

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 wellbeing. Aligned with the Global Sustainable Development Goals, the Foundation undertakes impactdriven initiatives in healthcare, socioeconomic empowerment, and community development. Through strategic collaborations and fieldbased 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



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

Mission

To create sustainable and affordable opportunities in the field of health, education and socioeconomic development through quality infrastructure, services and evidencebased interventions.

Objective

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



Apna Ghar Program



Impact Story

Roshni Palje, a 16 year old girl from a small village in Gujarat, was living a life defined by resilience even before illness struck. Raised in a financially struggling household, she lived with her widowed mother, two younger brothers, and elderly grandparents. The family survived on daily wage labor, earning barely ₹200 per day just enough to meet their basic needs. Every day was a challenge, but they faced it together with strength and determination.

Roshni's life took a devastating turn when she was diagnosed with leukemia. The diagnosis not only brought emotional shock but also pushed the family into deeper uncertainty. Treatment required her to stay in Surat - 100 km away from her house and family - for an extended period. With limited income and no support system or social connections in the city, managing hospital visits and long-term stay seemed impossible.

At this critical juncture, Apna Ghar became a lifeline for Roshni and her family. They were provided with safe and hygienic accommodation close to the treatment center, along with nutritious meals and transportation support. This ensured that Roshni could continue her treatment without interruption, while significantly reducing the financial burden on her family.

The support extended at Apna Ghar was far beyond medical needs. As Roshni's mother stayed by her side during treatment, she was unable to work, which meant the family back home struggled even to afford food. Recognizing this urgent need, Apna Ghar staff extended an additional support by connecting the family with the Rockstar Group for financial support. Through this collaboration, the family received ration along with ₹ 5,000 to manage essential daily expenses.

Today, Roshni's journey stands as a powerful example of how holistic support can transform lives. **The combined efforts of Apna Ghar and its partners ensured that a vulnerable family did not have to choose between survival and treatment.** Instead, they were given hope, dignity, and the strength to fight through one of the most difficult phases of their lives.

Roshni's story is not just about overcoming illness, it is about how compassion, timely support, and community collaboration can change the course of a life.



Ms. Roshni Palje, Patient
Valsad, Gujarat
Audio Language - Gujarati



Apna Ghar Program



Impact Story

When Sakharbai Dhole fell ill two months ago, her family had no idea that life was about to change so drastically. Her grandson, Akshay Chaure, recalls how routine tests led to a life altering diagnosis cancer. Determined to ensure the best possible care, the family decided to begin her treatment in Pune, where doctors recommended chemotherapy and radiation at a private hospital under a government scheme.

While the treatment itself was arranged, a new challenge emerged. Sakharbai needed to stay in Pune for a month to complete her radiation therapy. For a family coming from outside the city, the thought of managing accommodation, food, and daily transportation in an expensive urban setting was overwhelming. The financial strain, combined with the emotional burden of illness, left them anxious and uncertain about how they would cope.

During this difficult phase, a simple advertisement at the hospital became a turning point. It introduced them to Intas Foundation's Apna Ghar program, which offered free accommodation, food, and transportation for patients and their caregivers. Though hopeful, the family still had many doubts about the quality of facilities, the food, and whether they would be treated with dignity.

However, from the very first day of their stay, all their fears began to fade.

At Apna Ghar, they found more than just shelter they found a community. Patients and caregivers from different regions came together, cooking meals collectively, sharing stories, and supporting one another through their journeys. The environment was warm, inclusive, and reassuring. Facilities such as transportation to the hospital, access to books, and a shared space with a television helped ease their daily routine.

Over the course of a month, Apna Ghar became her second home. Regardless of background or financial status, every patient and caregiver was treated like family. This sense of belonging helped them navigate one of the most challenging periods of their lives with dignity and hope.

Today, **Sakharbai has successfully completed all 28 sessions of radiation therapy.** As they prepare to return home, there is a sense of relief, gratitude, and emotional attachment. What began as a journey filled with fear and uncertainty has transformed into one of resilience and support.



Mr. Akshay Manik Chaure,
Caretaker
Pune, Maharashtra
Audio Language - Marathi

Impact Story

When Parameswaran was diagnosed with liver cancer, life suddenly became uncertain and overwhelming for him and his family. Coming from Pudukkottai, the journey to Chennai for treatment was not only physically exhausting but also emotionally draining. With no insurance coverage or government health card, the financial burden added to their distress. Alongside this, concerns about his daughter's future and the fear of an unknown illness weighed heavily on their minds.

The family found themselves struggling on multiple fronts - medical, financial, emotional, and logistical. Traveling long distances for treatment, managing daily expenses, and coping with the side effects of the illness created a sense of isolation and helplessness. Parameswaran, in particular, faced physical challenges such as hand tremors, which affected his confidence and ability to perform even simple tasks. Each day felt like a battle, with uncertainty looming large.

At this critical juncture, a friend referred them to Apna Ghar in Chennai a place that would soon become a source of stability and support. When they arrived, they carried fear and doubt, unsure of what to expect. However, what they found was not just accommodation, but a compassionate environment that addressed their needs holistically.

More importantly, regular counselling sessions and engagement activities helped the family manage emotional stress and make informed treatment decisions. The Apna Ghar staff provided continuous reassurance and support whenever they felt overwhelmed. Recognizing his physical wellbeing, they introduced creative activities like drawing and Mandala art. Despite his hand tremors, Parameswaran gradually engaged in these activities, improving both his motor skills and emotional wellbeing.

Simultaneously, his caregiver was guided on selfcare and coping strategies, strengthening the overall support system around him.

Over time, Parameswaran showed remarkable improvement. He gained emotional strength, better physical coordination, and renewed confidence. As his treatment nears completion, his journey reflects how holistic care can transform fear into resilience. Apna Ghar not only supported his treatment but restored dignity, hope, and the strength to move forward.



Mr. Parmeswaran, Patient
Pudukkottai, Tamil Nadu
Audio Language Tamil



Apna Ghar Program



Impact Story

Toplangsing, a 55-year-old daily wage worker from East Khasi Hills, Meghalaya, led a simple life rooted in hard work and community engagement. His life took a sudden turn when persistent hoarseness and difficulty in speaking led to a diagnosis of carcinoma of the vocal cord at NEIGRIHMS Hospital, Shillong. The illness not only threatened his health but also took away his voice – one of his most vital means of expression.

The diagnosis brought emotional distress and financial strain, as long-term treatment required him to stay away from home. During this challenging phase, Intas Foundation’s Shillong Transit Home became a crucial support system in his journey.

At the Transit Home, Toplangsing received free accommodation, nutritious meals, and transportation for regular hospital visits, easing his financial and logistical burden. More importantly, he was provided with REBT (Rational Emotive Behavior Therapy) counselling, which played a significant role in helping him cope with fear, frustration, and the emotional impact of losing his voice.

With continuous support and guidance, he gradually began to rebuild his confidence. The compassionate care from the staff and the sense of community at the Transit Home helped him feel less isolated. Over time, he started viewing his recovery not as suffering, but as a journey of strength and resilience.

Reflecting on his experience, he shares, **“We received much more than we expected: food, transport, and care. We are truly grateful for everything done for us.”**

Today, his condition is gradually improving, Toplangsing’s emotional strength and outlook on life have significantly improved. His journey stands as a powerful reminder that healing goes beyond physical recovery, it is about restoring hope, dignity, and the courage to move forward.



Ms. Banriakor Kurbah, Caretaker
East khasi Hills, Meghalaya
Audio Language - Khasi

Impact Story

Jaya, a 38-year-old breast cancer patient from Dinajpur, has faced immense challenges both in her personal life and health journey. Living with her two daughters and elderly mother, Jaya is the sole breadwinner of her family after losing her husband four years ago. Her responsibilities, combined with financial constraints, made her life already difficult even before her illness.

Jaya was initially diagnosed with breast cancer and successfully completed treatment. However, her journey took a painful turn when a recurrence was detected through a biopsy. She was referred to Chittaranjan National Cancer Institute (CNCI), Newtown, where she is currently undergoing radiation therapy.

Beyond the physical challenges of cancer, Jaya also faced emotional distress. She expressed feelings of neglect and isolation, sharing how societal attitudes and distancing by relatives made her feel hopeless. Managing the burden of illness, financial pressure, and social stigma became overwhelming.

During the initial phase of her treatment, she stayed outside the hospital premises. However, the unhygienic conditions and rising daily expenses added to her struggles, making it difficult to continue treatment comfortably.

At this critical point, Kolkata-2 Transit Home became a turning point in her journey. Here, she received safe accommodation, nutritious meals, and transportation facilities for hospital visits. This support significantly reduced both her financial burden and daily stress.

More importantly, the positive and supportive environment at Apna Ghar played a vital role in her emotional recovery. Interacting with other patients and witnessing their recovery journeys gave her renewed hope. She began to regain her confidence and developed a more positive outlook toward life.

Today, Jaya continues her radiation treatment with strength and determination. With the support of Apna Ghar, she has found the courage to move forward, not just as a patient, but as a mother and provider striving to rebuild her life with dignity and hope.



Ms. Jaya, Patient
Dinajpur, West Bengal
Audio Language - Bengali



Apna Ghar Program



Impact Story

Subhas Singh, a 51-year-old farmer from Rewari, Haryana, had spent decades battling a silent addiction of smoking beedi. He consumed nearly a full pack every day, unaware that this habit would eventually lead to oral cancer. When he was diagnosed, it marked not only the beginning of a difficult medical journey but also a turning point in his life.

Referred to SCI Hospital in Jaipur for treatment, Subhas began his radiation therapy, which required him to stay away from home for an extended period. Alongside the physical challenges of treatment, he faced emotional stress and the struggle of breaking free from a long-standing addiction. Despite his willingness to quit tobacco, the dependency made it extremely difficult.

At this critical stage, Apna Ghar-Jaipur became a pillar of support in his recovery journey. Beyond providing safe accommodation, nutritious food, and transportation to the hospital, the Transit Home offered consistent counselling and psychosocial support tailored to his needs.

Instead of forcing an abrupt change, the counsellors adopted a gradual and compassionate approach. Subhas was encouraged to reduce his beedi consumption step by step—one less each day. With continuous guidance, motivation, and close situation review, he began to experience small but meaningful victories. Each step strengthened his confidence and sense of control over his habit.

Over time, these small changes led to a remarkable transformation. His cravings reduced, his dependency weakened. **Eventually, he was able to quit tobacco completely.** This not only supported his cancer treatment but also significantly improved his overall health and mindset.

Today, Subhas stands as a powerful example of how behavioral change, when supported with empathy and structured counselling, can transform lives. His journey highlights that recovery is not just about medical treatment, but also about rebuilding habits, restoring confidence, and choosing a healthier path forward with dignity and determination.



Mr. Subhas Singh
Rewari, Haryana
Audio Language Hindi



Hemophilia Patient Assistance Program



Impact Story

Abdul Samad, from Thrissur district in Kerala, has been living with hemophilia since the age of three. While the condition is not always visibly apparent, it significantly affects daily life. Frequent pain, joint complications, and limited mobility have been constant challenges, impacting not only his physical health but also his emotional well-being and overall quality of life.

In earlier years, periodic physiotherapy camps provided much-needed support. These sessions helped manage joint health, reduce pain, and prevent long-term complications. However, over time, the absence of such services created a critical gap in care for people with hemophilia (PwH) in the region, leaving many without guidance on managing their condition effectively.

The introduction of the Hemophilia Patient Assistance Program (H-PAP) by Intas Foundation came as a timely and much-needed intervention. Through this program, dedicated physiotherapy training sessions were organized specifically for PwH. These sessions not only emphasized the importance of regular physiotherapy but also taught correct exercises and joint care techniques that could be safely practiced at home.

Reflecting on this support, Abdul shares, ***“These sessions helped me understand how to manage my condition better. Now I can take care of my joints and reduce pain on my own.”***

As part of the program, Abdul received a physiotherapy kit, which has enabled him to continue exercises independently. This has significantly improved his mobility, reduced pain episodes, and strengthened his ability to manage daily activities with greater ease.

Beyond physical improvements, the program has restored his confidence and sense of independence. What once felt like a condition full of limitations has now become manageable with the right knowledge and support.

Abdul’s journey highlights the critical role of consistent physiotherapy in hemophilia care. With continued support through initiatives like H-PAP, individuals like him can lead healthier, more independent lives with dignity, resilience, and renewed hope.



Mr. Abdul Samad, Patient
Kochi, Kerala
Audio Language Malayalam



Hemophilia Patient Assistance Program



Impact Story

Vishal Dakhole, a 48-year-old worker from Nashik, has spent his life battling Severe Hemophilia A, a condition caused by Factor VIII deficiency of less than 1%. This meant that even without injury, he frequently experienced spontaneous internal bleeding, leading to severe swelling in his hands and knees. These episodes often left him bedridden, unable to carry out even the simplest daily activities.

Living in a rural setting further intensified his struggles. Access to specialized treatment was limited, and in emergency situations—especially during sudden “midnight bleeds”—life-saving clotting factors were often far away in city hospitals. The constant fear of delayed treatment and worsening complications became a part of his daily life, affecting both his physical health and emotional well-being.

A turning point came when Vishal became part of the Hemophilia Patient Assistance Program (H-PAP) by Intas Foundation through the Nashik Hemophilia Chapter. The program provided comprehensive support, including access to Factor VIII therapy, physiotherapy guidance, diagnostic services, and awareness sessions. Most importantly, it brought treatment closer to him.

With the availability of Factor VIII injections locally, Vishal’s condition became significantly more manageable. What once caused prolonged pain and immobility for days could now be controlled within hours. Physiotherapy sessions and guidance further helped in improving joint health and preventing long-term complications. Training in self-infusion empowered him to manage emergencies independently, reducing his dependence on distant healthcare facilities.

Beyond medical support, the program offered emotional reassurance and a sense of belonging. The consistent care, guidance, and compassion from the Intas team helped replace his fear with confidence.

Today, Vishal leads a more stable and independent life. His bleeding episodes are better controlled, his mobility has improved, and he is able to carry out daily activities without constant anxiety. His journey stands as a powerful example of how accessible treatment, combined with holistic support, can transform lives—restoring not just health, but dignity, independence, and hope.



Mr. Vishal Dakhole, Patient
Nashik, Maharashtra
Audio Language- Marathi



Apna Ghar Program



Testimonials

"In this critical situation, 'Apna Ghar' by Intas Foundation provided us with incredible support. They offered us free accommodation and nutritious meals, which significantly reduced our mental and financial burden. The compassionate environment and the care provided by the staff truly made us feel at home. I and my entire family are deeply grateful to the Intas Foundation for their selfless service and for giving us hope and courage during our hardest time."

Ms. Jaya



Mr. Jaya Kumawat, Caretaker.,
Ujjain, Madhya Pradesh
Audio Language Hindi

"Apna Ghar truly feels like a "home away from home." The patients and their family members are not just staying here—they are living with dignity, comfort, and a sense of belonging. During my visits and interactions, I have seen how this place becomes a peaceful shelter for them, almost like being in their own home .The regular involvement of doctors, therapists, yoga sessions, counseling, and even spiritual discussions helps uplift the patient's spirit. This holistic approach ensures healing beyond medicine alone. Patients and their family members genuinely feel that they are part of a larger family."

Dr. Sumita



Dr.Sumita Mohanty,
Oncologist, AHRC
Cuttack, Odisha
Audio Language Odia

"It was heartening to see how grateful and comfortable the patients felt. I sincerely appreciate the team's dedication and hope they continue to expand so that more patients can benefit from this wonderful initiative."

Dr. Lakshay



Dr. Lakshay Tyagi, Senior Resident
PGIMER, Chandigarh
Audio Language English

"Beyond the practical help, the activities and counselling sessions at the transit home gave me strength. Yoga, art therapy, and group discussions helped me manage stress and gave me opportunities to connect with others going through similar journeys. Slowly, I began to feel more positive, and even my husband found comfort and encouragement here."

Ms. Nalini



Ms. Nalini Mary, Patient
Mayiladuthurai, Tamil Nadu
Audio Language Tamil



Apna Ghar Program



Testimonials

“Apna Ghar is absolutely beautiful. We are very, very grateful to Intas Foundation for providing such a beautiful home for our patients. I think the biggest testament is the many lovely words of appreciation for the employees here. by the patients We are very, very grateful. Thank you for all your support.”

Dr. Nikita



Dr. Nikita Mehra,
Oncologist, Cachar Cancer
Hospital
Audio Language English

““Staying at Apna Ghar for the past few weeks has been a wonderful experience. It feels like living in my own home. The facilities provided here, including free transportation, food, and basic necessities, are beyond what we could afford. The staff treated us like family, and we are truly grateful for their kindness and support.”

Mr. Avito



Mr. Avito B Marak
Ri-Bhoi, Meghalaya
Audio Language Khasi



Apna Ghar Program



Testimonials

“As a resident doctor, visiting Apna Ghar allowed me to understand the real-life challenges patients face beyond clinical care. I truly appreciate Intas Foundation for providing essential support such as accommodation, nutrition, and transportation. This initiative plays a vital role in improving patient compliance and overall well-being.”

Dr. Surbhi



Dr. Surbhi Solanki,
Senior Resident, SRN,
Prayagraj , Uttar Pradesh
Audio Language Hindi



Hemophilia Patient Assistance Program



Testimonials

"I would like to express my sincere appreciation for the work being done by Intas Foundation for the welfare of hemophilia patients. Their timely support has helped save lives and has prevented many patients from becoming permanently disabled. The activities conducted by Intas Foundation have been very useful and informative for families living with hemophilia, helping us better understand the condition and manage it effectively. The compassion, dedication, and care shown by Intas Foundation toward hemophilia patients are truly remarkable. I am deeply grateful for their continued support and commitment to the hemophilia community."

Mr. Longjam



Mr. Longjam Kennedy Singh
Caretaker, Manipur, Imphal
Audio Language Meiteiloni

"I highly appreciate the noble efforts of the Intas Foundation. The structured approach, transparency, and comprehensive care provided to haemophilia patients truly make a meaningful impact. Haemophilia patients are receiving not only free clotting factors but also proper diagnostic support and genetic counselling. The entire process is conducted with complete transparency and integrity, which is immensely beneficial for patients at the ground level."

Mr. Kalpesh



Mr. Kalpesh Shemner, Organ
Transplant coordinator, SH,
Nashik, Maharashtra
Audio Language Marathi



Hemophilia Patient Assistance Program



Testimonials

“I sincerely appreciate this initiative by Intas Foundation, as it strengthens healthcare providers’ knowledge and ultimately improves the quality of care for haemophilia patients. This program was very useful for us, as it will enable us to provide timely and appropriate treatment and better care to patients suffering from haemophilia.”

Ms. Himangi



Ms. Himangi Maerya
Nursing Officer, Govt hospital
, Raisen, Madhya Pradesh
Audio Language Hindi

“For the past 12 years, taking care of my son has been very challenging. Whenever he faces any injury, even a small issue becomes serious. As parents, we always live with fear and tension. Managing his condition has been very difficult for our family.

Before coming to this camp, we never received this kind of support and guidance. We were struggling and often felt helpless. Today, when I came to this camp, I experienced something very different. I felt a sense of relief and support that I had never felt before.”

Mr. Jagganath

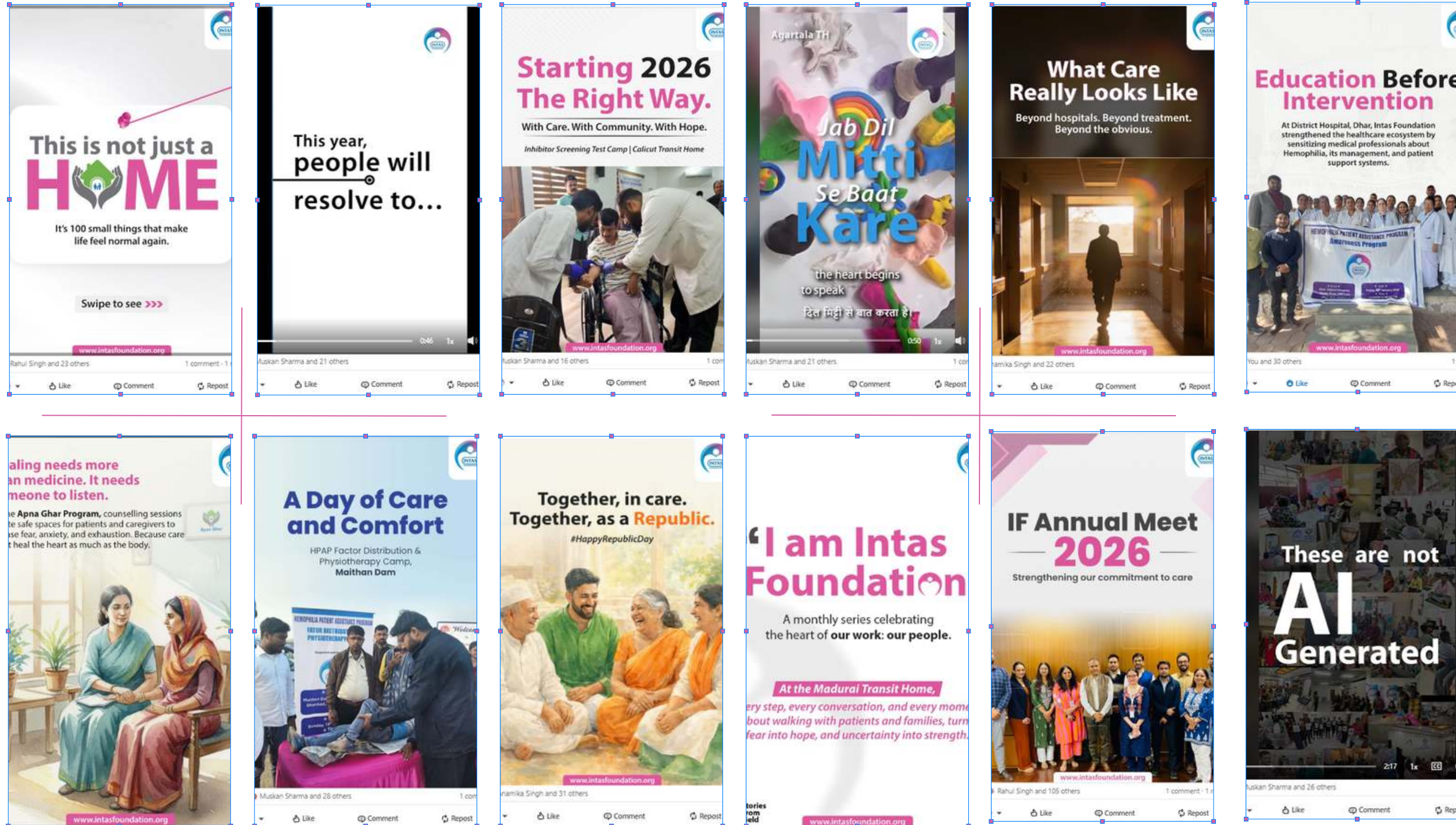


Mr. Jagganath Das, Caretaker
Cuttack, Odisha
Audio Language Odia



Social Media Engagement

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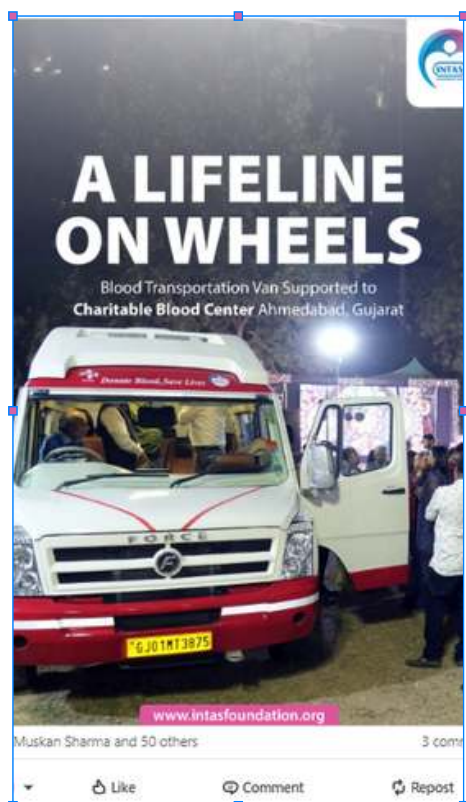
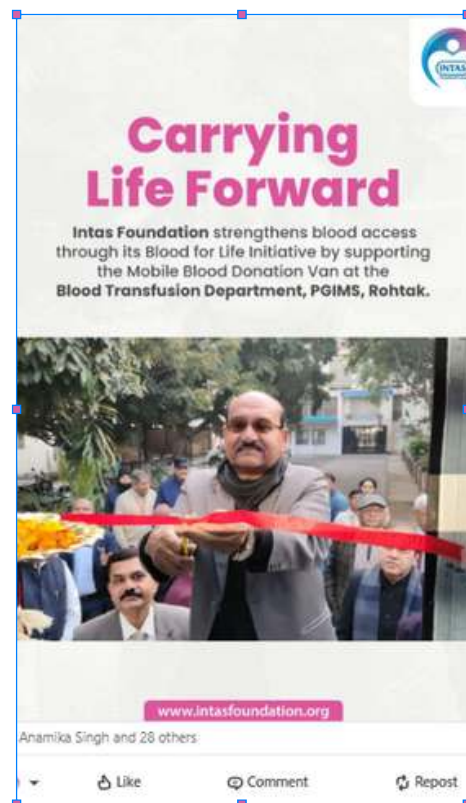
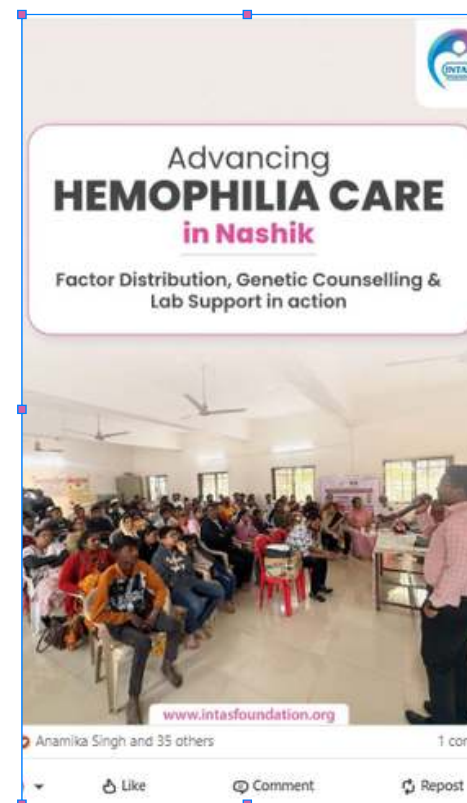


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