

Stories of Hope (Vol. 2)



Intas Foundation as part of its commitment to giving back to the society, extended its activities nationwide for the welfare and wellbeing of various communities and institutions. This document provides a brief collection of diverse impact stories and testimonials.

Impact Story

Hmangaihthangi, a 69-year-old self-employed woman from Lawngtlai, Mizoram, was diagnosed with breast cancer. She traveled to Aizawl for treatment but nearly abandoned it due to fears of prolonged treatment, daily wage loss, and high living costs. Thankfully, hospital authorities introduced her to Apna Ghar-Aizawl, where she stayed without financial burden. The supportive environment and activities at the transit home helped her regain strength and resilience. **Today, Hmangaihthangi is free from cancer-** a testament to the critical support provided by Apna Ghar.

She expresses: "Reflecting on my experience, I want to express my deep gratitude for Apna Ghar. It provided me with the assurance that my basic needs-food and accommodation-were taken care of. The compassionate care I received there touched me deeply, and I am truly thankful for this."

- Aizawl Transit Home

Apna Ghar Project



Impact Story

Six-year-old Vivek from Sagar district of Madhya Pradesh has faced more challenges in his young life than many adults. He is diagnosed with neck cancer. His father, a truck driver, and his mother were initially overwhelmed with fear and financial concerns. At Apna Ghar-Bhopal, Vivek's reluctance to share his pain was eased through toys and compassionate counselling.

The Apna Ghar team reassured his parents that the Ayushman card would cover all treatment costs and that they could stay at the Apna Ghar during Vivek's chemotherapy for free, allowing them to stay focused on his recovery. The supportive environment of Apna Ghar transformed Vivek's emotional state. Free services at Apna Ghar provided much-needed relief to the family. Thanks to the combined efforts of the hospital and Apna Ghar, **Vivek is now showing signs of improvement**, offering his family renewed hope.

- Bhopal Transit Home

Apna Ghar Project



Impact Story

Soni Indrawati, a 40-year-old breast cancer patient, encountered hardships when she relocated to Chandigarh for radiotherapy. Initially residing at a nearby Sarai, her family dealt with poor living conditions, including inadequate sanitation, nutrition, and sleep. The unhealthy food bought from outside further compromised their health.

These unfavorable conditions adversely affected Soni's treatment outcome. Fortunately, a officials from hospital referred her to Apna Ghar. This **change in accommodation and nutritious food significantly improved her well-being**, providing the necessary support for a more effective treatment and better health outcomes.

- Chandigarh Transit Home

Apna Ghar Project



Impact Story

Nagalokeshwari, a 37-year-old from Dindigul, Tamil Nadu, was diagnosed with uterine cancer in April 2024. Overwhelmed by financial stress and concerns for her children's future, she initially struggled with the prospect of treatment in Madurai.

Uncertain about lodging and boarding, she found support through our Apna Ghar-Madurai. Despite initial resistance due to fear and isolation, counseling and peer support helped her overcome emotional barriers. With practical solutions and emotional reassurance, **she completed her treatment successfully** and ensured her children continued their studies. Now, she shares her journey to inspire and educate others turning her experience into a beacon of hope.

- Madurai Transit Home

Apna Ghar Project



Doctor's Testimony

Apna Ghar Project

"We are immensely grateful to Intas Foundation for offering vital support in accommodation, food, and transportation to our needy patients. Those who benefit from these facilities are **extremely happy and appreciative of Intas Foundation**, without which their treatment might not have been possible."

- **Dr. Soumitra Barik, Consultant, Bagchi Sri Shankara Cancer Hospital & Research Institute, Bhubaneswar**



Doctor's Testimonial

Apna Ghar Project

“Beautiful, very neat and clean home away from home.
The team is very hard working and well organised.”

- **Dr. Krutika Goel,**
Pediatric Oncologist,
MAX Hospital, Mohali



Patient's Testimonial

"I am Annapurna Jagdish Khandare, a resident of Akola district. I have been undergoing treatment for the past nine months. After being diagnosed with cancer, I had two surgeries. I was terrified when the doctor informed me that the cancer had spread to my liver. I have undergone five chemotherapy sessions and 25 radiation treatments.

My doctor told me about Apna Ghar, which has been a great help. **Apna Ghar feels like home**, with excellent food arrangements and a cleaning staff that treats us well. **Talking with the staff gives me a sense of belonging.** All these facilities are very beneficial for us patients."

- Patient, Nagpur Transit Home

Apna Ghar Project



Video hyperlink



Caretaker's Testimonial

“My name is Anshu Kumar Giri. I am sharing my gratitude for the support to my mother, Ranju Devi, who is undergoing treatment for breast cancer.

On consultation to a hospital, we learned about Apna Ghar. Fortunately, we met Apna Ghar staff. They provided a comfortable room and also ensured that we had access to healthy food which was crucial, especially during emergencies when my mother needed urgent care.

Understanding the situation on my studies, **staff offered me a quiet space in their office to continue preparing for my SSC exams.** Their kindness made me feel at home, creating an environment where there was no difference between Apna Ghar and our own house. Thank you, Intas Foundation!”

- Patient's Caretaker, Delhi-2 Transit Home

Apna Ghar Project



Video hyperlink



Doctor's Testimonial

Apna Ghar Project

“Intas Foundation has greatly supported my patients by providing them with accommodation, food, and proper care. **The patients are very pleased with the Foundation's efforts.**”

- Dr. Mahesh Sultania, HOD, Head and Neck Oncology, Bagchi Sri Shankara Hospital, Bhubaneshwar



Impact Story

Mohammad Aariz, a 6-year-old with severe hemophilia, experienced a positive transformation through the Intas Foundation's physiotherapy camps. Aariz's father learned how to perform physio with his son at home, and the family diligently followed the prescribed routine and exercises. Aariz's posture improved, particularly his walking, due to the exercises recommended by the physiotherapist in sessions.

Aariz's father shared, *"The physiotherapist personally demonstrated these exercises, enabling us to actively participate in my child's care. **Due to this camp, we realized that physiotherapy is vital for Aariz.** The essential equipment provided, like Tyro bands, saved us money and ensured consistent therapy. We are deeply grateful for the awareness and support that have been crucial for Aariz's well-being."*

- Srinagar HPAP

H-PAP Project



Video hyperlink



Impact Story

J. Kistaswamy, 29, is diagnosed with Hemophilia A when he was 9 months. Since then he relied on Factor VIII from a government hospital in Hyderabad. However, the Factors were available on-demand and wasn't allowed to take home, making it a long difficult journeys for treatment.

A recent thigh bleed worsened during his post treatment while travelling back to home, necessitating a hospital stay even after infusion. At HPAP camp Kistaswamy received Factor VIII for emergency use and has undergone self-infusion training as well. This has **significantly improved his independence** and reduced the need for long-distance travel, ensuring timely treatment and better management of his condition. He expressed gratitude for the foundation's support.

- Hyderabad HPAP

H-PAP Project



Video hyperlink



Impact Story

Devchandbhai Savaliya, a 52-year-old from Amreli, has spent the last two decades confronting the challenges of Hemophilia. He got to know about his condition when a simple fall led to uncontrollable bleeding. Hemophilia severely affected his mobility, causing joint stiffness, internal bleeding and pain.

Recently, he attended a self-infusion and physiotherapy camp, which provided crucial information and support in managing his condition. He learned essential self-care techniques and exercises to improve his condition.

Devchandbhai says, ***“Thanks to Intas Foundation’s support, I now navigate the complexities of Hemophilia with much greater ease. The education and resources provided at the camp have been invaluable in managing my condition and improving my overall quality of life.”***

- Amreli HPAP

H-PAP Project



Video hyperlink



Patient's Testimonial

“My name is Sankalp Saxena, and I am from Shahjahanpur District. I work as a Senior Tax Assistant in the Income Tax Department and am Hemophilia-A patient. Unfortunately, Factors are not available locally in Shahjahanpur, so we are forced to travel to either Bareilly or Lucknow for treatment.

This travel is often very challenging, especially when we are already unwell, and it can sometimes worsen our health. Additionally, when experiencing pain in my shoulders or knees, I have to rely on painkillers due to the absence of Factors.

Thanks to Intas Foundation, we received a much-needed supply of Factors in Bareilly. **I am deeply grateful for this support.** With these factors provided for home use, I can manage emergencies more effectively and find relief from pain without the need for travel. Thank you very much for this invaluable assistance.”

- Hemophilia Patient, Delhi HPAP

H-PAP Project



Video hyperlink



Patient's Testimonial

"My name is Lathis Kumar, and I work for a software Company in Bangalore. In emergencies, I have to travel over 200 kilometers to get clotting factors, which is a significant risk to my health if I have to travel long distance for 'on demand' treatment.

Intas Foundation's initiative to distribute Factor is invaluable, as it ensures timely access during critical hours. Additionally, **I have received training in self-infusion, which enhances my preparedness during emergencies.** I am sincerely grateful to Intas Foundation for their support and assistance."

- Hemophilia Patient, Vishakhapatnam HPAP

H-PAP Project



Video hyperlink



Patient's Testimonial

“As a hemophilia patient, I have received immense support from Intas Foundation. They have provided us Factors to use during emergencies and helped us understand Hemophilia in a better way.

Particularly, the physiotherapy and self-infusion trainings have been **very useful, helping us manage pain, improve mobility, and handle emergency situations independently.**

Thanks to Intas Foundation, we are now much better informed and equipped to manage our condition.”

- Hemophilia Patient, Gwalior HPAP

H-PAP Project



Patient's Testimonial

“Medicines for Hemophilia are very costly and hard to find elsewhere, but Intas Foundation provides them to us completely free of charge. After attending the Camp organized by Intas Foundation and using Factors provided by them, I found their Factors to be highly effective. They work faster and last longer in our bodies.

Myself and on behalf of the entire Kharagpur Society, I would like to **extend our heartfelt thanks to the Intas Foundation** for their support. We hope for continued assistance from Intas Foundation in the future as well.”

- Hemophilia Patient, Kolkata HPAP

H-PAP Project



Video hyperlink



Patient's Testimonial

H-PAP Project

“My name is Anadh Raj N., from Cuddalore with severe Factor VIII deficiency. Am 27 years now and at age of five, first treated with plasma infusions. In 2022, I joined the Pondicherry Hemophilia Society to expand my support network.

A key moment was attending Intas Foundation medical camp, where I **learned self-infusion techniques and received crucial Factor VIII medication** for emergencies.

Intas Foundation's support has been instrumental, enabling me to manage my condition more effectively at home. With the help of their physiotherapy kit, I maintain a regular exercise routine and handle internal bleeding episodes more independently, reducing my reliance on others.”

- **Hemophilia Patient, Chennai HPAP**



Patient's Testimonial

“I am a member of the Bhojpur Hemophilia Society, and I genuinely appreciate our collaboration with Intas Foundation.

Together, we have organized many camps, and a significant milestone in our hemophilia camp implementation was the **introduction of inhibitor screening, possible with the support of Intas Foundation.**

I extend my heartfelt thanks to Intas Foundation for their invaluable support.”

- **Mr. Manish Pandey,**
Member of Bhojpur Society, Patna HPAP

H-PAP Project



Video hyperlink



Social Media Engagement



Site hyperlink



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Site hyperlink

Social Media Posts



Post Caption:

Our diverse range of initiatives reflects our dedication to improving health and well-being through compassionate support and innovative programs.

Here's a closer look at our key efforts.

Click image for hyperlink



Social Media Posts



Post Caption

At Apna Ghar we are dedicated to foster an environment where patients experience continuous care and support throughout their treatment journey.

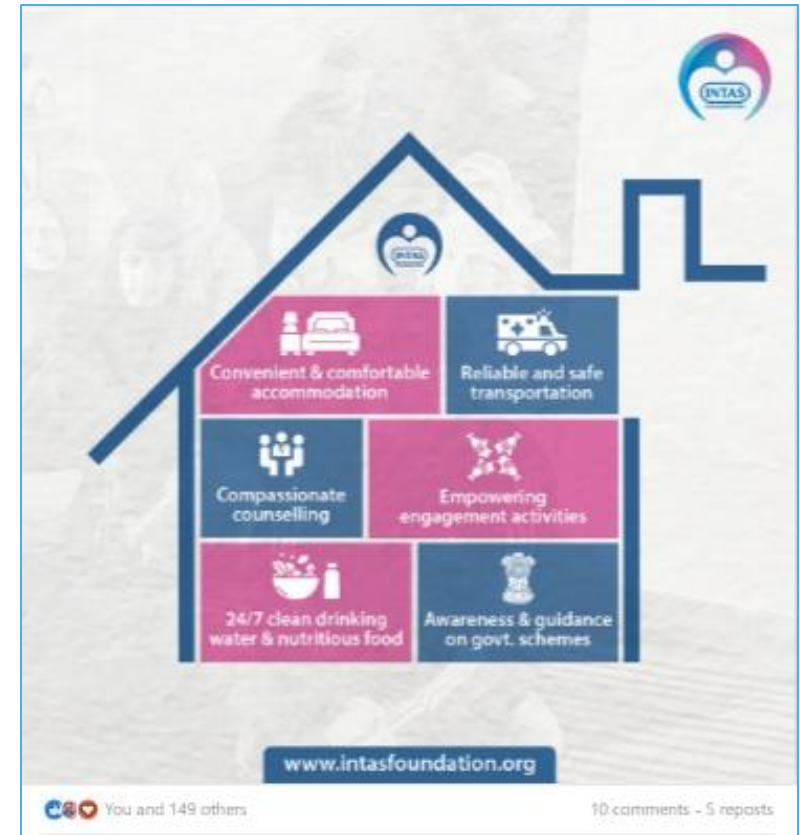
Our comprehensive approach addresses every facet of our patients' well-being. We offer comfortable homely rooms and a community kitchen for preparing nutritious food. Convenient transportation services available to make hospital visits easier.

Our skilled counselors provide regular support to cancer patients to feel good and secure. Through a range of activities we create a nurturing and empathetic community.

Click image for hyperlink



Social Media Posts



Post Caption: We understand the challenges faced by cancer patients and their families during treatment. It is a tough time. Apna Ghar is a safe space for them to rest and recuperate. Apna Ghar is a place that truly feels like home.

Social Media Posts



Post Caption:

The remarkable journey of Apna Ghar from 2020 to 2023 demonstrates our unwavering commitments to provide comfortable accommodation for cancer patients across the country.

Each Apna Ghar transit home is designed to offer a nurturing and supportive environment, complete with reliable transportation, and nutritious food.



Social Media Posts



Post Caption:

Apna Ghar is more than just a place to stay; it's a community where patients find comfort, support, and a sense of belonging.

We are proud to have been a sanctuary of hope and healing for over 800,000 lives.



Social Media Posts



Post Caption:

July is Sarcoma & Bone Cancer Awareness Month. Sarcoma is an uncommon type of cancer that forms in bones and soft tissues, often making it less recognizable to healthcare providers. Its symptoms can resemble those of bone fractures or infections. Soft tissue sarcoma originates in the tissues that connect, support, and encase various body structures, such as fat, muscles, blood vessels, nerves, deep skin layers, and fibrous tissues.

As with many cancers, the likelihood of developing sarcoma generally increases with age. However, certain bone cancers like osteosarcoma primarily affect teenagers and young adults.

Let's unite to raise awareness about this rare disease. To know more, talk to your doctor.



Social Media Posts



Post Caption:

The journey to cancer hospital can be overwhelming, especially for those already battling recovery, possibly in an unfamiliar city. Long distances, frequent visits, and traffic only add to the challenges.

Intas Foundation Apna Ghar offers convenient transportation services that provide round trips to hospitals from Apna Ghar.

These services operate in batches throughout the day, ensuring coverage for various appointment slots. With this, patients are not worried about getting to the hospital.



Social Media Posts



Post Caption:

Lung cancer is the leading cause of cancer-related deaths, smoking being one of the leading causes.

Early detection is crucial in improving survival rates and treatment outcomes. Let's come together and raise awareness about the benefits of early detection and screening of lung cancer.



Social Media Posts



Post Caption:

What if you get a bruise and the blood doesn't stop?

This is the everyday life of a Hemophilia patient. Hemophilia is a rare genetic disorder that impairs the blood's ability to clot properly.

This leads to excessive bleeding even from minor injuries. Hemophilia patients require regular treatments with clotting factor concentrates to manage their condition.

They must be extra cautious to avoid any kind of injuries. Living with hemophilia involves a rigorous ongoing management of symptoms and the need for constant vigilance to prevent and address bleeding episodes.





Thank you !
