



Time. It's in your hands.

Spare some with us,
to make a difference.

**Sanman is a palliative care NGO that
assists patients who have life limiting
illnesses or diseases.**

C - Compassionate

A - Altruistic

R - Responsive

E - Equitable

S - Stewardship



Day care programs at the Palliative Care Ward, Kidwai



Strategic objectives of Sanman

1. Create awareness of Palliative and Curative Care and benefits of these.
2. Create a group of caring volunteers who are dedicated to partnering with patients and their families to provide individualized services and care.
3. Help families and patients with physical, emotional/psychological, social and spiritual support.
4. Supplement existing organisations and institutes providing such care and support by assisting them in spreading awareness and providing and organising support.

Long term objectives

1. Setting up of a database of volunteers and facilitating their service so that maximum use is made of their time.
2. Setting up of a database of blood donors and making blood available round the clock for patients in need.
3. Moving into the sphere of home care so that patients who have been sent home with palliative care instructions are monitored.

Sanman needs you.

Two hours of your time a week is all that Sanman is asking from you. If you have the eagerness to help bring cheer and solace to the less fortunate, we'd love to have you volunteer with us.

Volunteers at blood donation camp



Palliative care, curative care and their significance

Palliative care is the holistic care of people facing a life limiting or chronic debilitating illness. It is also helping their families to cope. The focus is on alleviating suffering and improving the quality of life. It is about adding life to the remaining days and eventually allowing a peaceful and dignified passing.

Typically patients suffering from incurable cancer, kidney disease, lung disease, neurological disorders like Parkinson's disease, Alzheimer's or Dementia require Palliative care.

Curative care, on the other hand, is medical treatment to cure or control a condition. An example of curative care is antibiotics for an infection; where the medication is designed to eliminate the bacteria responsible for the infection, allowing the patient to achieve a full recovery. Curative care options may include medications, the use of medical devices, and other measures like physical therapy.

Though a human right, in India the coverage of palliative care is less than 2%, and in a recent 'quality of death' ranking we are last among 40 countries evaluated. This dismal state needs to be reversed and it can be, with the inherent strengths of family, faith and community.

Trained volunteers can create the much needed awareness, thus drumming up public demand for palliative care and for the right of every individual to have a peaceful end. Community volunteers can make all the difference in creating a sense of belonging whilst reclaiming the lost values in caring for each other and also particularly caring for the elderly. In this respect, involving school children and college youth, in particular, is imperative.

Good models for community involvement can further harness the tremendous need for care givers - and SANMAN hopes to do just that!

**SANMAN
– GIVING
RESPECT,
SPREADING
HOPE.**

Sanman (roughly translated to mean 'respect') is a growing network of individuals and professionals in Bengaluru who have come forward to offer their services voluntarily to provide support and help to the existing network of palliative care organizations and also to assist patients and familiarize their families on caring for those with life limiting diseases. This is a free, voluntary service.

Sanman is a registered society under the Registrar of Societies, Government of Karnataka, headquartered in Bangalore.

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.

VOLUNTEERING

Why be a care giver or volunteer?

1. With the increasing number of patients being diagnosed with cancer or other life limiting diseases, the number of doctors and nurses are inadequate to handle care giving.
2. The need of the hour is for volunteers and care givers to augment the services of healthcare professionals.
3. Family members who are the primary care givers need support and some relief from their duties.

How you can volunteer with us

- Provide medicines, blood platelets, biopsy aspiration needles and chemoport needles for cancer patients.
- Raise funds for needy patients.
- Arrange blood donation camps.
- Assist at cancer detection camps.
- Coordinate with blood donors and blood donation recipients.
- Counsel patients and caregivers.
- Organise distraction therapy.
- Facilitate palliative care.
- Help with documentation work

Volunteering at Hospitals

Currently, Sanman volunteers are actively engaged in volunteering in the following medical institutions across different geographic locations in Bangalore or semi-rural areas. There are several needs at each of these healthcare centers and you can choose the Organisation and area of activity you would like to help in. Contact details of Coordinators are given in this brochure.

- Kidwai Cancer Institute (Near Dairy Circle)
- Karunashraya Hospice (Marathahalli)
- Indian Cancer Society (ICS)
- Rangadore Memorial Hospital (Chamrajpet)
- Baptist Hospital (Hebbal)
- St. Martha's Hospital (Hudson Circle)

Ward visits at KMIO



Awaiting their turn for treatment KMIO



Other Volunteering Activities

Project Blood

Blood donation coordination

Blood is a daily necessity and a drain on a patient's finances. We need large numbers of donors, particularly between 9am and 12 pm which is when the Kidwai Blood Bank draws blood. Donations made at other times will be to private banks which will charge the patients for their services and products.

Here's how you can help.

1. Coordinate with blood banks.
2. Help with contacting blood donors when a need is expressed.
3. Email projectblooddrive@sanman.org if you would like to be a part of this initiative.
4. You can help coordinate a Blood donation drive/camp. Just inform us of the venue and organisation/Residents Association, and we will organise the drive.

Project Needle

We have set up Project Needle where donors sign up to make a monthly contribution of x needles (This can range from 1 to n). This guarantees availability of needles on a regular basis. Disposable biopsy needles cost Rs. 1000 each.

Email projectneedle@sanman.org if you would like to be a part of this initiative.

Offline help

If you would like to be of help offline, you need to become a part of the Sanman WhatsApp group where patient needs are posted.

Marketing the products (bags, newspaper covers) made by the patients and caregivers during the occupational therapy sessions organized by the Ramakrishna Mission.

Donations

You can donate money which goes towards patient's medicines or other hospital expenses.

We do not give money directly to patients – rather, we make a deposit in the patient's name at KCDF (Karnataka Cancer Drug Foundation) which operates in the hospital premises. Patients can get their medicines from here without paying for them. Donations are eligible for 80 G tax deduction.

We will issue a receipt and 80 G certificate for your donation.

Your contributions will go a long way in helping patients.

Sanman Society, Account No: 64171257807,

State Bank of Mysore, Jayanagar Branch, IFSC Code: SBIN0040012

How do you register to volunteer?

Log on to www.sanman.org to register.

Our team will get back to you once you have registered. Feel free to talk to us for more details.

Sneha Titus E: sncha.titus@gmail.com or call 9886084816

Jacob Chacko: jacobshimu@gmail.com or call 9341235616

Sridhar P. E: psridhar360@gmail.com or call 9972933600

Find us on www.facebook.com/SanmanOrg

YOU WILL GET BACK MORE THAN YOU GIVE!

“There are many
in the world dying
for a piece of bread,
but there are many more
dying for a little love.”

Mother Teresa



Sanman Help Desk at Kidwai



www.sanman.org