

Ave Maria Palliative Care

(A unit of Centre for Development Studies and Education, ®)

Mangala Nagara, Kudupu Post, Vamanjoor, Mangalore- 575 028

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Our Motto :

When cure is impossible, the possibilities for care are endless

ನಮ್ಮ ಧೈಯವಾಕ್ಯ :

“ರೋಗ ನಿವಾರಣೆ ಅಸಾಧ್ಯವೆನಿಸಿದರೂ, ಆರೈಕೆಗೆ ಕೊನೆಯಿಲ್ಲ.”

Our Goals :

- Offering holistic comfort care to patients with incurable, life-limiting conditions and providing relief from distressing symptoms.
- Training compassionate caregivers for in-home care of the terminally ill.
- Empowering patients' families with short-term training in caring for patients in their own homes.
- Enhancing community awareness on cancer and other debilitating conditions.
- Facilitating internships and international exchange programs.
- Training professionals in palliative and end-of-life care.

ನಮ್ಮ ಉದ್ದೇಶಗಳು :

- ಜೀವನ ಮಿತಿಗೊಳಿಸುವ ಹಾಗೂ ಗುಣವಾಗದ ರೋಗಗಳಿಂದ ಬಳಲುವ ವ್ಯಕ್ತಿಗಳಿಗೆ ನೆಮ್ಮದಿಯುಕ್ತ ಸರ್ವತೋಮುಖ ಆರೈಕೆ ಮತ್ತು ರೋಗ ಲಕ್ಷಣಗಳ ಪರಿಹಾರ ನೀಡುವುದು.
- ಮನೆಯಲ್ಲಿಯೇ ರೋಗಿಗಳ ಆರೈಕೆ ಮಾಡುವುದಕ್ಕಾಗಿ ಅನುಕಂಪವುಳ್ಳ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರನ್ನು ತರಬೇತಿಗೊಳಿಸುವುದು.
- ಮನೆಯಲ್ಲಿ ರೋಗಿಗಳ ಆರೈಕೆ ಮಾಡುವ ಸಲುವಾಗಿ ಅಲ್ಪಕಾಲಿಕ ತರಬೇತಿಯನ್ನು ನೀಡಿ ರೋಗಿಗಳ ಪರಿವಾರವನ್ನು ಸಿದ್ಧಗೊಳಿಸುವುದು.
- ಅರ್ಬುಡ(ಕ್ಯಾನ್ಸರ್) ಹಾಗೂ ಇತರ ಮಾರಣಾಂತಿಕ ಕಾಯಿಲೆಗಳ ಬಗ್ಗೆ ಸಾಮಾಜಿಕ ಜಾಗೃತಿಯನ್ನು ಮೂಡಿಸುವುದು.
- ಅಪ್ಪನೇವೆ ಹಾಗೂ ಅಂತರಾಷ್ಟ್ರೀಯ ವಿದ್ಯಾರ್ಥಿ ವಿನಿಮಯ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳುವುದು.
- ಜೀವನಾಂತಿಕ ಆರೈಕೆಯ ವಿಷಯದಲ್ಲಿ ಶೈಕ್ಷಣಿಕ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಏರ್ಪಡಿಸುವುದು.

Our Accomplishments:

- 16 Years of in-patient care
- 14 Years of Health Assistants' Training
- 13 Years of Home-based Care
- 66 Internships (6 International)
- 1111 Lives touched

ನಮ್ಮ ಸಾಧನೆಗಳು :

- 16 ವರುಷಗಳ ಒಳರೋಗಿಗಳ ಸೇವೆ
- 14 ವರುಷಗಳಿಂದೀಚೆಗೆ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರ ತರಬೇತಿ
- 13 ವರುಷಗಳ ಮನೆ-ಸುಶ್ರೂಷೆ ಸೇವೆ
- 66 ಅಪ್ಪನೇವೆ ಅವಕಾಶಗಳು (6 ಅಂತರಾಷ್ಟ್ರೀಯ)
- 1111 ಬದುಕು ಸ್ಪರ್ಶ

Straight from the heart....



Dear Friends and Well-wishers,

Greetings of peace! It is our pleasure to update you on what we have been up to over the past two years through our 12th Newsletter. We are grateful to Divine Providence for continued blessings and graces needed to accomplish our mission of alleviating the agony caused by advanced disease and enhancing quality of life with comprehensive comfort care here at the hospice unit.

We are obliged to all the families for entrusting their loved ones to our care and admit that being a part of their final journey has in fact been a privilege. We pray for the peaceful repose of the dearly departed and for strength and solace to their loved ones to cope with the void.

We are indebted to all our philanthropical patrons for their generosity which enables us to continue offering our services free of cost to people of all walks of life. Truly, we could not have done it without you! We also express thanks to all our donors in-kind for providing medical equipment, cots, wheel chairs, groceries, protein powder, bedlinen, towels, fruits, vegetables, hygiene supplies, toiletries, disposables and much more throughout the year.

With a deep sense of gratitude, we acknowledge the thoughtfulness of those who sponsor meals or tea snacks for our patients and staff in commemoration of their life events- be it birthdays, weddings, wedding anniversaries or other special occasions. Thank you for making Ave Maria patients and staff a part of your memorable moments.

It is undoubtedly heart-warming when we learn of the secret admirers of our mission who put us on their Will as a beneficiary. May their souls find eternal peace. Donations by

Will have enabled us to create an endowment to ensure financial security of our humble venture in the years to come. We also thank the bereaved loved ones for fulfilling the wishes of their deceased family members.

We are delighted to announce that we have made Staff Welfare our priority from this financial year, and have extended staff benefit package to include Health Insurance, Provident Fund, ESI and Gratuity. This is the least we could do to show our appreciation for those who care for our patients with fervent dedication and compassion.

Kindly peruse the newsletter to comprehend what we do with your generous contributions. As an eco-friendly measure, we will be publishing our newsletter in print form once in two years. We invite you to visit Ave Maria hospice at your convenience to witness how our dedicated team of Doctor, Nurses, Chaplain, Health Assistants, Social Worker, Counselor, Housekeepers, Kitchen Staff, Driver and volunteers strive relentlessly to address the physical, emotional, social and spiritual requisites of our patients.

Once again, a big 'Thank you to each and every one of you for partnering with us in our mission of adding life to the days of those battling terminal conditions. Hope you have an illuminating read and as always, your feedback on our services and suggestions for improvement will always be appreciated.

Trusting in Providence to strengthen our hearts and minds as we march ahead,

Dr. Lavina M Noronha

Director

(on behalf of Ave Maria Family)

Our Governing Council



Ms. Aruna Gojer



Rev. Fr. Silvestre D'Souza, OCD



Dr. Rita Noronha



Dr. Mohammed Guthigar



Dr. Amitha Marla



Rev. Fr. Melvin D' Cunha, OCD



Dr. Jessica Serrao



Ms. Veronica Pinto



Dr. Lavina M. Noronha (Director)

Advisory Committee

Dr. M.R. Rajagopal

Ms. Obeida Showkath

Mr. M.P. Noronha (Legal Advisor)

Ms. Ophelia Fernandes

Prof. Joselyn Lobo

Services to Patients

Between January 1st, 2023 and December 31st, 2024, 176 patients with advanced terminal illness have received personalized care at our hospice unit and have breathed their last pain-free and with dignity, out of which 92 were male and 84 were female. Of the total number of patients served, 106 had cancer diagnoses and 70 had terminal but non-cancer diagnoses. Home-based care was provided to 29 patients by our 'Palliative care on Wheels' team.

ರೋಗಿಗಳ ಸೇವೆ

ಕಳೆದ ಜನವರಿ 1, 2023ರಿಂದ ಡಿಸೆಂಬರ್ 31, 2024ರವರೆಗೆ 176 ಮಾರಣಾಂತಿಕ ರೋಗಿಗಳ (92 ಮಹನೀಯರು ಮತ್ತು 84 ಮಹಿಳೆಯರು) ಆರೈಕೆ ಮಾಡಲಾಗಿದೆ. ಸೇವೆ ಪಡೆದ ರೋಗಿಗಳಲ್ಲಿ 106 ಮಂದಿ ಆರ್ಬುಡ ರೋಗ ಪೀಡಿತರು ಹಾಗೂ 70 ಮಂದಿ ಮಾರಣಾಂತಿಕ ಆದರೆ ಆರ್ಬುಡೇತರ ರೋಗಿಗಳಾಗಿದ್ದರು. 29 ರೋಗಿಗಳಿಗೆ ಮನೆ - ಸುತ್ತೂಷ ಸೇವೆ ನೀಡಲಾಗಿತ್ತು.



Patients Engrossed in Activities

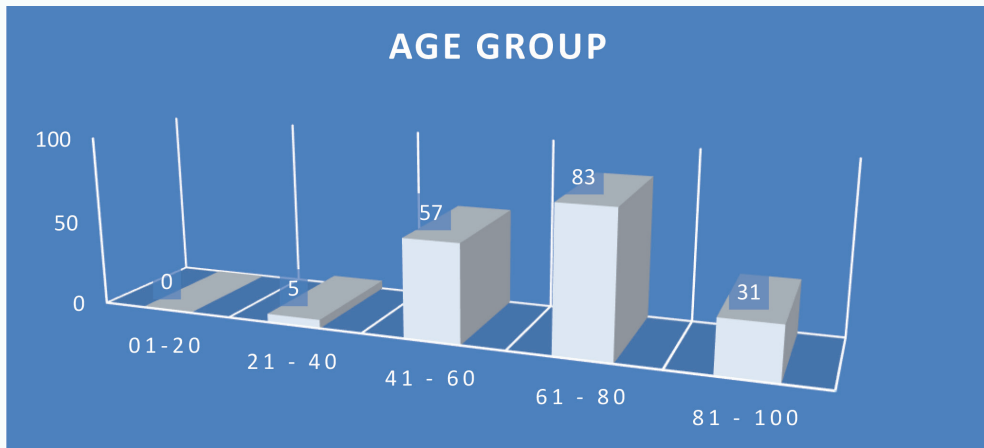


The following tables depict the distribution of patients by Religion and Gender

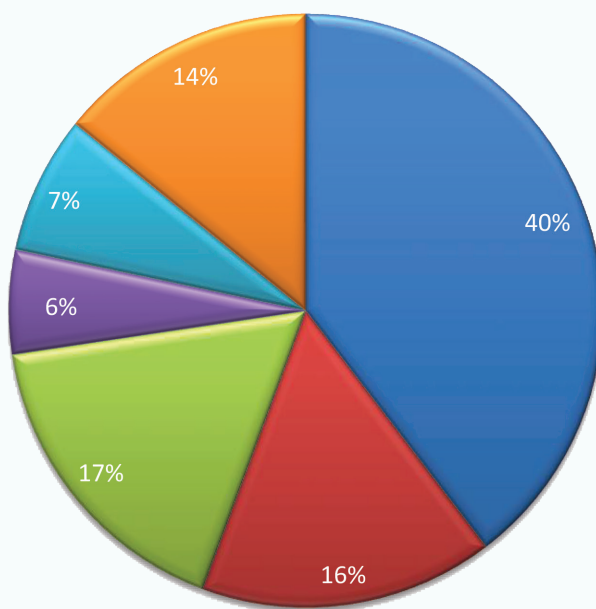
Religion	No. of Patients
Christian	117
Hindu	58
Muslim	1

Gender	No. of Patients
Male	92
Female	84

Patient Distribution by Age



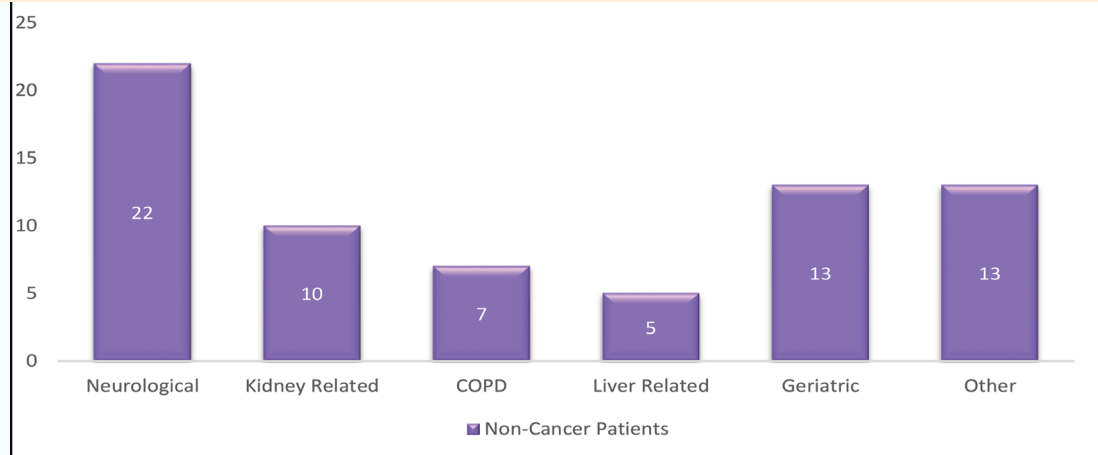
The pie-chart below provides a bird's eye view of different types of cancer patients served



Types of Cancer

- HEAD/NECK
- OESOPHAGUS/LIVER/PANCREAS
- BREAST/CERVIX/OVARY
- BLOOD/BONE/MUSCLES/SKIN
- KIDNEY/GENITO-URINARY
- LUNG/STOMACH/COLON/RECTUM

The total number of non-cancer patients served between 01/01/2023 and 31/12/2024 are depicted in the chart below :



Time for Celebrations !!!



Celebrating the nativity of Blessed Virgin Mary, Patroness of Ave Maria



Commemorating independence Day & Honoring the Heroes !



It's the most wonderful time of the year



Free Training in Patient Care

We have been training young women predominantly from rural areas and low-income groups in patient care for the past 14 years. This Health Assistants' course is of 12 months duration which encompasses basic nursing skills,



wound care, housekeeping, nutrition, feeding, bathing and grooming of end-stage patients. During the tenure of their training, the trainees are provided free board, uniforms, and accommodation at the hospice unit and, a stipend of Rs. 3,000/- per month.

Once trained, the Health Assistants are either absorbed at the hospice unit or are deployed as caregivers to families who need assistance. In addition to elevating their standard of living, this training has helped many young women to have a meaningful and fulfilling career.

The Seventeenth batch of training is scheduled to commence on 10th January, 2026. Women aged 18-35 years with a minimum qualification of IX standard and an interest in patient care are eligible to apply. Kindly contact us for more information.

ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರ ತರಬೇತಿ

ಕಳೆದ 14 ವರುಷಗಳಿಂದ ನಾವು ಗ್ರಾಮೀಣ ಹಾಗೂ ಅರ್ಥಿಕವಾಗಿ ದುರ್ಬಲ ವರ್ಗದ ಮಹಿಳೆಯರಿಗೆ ರೋಗಿಗಳ ಸುಶ್ರೂಷೆಯಲ್ಲಿ ತರಬೇತಿ ನೀಡುತ್ತಾ ಇದ್ದೇವೆ. ಒಂದು ವರುಷ ಅವಧಿಯ ಈ ತರಬೇತಿಯು ರೋಗಿಗಳ ಸರ್ವತೋಮುಖ ಆರೈಕೆ - ಗಾಯದ ಸುಶ್ರೂಷೆ, ಶುಚಿತ್ವ, ಪೌಷ್ಟಿಕತೆ, ಪೋಷಣೆ, ಸ್ನಾನ ಹಾಗೂ ರೋಗಲಕ್ಷಣಗಳ ನಿರ್ವಹಣೆಯನ್ನು ಒಳಗೊಂಡಿದೆ. ತರಬೇತಿಯ ಅವಧಿಯಲ್ಲಿ ತರಬೇತುದಾರರಿಗೆ ಉಚಿತ ಊಟ, ವಸತಿ, ಸಮವಸ್ತ್ರ ಹಾಗೂ ರೂ. 3,000/- ವಿದ್ಯಾರ್ಥಿವೇತನವನ್ನು ನೀಡಲಾಗುವುದು.

ತರಬೇತಿ ಪೂರೈಸಿದ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರಿಗೆ, ಆಸಕ್ತಿ ಇದ್ದಲ್ಲಿ ಶಾಮಕ ಆರೈಕೆ ಕೇಂದ್ರದಲ್ಲಿ ಅಥವಾ ರೋಗಿಗಳ ಮನೆಗಳಲ್ಲಿ ಸುಶ್ರೂಷೆ ನೀಡಲು ನೇಮಿಸಲಾಗುವುದು. ಈ ತರಬೇತಿಯು ಅನೇಕ ಮಹಿಳೆಯರ ಆರ್ಥಿಕ ಸ್ಥಿತಿಯ ಸುಧಾರಣೆಗೆ ಕಾರಣವಾಗಿದೆ ಮಾತ್ರವಲ್ಲದೆ ಪ್ರತಿಫಲಯುಕ್ತ ಉದ್ಯೋಗಾವಕಾಶಗಳನ್ನೂ ಕಲ್ಪಿಸಿದೆ.

ಮುಂದಿನ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರ ತರಬೇತಿಯು ಜನವರಿ 10, 2026ರಂದು ಆರಂಭಗೊಳ್ಳುವುದು. ಕನಿಷ್ಠ 9ನೇ ತರಗತಿ ತೇರ್ಗಡೆ ಹೊಂದಿದ, ರೋಗಿಗಳ ಸೇವೆ ಮಾಡಲು ಆಸಕ್ತಿಯುಳ್ಳ 18ರಿಂದ 35 ವಯೋಮಿತಿಯ ಮಹಿಳೆಯರು ಅರ್ಜಿ ಸಲ್ಲಿಸಬಹುದು. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ನಮ್ಮನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು.

Services from Physiotherapy Colleges

Our hospice patients have benefited immensely from physiotherapy provided by the students of College of Physiotherapy, Yenepoya University, Deralakatte and Laxmi Memorial College of Physiotherapy, Balmatta which has enhanced their quality of life. We are grateful to the teams of students and the management of these institutions for their contributions and for partnering with us.



Eye Donors are special!



According to estimates, there are more than 11 lakh people who are blind awaiting corneal transplantation. One person's donation can give sight to two people who are deprived of eyesight. We salute the families of following persons who have been very thoughtful and benevolent in donating the eyes of their deceased members despite their grief.

- | | |
|-----------------------------------|------------------------------|
| 1. Mrs. Alice Marceline Rodrigues | 2. Ms. Pushpanjali |
| 3. Mrs. Maria Joyce D'Souza | 4. Mr. Damodara |
| 5. Mrs. Zeeta Carvalho | 6. Mr. G. Ramachandra Bhat |
| 7. Mr. Rejinald D'Souza | 8. Mr. Dolfi Gomes |
| 9. Mrs. Sophia D'Sa | 10. Mr. Umesh Poojary |
| 11. Mr. Vincent D'Souza | 12. Mr. Felix J. D'Souza |
| 13. Mrs. Jayanthi K. | 14. Mr. Leo Raymond Sequeira |
| 15. Mr. Ravindra Shetty | 16. Mr. Henry D'Souza |
| 17. Mr. Lawrence Mavris Mendonsa | |

34 persons have been able to see the light of day because of your compassionate gesture. Thank you!!!

ಶರೀರದಾನ:

ಮರಣದ ಬಳಿಕ ಸುಟ್ಟು ಬೂದಿಯಾಗಿಯೋ ಅಥವಾ ಮಣ್ಣಿನಲ್ಲಿ ಕೊಳೆತು ಹೋಗಿಯೋ ನಿಷ್ಪ್ರಯೋಜಕವಾಗುವಂತಹ ನಶ್ವರವಾದ ಶರೀರವನ್ನು ವೈದ್ಯಕೀಯ ವಿದ್ಯಾರ್ಥಿಗಳ ಪ್ರಯೋಗಕ್ಕಾಗಿ ದಾನಮಾಡುವುದು ಶ್ಲಾಘನೀಯ. ಈ ಪ್ರಪಂಚದಲ್ಲಿ ದೇವರು ಸೃಷ್ಟಿಸಿ, ಜೀವದಾನ ನೀಡಿದ್ದರ ಋಣ ತೀರಿಸುವುದಕ್ಕೆ ಇದೊಂದು ಸದಾಚಾರ.

ನಮ್ಮ ಸಂಸ್ಥೆಯಲ್ಲಿ ಮರಣ ಹೊಂದಿದ ಈ ಕೆಳಗಿನ ರೋಗಿಗಳ ಶರೀರಗಳನ್ನು ಅವರ ಪ್ರೀತಿಪಾತ್ರರು ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣಕ್ಕಾಗಿ ದಾನವಾಗಿ ನೀಡಿದ್ದಾರೆ. ತಮ್ಮ ಮನೆಯವರ ಅಗಲುವಿಕೆಯ ನೋವಿನಲ್ಲಿದ್ದಾಗಲೂ ಇತರರ ಅಗತ್ಯಗಳಿಗೆ ಸ್ಪಂದಿಸುವ ಈ ಕೃತ್ಯವು ನಿಜಕ್ಕೂ ಅಭಿನಂದನಾರ್ಹ. ಅವರಿಗೆ ನಮ್ಮ ತುಂಬು ಹೃದಯದ ಕೃತಜ್ಞತೆಗಳು.

- | | | |
|----------------------|---------------|------------------------------|
| 1. ಮರೀಯ ಜೋಯ್, ಡಿ'ಸೋಜ | 2. ಪುಷ್ಪಾಂಜಲಿ | 3. ಲಾರೆನ್ಸ್ ಮೌರಿಸ್ ಮೆಂಡೊನ್ಸಾ |
|----------------------|---------------|------------------------------|

Caring for those who care!

Caring for critical patients who are in distress or in pain comes with its share of challenges. Therefore, we make every effort to address caregiver stress and prevent burn out. Periodic training, debriefing sessions, recreational activities, picnics, celebrating national holidays, festivals, staff birthdays and a host of other team-building activities are conducted throughout the year. A glimpse of these lighter moments geared towards strengthening staff morale and boosting their spirits is given below:



All Smiles on Nurses' Day



Celebrating Staff Birthdays



Being Part of the Team

My journey began at Ave Maria Palliative Care as a Health Assistant trainee. After I completed my training, I joined this hospice as a Health Assistant. Initially, working with the terminally ill patients was a challenge for me. I was afraid to be with cancer patients who were suffering but as the days passed by, I gathered courage and was comfortable caring for



them. This hospice provides loving, quality care in a quiet, peaceful resting place to all the end stage patients without any discrimination. The staff give their best while taking care of the patients and working as part of the care team has given me a sense of joy and satisfaction. I have never seen a place like this where the staff render their service with a smile and help patients accept the reality of life. Here the patients are helped to spend their final days in comfort and breathe their last without much struggle. At Ave Maria, we provide the best of nursing care and compassionate service to the patients. We work as a team and support each other in carrying out our duties. God has blessed me abundantly in my life. So, I raise my heart in gratitude to thank the Director and management for giving me an opportunity to work in this beautiful place and I pray for Gods choicest blessings on everyone.

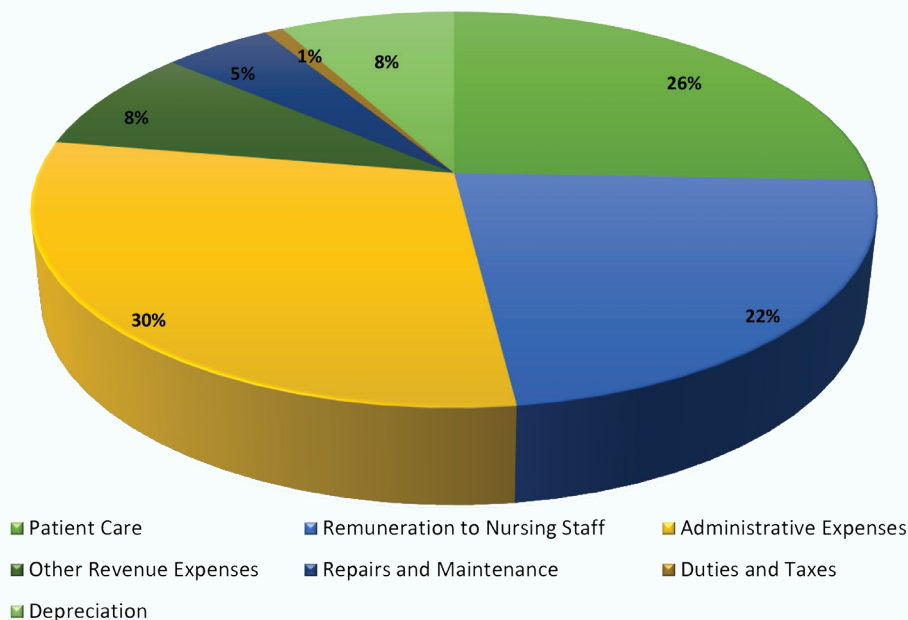
Silpa Toppo

Senior Health Assistant



World Cancer Day was celebrated at Ave Maria hospice by Laxmi Memorial College of Physiotherapy. The Department donated Physiotherapy equipment and exercise aids for patients on this occasion.

The pie-chart below provides a glimpse into how we spent your benevolent contributions in 2023-2024



You too can join hands with us!

If you would like to strengthen our hands financially, kindly use the details below:

Cheques may be drawn in favour of **CDSE-Ave Maria** and sent to:

Ave Maria Palliative Care

Mangala Nagara, Kudupu Post

Vamanjoor, Mangalore- 575 028

Details for direct electronic transfer to our bank account:

Bank Name : Punjab National Bank

Account Name : **CDSE-Ave Maria**

SB A/C : 0966219 1005540

IFSC Code : PUNB0096610

Branch Name : St. Joseph's Engineering College

Please Note: If you are making a direct transfer to our bank account, kindly e-mail us at ampalliativecare@yahoo.com and let us know your name, PAN/Aadhar number and address so that we can mail you a receipt and acknowledge your contribution.

All donations to Ave Maria are tax-exempt under 80 G of IT Act 1961.

Thank you for Strengthening Our Hands !



Dharma Charitable Trust, Kannur installed an automatic industrial capacity clothes dryer at the cost of Rs. 2 Lakhs which has been a boon especially in monsoons when the sun plays hide and seek. We are deeply indebted to Mrs. Molly Mathew who donated the unit in memory of her

beloved husband, Capt. Iwan K. Joseph, Indian Navy.



We are grateful to Dharma Charitable Trust, Kannur for installing a centralized oxygen supply system costing Rs. 1,24,689.00.



Equipment Trolley and an Instrument Sterilizer were donated by Principal, Faculty and students of A. J. Dental College, Mangalore.

Students of St. Agnes CBSE School donated groceries, condiments and hygiene supplies to patients.



Palliative Care on Wheels

Team Ave Maria has been serving patients living within a 10 kilometers radius in the comforts of their homes for the past 8 years. The team visits homes of patients with terminal illness and offers holistic care- pain management, wound care, symptom control, and psycho-social support as needed. Additionally, family caregivers are trained in providing quality care to their loved ones. This financial year 29 patients and their families received palliative care on wheels. If you or someone you know would like to avail this service, kindly get in touch with us on 7022620186.

ಚಲಿಸುವ ಶಾಮಕ ಆರೈಕೆ :

ಆವೆ ಮರೀಯ ಶಾಮಕ ಆರೈಕೆವತಿಯಿಂದ ಮಾರಣಾಂತಿಕ ರೋಗಿಗಳಿಗೆ ಮನೆಯಲ್ಲಿಯೇ ಆರೈಕೆ ನೀಡುವ ಹಾಗೂ ರೋಗಿಯ ಸಂಭಂದಿಕರನ್ನು ತರಬೇತಿಗೊಳಿಸುವ ಕಾರ್ಯವನ್ನು ನಮ್ಮ ತಂಡವು ಮಾಡುತ್ತಾ ಇದೆ. 29 ರೋಗಿಗಳ ಮನೆಗೆ ಭೇಟಿನೀಡಿ ನೋವು ನಿವಾರಣೆ, ಗಾಯದ ಸುಶ್ರುಷೆ, ರೋಗ ಲಕ್ಷಣಗಳ ನಿರ್ವಹಣೆ ಹಾಗೂ ಮನೋಸಮಾಜಿಕ ಬೆಂಬಲ ನೀಡಲಾಗಿದೆ. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ದೂರವಾಣಿ ಸಂಖ್ಯೆ 7022620186ಗೆ ಸಂಪರ್ಕಿಸಿ.

Celebrating Patients' Birthdays



Yes, they got to celebrate the day of their birth one last time!

Memorial Service and Donor Felicitation 2024



Dr. C.K. Ballal, M.S., M.Sc., Professor Emeritus, Neurosurgery, Kasturba Medical College, Mangalore and Dr. Rohan Chandra R. Gatty, M.S., M.Ch., Professor and Head, Department of Surgical Oncology, Fr. Muller Medical College Hospital, Mangalore were the esteemed Guests of Honor at the 2024 event. Dr. C.K. Ballal in his address appreciated the contributions of the donors and benefactors in supporting the vision and mission of the organization in order to facilitate provision of dedicated care and service to those in need free of cost. Donors were felicitated with scented candles as a token of appreciation. Dr. Rohan Chandra Gatty shared his insights from working with patients diagnosed with cancer and reiterated the importance of being empathetic to the needs of patients battling terminal diagnoses as well as their families.

Here's what the grieving loved ones had to say about our services / ಫಲಾನುಭವಿಗಳ ಅನಿಸಿಕೆಗಳು

ಯಾವುದೇ ಫಲಾಪೇಕ್ಷೆ ಇಲ್ಲದೇ ನೀವು ನೀಡುತ್ತಿರುವ ನಿಸ್ವಾರ್ಥ ಸೇವೆಗೆ ನಾವು ಚಿರಾಂಜಿ. ಆರ್ಥಿಕ ಸಂಕಷ್ಟದಲ್ಲಿರುವ ಹಾಗೂ ಮನೆಯಲ್ಲಿ ಆರೈಕೆ ಮಾಡಲು ಸಾಧ್ಯವಾಗದ ರೋಗಿಗಳಿಗೆ ಅವೆ ಮರಿಯಾ ನಿಜವಾಗಿಯೂ ಒಂದು ತಂಗುದಾಣ. ದೇವರು ನಿಮ್ಮನ್ನು ಹರಸಿ ಕಾಪಾಡಲಿ.

Extremely helpful and friendly staff. We were impressed with the efficiency and kindness of all the staff. Thanks for your care and support.

ಈ ರೀತಿಯ ಇಷ್ಟು ಒಳ್ಳೆಯ ಸಂಸ್ಥೆಯನ್ನು ನಾನು ನನ್ನ ಜೀವಮಾನದಲ್ಲಿ ಎಲ್ಲಿಯೂ ನೋಡಿಲ್ಲ. ಈ ಸಂಸ್ಥೆಯು ಇನ್ನೂ ಬೆಳೆಯಲಿ. ಇಂತಹ ಒಳ್ಳೆಯ ಸಂಸ್ಥೆ ನಮ್ಮ ಮಂಗಳೂರಿನಲ್ಲಿದೆ ಎಂದು ತಿಳಿಸಲು ಸಂತೋಷವಾಗುತ್ತದೆ.

The staff was very courteous and cared for our dear sister with love and compassion. We were updated about her condition regularly until she passed away.

ನಿಮ್ಮ ಸೇವಾ ಸಂಸ್ಥೆಯು ನೀಡುವ ಸೇವೆ ಅತ್ಯುತ್ತಮವೆಂದು ನಮ್ಮೆಲ್ಲರ ಅಭಿಪ್ರಾಯ. ಸಂಸ್ಥೆಯು ವಿಶಾಲವಾಗಿ ಬೆಳೆದು ಹೆಚ್ಚು ರೋಗಿಗಳಿಗೆ ಆಶ್ರಯ ಮತ್ತು ಸೇವೆ ನೀಡಲಿ, ದೇವರ ಪ್ರತಿರೋಧವಾದ ಸೇವಾಕರ್ತರಿಗೆ ಮೃತನ ಬಂಧು ಮಿತ್ರರ ಹೃತ್ಪೂರ್ವಕ ಕೃತಜ್ಞತೆಗಳು.

You are a blessing for the ones who are suffering and serve your patients with dignity, respect and compassion. "Thank you" is the least I can say to you to show my appreciation for everything you have done for us.

ಸಿಬ್ಬಂದಿ ವರ್ಗದವರ ಸೇವಾ-ಮನೋಭಾವನೆ ನಿಜವಾಗಲೂ ಮೆಚ್ಚುವಂಥದ್ದು. ಅವರ ಕರ್ತವ್ಯ ನಿಷ್ಠೆ, ತಾಳ್ಮೆ ನಮ್ಮೊಂದಿಗಿನ ಅವರ ಭಾಂದವ್ಯ ಎಂದಿಗೂ ಮರೆಯಲಾಗದು. ನಮ್ಮ ದುಃಖಕ್ಕೆ ಸಾಂತ್ವನ ನೀಡಿ ಬಂಧುಗಳಾದರು. ನಮ್ಮವರು ಮೃತರಾದ ಆ ರಾತ್ರಿ ಪೂರ್ತಿ ನಮ್ಮ ಜೊತೆಗಿದ್ದು ನಮ್ಮೆಲ್ಲಾ ಬೇಡಿಕೆಗಳಿಗೆ ಸ್ಪಂದಿಸಿದರು. ನಿಮಗಿದೋ ಕೋಟಿ-ಕೋಟಿ ನಮನಗಳು.

The staff was very kind and comforted us during our difficult time. They were very helpful and made all the necessary arrangements to bid farewell to our beloved mother. Forever grateful to the entire team.

ಸಿಬ್ಬಂದಿ ವರ್ಗದವರು ಪ್ರೀತಿಯಿಂದ, ನಗುಮುಖದಿಂದ ರೋಗಿಗಳ ಆರೈಕೆ ಮಾಡುತ್ತಾರೆ. ದೇವರು ಅವರಿಗೆ ಒಳ್ಳೆಯ ಆರೋಗ್ಯ, ಶಾಂತಿ, ಸಮಾಧಾನ ನೀಡಲಿ ಎಂದು ಹಾರೈಸುತ್ತೇವೆ.

Spreading the spirit of Christmas with patients at Ave Maria.



All Banks Christian Employees Association



St. Mary's School



Ladies Club, Mangalore



St. Agnes CBSE School, Mangalore



St. Ann's Teachers' Training Institute, Mangalore

Orienting multidisciplinary students to who we are & what we do !



We consider it our privilege to orient students from different institutions of higher education to hospice and palliative care. As the students themselves acknowledge, visit to the hospice unit, learning from the Nursing staff, Social Workers and interacting with the patients is an eye-opening experience for most of them.

The healing power of music: Patients being serenaded and cheered on !



Visitors'

It's such a great initiative, hats off to the founders and all the dedicated staff of the Centre. Very inspiring, I pray that God will continue to bless your efforts.

- Ms. Joyce Pereira

Just to put it in a simple way - the service rendered to the terminally ill appears to be unbelievable. Extremely dedicated caretakers. Very clean/ neat facility and a positive, vibrant atmosphere despite the stark reality of the situation.

- Mr. Dinakar Rao

A well-managed institution run by a group of dedicated professionals. Fortunate to have been a part of this.

- Mr. Deepak Nair

Prasanna School of Public Health, MAHE, Manipal

We deeply appreciate the differences you have made in our community. The service you are providing is priceless.

- Sreedevi Institute of Social Work, Ballalbagh

I am grateful to be a part of AMPC as a fieldwork trainee. The knowledge and experience imparted here will always be helpful to me as a social worker.

-Merlin Chacko

I MSW, St. Aloysius (Deemed to be University), Mangalore

It was very heart-warming to learn and see the amazing care that is provided by all the staff here. The holistic approach in end of life that is provided here really intrigued us. Many thanks for having us!

**- Global Health Students,
Maastricht,
The Netherlands**

Visited the great set up in connection with the inaugural function of central oxygen plant. You all are rendering a great service to the terminally ill patients. May God bless you and give you enough strength to continue this service.

- Col. Padmanabhan

Managing Trustee, Dharma Charitable Trust, Kannur, Kerala

It was a very humbling and gratifying experience, learning from and interacting with the members. We pray for their comfort and well-being.

-AJ Institute of Dental Sciences, Mangalore

Reflections

Our visit to the Palliative Care Centre has given us a good exposure to end-of-life care that is provided for the patients. Really blessed and thankful for allowing us this visit.

-4th Sem Bsc Nursing Students

Laxmi Memorial College of Nursing, Balmatta, Mangalore

Sincere thanks to Ave Maria Hospice for giving us an opportunity to visit. It was a different yet beautiful experience, where we had mixed emotions. It was a blessing. May God bless everyone who works here for patients' well-being and comfort.

**-B.Sc. Nursing Students,
Pandeyaraj Ballal Nursing Institute**

ನಾನು ನನ್ನ ಜೀವನದ ಪ್ರಯಾಣದಲ್ಲಿ ಸಾಕಷ್ಟು ಸಂಸ್ಥೆಗಳ ಬಗ್ಗೆ ಕೇಳಿದ್ದೇನೆ, ನೋಡಿದ್ದೇನೆ. ಆದರೆ ನಿಮ್ಮ ಈ ಆರೈಕೆ ಕೇಂದ್ರ ನೋಡಿದಾಗ ಹಾಗೂ ಅದರ ಬಗ್ಗೆ ಮಾಹಿತಿ ತಿಳಿದ ಮೇಲೆ ನನಗೆ ಅನಿಸಿದ್ದು ಒಂದೇ, “ಹಣಕ್ಕಿಂತ ಮಾನವೀಯತೆ ಮುಖ್ಯ”. ನಿಮ್ಮ ಈ ಸೇವೆ ಅತ್ಯಂತ ಯಶಸ್ವಿಯಾಗಲಿ.

ದಿಲಿಪ್ ಸಿಂಘ್,

ಎಮ್.ಸಿ.ಡಬ್ಲ್ಯು.ವಿಜಯಪುರ್

We are very grateful for the opportunity to do our internship here. We have had countless valuable learning experiences and are very thankful for the friendly guidance of all staff members.

- Sabrina Hanben, Tess Rejhers & Lisa Janpen
MSW Interns from Manipal (Maastricht, The Netherlands)

It is a beautiful place and we will all carry beautiful memories. We will make sure to appreciate life and given a chance, will surely not hesitate to be a part of Ave Maria in any way possible.

- MSW Students, MAHE, Manipal

We the students of DPPTT, feel blessed to come here and experience the reality of life. One thing we learnt after seeing all the patients is, never lose even a single moment we get to help others and give happiness to others.

-St. Anne's Community College

Diploma in Pre-Primary Teachers Training, Pandeshwar,

A big 'thank you' to OUR HELPING HANDS - Our selfless, committed Volunteers!

- Mr. Lovel Monteiro and Mrs. Lydia Monteiro, our volunteer accounts officers who continue to help us maintain accuracy and transparency in our accounts.
- Mrs. Rita Thomas, Mrs. Shanthi Fernandes & Ms. Kripanjali Tellis-Nayak for training our Health Assistants in patient care.
- Fr. Bartholomew Francis D'Souza OCD, our Chaplain, from Infant Jesus Shrine for his spiritual support and pastoral care of our patients and their loved ones.
- Brothers from St. Joseph's Seminary, Jeppu for their pastoral ministry at Ave Maria.
- MSW interns from St. Aloysius College, Mangalore and from MAHE, Manipal University, for their assistance to our patients and their families.
- Mr. Aloysius D'Silva, Mrs. Lita D'Silva, Mr. Joseph D'Silva, Mrs. Judith D'Silva, Mr. Kenneth Serrao, Mrs. Helen Lobo, Mrs. Flany D'Souza, Mr. Joy Furtado, Mr. Saju John, Mr. Tony Pinto, and Ms. Jasmine for being there whenever we need them.

AVE MARIA PALLIATIVE CARE

Income & Expenditure for the year ending 31st March 2024

Expenditure	Rs	Income	Rs
Medical Expenses	6,09,878.00	Interest on SB	24,092.00
Boarding Expenses	4,74,934.00	Interest on FD	13,51,969.00
Postage, Printing & Stationary	15,714.00	MESCOM Electricity Collection	992.00
Books & Periodicals	5,610.00	Donations Received	37,63,125.00
Stipend, Salaries & Allowances	36,82,181.00	Professional Tax Deducted	2,400.00
Utilities & Taxes	4,14,234.84	Staff Welfare Fund Collection	81,375.00
Repairs and Maintenance	3,60,214.00		
Contribution to CDSE	2,83,564.00		
Staff Uniforms	12,084.00		
Staff Welfare Fund	99,921.00		
Christmas Celebration	72,000.00	By Excess of Expenditure over Income	15,08,486.01
Memorial Day Expenses	1,28,760.00		
Fire Insurance	2,619.00		
Audit Fees & Professional Charges	33,057.70		
Bank Charges	894.47		
Depreciation	5,36,773.00		
	67,32,439.01		67,32,439.01

Sd/-
Dr Lavina Noronha
 Director
 Ave Maria Palliative Care

sd/-
Prof. Rita Noronha
 Managing Trustee
 Centre for Development,
 Studies and Education ®

sd/-
Mr. Sunil R. J. Gonsalves
 Chartered Accountant

AVE MARIA PALLIATIVE CARE

Balance Sheet As On 31st March 2024

FUNDS & LIABILITIES		RS	PROPERTY & ASSETS		RS
Capital Fund			Cash & Bank Balances		
As Per Last B/ Sheet	2,73,26,217.64		Cash on Hand	9,090.00	
Add: Capital Fund Contribution	13,49,768.00		Cash At Bank		
	2,86,75,985.64		Bank Of Baroda SB	92,196.51	
			74050100002573		
Less: Excess of Expenditure over Income	15,08,486.01	2,71,67,499.63	PNB 09662191005540	11,20,753.13	
			Union Bank SB	70,127.99	12,92,167.63
			520101007670253		
Staff Welfare Fund			Fixed Deposits		
As Per Last B/Sheet	6,41,196.00		As Per Schedule		2,11,00,000.00
Add: Contribution from Staff Members	1,81,296.00				
	8,22,492.00		Fixed Assets		
Less: Staff Welfare Fund Paid	1,55,628.00	6,66,864.00	As Per Schedule		57,12,651.00
Gratuity Payable to Employees					
As Per Last Balance Sheet	3,01,050.00		Security Deposit		
Add: During the year	1,79,708.00	4,80,758.00	As Per Last B/Sheet		4,050.00
			Deposit With BSNL		
			As per Last B/Sheet		1,000.00
			TDS		
			As Per Last B/Sheet	79,554.00	
			Add: During the year	1,49,099.00	
				2,28,653.00	
			Less: Refund during the year		
				23,400.00	2,05,253.00
		2,83,15,121.63			2,83,15,121.63

Sd/-

Dr Lavina Noronha

Director

Ave Maria Palliative Care

sd/-

Prof. Rita Noronha

Managing Trustee

Centre for Development,
Studies and Education ®

sd/-

Mr. Sunil R. J. Gonsalves

Chartered Accountant

Ave Maria Family



Are you interested in volunteering with us ?

If you would like to spend a few hours on a weekly basis or on occasions at our hospice unit, we could use your services- ranging from listening to patients, guiding visitors, preparing wound dressings, comforting families, teaching crafts to conducting recreational activities. Additionally, you can help identify patients in need of our services in the community and be a link between patients and the hospice unit. We assure you that the time spent here will be very gratifying and meaningful. Why don't you give us a call if you would like to donate your time?

ನೀವು ನಮ್ಮ ಸಹಾಯಹಸ್ತಗಳಾಗಲು ಬಯಸುತ್ತೀರಾ?

ಈ ಸಂಸ್ಥೆಯ ಕಾರ್ಯಕ್ಷಮತೆಯನ್ನು ದ್ವಿಗುಣಗೊಳಿಸಲು ನಮಗೆ ಸ್ವಯಂ ಸೇವಕರ ಅಗತ್ಯವಿದೆ. ನಿಮ್ಮ ಅಮೂಲ್ಯವಾದ ಸಮಯವನ್ನು ಈ ಶಾಮಕ ಆರೈಕೆ ಕೇಂದ್ರದಲ್ಲಿ ಕಳೆಯುವ ಇಚ್ಛೆ ನಿಮಗಿದ್ದಲ್ಲಿ ನಮ್ಮನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು. ನೀವು ಇಲ್ಲಿ ಕಳೆದ ಸಮಯವು ನಿಮಗೆ ತೃಪ್ತಿಯನ್ನು ನೀಡುವುದರಲ್ಲಿ ಸಂದೇಹವೇ ಇಲ್ಲ. ಇಂದೇ ನಮಗೆ ಕರೆ ಮಾಡಿ ನಮ್ಮಲ್ಲಿರುವ ಮಾರಕ ರೋಗಿಗಳ ಮುಖಗಳಲ್ಲಿ ಮುಗುಳ್ಳು ಬರಿಸುವ ಪ್ರಯತ್ನವನ್ನು ಮಾಡಿ.

ಆವೆ ಮರೀಯ ಶಾಮಕ ಆರೈಕೆ

(ಸೆಡ್ಸ್‌ನ ಅಂಗ ಸಂಸ್ಥೆ)

ಮಂಗಳ ನಗರ, ಕುಡುಪು ಅಂಚೆ, ವಾಮಂಜೂರು, ಮಂಗಳೂರು - 575 028

Phone : 7022620186 ©

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