



## A BRIEF REPORT ON ACTIVITIES OF D.S.L.TRUST<sup>®</sup> SHARANYA.

D.S.L.Trust<sup>®</sup>, Shivamogga is established in the year 2002. The Main aim and object is to **Serve The Needy People Of The Society By Addressing The Chronic Issues Of Health**. It is a pledge of the Trust that service to humanity should be pure charitable and no expectation from the beneficiaries.

In view of the above, during the year 2004 the Trust decided to take up the very humanitarian project of Sharanya – Serving of Advanced and critically ill patients of different disease like Cancer, Fully paralyzed patients with Neuro issues and many other chronic patients.

At the outset it is very true that taking care of such patients is highly difficult and challenging. In order to establish a very systematic approach the project Sharanya took a long duration to setup Hospice and Palliative Care Center.

During the year 2010-11 onwards Sharanya started taking care of such patients by Hospice and Palliative care method.



More effort is being put to accomplish the objects of palliative care, such as

- To provide a dignified remaining days of Journey
- Strive to provide a better environment for the patient during the last days.
- Compassion
- Required possible medical care
- Psychological and Spiritual support
- Social Care

This total caring of a patient is put in practice by D.S.L.Trust through project SHARANYA in a phased manner,

- Visiting oncology and other Hospitals and provide continuous counseling to patients.
- Home Visits of Patients and provide care with a team of Doctors and Nurses
- Hospice care center set up.

“SHARANYA” is a **care centre for advanced, incurable and life limiting stages of diseases like Cancer, Fully Paralysed Patients**. It is one of the projects of D.S.L TRUST ®, Shimoga , Karnataka State rendering its services on Patients from the year 2004 through the project SHARANYA. In particular cancer patients will have common symptoms like pain, weakness, sleeplessness, loss of appetite, constipation and Nausea. Apart from the above, many will suffer from loneliness, social stigma, negligence from the family. Compassion is a rare and with many a times no care takers in the patient house. With all this there may be social and family problems which have to be attended by patient only. Once the pain and other distressing symptoms are under control, the patient is in better spirits and is encouraged to eat normal food, walk around and return to normal activities as soon as possible.

An advanced cancer patient getting proper care, compassion and comfortableness is very difficult for the reason,

1. The main point of worry in the cancer is that when it is detected, it would have already reached an advanced stage and the possibility of complete cure is remote. Moreover, the treatment is so costly that the patient and his relatives get financially and mentally exhausted.
2. Generally an advanced cancer patient will have pain, weakness and sufferings. He/She will not be in a position to go to a medical practitioner, wait for their appointment. On the other hand nowadays doctors visiting to patient house is also difficult.
3. It is still miserable in rural and interior places of villages to get medical advice and service for such advanced patients of Cancer.
4. A grave situation despairs heavy wealth, a true love and affection being a rare community in some families often pushes them in serious loneliness, depression and suicidal

tendencies. Some are without children's, some are deserted by their own children really find a great difficulty in coping disgusted at their fate in the terminal part of life journey in a state of turmoil.

On the other hand, now-a-days society has become very busy and mechanical so that every minute is scheduled in winning the race with time and money. When they do not have time to think of themselves, how one can expect love, compassion and patience to care for such advanced ill patients. In reality there are many instances of the above situation for which society is helpless.

In this crucial situation "**SHARANYA**" is lending its hand to provide Nursing Care, Consolement, Shelter and Spiritual Support. We encourage and bring down the despondency. **All facilities for the patient are FREE, including Food, Stay and Accommodation.** There is facility for one relative to stay with the patient and gets free accommodation with free food. Sharanya provides total care for a patient with Hospice and Palliative Care methods. An effort is made to control the symptoms of the disease. A compassion atmosphere will develop a strong confidence to face the situation. Periodical counseling is made such that the patient finishes unfinished/incomplete work for the wellbeing of the family. Family members are also given separate counseling on the disease and its effects along with steps to be taken to overcome the situation.

Patients come in pain, anger, fear and frustration. They hate their helplessness. They regret that they are burden on others. When palliative care takes over, earnest efforts are made to manage pain and control debilitating symptoms. Diversional activities like art, music, meditation and cultural play an important and complimentary role in palliative care. Daily bathing, cleanliness, dressing of wounds, feeding, medication taking for a walk, recreation, counseling etc. are carried out on a routine basis.

A proper care given to such patients will give cheerful days. An effort made to control pain and suffering, hygiene and dignified living during such advanced condition may be experienced as quoted. As the total service for such Advanced ill patients is free and the project is also big which involves huge source of funds for construction of buildings/shelter and continuous recurring expenses for maintenance, care, food and salaries etc. This gap of funds has to be fulfilled only by Public Donation and Contribution through Trade and Industries, Corporate Companys, Donors, well-wishers and Philanthropists.

The existence of such care centers is very limited. It is not more than 10-15 centers in the whole country.

Trust is having its future plan to provide Care for Dementia and Alzheimer patients also.

For more details please visit us at [www.sharanyahospice.org](http://www.sharanyahospice.org) and Face book page <https://www.facebook.com/sharanya.hospice.and.palliativecarecenter>

**A LITTLE SMILE ON PATIENT'S FACE IS A DIVINE BLESSING OF GOD.**

**SHARANYA provides its services to such patients by adapting the principle of**

**“You matter upto the last moment of your life, and we will do all we can, not only to help you die peacefully but to live fully until you die”**

Thanking You

Your faithfully,

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