

# Activity Report 2020-21



**Apna Ghar**  
Transit Homes



**India Health Partners**  
Initiative Supported Under INTAS CSR



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# Apna Ghar

Apna Ghar (Transit Home) intervention is supported by India Health Partners, a CSR initiative of Intas to provide hygienic accommodation, food and local transit assistance to patients suffering with cancer and other chronic conditions.

A consultative study extensively covering various government and private hospitals, doctors, diagnostic labs, pharmacies and NGOs in 33 districts

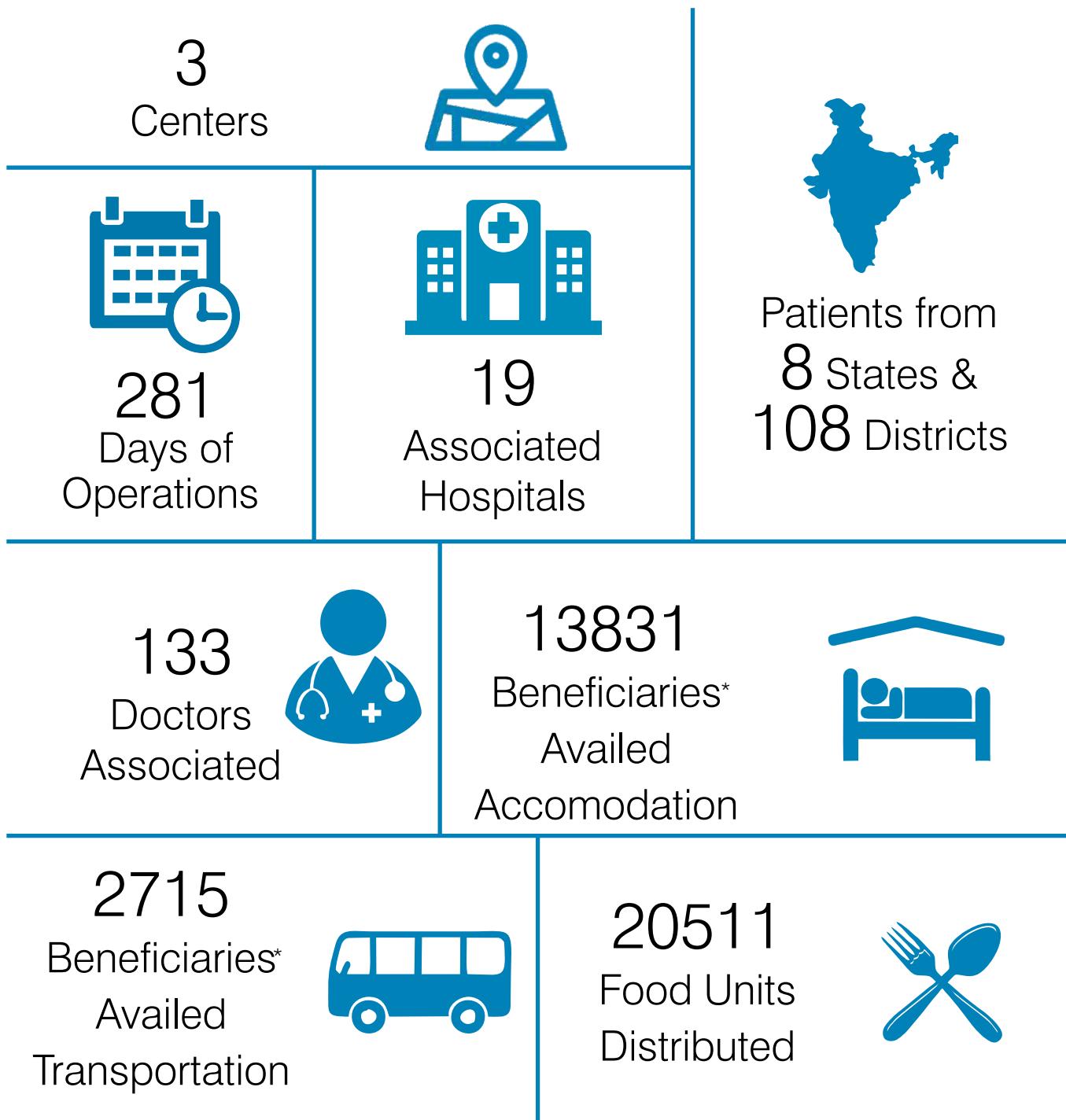
of Gujarat found that accommodation, food, local transport, and guidance are some of the concerns of patients while visiting major cities for advanced treatment.

Based on the evidence, fully hygienic facilities are developed at 3 cities in Gujarat-Ahmedabad, Rajkot and Surat. Each facility is managed by dedicated team under the supervision of qualified Social Worker.

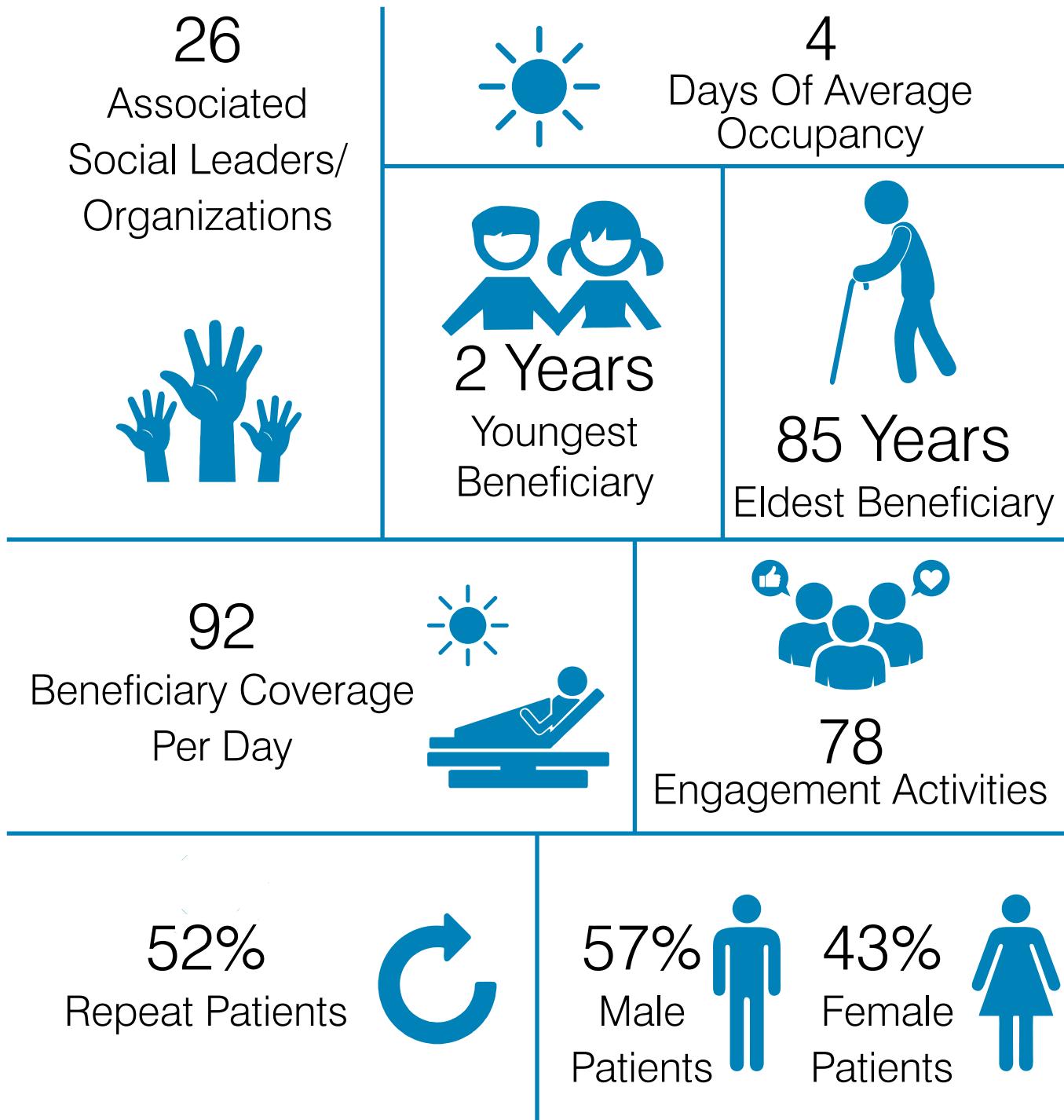
Midst Covid-19 pandemic and successive lockdowns, Apna Ghar has emerged as safe and hygienic place to stay for patients visiting from remote areas. The intervention has contributed to the treatment process by improving quality of life of patients and sustained response to treatment process. Treating doctors appreciated the intervention and dubbed it as long due for overall wellbeing of patients.



# Impact



\*Cumulative Beneficiaries.



# Awareness Activities

## Health & Hygiene

Pandemic a severe health hazard impacted patients and their families. Patients with comorbid conditions are highly vulnerable to the virus. Good hygiene practice is one assured way to rescue oneself. According to WHO, good hygiene, social distancing and wearing mask is vital. A session was on "Health & Hygiene" conducted at Ahmedabad & Rajkot Centres. Importance of hygiene and how to keep good hygiene was discussed. At Ahmedabad the session was conducted by Ms. Vanita Vaghela from "Sanjeevani life beyond cancer" where patients and care givers from Rajkot connected online.



## Financial Planning

Finance is most critical resource for patients to continue treatment. When a key person of the family is affected by cancer, the entire family gets into trouble to manage resources. A session was conducted at Ahmedabad by Mr. Rahul Paswan- motivational speaker and finance expert. He shared information about short term and long-term saving schemes. He also shared how small savings can be of great financial help in case of detection of any disease like cancer. Information about various government schemes were also shared with patients and guidance was provided to take benefit of these schemes.



## Mental Health

Chronic conditions such as cancer cause severe mental stress and leads to depression. The recent pandemic has added to the stress levels of cancer patients and their families. It is very important to take care of mental health as well. A session on "Mental Health" was organized at Surat. The session was conducted by Ms. Preeti Joshi, trustee of KRDF (Kinetic Rural Development Foundation– Surat) People generally don't care about mental health and are unaware of its symptoms, she said. Techniques to reduce mental stress and regular exercise, prayers, music were emphasised in her talk.

One more such session was conducted by Mr. Bharat Shah. Children were also invited as guests. Gift hampers were distributed



Chairman of Manav Seva Sangh, Surat. Mr. Vivek Godhani- Managing Director of Godhani Infotech & Mr. Rashmin- Administrator of Ca-

to all participants.

Two such sessions were also organized at Ahmedabad, one by Indian Red Cross Society Gujarat branch and another by STC club.

## Nutrition

Eating the right kind of food during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes the foods and liquids that have important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs. Accordingly, a session on "Nutrition" was organized at Rajkot. The session was conducted by Mr. Rashmin- Manager at Cankids. He is working for paediatric cancer patients. He shared the details of type of food beneficial for patients during cancer treatment. Two such sessions were also organized at Ahmedabad by Ms. Krishna Mali from Sanjeevani.



## Motivational Session

Mr. Arvind Tejani- Chairman of Lions Cancer Detection Centre (LCDC) along with Mr. Vivek Admin Manager (LCDC) organized this session. Mr. Bhupendra, Dr. Sanjay & Mr. Dhirubhai of LCDC were invited for the session. Patients and care givers at Ahmedabad & Rajkot location also joined the session online. Mr. Tejani shared that patients suffering from cancer should keep their will power strong to defeat cancer. Dr. Sanjay also interacted with the patients and answered their queries. At the end of the session guests distributed blankets to all patients.

Garima Sansthan charitable trust, Surat also organized one such



motivational session. Ms. Jagruti Lakadavalala Chairperson & Ms. Geeta Sinde-Vice Chairperson of Garima Sansthan interacted with

residents of Apna Ghar and appreciated them the way they are facing this difficult situation. Paediatric patients were given fruits and books kit.

## Power Of Subconscious Mind

The imaginative power of a human has the big advantage of sourcing his/her own depth leading to first-hand experiencing. Such experiences have a potential to make a deep impact that can be instrumental to the process of healing. Session on "Power of subconscious mind" was conducted by Ms. Manjusha & Ms. Bindia from "Sanjeevani life beyond cancer" at Surat. It was explained that apart from nutritious food, treatment and yoga, positive thinking plays an important role. "Before undergoing any kind of treatment, think about the reasons the treatment is likely to help", said Ms Manjusha.



## International Childhood Cancer Day

International Childhood Cancer Day (ICCD) is a global collaborative campaign to raise awareness about childhood cancer and to express support for children and adolescents with cancer, the survivors and their families. ICCD is observed on 15<sup>th</sup> February. India is home to about 20% of all childhood cancer in the world. According to World Health Organization, about 75,000 children get cancer in India every year. On this day drawing competition was organized at Appna Ghar where children participated and thoroughly enjoyed the day.



## World Water Day

Awareness session was organized on World Water Day observed on 22<sup>nd</sup> March that highlights the importance of fresh water. Only 1-2% of water on earth is suitable for human use. With the increasing number of areas in India facing water crisis, it has become important to stop water wastage. Session was conducted by Ms. Neelam- Counsellor Ahmedabad Appna Ghar. She shared small measures to save and conserve water in our daily routine. Also it was shared that individual efforts made in this field can provide impressive results. Participants expressed their views in the form of paintings.



## Doctor's Session

Dr. Umang Parikh- Radiologist organized a session for patients at Ahmedabad Apna Ghar. He explained about radiation therapy in different types of cancer, its importance, dosage etc. He emphasised on proper and regular treatment of cancer. In his session, information on various types of treatments and therapies was also shared. At the end of the session participants shared their treatment related issues. Dr. Parikh interacted with all patients on one to one basis, studied their case files. Patients found interactive session with Dr. Parikh very useful.



## Skill Development

Skill development is a process of identifying your skill gap and ensuring you develop these skills. Mr. Neel Mankodi- Project Associate Rajkot organized this session focusing on how to identify hidden talent and skills in each one of us. Once we know our skill sets, we can work on its improvement and can get unbelievable results. The aim of this session for cancer patients and their care givers was to make them explore sustainable means of living. Apna Ghar is a platform for patients to follow their passion and use their time efficiently during their stay here.



## Winning Attitude

Session was conducted by Mr. Suraj Gadhvi- Counsellor Apna Ghar. He shared that winning isn't everything. He mentioned that winning is actually learning from failures at each step of life. If we have learning attitude, we can get most out of any situation in life and can improvise. If you don't see yourself as winner, then you cannot perform as a winner. Patients were motivated to face difficult situations in life with positive attitude. He shared that various studies conducted on patients revealed deep connection between patient's mental state and cancer survival.



## Experience Sharing

Apna Ghar family members keeps on sharing their life experiences. When patients share their experiences, it often reminds them that there are others who are going through a similar pain. It promotes connection with other patients, and uplifts the sharer and the listener. Sometimes such experiences motivate others to deal with difficult times. Similarly, experiences shared at Apna Ghar motivates others to fight cancer and live each and every single moment of life with hope and happiness. This encourages others to be strong in difficult times, stay positive and fight against all odds.



# Celebrations

## Birthdays

Birthday celebrations at Apna Ghar brings in hope and happiness. Away from home, it generates a sense of belongingness, love and affection when all patients and their care givers come together to celebrate birthday of Apna Ghar member. During one of such celebration at Surat Dr. Ami Yagnik, Ms. Heena Shah-founder of Rockstar Group, Ms. Priti Shah- Trustee of KRDF (Kinetic Rural Development Foundation-Surat) was invited as guests. One of the famous musical group “Swaraangan” organized musical night for cancer patients, free of cost.



## Diwali

Patients celebrated Diwali at Apna Ghar as it was not possible for them to go home. Beautiful rangoli and lighting lamps enhanced entire atmosphere. “Rockstar Group” a music group at Surat also joined the celebration. There were almost 200 residents of Surat who are member of this group, working for people in need of shelter, food and clothes. Ms. Heena Shah, founder of Rockstar group visited Surat transit home on this day with other members. They crowned all cancer warriors and motivated them. Patients prepared festive food and sweets.



## Christmas & New Year

Christmas was celebrated at Surat transit home. Staff as 'Santa' surprised everyone. Santa Claus entering into patient's rooms, distributing chocolates and gifts made them happy. It was a day of sharing happiness and everyone enjoyed a lot. Also, new year eve was celebrated at all locations. Year 2020 was tough for everyone. On this day prayers were made that coming year brings good health and happiness for everyone. Patients spend quality time with each other and performed different acts of singing and dancing. Care givers collectively prepared food for all.



## Uttarayan

Uttarayan is one of the grandest and lovable festivals celebrated in Gujarat. As millions of kite enthusiasts pitch themselves at the rooftops, waves of flying kites overwhelm an otherwise deep blue sky. Same was the scenario at Apna Ghar. Patients enjoyed kite flying entire day. As patients were from different states with different traditions to celebrate this day, they shared their traditions and enjoyed a lot. Also, cancer patients and their caregivers collectively prepared sweets and celebrated this day and created long lasting memories.



## Republic Day

At all locations, Republic day celebration started with flag hoisting and sweets distribution. Apna Ghar family members actively participated and presented patriotic plays and songs. At Ahmedabad patients and their care givers presented an act on Indian patriotic heroes. For pediatric patients various games, drawing, art and craft activities were organized on this day that they enjoyed. Glimpses of unity in diversity was seen, where residents of different states, culture and religion came together for celebration.



## Women's Day

International Women's Day is celebrated on 8<sup>th</sup> March every year. Today's woman is multi-faceted; who takes care of the family as well as her aspirations. There are times when she falls prey to lifestyle diseases. Women health problems are on the rise partly because of a constant race against time and partly due to sheer ignorance. Patients at Surat Apna Ghar celebrated Women's Day. Female patients shared about their battle against cancer. Other patients also shared about emotional support and motivation they received from women in their lives during cancer treatment.



## Holi

Holi celebration carried with strict Corona guidelines issued by Government. Patients and care givers celebrated Holi with herbal colours and restricted usage of water. They performed various activities, prepared sweets and festive dinner and made this day memorable. "I never have enjoyed such Holi celebrations. I had so much fun and it was wonderful," said eleven-year-old Shailesh Verma from Palghar, who had to leave school after he was detected with cancer.



## Recreational Activities

### Yoga

Health is wealth. With this mantra, individuals staying at Apna Ghar are sensitized about importance of yoga. Many research studies support the idea that exercising during cancer treatment helps you feel better. Some of the documented benefits include: Reduced depression and anxiety. Increased energy and strength. At all locations, yoga sessions are conducted to educate patients with various asanas and techniques. Yoga enhances physical and emotional wellness and brings a peace. Yoga is now everyday morning routine at Apna Ghar and found beneficial.



## Art & Craft

Everyone of us is born with some qualities. Such qualities of cancer patients are fetched at Apna Ghar in various creativity sessions. During these sessions patients as per their interest are involved in various activities like paintings, origami, best out of waste etc. Such recreational activities give them platform to showcase their talent. Results of these activities are mesmerizing. After daily visits to treating hospitals these patients enjoy spending time in these creativity sessions. Apna Ghar provides all required material for such activities.



## Bhajan Sandhya

Cancer patients and their family when gathers at evenings, spend quality time with each other. At times, they also conduct prayers. One of such activity was organized at Ahmedabad transit home where patients organized "Bhajan Sandhya"(Evening Prayer). People following different religions came together on this day for prayers. Some of the patients also shared mythological stories and spiritual lessons behind it. Everyone offered prayers for wellbeing of the society.



## Games

Apna Ghar at each location is equipped with various indoor and outdoor games. Cancer patients and care givers as and when get time, use this facility. After hectic radiation sessions and regular hospital visits, they get refreshed while playing simple indoor games. Individuals of all age groups actively participates in such activities. Care givers find it refreshing to play games after such stressful situation they handle day in and day out.



## Movie Show

On regular basis movie shows are organized at Apna Ghar for patients and their care givers. Different types of movies with some messages are showcased at centres in evenings. Such sessions were found entertaining and at the same time motivational to become mentally and emotionally strong. Patients enjoys such shows and also suggests movies that they want to watch with other family members. Movie shows are organized keeping in view audience age group and interest.



# Community Support

## Clothes Distribution

Lions club of Surat distributed shawls to cancer patients at Surat location. On this day Mr. Sanjay & Ms. Mona of Lions club distributed shawls and interacted with patients. On new year eve founder of Rockstar Group Ms. Heena Shah also visited Surat transit home along with her family. They spent time with cancer patients and distributed woolens to them. Patients thanked Lions Club and Rockstar group for their kind gesture and spending time with them.



## Food Kit Distribution

Ms. Heena Shah Founder of Rockstar group distributed grocery kit to all patients at Surat. Ms. Heena is actively involved with cancer patients and interacts with them on regular basis. At "Apna Ghar" patients have well equipped kitchen facility to prepare their own food. From time to time sessions are organized to provide information about nutritious food.



# Response & Feedback

"Cancer patients of our hospital are truly benefitted by their comprehensive services including fully furnished accommodation, kitchen, Internet (Wi-Fi) etc. It is a boon for poor patients and their care givers. Many patients have appreciated their services before me. Most importantly it is located in the heart of the city and very near to our hospital. Staff is very cooperative and caring. They try to understand even small problems of the patient and solve it. I wish India Health Partners to continuously succeed in their selfless services."

**Dr. V.K.Gupta, Medical Director,  
Rajkot Cancer Society.**



"IHP came as a blessing in disguise for cancer patients coming to Rajkot from remote areas for Radiation therapy. Clean accommodation, hygienic food and cooperative staff gives a home away from home feeling for these patients who are already suffering from a chronic condition. I feel IHP's initiative greatly helps in improving the quality of life of the cancer patients. Best wishes and kudos to their efforts."

**Dr. Hemendra Mod, Oncologist  
Aruni Hospital, Rajkot**



"Intas pharma has struck on a real lacuna in the care of cancer patients during their research about need of patients during cancer treatment. Indian health partners is beautiful concept where needy cancer patients from outside the city can comfortably stay with dignity while on treatment at free of cost. The support that they get from each other and loving care of managers makes them bear the pain of treatment with smile. Also, food and transportation facility provided to them is a great help by IHP. I wish this centre all the best."

-Dr. Ami Yagnik General Surgeon



"Cancer brings unimaginable pain to the patient as well as to his/her family. Cancer Hospital Civil offers totally free chemotherapy as well as radiotherapy. The service rendered by IHP to a person suffering from such a disease is highly commendable, as it provides them additional support to continue their treatment. I personally visited Apna Ghar and found that they are maintaining proper hygiene. Its is very comfortable place for patients to stay during treatment."

Vivek Godhani, Managing Director  
Godhani Infotech, Surat



"Facility that IHP is providing to cancer patients and their caregivers is required during their fight with cancer. Hygienic environment, transportation facility and food, resulted in saving of patient's time and money. These facilities help them a lot during treatment. I got very good feedback from patients who availed Apna Ghar facility. Patients feel very comfortable and prefers to stay at Apna Ghar during their subsequent visit."

**Mr. Bharat Shah, Chairman Surat Manav Seva Sangh, (Chhayado), Surat.**



"Before I came to IHP, I used to pray to God, that Lord, I have no grief for the disease you have given me, but give me a clean, good environment so that I can fight this disease with determination, and maybe God listened my prayer and as a result I found "Apna Ghar" by India Health Partners. Staff here is very supportive. Counseling sessions provide us proper direction. I personally felt the positivity of Apna Ghar that is helping me in speedy recovery."

**- Ms. Darshana Chauhan,  
Cancer patient.**



"I got all facilities during my stay and felt like home. I am really impressed with services provided by India Health Partners to cancer patients like me. They allowed my parents also to stay with me during treatment process. As we were from Dhar district in Madhya Pradesh, Ahmedabad was totally new for us. But at Apna Ghar we got all necessary guidance and support."

**Kirtiraj Mahendrasing Rathod,**  
Kirtiraj donated Rs.1000 to IHP.



"I came to Ahmedabad from Kuttchh for cancer treatment. We were fortunate enough that we got accommodation at IHP. Apart from treatment cost it was very difficult for me to bear accommodation, food and transportation expenses. India Health Partners extended helping hand because of which I was able to continue my treatment. We were as comfortable here as we feel at our home. Thanks to IHP."

– **Babubhai Maganbhai Rajput.**

Babubhai sponsored food for other patients worth Rs.5000.



"I along with my wife stayed here for 30 days during my cancer treatment. We felt secure and safe here. Facilities provided here are best and staff is also very helpful. I would recommend IHP to other patients coming for treatment. This is a great service to mankind. During my stay I got personal counseling and necessary guidance, as and when required."

– Mr. Jayanti Vala (Cancer patient).

Mr. Jayanti Vala donated television for "Apna Ghar", Rajkot.



"I am resident of Gigasan gam (Amreli district) and earn my living by agriculture. My son Sanjay, was detected cancer and we came to Ahmedabad for treatment. We were worried about accommodation charges and other expenses during treatment, then we came to know about IHP. We thank IHP for providing clean and neat accommodation facility and other services. Subsequent to treatment, now Sanjay is back to his hometown. Today, I came to IHP to give my love in the form of grains that are grown in my fields."

- Madhabhai (Father of cancer patient)





# IHP Transit Homes

## Ahmedabad

IHP, 21 Ashishnagar Society, Above Bank Of Baroda, Opp. Puja Hospital, Meghaninagar, Ahmedabad -380016.

📞 98700 39657

## Rajkot

IHP, Shankarnagar Main Road, Amarnath Plot, Nr.BAPS Swaminarayan Mandir , Opp. Rahiya Rd, Rajkot-360005.

📞 98700 39658

## Surat

IHP, 22 & 22A, Girdhardwar Society, B/h IT MAC Centre, Near Bread liner Circle, Panas- Althan Rd, Surat-395017.

📞 98700 39656