care” campaign. The initiative aimed to provide essential kits to women, supporting their physical, social, psychological, and work-related well-being during and after treatment. These vital aids enable them to regain control over their lives, fostering independence and productivity.

Thanks to the generosity of international supporters and the dedicated efforts of the BASAID team, we achieved our goal. The donations have brought comfort, dignity, and much-needed assistance to women in critical need. We deeply value this partnership and look forward to continuing our joint efforts to continue creating lasting impact.

VOLUNTEER FEATURE

I am Parbodh Mehta, 79. My wife battled cancer for five years before passing away peacefully in 2024. Two months before her passing, a team from CanSupport visited our home, offering compassion, guidance, and encouragement to her and our family. Inspired by their care, I joined as a volunteer in the Day Care program.
I now assist patients and join them in activities like music, art, yoga, and meditation. These days are the highlight of my week, filling my life with meaning. I am grateful to be part of CanSupport’s mission and wish them every success in their noble work.



Help A Cancer Patient Receive Relief from Pain

₹949 can provide much needed pain medication for a month for someone enduring unbearable pain!

Please Scan to make your contribution

For Other Individual Donations, Call 9667718209 *or* **write to** rajni@cansupport.org

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WE THANK OUR DONORS AND SUPPORTERS

GRANTS & DONATIONS RECEIVED FROM APRIL TO JUNE 2025

₹ 1,00,000 and above

- Ankur Public Charitable Trust
- Aruna Mehta
- Bharti Gupta Ramola
- Blue Whale Advisory Services Pvt Ltd
- Cipla Foundation
- Compassionate Heart
- EIH Ltd
- External Affairs Spouses Association Charitable Trust
- Fairlop Lions Club UK
- G4S Secure Solutions (India) Pvt Ltd
- Great Eastern Foundation (Formerly Great Eastern CSR Foundation)
- Hari L Mundra
- Isht Khanna
- Janki J Mirchandani
- Kotak Mahindra Bank Ltd
- Maj. Jasbir Singh (Retd)
- Manender Mann
- Meenakshi Devi Mattoo Charitable Trust
- Online Giving Foundation
- Optum Global Solutions (India) Pvt Ltd
- Ramni Nirula
- Real Time Data Services Pvt Ltd
- Reliance Foundation
- Rupendra Singh
- Shades of India Crafts Pvt Ltd
- Shivalik Bimetal Controls Ltd
- Shri Raghubir Saran Charitable Trust
- Suri Seva Foundation
- UK Online Giving Foundation
- Veha Foundation (Formerly MKH Foundation)
- Volkart Foundation Indian Trust
- Waters India Pvt Ltd

₹ 50,000 to ₹ 99,999

- Anil Nehru
- Ashish Ravinder Thadhani
- Bhai Sahib Ditta Mal & Sons Charitable Trust
- Dipankar Gupta
- Harinder Kaur Charitable Trust
- Himanshu Dev
- Indians for Collective Action
- Jagroop Singh
- Metta Foundation
- Music Factory
- Pathways School
- Priyanka Singh
- Rajiv Kumar Jain
- Sanjay Chaturvedi

In-Kind Medicines, Equipment and Rehabilitation Materials

- Amarjeet Singh
- Care Today Fund - Mediaplex
- Doll Singh
- Fresenius Kabi
- Indira
- Manju Vaish
- MCKS Food for Hungry Foundation Delhi
- Mohanbir Sahni
- Mukul Kapur
- Optum Global Solutions (India) Pvt Ltd
- Phool Dutt Gureja
- Supriya Khurana
- The British School
- Tina Bhayana

This Shradh, help provide food to needy cancer patients in memory of your loved ones.

Sponsor a Ration Kit for a month for one of 1000 needy Cancer patients in our care by donating ₹ 2000.

Please contact Navdha at 9599558368

***Or* Scan**

Wish List

Requirements	Frequency	Quantity
Thermos Flasks	Annually	220
Electric Kettles	Annually	180
Balanced Meals for Patients	Weekly	₹120 per portion
Diet Namkeen/ Salted Peanuts	Monthly	480 packets
Sanitary Pads (Size: XL)	Monthly	100 packets
Adult Diapers (Sizes: L,XL)	Monthly	100 packets each
Kids' Diapers (Sizes: S,M,L)	Monthly	150 packets each
Livelihood Support for Rehabilitation (Pushcart, Sewing machine etc.) - 3 per month	Monthly	₹15,000 per patient

For details: Rajni Bhatia 9667718209

sparkle gift card

GIFTING MADE PURPOSEFUL!

Sparkle Gift Cards (SGC) has launched an exclusive 'Collaborative Gift Card'

For directly supporting us:

- Visit sparklegiftcards.com/giftcards
- Click on 'Collaborative Card'
- from the four options
- Lastly, select the first one for CanSupport, and that's all!

Scan & Assist CanSupport

VOLUNTEER WITH CANSUPPORT

Want to make a difference in the lives of those battling cancer by providing emotional support, companionship, and assistance to patients and their families? Then, the Volunteering Opportunities at CanSupport are for **you**!

Our dedicated volunteers form the backbone of our mission. Being one, you can support our day care team with the sessions or assist in organising awareness and fundraising events. You can also offer your skills in areas like content creation, administration, or creative projects.

If you have some spare time, please consider joining us. No special skill is required and everyone can contribute with a precious donation of their time for the cause.

Get in touch: Navdha Bharadwaj | navdha@cansupport.org | 9599558368