



## Impact Report

### **Collaboration Overview**

Indrayani Hospital and Cancer Institute (IHCI) entered into a formal collaboration with Rising India Research Foundation (RIRF) to provide structured psycho-oncology counselling services to cancer patients and their caregivers. The Memorandum of Understanding (MoU) was signed on 17 February 2025, with services becoming operational from March 2025.

This partnership was envisioned to address the psychosocial and emotional needs of oncology patients undergoing treatment, in alignment with IHCI's holistic, patient-centric model of cancer care.

### **Duration of the Project**

- MoU Signed: 17 February 2025
- Operational Period Covered in this Report: March 2025 – December 2025

### **Scope of Services (as per MoU)**

As outlined in the MoU, RIRF provided the following services at IHCI:

- Individual psycho-oncology counselling (OPD/IPD)
- Caregiver counselling
- Joint family counselling
- Group counselling and support group activities
- Art-based therapy and mindfulness sessions
- Awareness and supportive sessions within clinical waiting areas

IHCI facilitated referrals, infrastructure, and integration with clinical departments.

### **Summary of Sessions Conducted (March–December 2025)**

#### **1. Individual & Family Counselling Sessions**

- Total individual / family counselling sessions conducted: 51 sessions
  - Includes individual patient counselling, caregiver counselling, and joint family counselling sessions
  - Sessions addressed emotional distress, anxiety, coping with diagnosis and treatment, caregiver burden, and adjustment issues

#### **2. Group Counselling & Therapeutic Sessions**

- Total group counselling / therapeutic sessions conducted: 31 sessions
  - Conducted primarily in radiation oncology waiting areas and common patient spaces
  - Included art-based therapy, mindfulness activities, goal-setting sessions, gratitude and meaning-making exercises, and festival-based psychosocial interventions

Overall Total Sessions Conducted: 82 psycho-oncology sessions

### **Beneficiary Categories Covered**

- Adult cancer patients undergoing active treatment (chemotherapy, radiotherapy, surgery)
- Patients in recovery and follow-up phases
- Caregivers and family members of cancer patients
- Underserved and economically vulnerable patient populations accessing IHCI services

### **Key Outcomes and Impact Observed**

#### **1. Improved Emotional Well-being**

- Reduction in visible distress, anxiety, and emotional withdrawal among participating patients
- Improved mood and engagement during treatment waiting periods

#### **2. Enhanced Treatment Experience**

- Psycho-oncology services transformed waiting areas into supportive, interactive spaces
- Patients reported feeling "heard," "supported," and less isolated during treatment

#### **3. Caregiver Support and Inclusion**

- Caregivers benefited from shared spaces to express emotions and learn coping strategies
- Improved caregiver-patient communication observed during joint sessions

#### **4. Normalization of Mental Health Care in Oncology**

- Integration of counselling within routine oncology workflows reduced stigma
- Increased openness among patients to discuss psychological concerns

### **Notable Insights and Observations**

- Group-based, art-integrated interventions were particularly effective in engaging patients who might otherwise decline formal counselling.
- Conducting sessions in clinical waiting areas increased reach without disrupting medical workflows.
- Emotional needs often peaked during radiotherapy and prolonged treatment phases, highlighting the importance of sustained psycho-oncology presence.
- The collaboration demonstrated that low-cost, structured psychosocial interventions can generate high patient-perceived value in a charitable cancer care setting.

### **Alignment with IHCI's Institutional Mission**


IHCI, as a charitable, trust-based cancer hospital serving underserved populations since 2008, emphasizes comprehensive cancer care beyond biomedical treatment. The psycho-oncology collaboration with RIRF strongly aligns with:

- IHCI's commitment to holistic cancer care
- Ethical, compassionate, and patient-centered treatment models
- Integration of psychosocial oncology within standard cancer services

### Conclusion

The IHCI-RIRF psycho-oncology collaboration from March to December 2025 has had a meaningful and positive impact on patients and caregivers accessing cancer care at IHCI. The services enhanced emotional well-being, improved patient experience, and strengthened holistic oncology care delivery.

IHCI acknowledges the valuable contribution of Rising India Research Foundation and looks forward to continued collaboration to further strengthen psycho-oncology services for cancer patients and their families.

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