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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VISION

Strengthening opportunities and improving the overall quality of life of communities
ABOUT US

A YEAR OF ACHIEVEMENTS

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

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

The Foundation was also recognized by the ‘Centre for Advancement in Philanthropy’ for achieving a Certificate of Compliance.

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.

MAATRUTVA

Educates pregnant women from underserved communities about health care during pregnancy.

GUNVATI JAGAN NATH KAPOOR MERIT CUM MEANS SCHOLARSHIP

Builds and nurtures social responsibility in students from the Institute of Chemical Technology (ICT) by enabling them to volunteer for community work with NGOs.

GUNVATI JAGAN NATH KAPOOR YOUNG ACHIEVERS SCHOLARSHIP

Identifies and enhances the skills of needy students of G.N. Khalsa College by giving them hands on experience of working with partner organizations.
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.

HOSPITALS WHERE WE WORK

Since inception, we have helped patients 2,19,521 times

We have helped patients 90,762 times this year
CORE SERVICES

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 partner 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

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

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

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

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

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

We helped patients with
2,14,975 services this year
In order to reduce cancer related stressors, our Patient Guidance Coordinators direct patients to various departments hospital related resources where they can easily access treatment procedure information, diagnostic testings, medicines and other important aspects of treatment in and around hospital. This service is essential for all patients undergoing cancer care, and especially for patients traveling from outside Mumbai for treatment. It eliminates, the additional stress of attempting to navigate unfamiliar locations, and it allows patients the comfort of knowing that help is available.

This is the second most needed service for patients and their caregivers.
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.
FINANCIAL AID

We provide emergency financial assistance to patients of Breast and Gynaecology departments through our partnership with the ‘Jeet Association for Support to Cancer Patients’ (JASCAP). The Coordinators identify patients from underserved communities in need of emergency funding, the aid provided to them helps them to buy medicines and conduct preliminary tests.

This year we also provided Emergency Funding to needy patients from various departments of the Hospital.

FINANCIAL GUIDANCE

We guide patients to various financial resources by referring them to organizations and donors. We also provide patients with a resource directory especially curated by us which includes contact details of all the organizations working to help cancer patients.

Our Coordinators, 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.

All of these services allow patients to obtain critical medical treatment without the burden of dealing with their financial stressors alone.

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“I wouldn’t have been able to complete my wife’s treatment without GJK’s assistance. The GJK-Jascap fund for chemotherapy helped me immensely.”

Manoj Sharma

133 patients from various departments were provided financial aid

We provided Financial Guidance 21,797 times this year

Financial Aid & Guidance was the need of 10% patients we helped
We help cancer patients pay for housing during treatment through Indian Cancer Society and Dr. Ernest Borges Memorial Home in Mumbai. Our Coordinators, identify patients from underserved backgrounds and refer them to the above mentioned organizations for accommodation during treatment. On an average a patient is funded for 90 days while on treatment.

We also provide guidance to patients for accommodation resources while on treatment. Our Coordinators provide patients and their caregivers with various options available around the hospital area and inform them about criteria and documentation required to avail the facility.

Our services allow more patients and their families to get off of the streets and into safe, hygienic, and comfortable homes which is vital for patients during chemotherapy.
PATIENT GUIDANCE PROGRAM

CANCER EDUCATION

Our Patient Guidance Program Coordinators educate the on-treatment patients regarding the following aspects of treatment. This was the most needed service (33%) for the patients and their caregivers.

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.

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.

CHEMOTHERAPY

Patients are provided with information on aspects of chemotherapy such as side effects, precautionary measures, and proper hygiene which prepares them for upcoming chemotherapy cycles.

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.

We provided patients with Cancer Education

70,926 times

89% of patients from the ‘Head and Neck Medical Oncology Unit’ of the Tata Memorial Centre sustained their ideal weight with our intervention.
Our staff provides 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. These individual support sessions allow patients an opportunity to be heard and supported during a critical time of their lives. We focus on providing emotional support to improve the quality of life for both the patients and their families.

We also provide patients who have been deemed palliative with important information about available resources within the hospital.

This year, we actively advocated for patients 20,330 times.

Our Patient Guidance Coordinators, liaise with doctors, nurses and social workers on behalf of patients to ensure that they receive the required medical and supportive assistance they need.

We also identify and assess patients displaying signs of toxicity, who are in need of urgent medical care. Such cases are then referred to doctors for further intervention on an emergency basis.

This year, 5,802 support sessions were held to provide Emotional Support and Palliative Guidance to patients and their caregivers.
‘Save A Life’ is an attempt of Tata Memorial Centre (TMC), Gunvati 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 organise 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’ initiative allows more patients to focus on their treatment instead of worrying about how to obtain platelets when in need.

You can help too by registering as a platelet donor. For more information on this initiative, email: savealife@gjkapoor.org

Call: 9869122255

Patient guidance program

SAVE A LIFE: BLOOD PLATELET INITIATIVE

Platelet Awareness Drives were organized
2772 people attended the drives
719 new donors were enrolled
3640 platelets donations were facilitated
88% donations made this year were voluntary
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 providing them with much needed cancer related education.

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

**After Completion Therapy: Supporting Cancer Survivors**

Many cancer survivors experience psychological issues post treatment. Our Patient Guidance Coordinator work closely with the survivors in the ‘After Completion Therapy’ Clinic of Tata Memorial Hospital – 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.

**Patient Guidance Program**

**GROUP PATIENT INFORMATION SESSIONS**

137 Group Chemo Education Sessions were provided to 2971 patients of the ‘Adult and Breast Medical Oncology Units’ of Tata Memorial Centre

70 Patient Support Meets were arranged for 4,723 patients and caregivers in various departments

We helped 218 Survivors in the After Completion Therapy Clinic this year

66% of the survivors were guided about their diseases and importance of follow up
COMMUNITY HEALTH EMPOWERMENT

CANCER PREVENTION & EARLY DETECTION PROGRAM

Committed towards the cause of cancer awareness, we work closely with the Preventive Oncology Department at the Tata Memorial Centre – Mumbai. Our Patient Guidance Program 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.

- **1717** Counselling in Tobacco Cessation Clinic
- **74** Health talks were conducted with **1121** participants in the department
The program aims to educate pregnant women from low socio-economic backgrounds about health care during pregnancy and thus encouraging health-seeking behaviour in them for safe deliveries.

In order to help pregnant women deliver safely (Delivery in Hospital), we provide health talks to pregnant mothers with topics that include ‘Care & Nutrition,’ ‘Breastfeeding,’ ‘Immunization,’ and ‘Family Planning’.

Our Community Service Coordinators, motivate women to go for regular Antenatal Care (ANC) Visits, Medical tests during the time of their pregnancy by rigorous follow up with every registered woman with us.

Special efforts are made by our coordinators, to encourage women to register themselves in the Hospital within their first trimester.

“...I feel good every time the team visits me. Through GJK’s sessions, I got to learn about the vitamins and tablets that are needed to be taken during pregnancy. I got to learn how to properly breastfeed. They regularly motivate me to go for my ANC visits...”

Kalpana Krishna Kale

We reached
564 pregnant women from Thakkar Bappa and Vatsalatai Nagar areas of Chembur this year

33% pregnant women registered themselves in the Hospital due to our intervention

749 ANC visits were made possible by the women due to our intervention

226 successful Tetanus Toxoid shots were taken by the women because of our regular follow ups
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 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 to become socially sensitive and conscious citizens.

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

This year, 34 students from the ‘Institute of Chemical Technology’ were selected to receive scholarships.
I got to work in the ‘Patient Guidance Program’ where I learned about cancer and treatment modalities. Patient would come and thank me for helping and supporting them. For me this was a great opportunity to give back to the society.

Shah Nagna

Education Assistance

Gunvati Jagan Nath Kapoor Young Achievers Scholarship

This Scholarship can be availed by any passionate student of G.N. Khalsa College. The Scholarship is directed towards providing students with an opportunity to enhance their existing skills and become ready for the professional world. The selected candidates undertake various tasks with a Not for Profit organization which also helps them build their social sensibility and consciousness.

- The students were provided internships in the following areas:
  - Data Management
  - Program Management
  - Social Marketing
  - Social Media Management

- The following training sessions were conducted for the selected students:
  - Microsoft Excel
  - Emotional Intelligence
  - Leadership and Team-work
  - Presentation Skills

This year, 18 students successfully completed the program.
**FINANCIAL INFORMATION**  
**FOR THE YEAR ENDED 31ST MARCH 2019**

<table>
<thead>
<tr>
<th>PARTICULARS</th>
<th>VALUE RUPEES, IN LAKHS (31ST MARCH 2019)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCOME</strong></td>
<td></td>
</tr>
<tr>
<td>By Interest</td>
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<tr>
<td>On Saving Bank Account and Fixed Deposits</td>
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<tr>
<td>By Donations in Cash or Kind</td>
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<td>By Surplus on Sold Of Fixed Assets</td>
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<tr>
<td>By Deficit</td>
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<tr>
<td><strong>Total Income</strong></td>
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<td><strong>EXPENDITURE</strong></td>
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<td>To Establishment Expenses</td>
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<td>To Auditor Remuneration</td>
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<tr>
<td>To Depreciation</td>
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<td>To Expenditure on Objects of the Trust</td>
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<tr>
<td>(a) Educational</td>
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<tr>
<td>(b) Medical Relief</td>
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<td>(c) Community Program</td>
<td>29.44</td>
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<tr>
<td>(d) Other Object of the Trust</td>
<td>12.70</td>
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<tr>
<td><strong>Total Expenditure</strong></td>
<td><strong>292.61</strong></td>
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</table>

Gunvati J. Kapoor Medical Relief Charitable Foundation is registered under FCRA Act 2010
# FINANCIAL INFORMATION
## AS ON 31ST MARCH 2019

<table>
<thead>
<tr>
<th>PARTICULARS</th>
<th>VALUE RUPEES, IN LAKHS (AS ON 31ST MARCH 2019)</th>
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<tbody>
<tr>
<td><strong>SOURCES OF FUNDS</strong></td>
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<td>Corpus Funds</td>
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<td>Corpus Fund of the Trust</td>
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<td>Other Earmarked Funds</td>
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<td>General Reserve Fund</td>
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<td><strong>Liabilities</strong></td>
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<td>For Expenses</td>
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<td><strong>Income And Expenditure Account</strong></td>
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<td>Balance as per Last Balance Sheet</td>
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<tr>
<td>Less :- Deficit</td>
<td>20.64</td>
</tr>
<tr>
<td><strong>TOTAL SOURCES OF FUNDS</strong></td>
<td>169.99</td>
</tr>
</tbody>
</table>

| **APPLICATION OF FUNDS**              |                                               |
| Fixed Assets                          | 72.21                                         |
| Investment                             |                                               |
| Fixed Deposits in Bank                | 82.77                                         |
| Current Assets                         |                                               |
| Loan and Advances                     | 2.68                                          |
| Receivable                            | 3.15                                          |
| Cash and Bank Balances                | 9.18                                          |
| **TOTAL APPLICATION OF FUNDS**        | 169.99                                        |
SUPPORT US

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

- 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 cancer patient

Rs 15,000
Emergency fund to start treatment for a cancer patient

Rs 67,000
Cancer Detection Camp for 100 women

Rs 2,40,000
Stoma bags for 120 cancer patients

Rs 3,96,000
Peripherally Inserted Central Catheter (PICC) kits for 36 cancer patients

Rs 72,00,000
Percutaneous Transhepatic Biliary Drainage (PTBD) for 60 cancer patients
Gratitude – for the opportunity to serve our communities

Understanding – the communities we serve

Nurturing – our communities to aid in their growth and flourishment

Virtuous – in our support of valuable and significant causes

Accountable – for our actions and commitments

Transparent – in our practices

Integrity – and adherence to the highest ethical principles and practices
Gunvati Jagan Nath Kapoor Foundation

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Photographs by Shanth Kumar