



GUNVATI JAGAN NATH  
KAPOOR FOUNDATION

ANNUAL REPORT  
2018 - 2019



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

# TABLE OF CONTENTS

**ABOUT US 01**

## **PATIENT GUIDANCE PROGRAM**

Hospitals Where We Work	02
Core Services	03
Directing Patients to Hospital Related Resources	04
Documentation Assistance	05
Financial Aid & Guidance	06
Accommodation Aid & Guidance	07
Cancer Education	08
Patient Advocates	09
Individual Patient Support Sessions	09
Save a Life: Blood Platelet Initiative	10
Patient Information Sessions	11

## **COMMUNITY HEALTH EMPOWERMENT**

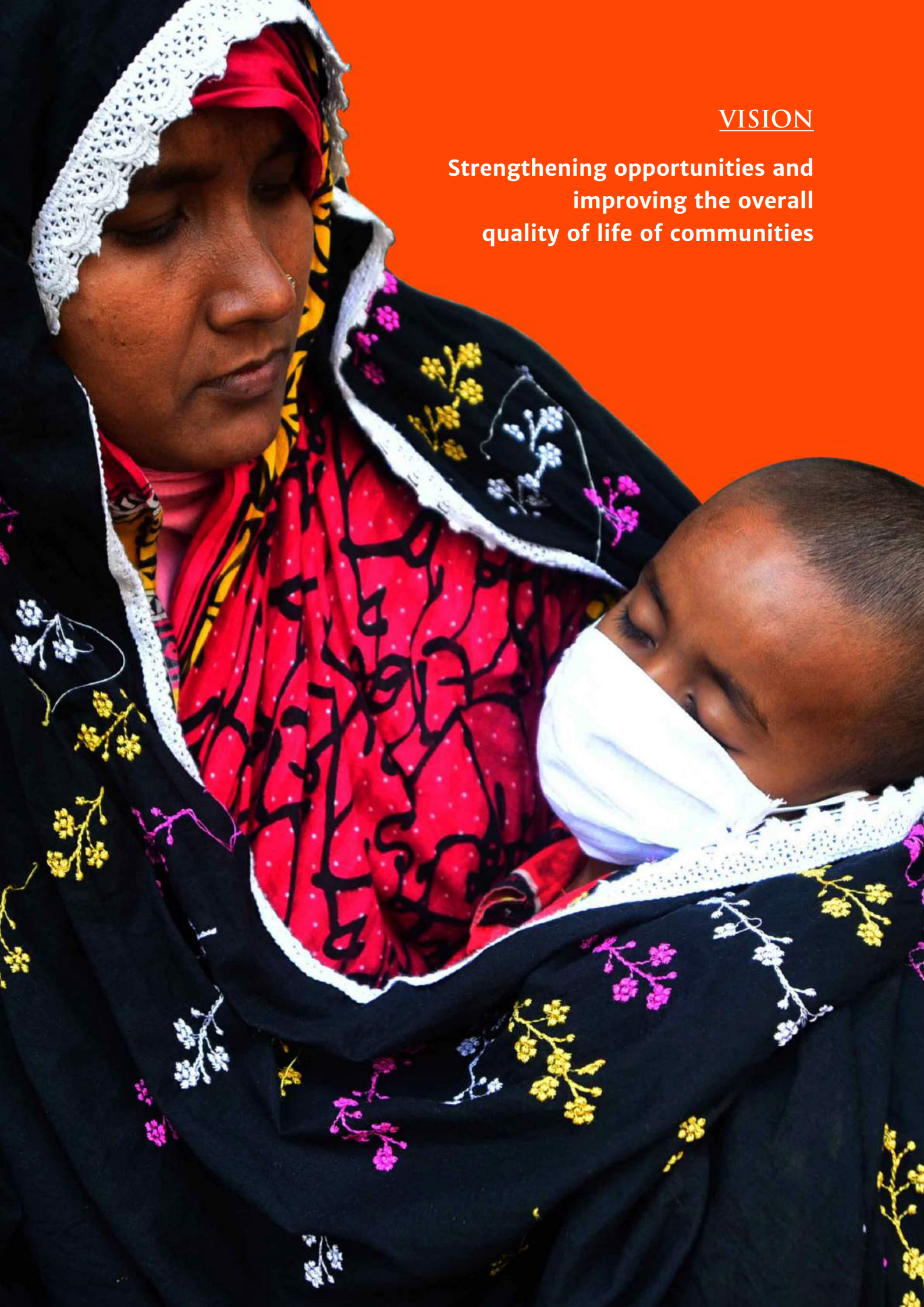
Cancer Prevention & Early Detection Program	12
Maatrutva	13

## **EDUCATION ASSISTANCE**

Gunvati Jagan Nath Kapoor Merit Cum Means Scholarship	14
Gunvati Jagan Nath Kapoor Young Achievers Scholarship	15

**FINANCIALS 16**

**SUPPORT US 18**



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

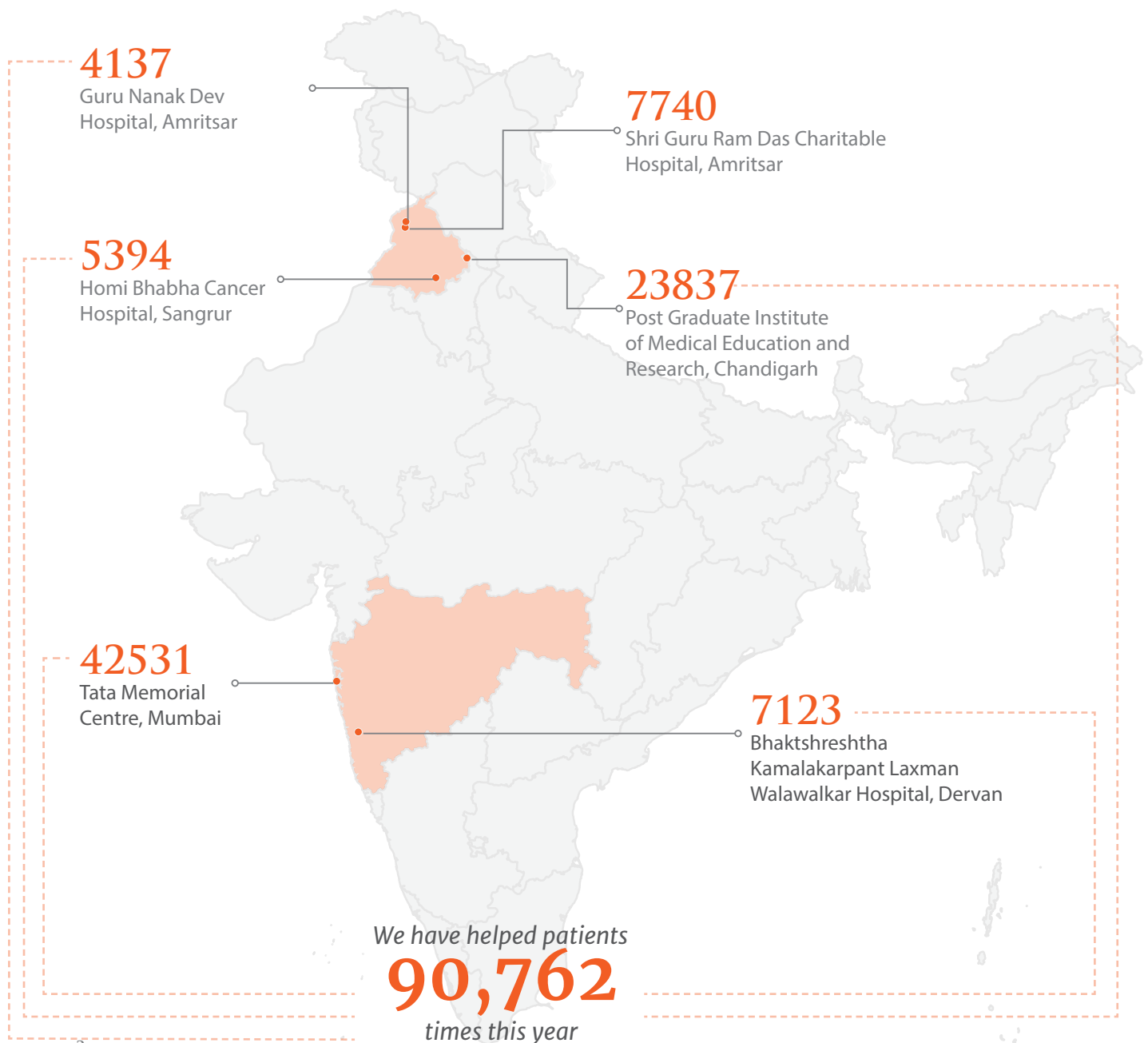
Since inception, we have helped patients

**2,19,521**  
times

## *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



# 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 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



## 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



## INDIVIDUAL PATIENT SUPPORT SESSIONS

Empathizing and motivating patients to sustain treatment and utilize available resources



## 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

We helped patients with

**2,14,975**

services this year

PATIENT GUIDANCE PROGRAM

# DIRECTING PATIENTS TO HOSPITAL RELATED RESOURCES

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.

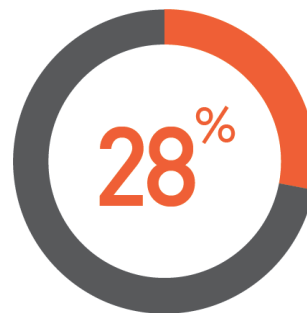


We directed patients to hospital related resources

**59,601**  
times

Directing patients to hospital related resources was the need of

**28%**  
patients we helped



- DPHR
- Other Services







We helped patients with Documentation Assistance

**31,279**  
times

Documentation Assistance was the need of

**15%**  
patients we helped

#### PATIENT GUIDANCE PROGRAM

## DOCUMENTATION ASSISTANCE

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.



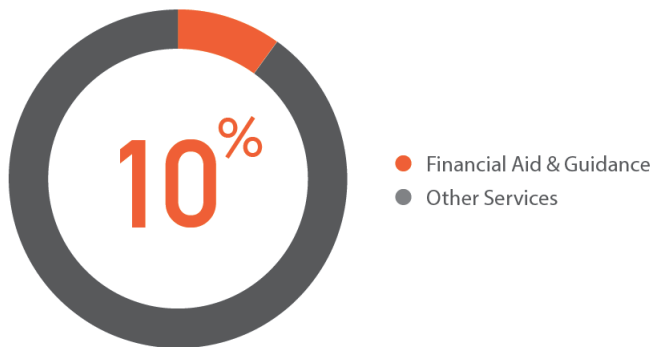
- Documentation Assistant
- Other Services

# FINANCIAL AID & GUIDANCE

## 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.



“ 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

## 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.

An infographic box with an orange background. At the top left is an icon of a hand holding a coin with a rupee symbol. Below it is the number '133' in large orange font, followed by the text 'patients from various departments were provided financial aid'. Below that is the text 'We provided Financial Guidance' followed by the number '21,797' in large orange font and 'times this year'. At the bottom is the text 'Financial Aid & Guidance was the need of' followed by '10%' in large orange font and 'patients we helped'.



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



We provided  
Accommodation  
Guidance

**4,970**  
times

**6,909**  
days of  
accommodation  
were provided to

**230**  
patients

## PATIENT GUIDANCE PROGRAM

# ACCOMMODATION AID & GUIDANCE

## ACCOMMODATION AID

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.

## ACCOMMODATION GUIDANCE

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.vv

#### 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

PATIENT GUIDANCE PROGRAM

# PATIENT ADVOCATES

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,  
We actively advocated  
for patients*

**20,330**  
times

PATIENT GUIDANCE PROGRAM

# INDIVIDUAL PATIENT SUPPORT SESSIONS

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,*

**5,802**

*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

'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](mailto:savealife@gjkapoor.org)  
Call: 9869122255



**18**

*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*





## PATIENT GUIDANCE PROGRAM

# GROUP PATIENT INFORMATION SESSIONS

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.

# 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

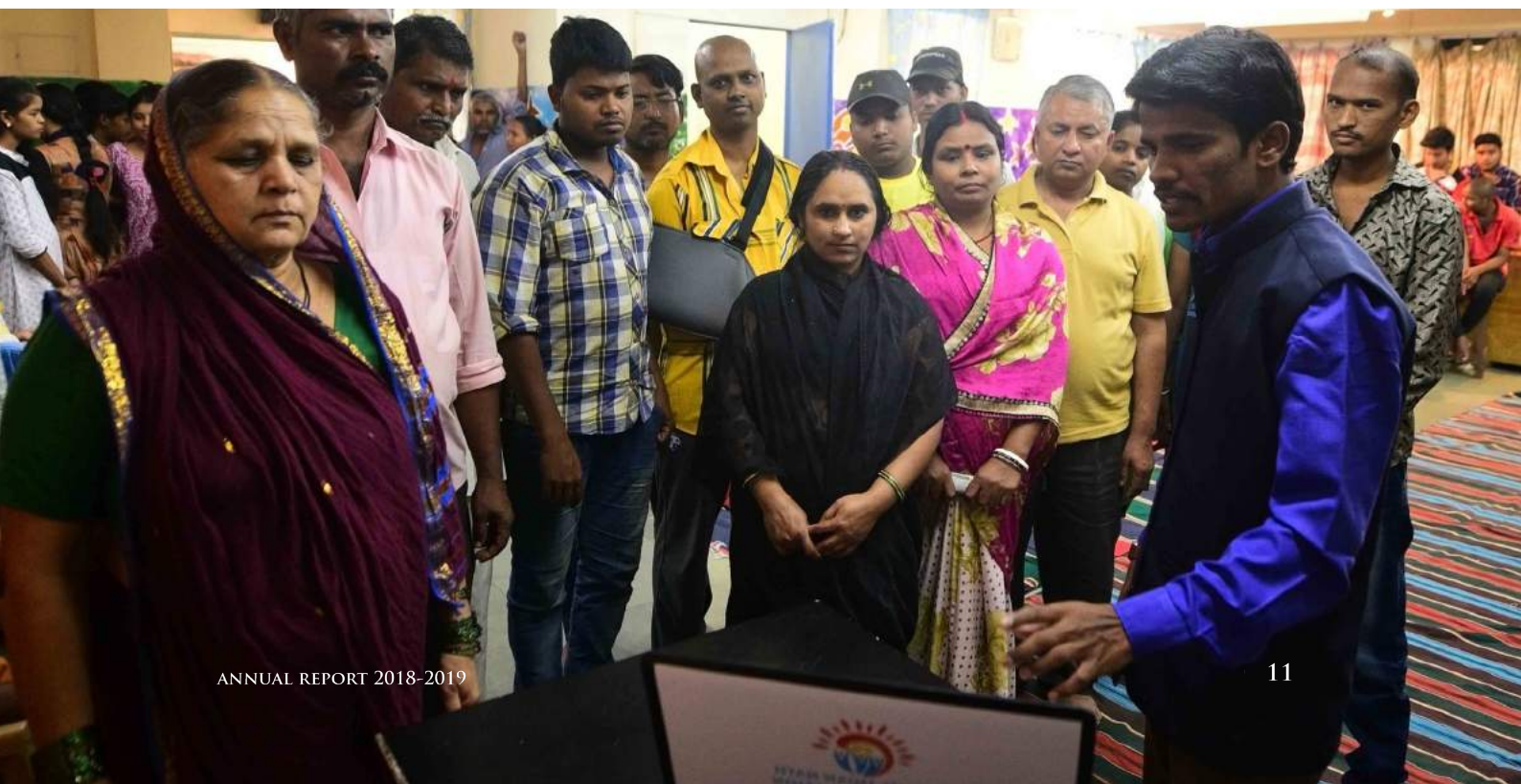
patients and caregivers in various departments

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



**1717**

*Counselled in Tobacco  
Cessation Clinic*

**74**

*health talks were  
conducted with*

**1121**

*participants in the  
department*

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.





## COMMUNITY HEALTH EMPOWERMENT

# MAATRUTVA

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.



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

“ 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



# EDUCATION ASSISTANCE

## GUNVATI JAGAN NATH KAPOOR MERIT CUM MEANS SCHOLARSHIP

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*





## 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

“ 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



This year,

**18**

students successfully  
completed the program

# FINANCIALS

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

## FINANCIAL INFORMATION FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2019

PARTICULARS	VALUE RUPEES, IN LAKHS (31ST MARCH 2019)
<b>INCOME</b>	
<b>By Interest</b> On Saving Bank Account and Fixed Deposits	8.84
<b>By Donations in Cash or Kind</b>	262.96
<b>By Surplus on Sold Of Fixed Assets</b>	0.17
<b>By Deficit</b>	20.64
<b>TOTAL INCOME</b>	<b>292.61</b>
<b>EXPENDITURE</b>	
<b>To Establishment Expenses</b>	43.50
<b>To Auditor Remuneration</b>	1.73
<b>To Depreciation</b>	10.02
<b>To Expenditure on Objects of the Trust</b>	
(a) Educational	47.80
(b) Medical Relief	147.42
(c) Community Program	29.44
(d) Other Object of the Trust	12.70
<b>TOTAL EXPENDITURE</b>	<b>292.61</b>

**FINANCIAL INFORMATION**  
AS ON 31<sup>ST</sup> MARCH 2019

PARTICULARS	VALUE RUPEES, IN LAKHS (AS ON 31ST MARCH 2019)	
<b>SOURCES OF FUNDS</b>		
<b>Corpus Funds</b>		
Corpus Fund of the Trust		0.27
<b>Other Earmarked Funds</b>		
General Reserve Fund		21.65
<b>Liabilities</b>		
For Expenses		2.54
<b>Income And Expenditure Account</b>		
Balance as per Last Balance Sheet	166.17	
Less :- Deficit	20.64	145.53
<b>TOTAL SOURCES OF FUNDS</b>		<b>169.99</b>
<b>APPLICATION OF FUNDS</b>		
<b>Fixed Assets</b>		72.21
<b>Investment</b>		
Fixed Deposits in Bank		82.77
<b>Current Assets</b>		
Loan and Advances		2.68
Receivable		3.15
Cash and Bank Balances		9.18
<b>TOTAL APPLICATION OF FUNDS</b>		<b>169.99</b>

# 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



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



**G**ratITUDE – for the opportunity to serve our communities

**U**nderstanding – the communities we serve

**N**urturing – our communities to aid in their growth and flourishing

**V**irtuous – in our support of valuable and significant causes

**A**ccountable – for our actions and commitments

**T**ransparent – in our practices

**I**ntegrity – and adherence to the highest ethical principles and practices



GUNVATI JAGAN NATH  
KAPOOR FOUNDATION

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Photographs by Shanth Kumar