



They will call him 'Immanuel', which means 'God with us'.  
Matthew 1:23

Dear Friends,

It gives me immense joy to connect with you all through this newsletter. Bangalore Baptist Hospital is immensely blessed to take the healing mission forward. The 50-bed hospice facility at the Devanahalli campus is fully functional now. A new satellite centre, "Express Healthcare", has been started at Lingarajpuram. The Express Healthcare centre at Kothanur has been relocated to a new location opposite to Kristu Jayanti College. We thank God for this.

As we navigate through the uncertainties of life, there is no greater assurance than knowing and trusting that God is with us. The name given to Jesus at His birth, Immanuel, translates to "God with us"—a powerful reminder of His unwavering presence. What a profound comfort it is to be anchored in this truth.

The Creator of the heavens and the earth, the Lord Almighty, loves us with an everlasting love. The steadfast love of the Lord never ceases, and His mercies never come to an end. They are new every morning, and great is His faithfulness. As we step into the season of Christmas, let us rejoice in this remarkable gift: the enduring, unconditional love of God, and His presence in our lives.

God loves you. God is with you. God is for you.

Blessings,

**Dr. Spurgeon .R**  
Director (CEO)  
Bangalore Baptist Hospital



## BBH Hospice 'Upshamana' Inaugurated at Devanahalli

On 24th September 2024, Bangalore Baptist Hospital (BBH) proudly inaugurated "Upshamana," a 50-bed hospice located on its Devanahalli campus. The ceremony was graced by Shri Dinesh Gundu Rao, Honourable Minister for Health and Family Welfare, and Shri K.H. Muniyappa, Honourable Minister for Food, Civil Supplies & Consumer Affairs. This momentous occasion also marked the expansion of BBH's palliative home care services into the districts of Kolar, Tumkuru, and Ramanagara.

The Upshamana hospice, the first of its kind in Bangalore Rural District, provides subsidized palliative care to terminally ill children and adults, with generous support from the Kurian Foundation.

BBH Hospice at Devanahalli is distinct from hospital-based care, with its independent facility helping reduce costs by avoiding hospital-related overheads. This hospice complements BBH's rural palliative care project that began in 2015, offering affordable care in a serene and compassionate setting for patients nearing the end of life.



### What is hospice care?

Hospice care offers a dignified, comfortable environment for individuals facing terminal illnesses, allowing them to live their final days with peace and dignity. For many patients, especially those without adequate living conditions at home, hospice care provides a compassionate space that upholds their dignity and self-worth.

Hospice care, such as provided at BBH's Upshamana, is specialized care designed for individuals with a life expectancy of six months or less. Rather than focusing on curative treatment, hospice care emphasizes comfort, pain management, and emotional support, aiming to improve the quality of life for both patients and their families during this difficult period.

Hospice care includes the key aspects of:

1. **Pain and Symptom Management:** Hospice teams prioritize the management of physical symptoms and pain to ensure the patient's comfort.
2. **Emotional Support:** Counseling and emotional care are provided to both patients and their families to help them cope with the challenges of terminal illness.
3. **Holistic Approach:** Care is centered on addressing both the physical and emotional needs of patients, promoting peace and dignity.
4. **Family Involvement:** Hospice services also extend support to family members, including respite care, grief counseling, and guidance throughout the dying process.



## BBH Express Healthcare in K Narayanpura Relocated

BBH Express Healthcare – K Narayanpura has relocated to a new facility at Esther Solitaire Properties, near Kristu Jayanti College in Kothanur. Officially opened on October 28, 2024, this 4,500-square-foot center spans two floors, offering evening clinics, physiotherapy, and other essential services. Plans are in place to add Ultrasonogram and X-ray facilities in the near future.

## New BBH Express Healthcare Opened in Lingarajapuram



On November 6, Bangalore Baptist Hospital (BBH) launched a new Express Healthcare facility (EHL) in Lingarajapuram. Honourable Energy Minister of Karnataka, Shri K. J. George, inaugurated the center, which operates in a building provided by the United Christian Fellowship to support BBH's mission-driven outreach. This is BBH's second Express Healthcare facility, following the establishment of the first in Kothanur. "As a mission hospital, BBH has extended healthcare, training, and empowerment efforts beyond Hebbal, reaching slums and rural areas throughout Karnataka," Shri K. J. George stated at the inauguration.

Rev. Mary Shalini, Presbyterian of Divya Shanthi Church, dedicated the facility to God's glory. Express Healthcare Lingarajapuram (EHL) offers outpatient consultations in General Medicine, Family Medicine, Paediatrics, Obstetrics, Gynaecology, and other specialties. The center also includes a laboratory, physiotherapy services, a pharmacy, and comprehensive dentistry.



## Leaders' Training to Support Individuals with Suicidal Thoughts



A few days ago, one of our chaplains received an unexpected call from a local pastor. His voice was filled with gratitude as he spoke of the recent session BBH had organized on October 19th, dedicated to helping community leaders understand "How to Support People Struggling with Suicidal Thoughts." He shared how deeply the program had impacted him, setting off what he described as a "ripple effect" in his own life.

That following Sunday, the pastor gave a heartfelt sermon to his congregation, discussing how to handle harmful thoughts within one's life, family, and community. He spoke of the importance of

unity, compassion, and support when confronting these difficult issues. After the service, a young man approached him, eyes heavy yet filled with something new—hope. "Today's message changed my life," he confessed. "I've been seriously considering ending my life because of some personal issues, but your words brought a new sense of hope into my heart."

The 'Suicide Awareness and Prevention Program' had been designed with moments like these in mind. Aimed at equipping pastors, community leaders, lay leaders, and others with the skills to support individuals struggling with suicidal thoughts, the event was a collective effort by the Psychiatry and Clinical Psychology departments, along with the Patient Counseling Department and others. 140 participants joined that day, each gaining vital insights from the consultants and session leaders. The pastor's call was a reminder of the transformative power of such gatherings and the hope they can bring to those who need it most.



## Janapriya Clinics: Reaching Out to More Rural and Needy Areas



The Janapriya Clinic, established within the hospital, offers affordable care with a consultation fee of just Rs. 30/- for the socially and economically disadvantaged, drawing many patients. Recently, we launched a periodic clinic in Akkirampura village near Tumkur and inaugurated a new clinic in Chickajala. The Janapriya Information Centre in Hindupur continues to refer patients in need to BBH. Initiatives in Lazar Layout, Banaswadi, and Bhoopsandra are also progressing well. The involvement of a local NGO or social worker, along with

a designated space for these efforts, has been key to the success so far. Training programs and community empowerment initiatives are also planned for the near future.



## Jana Jyothi Brings Light and Hope to Venketesh



In a quiet village near Chickballapur, Mr. Venketesh lived a simple life as a helper to a local cook, skillfully chopping vegetables for weddings and community gatherings. But over time, his vision began to cloud from cataracts, leaving him unable to work as he once did. Faced with the steep cost of Rs. 21,000 per eye for surgery, he feared he would be forced to give up his work and independence.

One day, a neighbor told him about Jana Jyothi, an initiative by Bangalore Baptist Hospital (BBH) that offers free cataract surgeries for people who cannot afford them. With a glimmer of hope, Venketesh traveled to BBH. Welcomed with warmth and kindness, he soon learned he was eligible for the life-changing procedure at no cost. After his surgeries, he opened his eyes to a world restored—faces, colors, and light returning to him in vibrant detail.

Filled with gratitude, Venketesh resumed his life with newfound joy. But something more had changed. His daughter, moved by her father's story, felt inspired to pursue a career in allied health to help others as he had been helped. With support from the Janapriya team, she was able to secure an affordable spot in a government-subsidized program at BBH, marking the beginning of a promising future.

Before leaving the hospital for the last time, Venketesh returned to make a donation of Rs. 5,000, despite his humble means. It was a gift born from gratitude, an offering to help someone else see the world anew. His gesture embodied the true spirit of Jana Jyothi—a circle of kindness and hope, where lives are changed and gratitude flows forward to lift others in need.

## A Testimony of Grace in Action

On a stormy day in Bangalore, heavy rains and fierce winds swept through the city, leaving chaos in their wake. Among the places affected was Bangalore Baptist Hospital (BBH), where the elements wreaked havoc outside the Southend OPD. Suddenly, a massive branch came crashing down, narrowly missing several people and vehicles.

In that moment of uncertainty, a sense of gratitude washed over us as we reflected on the protection God had provided. It was a close call, but thankfully, no one was harmed.

As the rain continued to pour, something remarkable happened. Staff members from

all departments, regardless of their roles or designations, sprang into action. Without hesitation, they made their way to the scene, driven by a shared sense of responsibility and camaraderie.

With the rain pouring down, they worked tirelessly, clearing the debris from the road and restoring order to the area. Their selflessness and dedication shone brightly amidst the storm, reminding us all of the power of teamwork and the spirit of service.

This experience served as a powerful reminder of the incredible staff we have at BBH. We are truly blessed to have such committed individuals who embody the essence of grace in action, especially in times of crisis.



## One other possibility: BBH Annex: Expansion of the hospital premises

As Bangalore Baptist Hospital (BBH) continues to expand, we have encountered space constraints. To address this issue, we will soon add a five-story building next to BBH emergency services on a lease basis, beginning from January 2025. To meet our urgent need for additional space, we have already leased one floor of this building to host various support services and classrooms, operational from October 2024.



## Special Day Celebrations at BBH in 2024



**Emergency Medicine Fundamentals Workshop (September 19):** Held at the EM Karnataka Conference in Chamarajanagar, this workshop titled “Don’t be a Bystander, Be a Lifesaver” provided essential skills training for interns, nurses, and paramedics, emphasizing teamwork and communication in patient care.



**World Heart Day (September 29):** The Cardiology Department held an awareness event titled “Use Heart for Action” to encourage proactive steps in preventing and managing cardiovascular diseases.



**Breast Cancer Awareness:** BBH organized “Pink Day” with staff awareness programs, skits, poster contests, and educational sessions. The focus was on promoting breast-conserving surgery, dispelling myths, and encouraging regular screenings.



**Teacher’s Day (September 5):** To honor educators, BBH launched the Adhyapak Health Package with a 50% discount for teachers. Dr. (Mrs) Lavanya Mithran, Principal of Bishop Cotton Girls’ School, inaugurated the initiative, benefiting over 200 teachers. The package is available until December 2024.



**World Alzheimer’s Day (September 21):** BBH hosted a walkathon themed “Know Alzheimer’s, Know Dementia” to raise dementia awareness and promote early intervention. The event involved hospital staff and older adults, emphasizing community support.



**International Day for Older Persons (October 1):** The Geriatric Medicine Department observed this event with the theme “Aging with Dignity and Respect.” Dr. Dominic Benjamin delivered an inspiring address on the value of honoring and supporting older adults.



**Patient Safety Month (October 9):** Kicking off on World Patient Safety Day (September 17), BBH conducted activities to foster a safety culture at the hospital, including rangoli (Rang Tarang), quizzes, poster displays, informational stalls, and short educational reels for staff.



### Run Bangalore, Run!

On October 6, 2024, more than 30,000 participants took part in the Wipro Bengaluru Marathon, an inspiring event celebrating health and fitness. Bangalore Baptist Hospital (BBH) proudly partnered as the official medical provider, deploying a dedicated 65-member medical team along the marathon route to offer care and manage minor injuries.

At the marathon expo, BBH engaged attendees through a range of health initiatives, including health check-ups for runners, live CPR demonstrations, a talk on cancer awareness, and personalized diet counseling. Reflecting their dedication to community well-being, 50 BBH staff members also joined the marathon as participants.

### Support the Mission – Reaching Those in Need

Our dedicated doctors are making a real impact in other mission hospitals across India, answering the call wherever healthcare is needed most. Here are some of the inspiring journeys our team members have undertaken:

- Dr. Jude Hans Simmons - Jiwan Jyothi Christian Hospital, Robertsganj, Uttar Pradesh.
- Dr. Alexander Daniel Sunad - Scudder Memorial Hospital, Ranipet and Christian Fellowship Hospital, Oddanchatram.
- Dr. Ravi N. Patil - RDT Hospital, Anantapur.
- Dr. Akshitha Sai Ragam - Burrows Memorial Christian Hospital, Silchar, Assam.
- Dr. Nikita Biju - Herbertpur Christian Hospital, Dehradun, Uttarakhand.
- Dr. Sandra Everest - Christian Hospital, Chhatarpur, MP.
- Dr. Priyanka J. P. - Subbamma Hospital, Hyderabad.



### Space Matters

As the patient footprint and allied services continue to grow, space constraints have become a significant concern. To enhance patient convenience, we have rearranged the locations of some departments and refurbished certain facilities within the existing building. Our future facility, the Golden Jubilee Block, will be able to accommodate even more services once it is completed.

### The Fact Corner



In 1980, **Mother Teresa** inaugurated the chapel, now regarded as the “Heart of the Hospital.”