saranam

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SARANAM

ENABLING ACCESS TO PALLIATIVE AND END OF LIFE CARE IN PUBLIC HEALTH SPACES

MONTHLY REPORT: APRIL 2026

A Sanctuary Of Healing

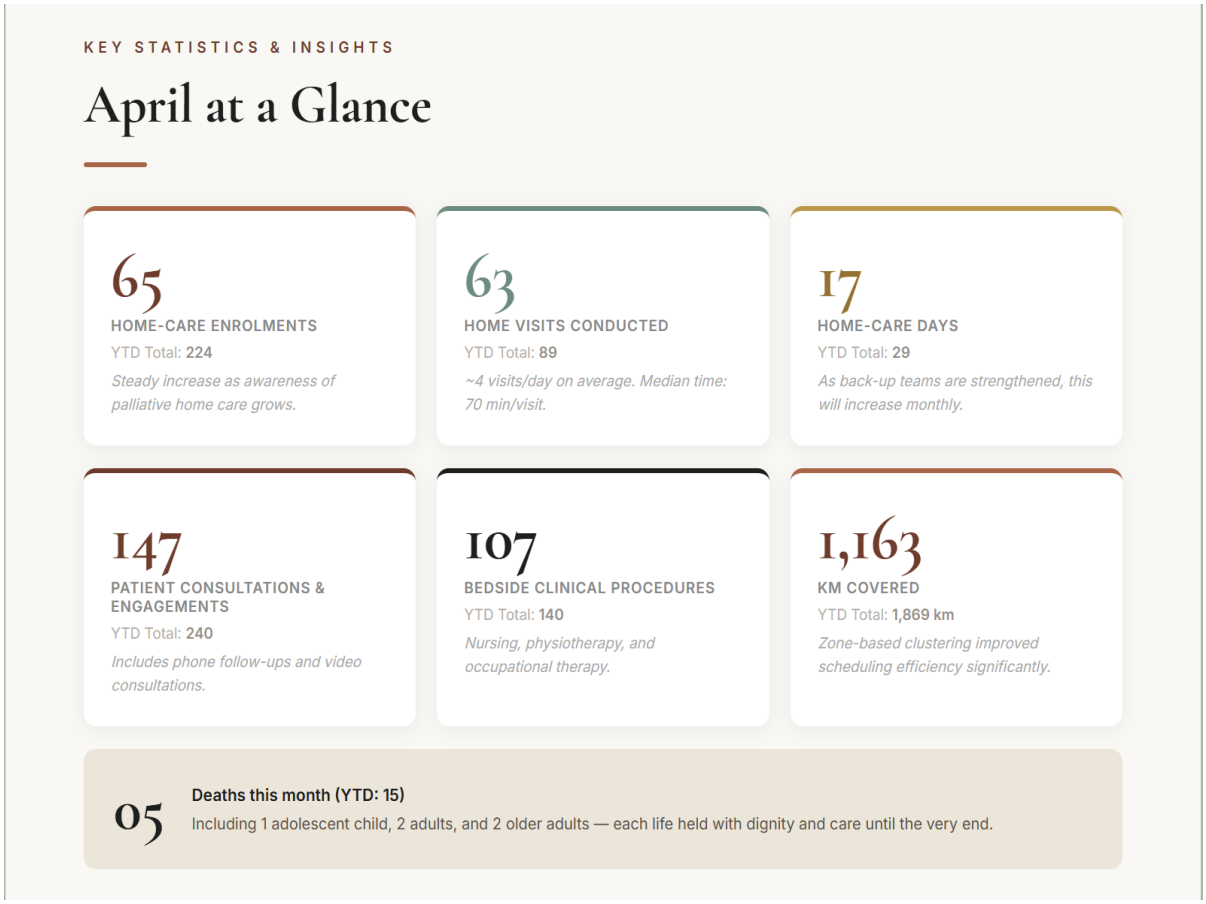
A BRIEF OVERVIEW OF APRIL

Consolidation & Growth

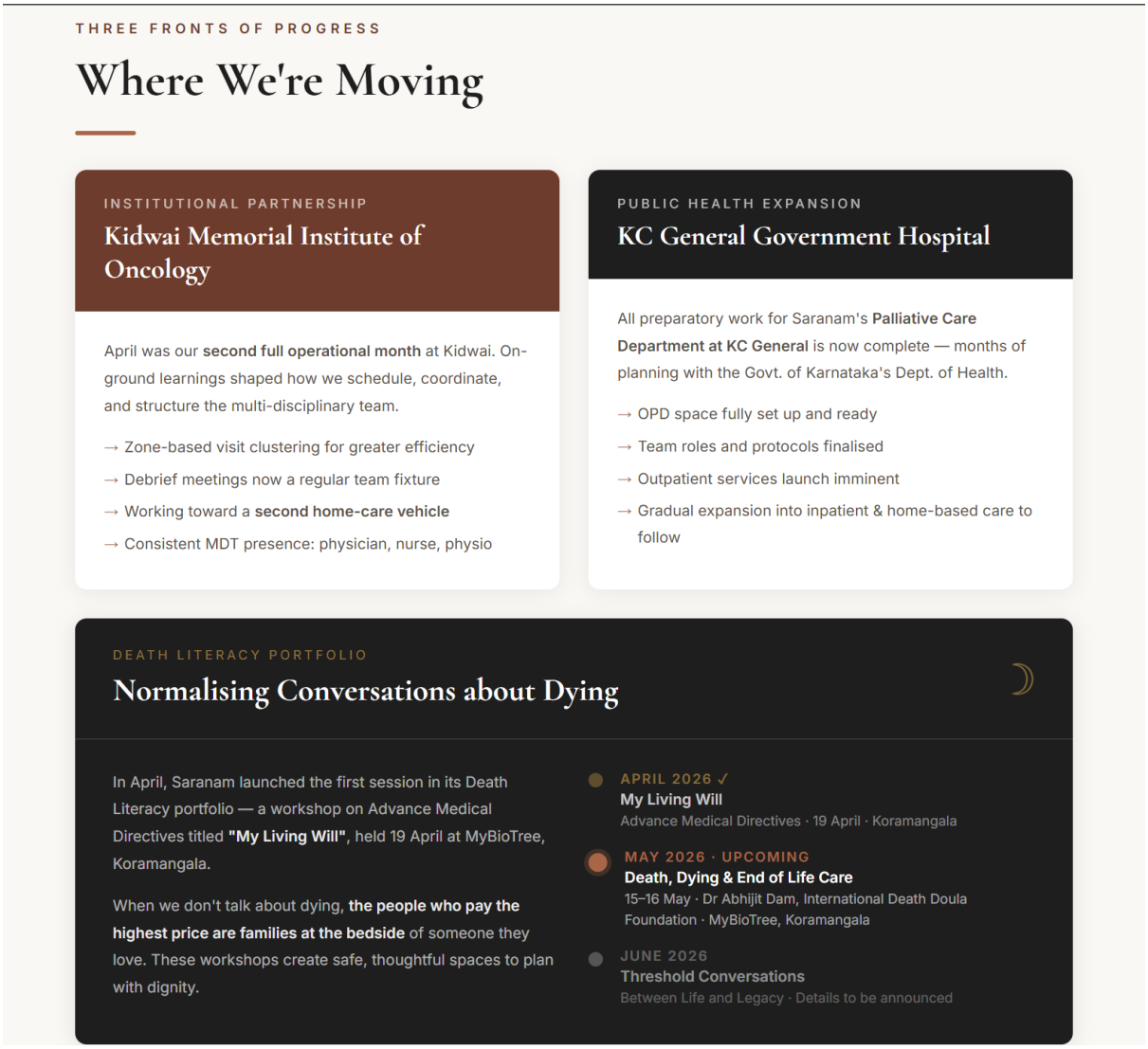
April 2026 marked a period of consolidation and growth for Saranam. In the second month of our operational partnership with **Kidwai Memorial Institute of Oncology**, we continued to refine our care delivery model -- building team rhythms, improving scheduling efficiency through zone-based clustering, deepening clinical coordination, refining SOPs, and increasing coverage across Greater Bangalore. With each home visit, we are not only responding to need but also deepening our understanding of how compassionate, consistent palliative care can be delivered more effectively within real-world constraints.

This month also saw the launch of the first session in our **'Death Literacy'** portfolio with a workshop attended by nearly 40 participants on Advance Medical Directives titled *"My Living Will"* – with Dr Rajani Bhat, Alok Prasanna, and Dr Vanshika Gupta. This marks an important step in Saranam's broader commitment to advancing death literacy — creating thoughtful, accessible spaces for to engage with conversations around death, dying, and end-of-life care. These dialogues are essential to shifting cultural narratives and enabling more informed, dignified choices at the end of life. We are aiming to create a rich portfolio of monthly conversations and dialogues, as we move ahead.

In parallel, we have completed all preparatory work for the launch of the **Palliative Care Department at KC General Government Hospital, Bangalore**. This has been a significant phase of planning and collaboration with the Department of Health and Family Welfare, Government of Karnataka. We will be commencing operations shortly, marking another important milestone in expanding access to institutional palliative care within the public health system.



On the ground, this month meant: A child from Odisha in a rented room in Bengaluru being held by an entire care team. An elderly woman who finally slept after weeks of pain. A family learning to ask the right questions. Three home visits in one day, each in a different kind of silence — all of them mattering.



Strengthening Death Literacy

Conversations about death, dying and end-of-life care are not a niche interest; they are essential public conversations that need engaging, supportive platforms where people can ask questions, share stories and plan with compassion.

And, when we don't talk about dying, the people who pay the highest price are often families sitting at the bedside of someone they love. If we accept that death is both universal and deeply personal, then we also have to accept that our current patchwork of information, whispered advice and crisis-driven care is not enough.
In a world that often pretends death is distant or optional, creating such spaces is an urgent act of system change.

In May - we are excited that saranam will be collaborating with The International Death Doula Foundation's Dr **Abhijit Dam** and **Avtar Singh Cheema** who will co-lead and hold together a workshop on 'Death, Dying, and End-of-Life Care'.

Saranam's Team: Scenes from the Ground

Images from the workshop on Advance Medical Directives – My Living Will | 18 April 2026

KC General Hospital | OPD taking shape

Br. Hari, our Nursing Lead at a patient's side

Gloria Liz, our staff physiotherapist with a patient

Debrief meeting at our Home Care Office | Kidwai Memorial

Important Additions to Saranam's team

[Meet Varalakshmi and Sanimol. Vara is a trained psycho-oncologist and Sani is an experienced critical care nurse who join saranam's multi-disciplinary team]

MINI PALLIATIVE CARE CASE-LET SERIES:

A Borrowed Home, An Unborrowed Love

Prayag is five years old. He has an Atypical Teratoid/Rhabdoid Tumor (AT/RT) — a name too brutal for a child so small. His parents, Ramesh and Savitri, left everything in Odisha and came to Bengaluru chasing the sliver of possibility that Kidwai Memorial Institute of Oncology represented. The hospital corridors became their world. Its smells became almost comforting.

When the medical team raised the possibility of discharge — not to Odisha, but to a rented room nearby — Ramesh went very still. *"But who will watch him at night?"* It was not really a question about monitoring. It was the terror of being severed from the only place that still felt like hope.

This is where the Kidwai palliative care team and Saranam Foundation's palliative home care team stepped in — together. They sat with the family. They answered the same questions patiently, more than once. They said what needed to be said: *We will not abandon you. The care continues — it just moves with you*.

The team understood very well that continuity of care is never only clinical — it is relational. The palliative home care visits started. Philanthropic support was mobilized. Waterbed. Diapers. Other essentials. Processes were eased so they could access essential narcotic drugs for pain management.

Ramesh still asks the question no one can answer: *Why my boy?* The team doesn't try to answer it. What they offer instead is presence — unhurried, consistent, familiar. And gently, visit by visit, they redirect his hope: not toward cure, but toward today. Toward Prayag being comfortable. Toward one good afternoon. Toward even a semblance of rest for the family.

The prognosis has not changed. But something else has. In a rented room in Bengaluru, a child from Odisha is being supported by an entire team. His pain is being managed. His parents feel held. And when the hardest moments come, there is a number they can call. A face they recognize at the door.

(This is what palliative home care looks like when it works: not a handoff, but a handhold. SARANAM documents real case stories from the ground to expand the Emotional Vocabulary and create a shared language for talking about dying, grief, and compassion.)

We are deeply grateful for your continued support and commitment to this vital program. Many of you have reached out, expressed your support, your solidarity and of course, your generosity allows us to continue in our journey of ensuring that access to Palliative and End of Life Care is a fundamental human right.

To donate – please go to: https://www.saranamindia.org/donation

Field Diaries:

Read the full story at: https://tinyurl.com/DrAnvithaShetty
