

# Stories of Hope (Vol.4)



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

Nine-year-old Ayush Kumar Bhaskar is bravely fighting pediatric lymphoid cancer. At the Transit Home, he enjoys playing badminton and cricket, which keep him active and happy. Art and craft activities help him express his creativity and build confidence.

Watching TV provides much-needed fun and distraction from his treatments. These activities make him emotionally stronger. The caring community at the Transit Home provides needed comfort and doesn't let him feel alone.

Ayush Kumar's story shares the importance of a supportive community environment and the role of engaging activities in the fight against cancer.

**Mumbai Transit Home**

## Apna Ghar Project



Video hyperlink



# Impact Story

Krishna Dhan Dey from Tripura faced a tough battle with neck cancer and unemployment. He and his son struggled to make ends meet in Agartala when they visited for treatment. A doctor at treating hospital recommended Apna Ghar to alleviate his condition. Upon visiting, they discovered the offered services for cancer patients and that eased their worries about food and shelter. The nutritious meals, tailored to dietary needs, were especially crucial for his throat condition.

His son, Dilip Dey, shares, *“Namaskar. I come from Belonia, Tripura. Following the doctor's advice, I stay at Apna Ghar with my father during his treatment. The staff here takes excellent care of every patient, providing nutritious meals and logistical support. The activities they conduct bring joy and peace to the patients. I am deeply grateful to Apna Ghar for their support.”*

**Agartala Transit Home**

## Apna Ghar Project



Video hyperlink



# Impact Story

From a small village in Odisha, 33-year-old Runurani Naik's life changed when she was diagnosed with breast cancer. A devoted housewife and mother, her journey reflects the struggle with the cancer and resilience of a mother to secure her family a future.

Apna Ghar Cuttak provided needed services such as free food, accommodation, travel, and counseling. Counseling helped her focus on her inner strength as a mother, encouraging her to prepare her daughter and see beyond her illness and reclaim hope.

Dali Behera, her friend, expressed gratitude for Apna Ghar's support, which eased financial burden and allowed Runurani to focus on her recovery.

## Cuttack Transit Home

## Apna Ghar Project



Video hyperlink



# Impact Story

Rebati Sarkar from Nadia, West Bengal was diagnosed with cancer following a post-surgical complication after a gall bladder operation. Post surgery, she was doing well, later she developed a burning sensation in the affected area after few months. Tests revealed a tumor-like growth with infection, and a biopsy confirmed it as cancerous.

While attending to treatment, Rebati found walking and traveling difficult as she found the radiation exhaustive. The transport service from Apna Ghar ensured she could attend her radiation therapy sessions without much physical strain of commuting.

Rebati, currently undergoing radiation, expresses her gratitude to Apna Ghar for the continuous support, without which she might have dropped her treatment.

**Kolkata Transit Home**

## Apna Ghar Project



Video hyperlink



# Impact Story

Jawed Bokra, a young worker diagnosed with bone soft tissue cancer, struggled with limited mobility after sustaining a leg injury while working. Seeking advanced treatment, he came to Tata Memorial Hospital in Mumbai with his brother but faced significant financial difficulties, forcing them to live on the footpath near the hospital.

The hospital referred him to Apna Ghar, which provided essential support. Jawed received free accommodation, nutritious meals, and transportation to ease the physical strain of commuting. Thanks to chemotherapy, the tumor on his leg has significantly reduced in size. Initially hesitant, Jawed now engages with others after series of counseling sessions and engagement activities at Apna Ghar.

He says, “Apna Ghar has been a blessing for us. The support has made the treatment journey easier and provided much-needed relief.

**Mumbai Transit Home**

## Apna Ghar Project



Video hyperlink



# Patient's Testimonial

"Namaste, I am Aradhana from Saharanpur, U.P., and I was diagnosed with breast cancer. While seeking treatment in Chandigarh, a fellow patient told me about Apna Ghar.

From the moment I arrived at Apna Ghar, I felt it was a wonderful initiative. Before this, I stayed at all types of guest houses lacking hygiene, but here, everything is clean, and hygiene is well-maintained.

The staff is polite and supportive, always there to offer guidance. Regular meditation sessions help us stay positive. I am truly grateful for the care and support provided at Apna Ghar."

**Patient, Chandigarh Transit Home**

## Apna Ghar Project



Video hyperlink



# Patient's Testimonial

"We were referred to Apna Ghar by the hospital social worker, and our experience has been very positive.

The staff at Apna Ghar are incredibly kind and take great care of my child and all the patients. The accommodation and food provided are excellent, and all the facilities are well-maintained.

Coming here has been a comforting and uplifting experience. I feel supported in every way, and it has made a big difference in our treatment journey. We are deeply grateful for the care and comfort Apna Ghar has provided."

**Patient, Mumbai Transit Home**

## Apna Ghar Project



Video hyperlink



# Patient's Testimonial

"My name is Kishor and I come from Veraval (a town in Gujarat). I developed mouth ulcer so I went to consult a doctor. After the consultation, I discovered it was cancer.

I was advised to undergo radiation treatment, but frequent travel was difficult and financially also draining. Treating doctor recommended Apna Ghar in Rajkot. After visiting Apna Ghar, the staff's prompt response and excellent facilities made me feel at home.

Rooms are clean and comfortable, and nutritious food is provided on time. The meditation program helped me find peace, stay mentally strong, and reduce negative thoughts.

Transport to and from the hospital is also arranged. I am truly grateful to the INTAS Foundation and Apna Ghar for their support."

**Patient, Rajkot Transit Home**

## Apna Ghar Project



Video hyperlink



# Stakeholder's Testimonial

"I have visited Apna Ghar twice and volunteered there, engaging in activities with cancer patients. It was heartwarming to foster joy and positivity in their lives.

Apna Ghar maintains high standards of hygiene and cleanliness, creating a safe and comfortable environment for all. They also offer valuable counseling services and organize engaging activities, which provide much-needed support and encouragement to the patients.

I am grateful for the opportunity to contribute to such a wonderful cause and see the positive impact it has on those in need".

**Social Worker, NMJ Hospital, Hyderabad, Telangana**

## Apna Ghar Project



Video hyperlink



# Patient's Testimonial

“Hello, I am Tsering Tashi from Tawang, Arunachal Pradesh, and I am a cancer patient. My doctors advised that my treatment would be long, so they referred me to Apna Ghar.

Coming here has been a breath of fresh air. The staff and fellow patients are kind and welcoming, and we interact like friends. I enjoy going for walks in the mornings and evenings, which improves my health.

The food, accommodations, and bedding are excellent. I consider those who created this facility a blessing. Although illness affects everyone, the happiness and peace I find here are rare. Weekly meetings with the staff provide valuable knowledge, and my health is improving. I'm hopeful of a speedy recovery. Thank you.”

**Patient, Shillong Transit Home**

## Apna Ghar Project



Video hyperlink



# Impact Story

Rithvik, a 17-year-old student from Karimnagar, is suffering with Hemophilia A. Intas Foundation provided crucial support in managing his condition. At a recent health camp, Foundation provided Factor VIII vials and physiotherapy kit.

Rithvik had previously benefited from Factor VIII assistance in another camp, which helped him preventing further bleeding in past. While travelling again to attend the camp, this time he experienced joint pain and swelling.

With guidance from a physiotherapist, he applied the bandage from the kit to protect his joints, reducing swelling and internal bleeding. Following treatment and exercises, his pain eased, and he is equipped with physiotherapy to manage self-care.

**Karimnagar, Telangana**

## H-PAP Project



Video hyperlink



# Impact Story

Jagadeesh T, 35, from Krishna district, suffers from severe Hemophilia A (Factor VIII deficiency, <1%), leading to frequent, painful joint bleeds.

His family's economic condition and the 90 km distance to the nearest hospital from his home posed several challenges to access Factors when in need to control bleeding. Attending the Intas Foundation's Factor VIII distribution camp was a blessing for him.

Receiving Factors allowed him to self-infuse at home during emergencies and reduce risky hospital trips. This support has significantly eased his physical pain and financial burden, enabling him to focus on his competitive exam preparations. Jagadeesh is immensely grateful to Intas Foundation for their invaluable assistance and renewed hope.

**NTR, Andhra Pradesh**

## H-PAP Project



Video hyperlink



# Doctor's Testimonial

“I really appreciate our collaboration with the Intas Foundation. Together, we have organized many hemophilia camps, in which the Intas Foundation provides free factor distribution, physiotherapy, and self-infusion training to the patients.

Hemophilia medicines are expensive and difficult to find elsewhere, but Intas Foundation provides these medicines completely free of cost. I sincerely thank the Intas Foundation for their invaluable support.”

**Dr. Fauziya Rani, Physiotherapist,  
Bhopal, Madhya Pradesh**

## H-PAP Project



Video hyperlink



# Doctor's Testimonial

"I wish to thank Intas Foundation for helping in this crucial time when there is scarcity of Factors in Delhi and organized a camp keeping patients' needs in focus.

Staffs from Intas Foundation also supported Doctor Consultation on 22<sup>nd</sup> October. Actually, in such time where Factors are in shortage causing many problems they are providing support.

They are almost everywhere not only just in Delhi and organizing camps. Through H-PAP they are providing support to patients through Factors and by other services. I wish to give thanks from my side, Haemophilia Society Delhi and from all hemophilia patients to Intas Foundation."

**Dr. Krishan, Doctor,  
Haemophilia Society, Delhi**

## H-PAP Project



# Doctor's Testimonial

"I am Dr. Nikhil Nalla, a physiotherapist from Karimnagar. It was a very well-organized gathering planned by the Intas Foundation.

In this program, we offered physiotherapy advice using the kit provided. We explained the dos and don'ts and demonstrated the use of kit, including cramp bandages, and ice pack applications. Thanks to Intas Foundation for their support and for facilitating this informative session."

**Dr. Nikhil Nalla, Physiotherapist, Karimnagar,  
Telangana**

## H-PAP Project



Video hyperlink



# Patient's Testimonial

"I am Praveen Shah from Solapur. Today, a health camp is organized by the INTAS Foundation. Dr. Kulkarni provided excellent guidance on physiotherapy. Additionally, the nurses gave a comprehensive demonstration on self-infusion, showing patients how to administer the Factor.

Patients also received 1000 IU of factor free of cost. A big thank you to the INTAS Foundation for this invaluable support. We hope to see more such health camps in the future, as they greatly benefit patients and significantly improve their quality of life."

**Patient, Solapur, Maharashtra**

## H-PAP Project



Video hyperlink



# Patient's Testimonial

“My self, Gundu Mahadev I am 19-year-old. I am Lacking Factor VIII in my body which is Haemophilia -A. From the past few months, it's impossible for me to get medicine due to shortage in supplies.

I am so grateful and thankful for Intas Foundation for providing Factor VIII. This will help me to recover from minor injuries. Thank you.”

**Patient, Karimnagar, Telangana**

## H-PAP Project



Video hyperlink



# Patient's Testimonial

“My name is Chaitanya Prabhu Ram Jadhav. I am originally from Paithan, Maharashtra. I am a third-year MBBS student, and I have Hemophilia A.

Hemophilia is an incurable and debilitating disease. Generally, this disease affects the patient's mind as well. If this disease is to be managed, it is very important to take proper care of it because "prevention is better than cure."

Physiotherapy plays a crucial role in managing this disease, as taking Factor treatment alone will not help. Proper exercise and care are also essential.

Today, Intas Foundation has organized a wonderful camp here, which is truly benefiting the patients. On behalf of the Hemophilia Society, we are very grateful to Intas Foundation and hope that their support and help will continue.”

**Patient, Chhatrapati Sambhajinagar, Maharashtra**

## H-PAP Project



Video hyperlink



# Stakeholder's Testimonial

“As President of the Hemophilia Chapter, I can attest to the immense benefits the camp organized by the Intas Foundation has brought to hemophilia patients.

Intas Foundation's Factor Distribution Camp has had a significant positive impact, with many patients experiencing substantial improvements thanks to their support.

We are sincerely grateful to Intas Foundation for their continuous support and invaluable assistance.”

**Mr. Nagesh Naggonda,  
President of the Hemophilia Chapter, Bidar, Karnataka**

## H-PAP Project



# Doctor's Testimonial

"I am happy that the Intas Foundation has organized the Haemophilia Awareness and Physiotherapy Camp along with the Factor VIII distribution. It is helpful for parents and children in dealing with Haemophilia issues."

**Dr. Jagadeesh, Physiotherapist, Government General Hospital, Nizamabad, Telangana**

## H-PAP Project



Video hyperlink



# Patient's Testimonial

“My name is Subramanyam. Under the CSR, Intas Foundation provided me with 1000 units of Factor VIII, allowing me to manage my daily life effectively.

I am currently studying engineering and preparing for competitive exams. I am very happy with the support provided by Intas Foundation and hope that such services will continue to benefit future students. I thank Intas Foundation.”

**Patient, Krishna, Andhra Pradesh**

## H-PAP Project



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# Social Media Engagement



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# Social Media Posts

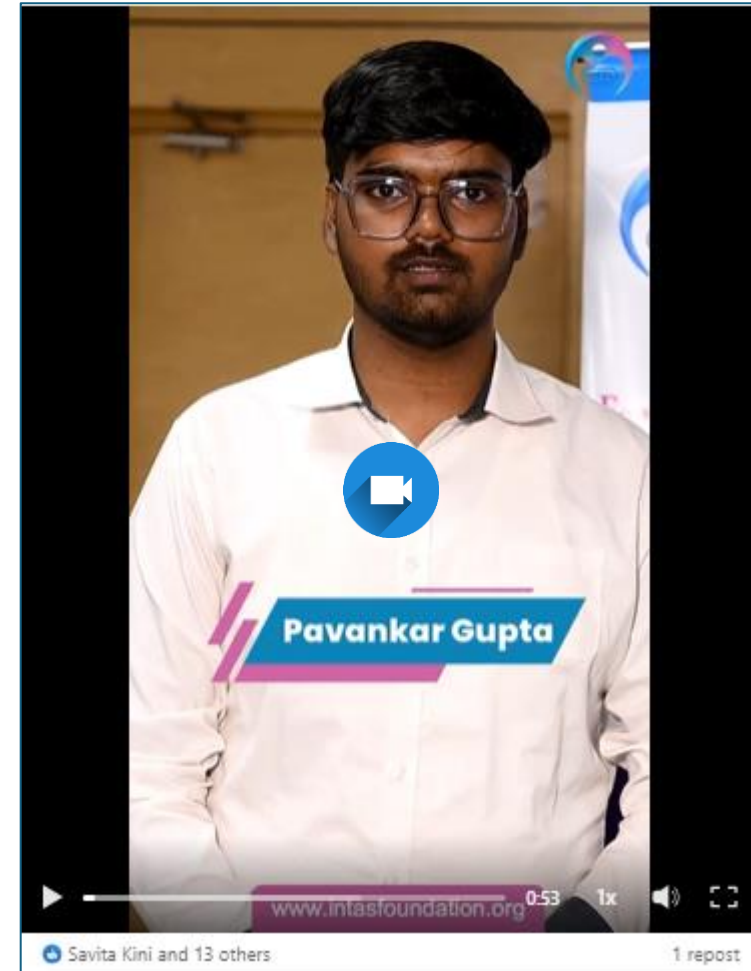


## Post Caption:

A Heartfelt Thank You!

At Intas Foundation, we're grateful to provide support, guidance, and resources to those who need it most. Pavankar Gupta, a Haemophilia A patient, shares his inspiring story, highlighting the impact of our recent camp on factor distribution and self-infusion training under the Haemophilia Patient Assistance Program. Thank you, Pavankar, for your kind words. Haemophilia Patient Assistance Program (H-PAP) is an initiative of the Intas Foundation to improve treatment outcomes for persons with Haemophilia in India through a continuum of care approach.

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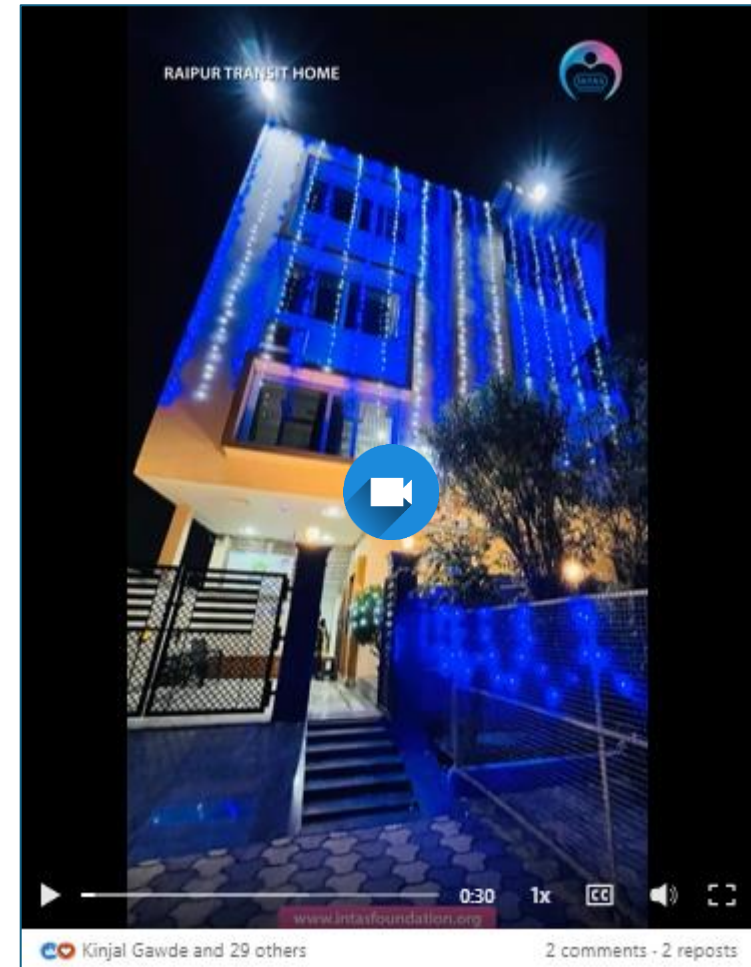
# Social Media Posts



## Post Caption:

We strive to create an environment where patients feel cared for and supported every step of the way. Our approach ensures that every aspect of our patient's well-being is addressed. Through various activities, we build a welcoming and empathetic community.

Click image for hyperlink

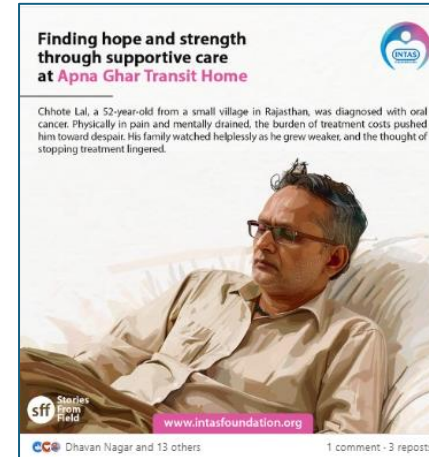


# Social Media Posts



## Post Caption:

Chhote Lal's journey from despair to recovery is a testament to the power of community and support. The caring environment and camaraderie of fellow patients gave Chhote Lal the strength to keep fighting. Thanks to the compassionate support from Apna Ghar Transit Home, he faced the toughest challenges with renewed determination. He credits Apna Ghar Transit Home for providing the support he needed during his darkest days and aiding in his emotional healing.



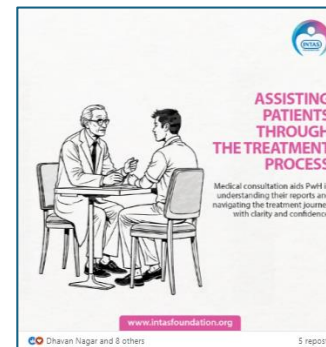
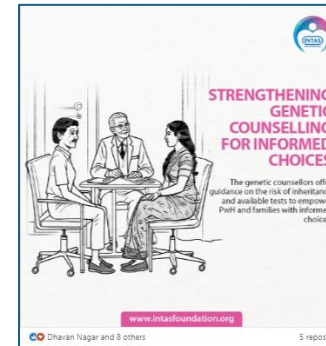
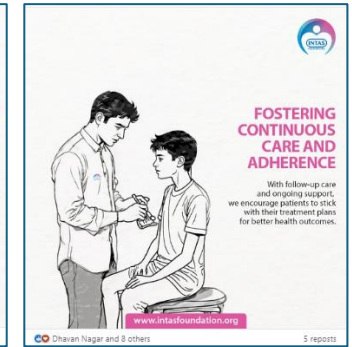
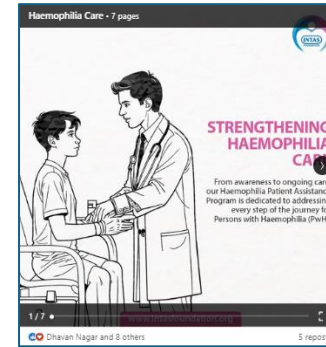
# Social Media Posts



## Post Caption:

Our Haemophilia Patient Assistance Program (H-PAP) is designed to support Persons with Haemophilia at every stage of their journey, from early diagnosis to ongoing care management.

Each service within H-PAP addresses a vital aspect of hemophilia care, empowering patients and their families with knowledge, resources, and comprehensive support. By addressing every need, we're creating a path to better health and well-being for patients and their families. Hemophilia Patient Assistance Program (H-PAP) is an initiative of the Intas Foundation to improve treatment outcomes for persons with Haemophilia in India through a continuum of care approach.



# Social Media Posts



## Post Caption:

We believe in building a strong foundation for every child, as education is one of the key pathways to empowerment. As part of shaping brighter futures, Intas Foundation proudly provided school kits to 7,650 students from 430 government primary schools



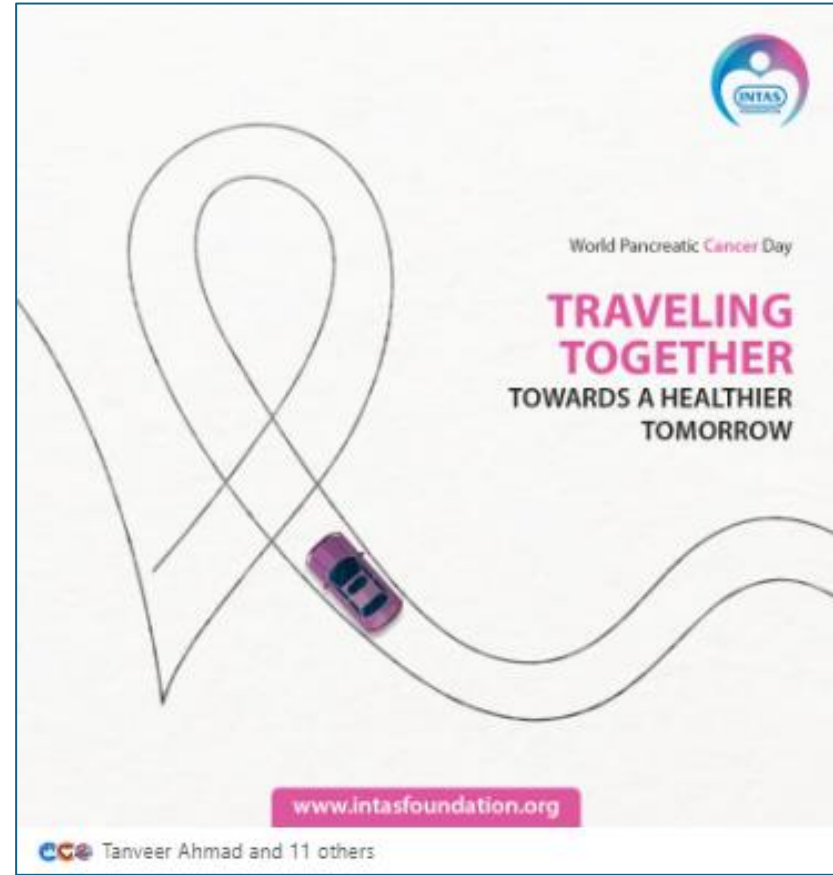
# Social Media Posts



## Post Caption:

Everyone deserves a companion in the journey towards recovery. This is our commitment to supporting individuals every step of the way, especially on World Pancreatic Cancer Day, as we raise awareness and offer a helping hand to those affected. Whether it's through transportation, nutritious food, or mental support, we provide a safe and compassionate environment where patients and their families can find strength in unity.

By walking alongside our beneficiaries, we ensure that each step taken is one towards a brighter, healthier future. On this important day, we stand together with those battling pancreatic cancer, offering hope and solidarity as they face their journey towards recovery.

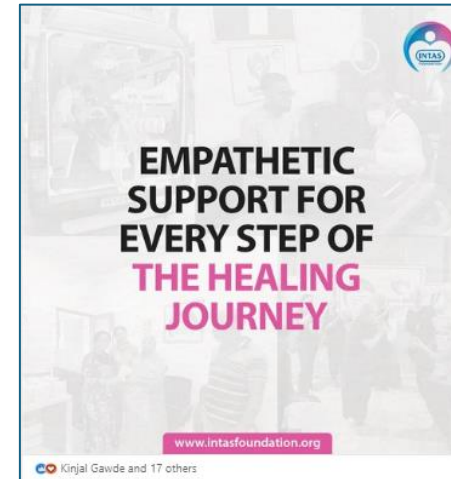


# Social Media Posts



## Post Caption:

At Apna Ghar, we're committed to holistic care that supports patients throughout their recovery. Through activities that nurture mental strength, build physical resilience, and uplift the spirit, we stand by our patients on every step of their healing journey.



# Social Media Posts



## Post Caption:

A common misconception about hemophilia is that a person with the condition will bleed to death from a simple cut. In reality, people with hemophilia don't bleed faster than others, they simply bleed for a longer period due to their blood's reduced ability to clot. Most superficial cuts are manageable with standard first-aid measures like a bandage, and they don't pose a serious risk. However, for deeper injuries or prolonged bleeding, it's essential to consult a healthcare provider to ensure proper care.



**Debunking Myths**

**Myth**  
If a person with haemophilia gets a cut, they'll bleed to death.

**Fact**  
People with haemophilia don't bleed faster, just longer. Superficial cuts usually aren't a concern. Consult a doctor in emergencies.

[www.intasfoundation.org](http://www.intasfoundation.org)

# Social Media Posts



## Post Caption:

At Apna Ghar Transit Home, we regularly hold yoga sessions that bring a sense of calm and resilience to everyone involved. Patients and caregivers alike join in, embracing the benefits of mindful breathing, gentle stretching, and guided relaxation.

This activity offers a much-needed break from daily stress and also empowers participants with simple tools to manage anxiety and enhance their physical well-being. Through every pose and breath, participants feel a renewed sense of strength, grounded in the peace and balance that yoga brings. Moments like these remind us of the power of healing from within



# Social Media Posts



## Post Caption:

Intas Foundation continues to make a lasting difference in the lives of countless individuals across India through its diverse initiatives.

With a steadfast commitment to improving healthcare access and community well-being, our projects span multiple regions, ensuring that no one is left behind.





Thank you !

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