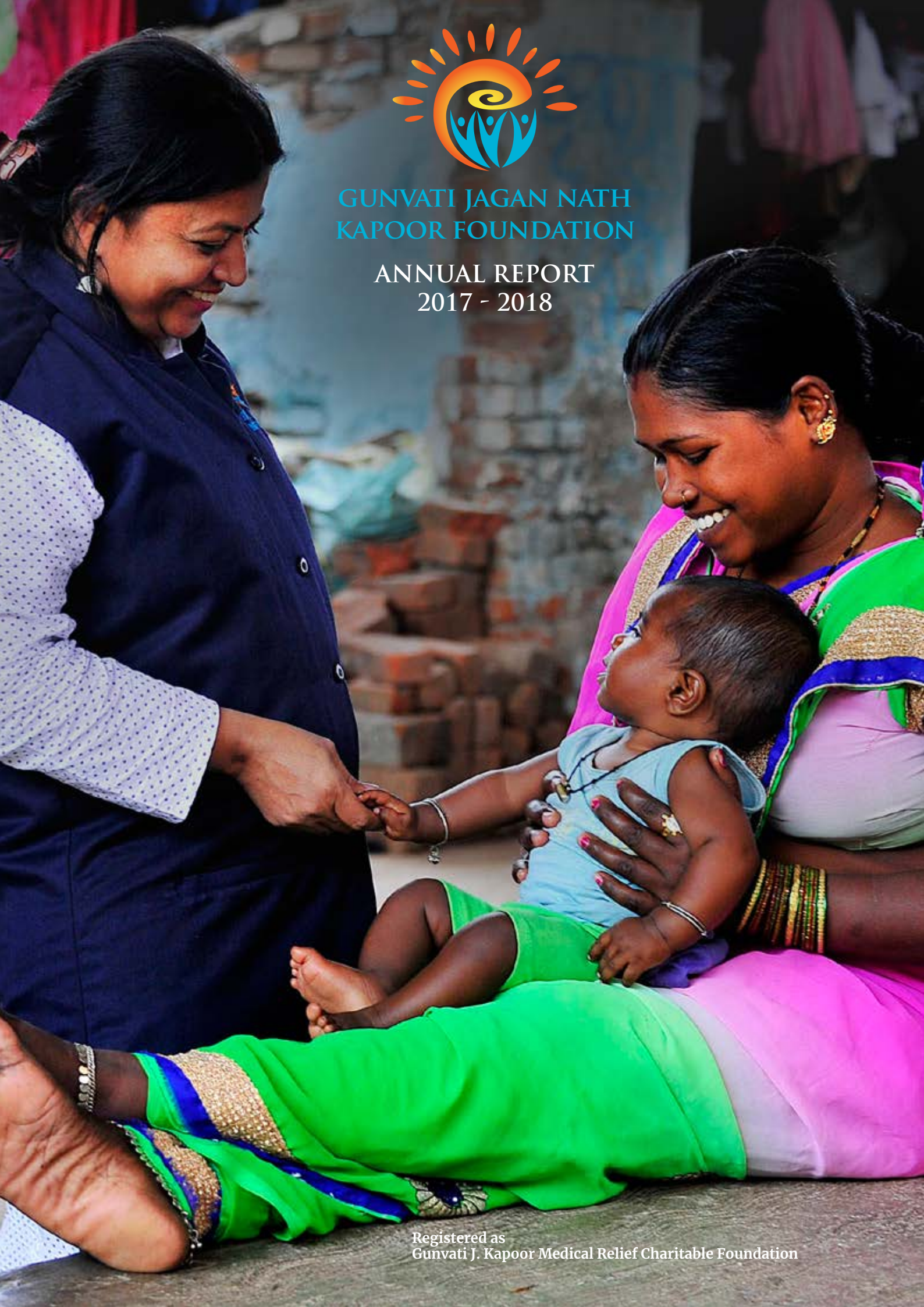




GUNVATI JAGAN NATH
KAPOOR FOUNDATION

ANNUAL REPORT
2017 - 2018



Registered as
Gunvati J. Kapoor Medical Relief Charitable Foundation



MISSION

The Gunvati Jagan Nath Kapoor Foundation supports programs in education, healthcare and social services with the intent to improve and sustain the standard of living and quality of life of all people with a focus on women and children.

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ABOUT US

A YEAR OF ACHIEVEMENTS

We continued to support programs in healthcare, education and social services, with a focus on women and children.

These efforts were steered by our vision to strengthen opportunities and improve the overall quality of life of communities.

This year, we were able to impact more lives and make a bigger difference with compassion for those we serve underpinning our every effort.

OUR WORK



PATIENT GUIDANCE PROGRAM

Helps cancer patients access the resources they need while undergoing treatment with the aim of increasing survivorship by decreasing treatment abandonment rates



CANCER PREVENTION AND EARLY DETECTION PROGRAM

Encourages breast, cervical and oral cancer prevention and early detection for women in underserved communities



NOURISHMENT PROGRAM

Provides pregnant mothers in underserved communities with nutrition education



EDUCATION ENRICHMENT PROGRAM

Provides supplemental educational opportunities for underserved children



GUNVATI JAGAN NATH KAPOOR MERIT CUM MEANS SCHOLARSHIP

Builds and nurtures social responsibility in students by enabling them to volunteer for community work with NGOs



YOUTH LEADERS AS CHANGEMAKERS SCHOLARSHIP

Equips college students with knowledge and skills for research and participatory action so they can become change makers in their communities

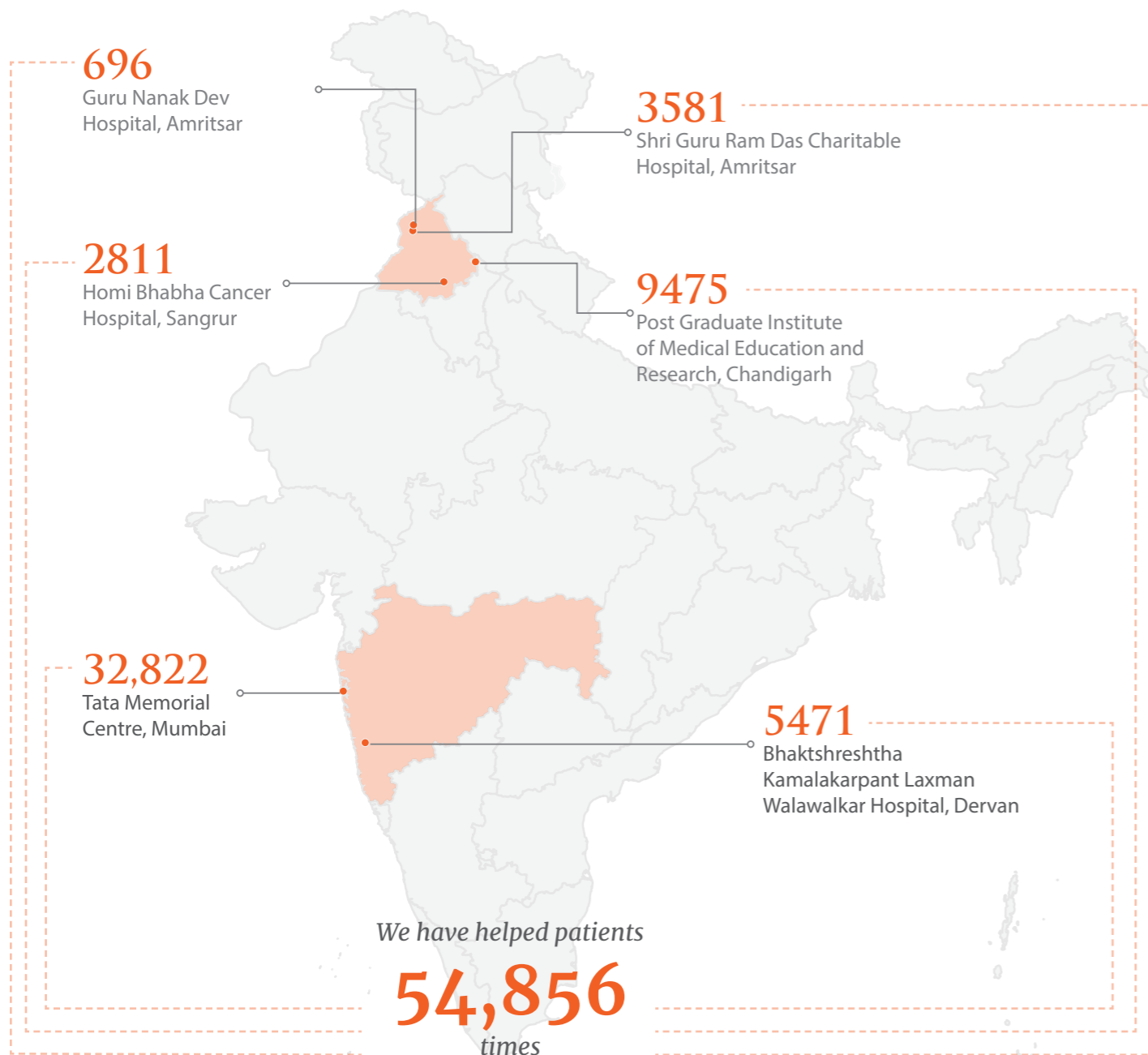
PATIENT GUIDANCE PROGRAM

Educating and Empowering Cancer Patients

The Foundation's Patient Guidance Coordinators provide cancer patients with critical services so they can access the resources they need while undergoing treatment. Our goal is to increase patient survivorship by decreasing treatment abandonment rates.

Since inception, we have helped patients **1,71,423** times

HOSPITALS WHERE WE WORK



CORE SERVICES



DIRECTING PATIENTS TO HOSPITAL RELATED RESOURCES

Decreasing patient stress regarding hospital logistics by helping patients find and access hospital related resources such as departments, Non Governmental Organizations (NGOs), food, and clothing



DOCUMENTATION ASSISTANCE

Filling out forms for low-literacy patients so they can get treatment, accommodations, and/or financial help



FINANCIAL AID & GUIDANCE

Providing financial assistance to patients through our partners organizations and guiding patients about financial resources



ACCOMMODATION AID & GUIDANCE

Providing free accommodation to patients through our partner organizations and guiding patients about accommodation resources



CANCER EDUCATION

Educating patients about cancer, chemotherapy, infection control, radiation, diet, and treatment procedures in order to increase treatment compliance and survivorship



PATIENT ADVOCATES

Identifying patients that require emergency medical attention and communicating with doctors to get patients priority medical attention and other required supportive assistance



INDIVIDUAL PATIENT SUPPORT SESSIONS

Empathizing and motivating patients to sustain treatment and utilize available resources



SAVE A LIFE: BLOOD PLATELET INITIATIVE

Increasing the pool of platelets required for cancer patients by working with our partner organizations to recruit and obtain platelet donors



GROUP PATIENT INFORMATION SESSIONS

Organising group patient information sessions to help educate and support patients



PROVIDING PATIENT NECESSITIES

Supplying patients with wheelchairs, crutches, and other medical necessities while they are undergoing treatment

PATIENT GUIDANCE PROGRAM

DIRECTING PATIENTS TO HOSPITAL RELATED RESOURCES

It is often confusing for patients and their caregivers to find their way around extensive cancer hospitals. Most of the patient's time is wasted on trying to find specific locations in order to undergo tests, buy medicine, or meet a social worker.

In order to further reduce cancer-related stressors, our Patient Guidance Coordinators direct patients to hospital related resources. We provide information about available NGOs and guide patients to reach departments where they can access food and clothing donated to the hospital. This service is critical for patients who are traveling for treatment and for all patients undergoing cancer care. It eliminates the additional stress of attempting to navigate unfamiliar locations, and it allows patients the comfort of knowing that help is available.



We directed patients to hospital related resources

10,108
times

“When I came for my son's treatment I was lost in the hospital, the GJK Coordinators helped me find my way.”

Vinod Prajapati,
Patient's Father



We helped patients with Documentation Assistance

10,495
times

PATIENT GUIDANCE PROGRAM

DOCUMENTATION ASSISTANCE

Documentation is a cancer patient's first step towards treatment. Whether in the form of hospital registration documents or forms required to avail financial help, patients and caregivers are in need of constant guidance and assistance regarding documentation.

Many cancer patients from underserved communities are unable to fill out the necessary forms which becomes a vital hurdle in receiving timely financial assistance. Imprecise documentation may lead to either delay in the treatment procedure or rejection of financial aid.

Our Patient Guidance Coordinators, assist patients by filling out their hospital registration forms and financial aid forms; they

also verify that patients have the necessary documentation, such as ration cards, Aadhar cards, income certificates and cost certificates, which are required to apply for financial aid during treatment. This service saves patients and caregivers vital time and unnecessary stress, so they may focus on treatment.

“When I came to Mumbai from Orissa for my treatment I didn't have enough money. The GJK Coordinators showed me which forms I needed and filled them out for me. I was able to get treatment.”

Manoranjan Bahera, Patient



PATIENT GUIDANCE PROGRAM

FINANCIAL AID & GUIDANCE

According to a national survey conducted in 2016, close to 40% of cancer patients borrowed or sold assets in order to pay for treatment (Chakrabarty, 2017).

The long-term nature of many cancers inflicts repeated financial distress on families, intensifying the poverty-illness cycle. Inadequately treated illnesses deepens poverty, leading to a cycle of loss of health, lack of treatment, higher morbidity, lost income, and deeper impoverishment. Finances play a major role in cancer treatment.

We provide emergency financial assistance to patients through our partnership with the 'Jeet Association for Support to Cancer Patients' (JASCAP). We also guide patients to various finance resources by referring them to organizations and donors. We provide

patients with a Trust List, which includes the contact information for NGOs working to help cancer patients.

Our Coordinators also guide qualifying patients and caregivers to meet with hospital social workers for financial assistance. This way, the patients are able to conduct medical tests and buy medicine on nominal charges which eases their financial distress.

Our Patient Guidance Coordinators help by providing patients with information about available financial resources and even fill out the necessary forms for low-literacy patients. We identify special needs cases to doctors who then help patients obtain the funding they need to start and continue treatment. All of these services allow patients to obtain critical medical treatment without the burden of dealing with their financial stressors alone.



Patients in need of Accommodation while sleeping on footpath outside of Tata Memorial Centre



We provided Accommodation Guidance

1542 times

7201 days of accommodation were provided to

196 patients

PATIENT GUIDANCE PROGRAM

ACCOMMODATION AID & GUIDANCE

Scores of families are unable to find accommodations while traveling to obtain cancer treatment. The acute shortage of affordable accommodations for patients coming from extreme poverty sometimes forces patients and their families to live in inhumane conditions, sleeping on footpaths & railway stations. There is a huge need for convenient, caring, and cost-free accommodations for patients and caregivers.

Life on a footpath is not easy. Patients are open to infections, surrounded by filth, and they are unable to get nutritious foods that are essential during cancer treatment. When patients are provided with safe and

clean accommodations, they are relieved of a major obstacle and can concentrate on treatment.

Our services allow more patients and their families to get off of the streets and into safe, hygienic, and comfortable homes.

Our Patient Guidance Coordinators help cancer patients pay for housing during treatment through our partnerships with the 'Indian Cancer Society' and 'Dr. Ernest Borges Memorial Home'. Our Coordinators refer patients to both these organizations who provide the patients with housing, the cost is directly paid by us to the partner organization.



GUNVATI JAGAN NATH KAPOOR FOUNDATION

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www.facebook.com/gunvatij Kapoor foundation

Barodawala Mansion, 81, D... ant Road, Worli, Mumbai -



25

patients from Breast and Gynaecology Units were provided Financial Aid of 1,25,000 rupees

We provided Financial Guidance

10,025 times

PATIENT GUIDANCE PROGRAM

CANCER EDUCATION

The World Health Organization (WHO) projects that by 2030 between 10 and 11 million cancers will be diagnosed each year in low and middle income countries.

Due to the massive rate of cancer patients and low rate of oncologists, it becomes difficult for doctors to give personal attention to each and every patient in order to educate them about what to expect when undergoing cancer treatment.

Thus, our Patient Guidance Coordinators educate patients regarding the following aspects of treatment.



We provided patients with Cancer Education

20,959
times

82%

of patients from the 'Head and Neck Medical Oncology Unit' of the Tata Memorial Centre sustained their ideal weight with our intervention



CHEMOTHERAPY

Patients are provided with information that helps them prepare for their first cycle of chemotherapy. Aspects of chemotherapy like the side effects, precautionary measures and hygiene are addressed, which prepares them for upcoming chemotherapy cycles and reduces their stress.



INFECTION CONTROL

Patients and caregivers are informed about infection prevention measures, which are critical during treatment so that they are in a position to take care of their bodies for better treatment outcomes.



BASIC INFORMATION ON CANCER

Patients are imparted with basic information about cancer through individual sessions in order to reduce their fear and inculcate positivity at the start of their treatment.



TREATMENT PROCEDURE AND PLAN

Patients are helped in understanding their treatment plan by reiterating the tests required by doctors and simplifying the process by communicating in their local language.



RADIATION

A patient undergoing radiation therapy is often concerned and stressed about their treatment. Our Coordinators provide comprehensive information on radiotherapy to give patients a better idea of what to expect, thus reducing their stress.



DIET

Patients are guided by our Patient Guidance Coordinators about proper nutrition. Our Coordinators explain the importance of following their hospital assigned diet charts as provided by their nutritionists.

PATIENT GUIDANCE PROGRAM

PATIENT ADVOCATES

Due to the sheer number of patients that doctors see daily, many times, patients do not approach their doctors even in emergencies. Patients undergoing chemotherapy are at a higher risk for treatment-related toxicity, which may include symptoms such as high fever, vomiting, and jaundice. It's important that patients and their relatives have advocates in overcrowded and busy hospitals, so they can receive immediate medical attention when necessary.

Our Patient Guidance Coordinators identify patients that are displaying signs of toxicity and communicate with doctors, nurses, and social workers to get immediate medical attention. We ensure that patients receive the medical and supportive assistance they need, so they can receive the required care on an emergency basis.

Our Patient Guidance Coordinators advocate on behalf of patients to ensure that no one is lost in the overcrowded lines. Our services ensure that patients receive supportive timely assistance when medical attention is vitally needed.



We actively advocated for patients

962
times

“I had a bacterial infection and needed medication immediately. I did not know where to go or how to get the signatures I needed. The GJK Coordinators took care of everything, and I got my medicine.”

Satanand Gupta,
Patient



PATIENT GUIDANCE PROGRAM

INDIVIDUAL PATIENT SUPPORT SESSIONS

Coming to terms with a cancer diagnosis is difficult for patients and their families. Anxiety, stress, and anger levels are heightened, and the idea of being in a life-threatening situation can be difficult to cope with.

Our Patient Guidance Coordinators provide emotional support to patients and their caregivers on a one to one basis. The individual sessions help patients develop better coping strategies for cancer related stressors.

We also provide patients who have been deemed palliative with important information about available resources such as the Palliative Department within the hospital. These individual support sessions allow patients an opportunity to be heard and supported during a critical time of crisis in their lives. We focus on providing guidance to improve the quality of life for both the patients and their families.

“I was running away from my treatment as I did not have the stamina to face the pain. With constant support and motivation of GJK Coordinators, I was able to continue with my treatment.”

Kamal Dattu Doyiphode, Patient



This year,

573

Individual Patient Support Sessions were held to provide emotional support and palliative guidance to patients and their caregivers



PATIENT GUIDANCE PROGRAM

SAVE A LIFE: BLOOD PLATELET INITIATIVE

Chemotherapy and radiation therapy reduces patient platelet counts, along with Red Blood Cells (RBC) and White Blood Cells (WBC). But unlike RBC and WBC, there is no replacement or replenishment available for platelets – natural or synthetic – except for platelets collected from other human beings.

When cancer patients are admitted to Tata Memorial Centre for treatment, they are required to recruit their own platelet donors, so they can maintain healthy platelet levels during treatment. Because many patients travel outside of their communities to seek treatment, recruiting their own platelet donors significantly adds to their stress.

'Save A Life' is an initiative of Tata Memorial Centre (TMC), Guntati Jagan Nath Kapoor Foundation and the Improving Paediatric Cancer Care and Treatment Foundation (ImPaCCT) to propagate the importance of platelet donations.

We work closely with the Blood Transfusion Department at Tata Memorial Centre to organize Platelet Awareness Drives and register motivated and eligible attendees to become voluntary donors so patients are not burdened with the responsibility of finding their own platelet donors. This is an especially critical service because many patients travel to Maharashtra for treatment and do not have strong support systems in place to recruit their own donors.

The Save A Life program allows more patients to focus on their treatment instead of worrying about how to maintain their platelet counts.

You can help too by registering as a platelet donor.

For more information on this initiative, contact: savealife@gjkapoor.org or Call : +91 98691 22255



13

Platelet Awareness Drives were organized

415

people attended the drives

232

new donors were enrolled

3002

platelets donations were facilitated



PATIENT GUIDANCE PROGRAM

GROUP PATIENT INFORMATION SESSIONS

Apart from the core services, our other supportive services are designed to help fulfill patient needs in a variety of ways.

The ratio of patients to doctors is very high, frequently making the communication difficult between doctors and patients. Many times within the individual hospital departments, patients do not have a chance to ask questions because doctors are inundated with lines of patients who are waiting for their turn.

Our Coordinators organize Group Patient Information Sessions on a monthly basis where doctors and medical professionals conduct question and answer sessions to support patients. These meetings provide the patients and their caregivers a medium to meet other individuals facing similar issues, while also providing them with much needed cancer related education.

These sessions provide patients and their caregivers with an opportunity to seek answers to their questions directly from doctors who are generally too busy to answer their questions at other times.



197

Group Patient Information Sessions were provided to

2828

patients of the 'Adult and Breast Medical Oncology Units' of Tata Memorial Centre

43

Patient Support Meets were arranged for

2046

patients and caregivers in various departments

After Completion Therapy: Supporting Cancer Survivors

Many cancer survivors experience psychological issues post treatment. Our Patient Guidance Coordinators work closely with the survivors in the 'After Completion Therapy' Clinic of Tata Memorial Centre – Mumbai to understand and address their issues and provide emotional support to impart confidence in them. These sessions help them to identify and overcome their fears to lead life with confidence post cancer.

We helped

184

Survivors in the After Completion Therapy Clinic

COMMUNITY HEALTH EMPOWERMENT

CANCER PREVENTION & EARLY DETECTION PROGRAM

Data published by the 'National Institute of Cancer Prevention and Research' - India (NCPR) indicates one woman dies of cervical cancer every 8 minutes in India and, for every 2 women newly diagnosed with breast cancer, one woman dies.

Lack of access to well-organized and well-regulated cancer care systems further complicates the situation. Prevention and detection are two important components in the fight against cancer. With systematic preventive measures and timely detection, women can reduce their risk of cancer and improve their survivorship.

Our program aims to spread cancer awareness and educate people about the importance of early detection. We work in

partnership with the 'Indian Cancer Society' to conduct two-part camps for women in marginalized communities. The first part includes Cancer Awareness Talks where women are educated about the importance of Early Detection, and then we follow with Cancer Detection Camps where women are given the opportunity to undertake the following free tests: Complete Blood Count (CBC), Ear Nose Throat test (ENT), Pap Smear, Breast Examination and Chest X-Ray.

The talks help women gain knowledge about cancer while the camps provide them with an opportunity to be screened at no cost. Thus, we work towards motivating and empowering women to make informed choices about their health.



846
women attended



21
Cancer
Awareness Talks



458
women were
screened

at



9
Cancer Detection
Camps



COMMUNITY HEALTH EMPOWERMENT

TOBACCO CESSATION CLINIC

Tobacco Cessation Clinic, Tata Memorial Centre, Mumbai

According to the World Health Organization, oral cancer is one of the most common forms of cancer in India. 130,000 people succumb to oral cancer in India annually. The reason for this high prevalence of oral cancer is primarily tobacco consumed in the form of smoking, gutka, quid, snuff or misri.

Committed towards the cause of cancer awareness, this year, we joined hands with the Preventive Oncology Department at the Tata Memorial Centre – Mumbai. Our Patient Guidance Coordinator counsels participants coming to the Tobacco Cessation Clinic (TCC) on how to quit tobacco by explaining the detriments of tobacco consumption using various examples and suggestions for adopting alternative solutions to end the habit.

321
individuals counseled in
Tobacco Cessation Clinic

COMMUNITY HEALTH EMPOWERMENT

NOURISHMENT PROGRAM

Better Health for Women & Children

As reported by UNICEF, more than one-third of the world's malnourished population lives in India. Inadequate care of women, especially during pregnancy, results in low-birth weight and the birth of babies who are more vulnerable to diseases and infections.

In collaboration with the Central Government's 'Integrated Child Development Services' (ICDS) Scheme, we conduct Nourishment Programs in the Dharavi and Chembur areas of Mumbai.

In order to help more families live healthier lives, we provide nourishment education to pregnant mothers with topics that include nourishment, nutrition, breastfeeding, immunizations, and family planning.

Our goal is to provide pregnant women with effective education concerning their health and the health of their unborn babies in order to reduce the number of children that suffer from malnutrition and stunted growth.

 **438**
pregnant women reached

Our Coordinators were able to reach **88%** of women from the intervention areas



A
B
C

7
camps were held

184
children enrolled

EDUCATION ASSISTANCE

EDUCATION ENRICHMENT PROGRAM

Underserved Children Benefit from Theme-Based Learning Sessions

The objective of this program is to provide supplemental education opportunities to underserved children. The focus is to enhance general knowledge of children through experiential learning. Fun-filled education camps were conducted with children from organizations like 'Ramakrishna Sarada Samiti' (RKSS) and 'Community Outreach Programme' (CORP) which helped them explore, discover and learn on their own which in turn boosts their self-esteem. The camps are held during Diwali and summer vacations.

“My 8-year old son had a great time in the camp. When he came home, I learned a lot about India from him.”

Savitri Patil, Mother



Partner	No. of children helped
Ramakrishna Sarada Samiti, Mumbai	25
Community Outreach Programme, Navi Mumbai & Thane	159
Gunvati Jagan Nath Kapoor Foundation, Amritsar	47
Total	231

EDUCATION ASSISTANCE

GUNVATI JAGAN NATH KAPOOR MERIT CUM MEANS SCHOLARSHIP

Equipping Students with Hands-on Learning

With an aim to support the development of young and bright minds, the Foundation established a scholarship program for students from the 'Institute of Chemical Technology', Mumbai.

This unique merit cum means scholarship program has been conceptualized to also build and nurture social responsibility in students. The students volunteer 80 hours per year of their time (alongside their academics) for community service. This helps students become socially sensitive and conscious citizens.

The Foundation partners with the city's leading NGOs to use their theoretical insights in order to steer change on the ground.



This year,
33
students of 'Institute of
Chemical Technology' were
chosen for the scholarship.

“It was a pleasure working with the GJK Foundation for the past four years for the betterment of cancer patients. The skill and knowledge I gained during my internship is priceless.”

Monil Shah,
Scholarship Recipient



EDUCATION ASSISTANCE

YOUTH LEADERS AS CHANGEMAKERS SCHOLARSHIP

More Young Change Makers to the Fore

The Scholarship Program with 'Guru Nanak Khalsa College', Mumbai and partner NGO, PUKAR, equips college students with knowledge and skills for research and participatory action so they can become change-makers in their community.

This is a unique process of knowledge creation through research from the lens of the youth. In the process of conducting research, students become critical thinkers, and conscious, assertive citizens. Some of them become leaders of their communities and thus are instrumental in bringing about a change in society.

“The scholarship has benefited me in many ways. I wish to thank GJK Foundation for this wonderful opportunity.”

Karishma Pandey,
Fellowship Recipient



This year,
26
students from 'Guru
Nanak Khalsa' College
were selected



FINANCIALS

Gunvati J. Kapoor Medical Relief Charitable Foundation is registered under FCRA Act 2010

FINANCIAL INFORMATION FOR THE YEAR ENDED 31ST MARCH 2018

PARTICULARS	VALUE RUPEES, IN LAKHS (31 ST MARCH 2018)
INCOME	
By Interest On Saving Bank Account and Fixed Deposits	5.10
By Donations in Cash or Kind	351.39
By Income from Other Sources	0.02
TOTAL INCOME	356.51
EXPENDITURE	
To Establishment Expenses	50.14
To Auditor Remuneration	0.85
To Depreciation	11.43
To Deficit on Sold of Fixed Assets	0.06
To Expenditure on Objects of the Trust	
(a) Educational	41.11
(b) Medical Relief	175.39
To Surplus	77.52
TOTAL EXPENDITURE	356.51

FINANCIAL INFORMATION AS ON 31ST MARCH 2018

PARTICULARS	VALUE RUPEES, IN LAKHS (AS ON 31 ST MARCH 2018)	
SOURCES OF FUNDS		
Corpus Funds Corpus Fund of the Trust		0.27
Other Earmarked Funds General Reserve Fund		21.65
Liabilities For Expenses		3.35
Income And Expenditure Account		
Balance as per Last Balance Sheet	88.65	166.17
Add Surplus	77.52	
TOTAL SOURCES OF FUNDS		191.45
APPLICATION OF FUNDS		
Fixed Assets		79.71
Investment Fixed Deposits in Bank		90.76
Current Assets		
Loan and Advances		3.08
Receivable		1.54
Cash and Bank Balances		16.35
TOTAL APPLICATION OF FUNDS		191.45

SUPPORT US

With your support, we can continue to make a difference. There are many ways in which you can help us help others.

100% OF YOUR DONATION GOES TO THE CAUSE

CONTACT US TO DONATE TODAY!

P: +91-22-2493 6981 / 2493 9214

E: contact@gjkapoor.org



You can volunteer



You can be a platelet donor



Your organization can offer internships for cancer survivors



You can donate

OPPORTUNITIES FOR FUNDING*

Rs 9000

Monthly low-cost accommodation for a patient

Rs 15,000

Emergency fund to start treatment for a patient

Rs 35,000

Cancer Detection Camp for 50 women

Rs 2,40,000

Stoma bags for 120 patients

Rs 3,96,000

Peripherally Inserted Central Catheter (PICC) kits for 36 patients

Rs 72,00,000

Percutaneous Transhepatic Biliary Drainage (PTBD) for 60 patients

*All donations made are eligible for tax exemption under Section 80G of the Income Tax Act, 1961. Cheques supporting our work should be drawn in favour of GUNVATI J Kapoor Medical Relief Charitable Foundation, 7A, Barodawala Mansion, 81, Dr. Annie Besant Road, Worli, Mumbai 400018

CANCER PATIENTS NEED MORE THAN JUST TREATMENT



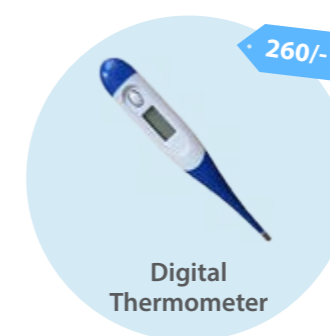
SUPPORT US

Donate Today
snapdeal.com/offers/gjkapoor

In the time of need, a simple and small donation, in cash or in-kind can bring a big smile on a cancer patient's face. A patient coming for treatment, leaving their comfortable life behind is in need of resources as meagre as a lunch box or a flask. These associated expenses are very crucial for treatment as it helps patients in various ways.

We are a registered organization with 'The Sunshine Project': A CSR initiative of e-commerce company 'Snapdeal'. You may buy anything from the selected range of products from the link provided.

The product is directly delivered to us by Snapdeal, which in turn is donated to a needy patient.





**GUNVATI JAGAN NATH
KAPOOR FOUNDATION**

**7A, Barodawala Mansion, 81,
Dr. Annie Besant Road, Worli,
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Photographs by Shanth Kumar