



BACKGROUNDER ON SANMAN

Sanman - A Citizen Volunteer Group for Palliative Care

Sanman, (roughly translated to mean 'respect') is a citizen volunteer group, is a growing network of individuals and professionals in Bengaluru, who offer their services voluntarily to provide support and help to the existing network of palliative care organizations. We believe that just two hours of a volunteer's time can make a huge difference to those in need.

Started in 2014, Sanman is a registered society under the Registrar of Societies, Government of Karnataka, headquartered in Bangalore and offers free voluntary service to patients and families at hospitals, hospices and healthcare programs of organisations. With the increasing demand for patients and families needing support at home, Sanman will also facilitate home care services in residential communities in the future.

Our Vision

To be a platform to facilitate community participation to improve the quality of life of patients who are facing life threatening illnesses and that of their families.

Our Mission

To augment the efforts of palliative care organisations, empower and provide necessary support to patients and their families.

Sanman's ongoing activities are broadly - to provide curative, end-of-life care and other healthcare assistance to patients and their families.

The key activities of Sanman are:-

1. Resource mobilization for monetary funds and blood
2. Guiding palliative care patients to doctors and helping with medical tests and investigations
3. Helping procure medicines and providing protein mix to patients
4. Assisting at Cancer Detection Camps
5. Spending time with patients through care giving
6. Counselling of patients by trained counsellors
7. Recreational activity – engaging with patients
8. Documentation work like registration form filling, filling up railway passes, etc.

One of the major hubs of Sanman activity is at the **KIDWAI Memorial Institute of Oncology, Dairy Circle, Bangalore**. At Kidwai, patients come from far off villages and towns from Karnataka and also from other states like the eastern part of India where there aren't sufficient medical facilities for the treatment of cancer. The issues they face are a) the lack of knowledge of Kannada, b) financial issues, c) psychological issues and d) difficulty in navigating through the procedures at the hospital.

Our dedicated team of Sanman volunteers spend time with patients, understand their concerns and help them in bridging the language barrier, meeting doctors, counselling, documentation work and procuring medicines and blood when not available at the Kidwai hospital.

Sanman volunteers have helped leukemia patients by providing over 600 needles in year 2016-17, Pediatric cancer patients with more than 450 needles and meeting blood needs for over 100 children, financial support to patients to the tune of Rs,12,20,000, besides helping many patients with their lab tests, CT Scans, surgeries and after care. It has also helped patients with colostomy bags and other essential medicines as well as with meeting the expenses of ward charges.

At **Karunashraya Hospice, Marathahalli Bangalore**, patients who are in need of palliative care are provided with in-patient hospice care. Sanman has been volunteering at Karunashraya since 3 + years touching more than 1000 + patients and care givers through Interactive Games and activities. Besides this, our volunteers provide support in: a) Helping in making of Medical Kits, b) Support at the office for administrative activities, c) Helping at Charity Store, d) Housekeeping activities, e) PR and events

At **Vydehi Institute of Medical Sciences and Research Center, Whitefield, Bangalore** patients come from various locations including people from other states and lack in knowledge in Kannada. A large number of patients come from eastern parts of India and do not understand the doctors well. Our volunteers comprising of people from various backgrounds understand from the doctors and translate the same to the patients making them understand as well giving them confidence. Our Volunteers started from March 2017 and provide: a) helpdesk assistance and b) counselling.

Indian Cancer Society conducts early screening and detection camps in and around Bangalore and rural regions close to Bangalore, Cancer Awareness and provides emotional support to cancer patients. Our Volunteers participate in helping with the Registration process in cancer detection camps and also participate in data entry of the data collected at detection camps, besides assisting in various other events.

At **Ranga Dore Memorial Hospital, Chamrajpet, Bangalore**, we have partnered with the ladies of the Inner Wheel Club who have provided partial funding for the dialysis of female patients. Our volunteers are doing a survey of the 83 patients in the dialysis unit and assessing their financial needs and the support offered by family members. The patients need confidence building and encouragement because very often, they are looked upon as a burden to the family. Once the assessment is done, the plan is to provide vocational training to those interested in the same. One model that is being currently

piloted is to connect each patient with a female donor who pays for one dialysis a week and also provides emotional and psychological support to the patient and her family.

At **St. Martha's Hospital**, Nrupathanga Road, Bangalore, we have volunteered in their physiotherapy unit on occasion but full time volunteering is yet to take off.

Sanman could use the help of funds, volunteers and blood donation from donors.

Currently about 1500 patients are helped on a daily basis at Kidwai alone and hence we need to extend our volunteer network and raise more awareness on palliative care and its resource requirements.

Sanman is looking to increase the volunteer base for active volunteer support and funding to support our Volunteering programs. We would also like to increase the kind of volunteering activities of Sanman which will be possible only if we are able to increase our volunteer base. Regular training workshops are held for enhancing volunteering efforts.

Donations can be given in the name of Sanman Society, Account No. 64171257807, State Bank of India, Jayanagar Branch, IFSC Code SBMY0040012. Donations will get 80 G tax exemption.

For further PR information on Sanman please contact

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