

Stories of Hope



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.



About Intas Foundation

Intas Foundation is the social responsibility arm of Intas Pharmaceuticals, dedicated to advancing inclusive growth and sustainable well-being. Aligned with the Global Sustainable Development Goals, the Foundation undertakes impact-driven initiatives in healthcare, socio-economic empowerment, and community development. Through strategic collaborations and field-based programs, it strives to improve quality of life for underserved populations, guided by the core values of Compassion, Operational excellence, Passion, and Equity.

Our Values



Compassion for All



Operational Excellence



Passion for the Cause



Equity in Program Delivery



For more details, visit us at www.intasfoundation.org.

Mission

To create sustainable and affordable opportunities in the field of health, education and socio-economic development through quality infrastructure, services and evidence-based interventions.

Objective

To provide and improve the access of quality infrastructure and services for the needy population.



Apna Ghar Program



Impact Story

Poulami Sen, a 31-year-old woman from West Bengal, found her life turned upside down when her father, Biswanath Sen, was diagnosed with stage 4 lung cancer that had spread to his brain. Already burdened by a past accident that left him bed-ridden and forced the closure of his small hardware business, Biswanath's diagnosis pushed the family into deeper financial and emotional distress. With no steady income and a family of five including a son with epilepsy and a mentally challenged aunt, Poulami stepped into the role of a full-time caregiver.

Her career as a content creator came to a halt. Once earning through educational content shared with over 50,000 followers, she now struggled to manage hospital visits, treatments, and daily expenses. In June 2025, after being referred to Bangalore, the family faced mounting costs for lodging, food, and medical care. It was during this time that Poulami discovered Apna Ghar, a program by Intas Foundation offering free food, accommodation, and transportation.

Apna Ghar became a turning point. The staff guided Poulami through the city's transport system, helped her communicate in Kannada, and supported her emotionally. With their help, she applied for financial aid and received support from a donor. She also received pro bono therapy from a psychologist, which helped her and her family cope with the mental strain.

Poulami began to regain confidence. She resumed online classes to support her family and was encouraged to return to content creation.

She described Apna Ghar as a place of hope, where every need was met with care and dignity. From arranging medicines to coordinating ambulance services, the staff stood by her side.

Today, Poulami reflects on her journey not with despair but with strength. Apna Ghar didn't just support her father's treatment, it empowered her to become a resilient caregiver and a hopeful daughter.



Ms. Poulami Sen, Caregiver
Bangalore, Karnataka
Audio Language - Hindi



Apna Ghar Program



Impact Story

Minimol arrived at Kochi Transit Home burdened with fear, anxiety, and a deep sense of helplessness. Diagnosed with cancer, she was not only battling a life-threatening illness but also grappling with emotional turmoil stemming from her role as a mother. Her younger son, Siva, had suffered two seizures in the past year and a half, and a doctor's advice to avoid giving him stress had deeply impacted her. This led Minimol to adopt an overprotective, helicopter parenting style, restricting Siva's independence, constantly reminding others of his illness, and inadvertently stifling his growth. At 24, Siva felt infantilized, expressing that he still felt like a child under his mother's constant watch.

Through the psychosocial assessment conducted at Apna Ghar, the counselor identified this unhealthy parenting pattern as a key concern. Personalized counseling sessions were initiated for Minimol, focusing on stress management for both her and her son. She was gently guided to understand that shielding Siva from all challenges would only hinder his ability to cope with life. The counselor encouraged her to empower Siva with small responsibilities like doing household chores or running errands - to build his confidence and independence.

The turning point came when Minimol allowed Siva to go to a nearby shop alone. This small step marked a significant shift in her mindset. She felt immense joy and pride, realizing that her son was capable and resilient. This experience became a cornerstone in her journey toward adopting a healthier parenting style.

Beyond parenting, Minimol found solace and strength in the nurturing environment of Apna Ghar. The warm hospitality, nutritious meals, clean accommodation, and safe transportation made her feel at home. She formed bonds with fellow patients and caregivers, and even connected with local school children during her walks. The counseling sessions played a pivotal role in transforming her outlook, dispelling myths about cancer, reducing her financial anxieties, and helping her focus on the present.

Minimol's testimony reflects her renewed spirit: ***"I came here as part of my radiation treatment. After coming here, I received care more than that I got from my home. The counseling sessions helped me be confident, live in the present, and avoid negative thoughts. I now dream of educating my son, arranging my elder son's marriage, and building our own home."***

Minimol now stands as a beacon of hope, determined, empowered, and ready to face life's challenges with courage.

The Integrative Oncology approach of Apna Ghar Program by Intas Foundation healed her spirit, restored her confidence, and reignited her dreams.



Ms. Minimol, Patient
Kochi, Kerala
Audio Language - Malayalam



Apna Ghar Program



Impact Story

Nirmala Kumari, like many women, spent her life juggling multiple responsibilities - household chores, office work, and caregiving duties. She was always the one others depended on, rarely allowing herself a moment of rest. But in 2022, her life took a drastic turn when she was diagnosed with breast cancer. More than the fear of treatment, what weighed heavily on her mind was the thought of slowing down and giving her body the rest it desperately needed. For someone who had never paused, the idea of stepping back felt unfamiliar and unsettling.

Initially, Nirmala stayed with relatives during her treatment, but their insensitive behavior added emotional strain to her already fragile state. She longed for a space where she could heal, not just physically, but mentally and emotionally. That's when she discovered Apna Ghar, run by the Intas Foundation.

From the moment she arrived, Nirmala felt a shift. The environment was peaceful, the staff compassionate, and the rules thoughtfully designed to support recovery. For Nirmala, this was a revelation. It was the first time someone told her it was okay to rest. She didn't have to cook, clean, or care for others, she could simply focus on herself.

This enforced rest became a turning point in her healing journey. Her companions at Apna Ghar took care of her needs, allowing her to experience the nurturing she had always provided to others. The emotional support, structured routine, and stress-free environment helped her regain strength and hope.

Nirmala is now healthy and continues with routine check-ups and follow-ups. She credits Apna Ghar for giving her the space to heal completely.

The selfless service and patient-centric care she received made a tangible difference in her life. She expresses heartfelt gratitude to Intas Foundation for creating a haven where women like her can truly rest, recover, and rebuild.



Ms. Nirmal Kumari, Patient
Jaipur, Rajasthan
Audio Language - Hindi



Apna Ghar Program



Impact Story

Zubair Ahmad, a resident of Rajouri, faced one of the most difficult phases of his life when he was diagnosed with a serious condition in his head. After undergoing a complex surgery, his family struggled to find a place to stay due to financial constraints. That's when a doctor introduced them to Apna Ghar, a compassionate initiative by the Intas Foundation in Srinagar.

From the moment Zubair arrived, he felt a sense of relief. A driver from Apna Ghar came to pick him up from the hospital, and what awaited him was far more than just shelter. Apna Ghar offered a nurturing environment filled with care, dignity, and emotional support. The facilities starting from nutritious meals to clean accommodation and timely counselling sessions were thoughtfully designed to aid recovery.

As a patient of high-grade glioma post-surgical resection, Zubair was undergoing radiotherapy. The peaceful and inclusive atmosphere at Apna Ghar helped him cope with the physical and emotional challenges of treatment. What touched him most was the unity among people from different backgrounds, cultures, and traditions. Everyone lived together with mutual respect and affection, creating a community where no one felt alone.

Daily counselling sessions reassured Zubair that he was not just a patient, but a person cared for deeply. The staff, especially the counsellor who guided them, encouraged positivity, emotional expression, and peer support. Her words reminded him that healing is not just medical, it's emotional too.

Zubair is now on the path to recovery, with only mild symptoms remaining. He awaits his follow-up MRI with hope and strength.

He credits Apna Ghar for transforming his healing journey into one filled with compassion, dignity, and togetherness.



Mr. Zubair Ahmed, Patient
Srinagar, Jammu & Kashmir
Audio Language - Hindi



Apna Ghar Program



Impact Story

Sindhu, a 41-year-old mother of three from Kerala, has lived a life filled with challenges. Married young, she faced years of hardship with an alcoholic husband who barely supported the family. To provide for her daughters and her ailing mother-in-law, Sindhu worked tirelessly at daily wage jobs like packing and cooking. Her husband's severe alcohol drinking problem, memory lapses, and wandering behavior forced the family to seek de-addiction treatment, adding financial strain. Just when life seemed to stabilize, fate struck again and Sindhu was diagnosed with stage 2 breast cancer in February 2025.

The diagnosis was devastating. Sindhu feared that her absence for treatment would push her husband back into alcoholism and leave her daughters vulnerable. Initially reluctant to proceed, she was persuaded by her sisters to begin treatment. She underwent six chemotherapy sessions, surgery, and radiation, all while struggling to manage expenses and emotions. The family borrowed heavily for initial treatment and later shifted to a government hospital under PMJAY insurance. Despite this, daily medication costs and household needs remained overwhelming.

Amid this turmoil, Sindhu discovered Apna Ghar, an initiative by Intas Foundation, and her life took a positive turn. Apna Ghar provided free accommodation, nutritious meals, and transportation, removing the financial burden of lodging and travel. More than physical support, Apna Ghar offered emotional healing. Counseling sessions helped Sindhu cope with anxiety, taught her grounding techniques, and restored

her confidence. She learned mindfulness practices and coping strategies to ventilate emotions. Through psychoeducation, her fear that her daughters might develop cancer was addressed, and she gained awareness about preventive measures like self-breast examination.

Apna Ghar also connected Sindhu to additional resources - Saaisha Foundation for free breast prosthesis, cancer pension schemes and transport concessions. Engagement activities, peer interactions, and awareness programs like Pink October transformed her outlook. Watching TV with fellow patients and sharing experiences made her feel less alone. The counselor's motivational sessions instilled hope and resilience.

Today, Sindhu is completing her treatment with renewed strength and confidence. Apna Ghar didn't just support her treatment, it empowered her to rediscover her inner strength and believe in life beyond cancer.

From despair to determination, Sindhu's journey reflects how Apna Ghar turns pain into hope and isolation into community.



Ms. Sindhu, Patient
Ernakulum, Kerala
Audio Language - Malayalam



Apna Ghar Program



Impact Story

Preeti, a 34-year-old woman, was diagnosed with Stage III breast cancer, which later progressed to Stage IV. Married in 2015 and mother to a 5-year-old son, her life took a devastating turn after her diagnosis. Instead of receiving support, Preeti faced rejection and abuse. Her in-laws distanced themselves, and her husband, struggling with alcoholism, became physically abusive after learning about her illness. With no emotional or financial backing, Preeti found herself relying solely on her elder sister.

Together, the sisters began an exhausting journey between Nainital and Delhi for treatment at AIIMS. Every trip brought new challenges, finding affordable accommodation, managing travel expenses, and coping with the overwhelming stress of cancer treatment. Being new to Delhi, they were unaware of NGOs or *dharamshalas* that could provide shelter. Nights were spent worrying about where to stay and how to save even a little money for medicines. The lack of a safe space added to Preeti's emotional burden, leaving her feeling isolated and hopeless.

Their search for help ended when they learned about Intas Foundation's Apna Ghar Transit Home. For Preeti and her sister, Apna Ghar was not just a place to stay, it was a lifeline. Here, they found a clean, safe, and supportive environment without the constant worry of expenses. The warm atmosphere, nutritious meals, and free transportation to the hospital eased their financial strain and gave them peace of mind.

Most importantly, Apna Ghar provided emotional healing which could help them focus only on the treatment, keeping all other worries aside. During a counseling session, Preeti broke down as she shared her struggles for the first time. The Senior Counsellor listened patiently, offering comfort and encouragement. Preeti described that moment as a turning point, she felt heard, understood, and cared for. Surrounded by empathy, she said, "Apna Ghar is my family now."

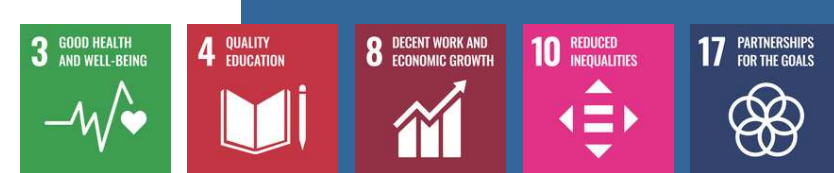
This emotional support has had a profound impact on her treatment journey. Reduced stress and renewed hope have strengthened her will to fight cancer. Today, Preeti feels more positive and determined, knowing she is not alone.



Ms. Joshi, Caregiver
Nainital, Uttarakhand
Audio Language - Hindi



Hemophilia Patient Assistance Program



Impact Story

As a father, there is no greater pain than watching your child suffer especially when there's very minimal awareness of the cause or solution. Md. Saleel still remembers the day his son, Ibrahim, just a year old, had his first major bleeding episode. It was a terrifying experience. The swelling in his head was alarming, and the family was thrown into panic. With little awareness about hemophilia and no proper guidance from local doctors, they were left confused and helpless.

Eventually, they learned that Ibrahim had Hemophilia-A, a genetic disorder caused by a deficiency of Factor VIII. The diagnosis brought more questions than answers. The treatment required regular infusions of Factor VIII, which were not only expensive but also hard to access, especially during emergencies.

The family struggled emotionally and financially. There were days when Ibrahim couldn't walk due to internal bleeding. He would cry in pain, and even simple tasks like going to the washroom meant his parents had to carry him. His education suffered, and so did the family's peace of mind.

But amidst the darkness, the H-PAP program by Intas Foundation became a ray of hope. Through the camps organized by the Foundation, Ibrahim received free Factor VIII vials and medical consultations. These camps didn't just provide treatment, they empowered the family with knowledge, awareness, and confidence to manage hemophilia

better. Md. Saleel is deeply grateful for the timely support, especially during emergencies when every second counts. Ibrahim's health is now stable, and he is able to pursue his studies with renewed hope.

Md. Saleel dreams of a bright future for his son and is thankful to Intas Foundation for standing by them. He earnestly requests the Foundation to expand its reach to every village and corner of India, so that no parent has to go through the same confusion and helplessness he once did. Awareness, early detection, and timely support can change lives and Ibrahim's story is living proof of that.



Md. Saleel, Caregiver
Hyderabad, Telangana
Audio Language - Hindi

Impact Story

Ajay, an eight-year-old boy from Pammal, was diagnosed with severe Hemophilia A (Factor VIII deficiency less than one percent) when he was just six months old. His parents, unaware of government support systems, began his treatment at a private hospital, where Factor VIII infusions were administered twice a week. Each session cost thousands of rupees, and the family spent nearly ₹13,000 monthly on treatment. This financial strain was overwhelming for Ajay's parents, who were already managing household expenses and caring for their young child. The lack of awareness about free treatment options compounded their distress, leaving them anxious and uncertain about the future.

Eventually, they discovered the Institute of Child Health and Hospital for Children (ICH) in Chennai, where clotting factors were available free of cost. While this eased their financial burden, the frequent travel from Pammal to ICH was exhausting. Ajay often missed school due to long treatment schedules, affecting his studies. His parents worried constantly about managing bleeds and preventing complications.

The turning point came when Ajay's family learned about the Hemophilia program by Intas Foundation. The program provided consistent access to clotting factors, physiotherapy sessions, and emergency care during bleeding episodes. More importantly, it empowered Ajay's parents with knowledge and practical skills to manage hemophilia at home. His mother learned techniques like applying ice packs during bleeds and

and administering butterfly needle infusions when necessary. These skills allowed the family with early intervention, preventing severe complications during bleeding episodes.

Intas Foundation's camps offered regular checkups, counselling, and education on hemophilia care. Ajay's parents gained confidence in managing his condition and understood the importance of preventive measures. Today, Ajay experiences bleeding episodes with preparedness, attends school regularly, and enjoys a more stable childhood. His family feels supported and informed, no longer living in constant fear of emergencies.

Ajay's mother expresses heartfelt gratitude to Intas Foundation for not only providing treatment guidance but also transforming their lives through awareness and empowerment.

The program has given them hope, resilience, and the ability to manage hemophilia effectively.



Ms. Devika, Caregiver
Pammal, Tamil Nadu
Audio Language - Tamil



Apna Ghar Program



Testimonials

"I express my heartfelt gratitude, towards Apna Ghar for not just being a shelter but a haven that provides emotional support and comfort. I appreciate the staff's dedication, compassion, and kindness, which has touched my heart so deeply that as a poet I have written a poem in appreciation of Apna Ghar's selfless service. I thank the entire team for their tireless efforts, making Apna Ghar a shining example of humanity and compassion."

- Mr. Shiv Charan



Mr. Shiv Charan Yogi, Patient,
Jaipur, Rajasthan
Audio Language - Hindi

"Most of our cancer patients, especially those with leukemia, require long hospital stays during chemotherapy and need strong emotional, mental, and treatment support. Intas Foundation has been a great help in this regard. They provide a comfortable environment and continuous encouragement for patients to stay motivated throughout their treatment. The mental health support given during chemotherapy truly inspires the patients and their families. We feel obliged to be associated with Intas Foundation for their compassionate guardianship "

- Dr. Vedansh



Dr. Vedansh, Sr. Resident
Deptt. of Hematology, AIIMS
Rishikesh, Uttarakhand
Audio Language - Hindi



Apna Ghar Program



Testimonials

"We arrived at Apna Ghar with fear and many difficulties, but gradually we began to feel comfortable. After a few days, it started to feel like our own home. Food is very well-prepared and is very satisfying. Transportation is also convenient and everyone here manages and takes care of the facilities very well. Earlier, managing life was very difficult for us, but now the with Apna Ghar we have a clean and peaceful home. The activities are also very helpful, interacting with everyone during these sessions feels good and helps keep our minds positive. This support has truly been a great help to us."

- Mr. Manikandan



Mr. Manikandan, Caregiver
Salem, Tamil Nadu
Audio Language - Tamil

"At Intas Foundation's Apna Ghar, I have observed a wonderful camaraderie between the patients. They have the comfort of being alongside others who are facing the same struggles, sharing experiences, and drawing strength from each other. The availability of such a supportive home environment in these challenging times is a direct catalyst for good recovery of our patients. This friendly and warm atmosphere, which is truly more like a family setting, significantly contributes to the speedy recovery of the patients. Intas Foundation has done a commendable job in providing such a friendly and a family-oriented space for these cancer patients, ensuring they have stability during a volatile time."

- Dr. Gowri



Dr. Gowri, Oncologist
Madurai, Tamil Nadu
Audio Language - English



Apna Ghar Program



Testimonials

"I am truly impressed by the well-thought-out and well-organized facilities at Apna Ghar. The staff members are extremely supportive and dedicated to ensuring the wellness of patients. All basic and essential amenities are provided, along with clinical psychology support, which is truly commendable. People here are happy with the services they receive during their treatment journey.

I sincerely hope that Intas Foundation continues to create hope among cancer patients and their families during their difficult times. I am deeply touched and delighted to have visited Apna Ghar and witnessed the remarkable work being done by Intas Foundation."

- Dr. Madhvi



Dr. Madhvi, Physician
State College, USA
Audio Language - Hindi

"Cancer is a stage where maintaining a proper diet and keeping a positive mindset are very important. Doing this correctly helps the treatment work effectively and supports recovery.

Intas Foundation provided us with a clean room, and the food arrangements are excellent, with no issues at all. In every way, the facilities are outstanding. Cooking and eating together help us support each other, which contributes to our happiness and health and gives us the strength to fight cancer. Apna Ghar truly enhances our quality of life."

- Ms. Jayanti



Ms. Jayanti, Patient
Newtown, West Bengal
Audio Language - Bengali



Testimonials

“Engaging in clay art offers people a therapeutic escape especially the experience of working with clay, which brings a sense of calm and emotional relief. Since the clay used is natural and free from harmful chemicals, it is completely safe and suitable for individuals undergoing medical treatment.

I would like to express my sincere gratitude to the Intas Foundation for creating a clean, safe, and uplifting environment for cancer patients. Your commitment to holistic care and emotional well-being is truly commendable. In a city where access to such compassionate services can be challenging, your efforts stand out. Thank you for your contribution to society”

- Ms. Kavitha



Ms. Kavitha,
Govt. Certified Artist,
Bangalore , Karnataka
Audio Language - Kannada

“Intas Foundation has done a commendable job by organizing the Hemophilia Patient Assistance Camp to benefit all hemophilia patients. The Foundation has provided physiotherapy kits and two Factor VIII vials, which will be immensely helpful for patients, especially during emergency situations.

On behalf of the entire Department of Pediatrics, RIMS, and our patients, we are thankful to Intas Foundation for their continued cooperation and support.”

- Dr. Nasima



Dr. Nasima, Prof. & Head
Deptt of Pediatrics, RIMS Raichur
Bangalore, Karnataka
Audio Language - English



Ms. Shashikala, HTC Staff Nurse,
RIMS, Raichur
Bangalore, Karnataka
Audio Language - Kannada

“Our hospital has been receiving Hemophilia Factor support through the camps organized by the Intas Foundation. We are sincerely grateful to the Foundation for arranging these camps, which have significantly helped and supported our patients.

On behalf of our hospital and all Hemophilia patients, we extend our heartfelt thanks to the Intas Foundation for their continuous support and valuable service. These camps have made a meaningful impact on patient care and well-being.

Thank you, Intas Foundation, for your ongoing dedication and cooperation.”

- Ms. Shashikala



Hemophilia Patient Assistance Program



Testimonials

“As a mother of two children who are both affected by hemophilia, I have faced countless challenges. Since the age of one, they have been undergoing regular treatment. At times, when we couldn’t take the medicines on time, they had to miss classes, which greatly affected their studies. When we had medicines in hand, we could manage the situation to some extent. Later, when we didn’t have medicines, we faced a lot of difficulties. Now, receiving these medicines is truly a blessing for us. We hope such initiatives continue, as there are many patients who need help.

In Idukki district alone, this has been happening for over 20 years. There are many others who are struggling like us. May God bless your efforts to move forward and improve these services. We pray for that and hope for more good services in the future.”

- Ms. Jaya



Ms. Jaya, Caregiver
Nedumkandam, Kerala
Audio Language - Malayalam

“The Hemophilia awareness session by Intas Foundation - “Know Hemophilia, Save Lives” was extremely useful and productive. Before attending this program, I did not know what Hemophilia was, nor had I ever heard of it, despite working as an ASHA worker. The session was highly informative and provided all of us with valuable learning. With this new knowledge, we are confident that we can help identify patients who may have remained undiagnosed due to a lack of basic awareness about the condition.

I am very thankful to Intas Foundation for organizing such an insightful and educational session.”

- Ms. Ashakiran



Ms. Ashakiran, ASHA Worker
Naharup, Manipur
Audio Language - Meiteilon



Hemophilia Patient Assistance Program



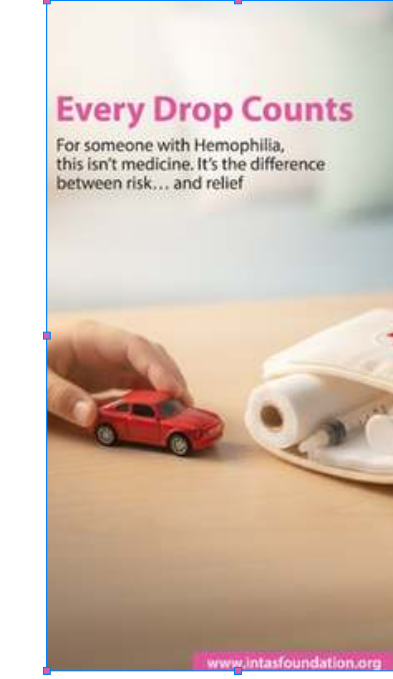
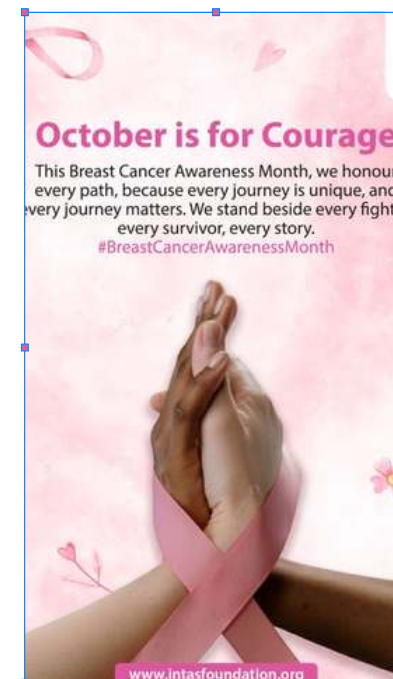
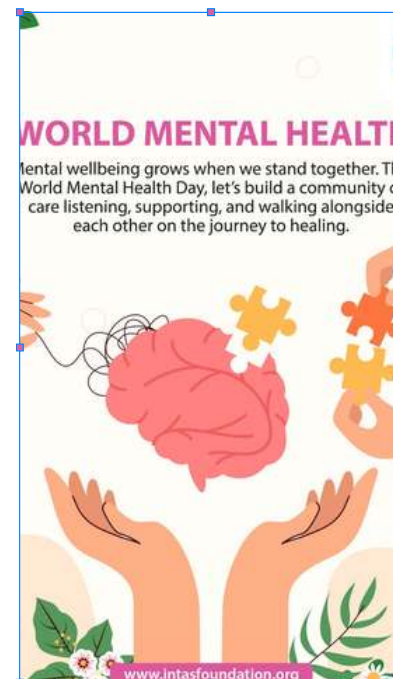
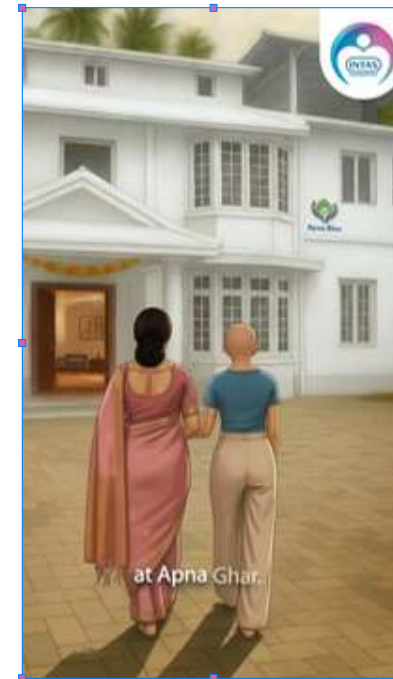
Testimonials

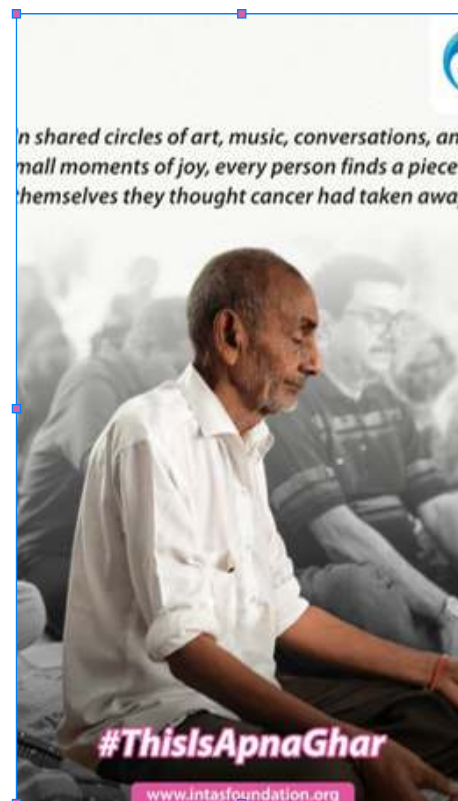
“The camps organized by Intas Foundation has been incredibly helpful. I recently faced an emergency when I had a practical exam in two days, and my hand suddenly became very swollen. I took the Factors that I had received from the Foundation. It was extremely useful, and because of it, I was able to manage the situation and make it through that critical time. The Factor assistance initiative run by the Intas Foundation is excellent and has been very effective for the entire haemophilia community.”

- Mr. Om



Mr. Om Sarode, Patient
Nagpur, Maharashtra
Audio Language - Marathi





Thank You

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Your Network of Care

