

2023-24



ANNUAL REPORT

Indian Cancer Society
Delhi Branch



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Annual report 2024

The Power of not knowing

As another year of activity comes to a close, I look back with both humility & pride on the enormous effort and learning put in by each volunteer and Staff of ICS Delhi. Each person has worked in their area with responsibility. There is leadership at every level. No one has sat back and said that's not my part of ship. I don't know.

How much opportunity & power there is in the vast uncertainty of the unknown. Swimming in uncharted waters, what we have achieved reflects the power of not knowing. It is critical in the creation of imaginative programmes to admit to not knowing. It is critical in reaching out to others who do know, and to celebrate the opportunity to move ahead together. Admitting to Not knowing is an ethical stand. We instruct volunteers to admit not knowing when that is the case. "I will find out and get back to you" elicits appreciation.

It is what we don't know that drives us. Into listening, with humility and learning as we navigate unknown paths.

Do we have to be cancer survivors to know their pain? How many cancers does a survivor have to suffer before he/she qualifies as an awareness speaker? Do we need to be doctors or psychologists to know the nuances of cancer? Do we need to have technical skills to create an app? The power of not knowing creates an empathy, a humility and a willingness to learn.

When Team Delhi decided to work on the app, we did not know. We did not know there was so much more than securing a sponsorship. We did not know the value of another's knowledge in creating content. We certainly didn't foresee the resistance from colleagues who did not share our vision or our passion. All this was slow to build, needing patience, humility & understanding.

If we are pushy, it is because we are aware of the value of time. If we are ever available for making endless presentations, it is because we need everyone to understand our vision. If we are impatient, irritable, it is because we continue to work impossible hours, to listen, to empathise and take suggestions. Please bear with us.

We have worked with tiny budgets, squeezed service providers & demanded pro bono participation from people with their own commitments. This is an opportunity to thank everyone who held our hand. Our journey continues only because we do not know!



Jyotsna Govil
Chairperson
Indian Cancer Society, Delhi

With thanks to Sruti Kumar, Harvard, for planting a seed.

Executive Summary

Renuka Prasad, Hony Secretary

The landscape of cancer care in India is undergoing a profound transformation, and the Indian Cancer Society (ICS) Delhi Branch stands at the forefront of this evolution. Over the years, we have witnessed a remarkable surge in patient numbers and the emergence of new healthcare facilities with 16 AIIMS today. We have also observed an increase in awareness and screening initiatives. While these developments are commendable, we acknowledge the persistent challenges such as accessibility gaps between rural and urban areas, a shortage of qualified healthcare professionals, and the burden of high treatment costs.

Our key initiatives have been:

- 1. Empowering Through Knowledge:** We recognise that knowledge is the cornerstone of empowerment. It is the pivotal role of awareness and education; we have spearheaded various initiatives to disseminate comprehensive information about fundamental aspects of cancer. Our pioneering self-learning course, accredited by the Ministry of HR and hosted on the Swayam Platform, has successfully reached over 18,000 individuals from diverse backgrounds. Through this ground-breaking program, we aim to arm people with the knowledge to recognize early signs of cancer and take proactive steps towards timely medical intervention. Encouragement of this took us to the next step of awareness through the Faculty Development Program (FDP), an initiative of the Govt.'s New Education Policy 2020, where the younger student community is targeted through a mentorship programme of community service. We have completed 2 sessions with an outreach to over 21 states through this digital program.
- 2. Mobile Application of Cancer Awareness:** Leveraging the widespread usage of cutting-edge mobile technology, ICS has developed an advanced mobile application dedicated to providing unparalleled support and information to individuals impacted by cancer. With over 1.4 billion mobile users in India projected by 2026, this innovative application serves as a crucial tool for spreading awareness and facilitating access to essential services. Developed in 5 languages (Hindi, English, Bengali, Marathi and Kannada), this presents 360 degrees of cancer control, ranging from information on awareness, treatment, to rehabilitation of 4 basic cancers: breast, cervical, oral (as mandated by the GOI) and lung, which is at the forefront of oral cancers.
- 3. Volunteer Training Workshop:** In alignment with our steadfast belief in the empowering nature of knowledge, ICS conducts regular training workshops for volunteers on cutting-edge cancer treatments and patient-centric care approaches. By equipping our volunteers with enhanced skills and expertise, we fortify our ability to provide unwavering support to individuals throughout their cancer journey, from diagnosis to rehabilitation.

4. **Cervical Cancer Commitment of Delhi Branch**

ICS is committed to advancing the WHO goals of the global control of cervical cancer by adopting strategies suitable to the Indian subcontinent. Towards this end the Delhi Branch is propagating the contents of ICS position paper on various forums like seminars, webinars, cancer summits, APAC and among like-minded NGOs. Mrs. Jyotsna Govil is a founder member of APAC (Asia Pacific HPV Coalition). Recently we have joined hands with other think-tanks to engage and advocate with health policy makers & influencers in India to prioritize cervical cancer elimination in at least 100 districts. Carrying forward with the MEP programme we have connected with 'Centre for Community Medicine', AIIMS Delhi to make it more robust and effective. We at ICS are committed to advocate Screening for mothers and vaccinating the girl child. We will not administer the vaccine but advocate and guide parents/children to be screened.

Cervical Cancer Screening/Treatment

In collaboration with Karkinos, we are currently screening women with HPV-DNA tests. We are treating patients who have precancerous cervical lesions at our CDC with the help of a specialist team of Karkinos under the supervision of ICS Gynaecologist.

Patient – Centric Support Groups: With the paradigm shift across the healthcare systems today turning patient-centric, it is important to address their needs first, provide them with all possible options and give them the autonomy to make an informed choice on what best suits them. Recognizing the holistic nature of care, Prashanti, the rehab centre of ICS fosters the formation of survivor support groups, including dedicated groups for breast cancer, gynecological cancers, and childhood cancers. Thus these supportive communities serve as invaluable platforms for individuals to share experiences, seek guidance, and nurture a resilient sense of community spirit. Our forthcoming support groups will include lung, head and neck, and GI-tract cancers.

Collaborative Screening Program: In collaboration with esteemed partners such as PNB GILTS, ICS endeavours to expand cancer screening initiatives, with a particular focus on 5000 underserved women. In addition to the pap smears, we are now adding self-testing swabs for detection of cervical cancer to these women, following the WHO gold standard. Outside of this initiative, we are still continuing with pap smears, but if an individual tests positive, they will be treated with a Biopsy, Colposcopy, Thermal Ablation or LEEP. The latter package would be conducted by M/s Karkinos at the CDC premises, on mutually agreed dates, with a visiting Gynaecologist from M/s Karkinos. Through strategic partnerships and innovative screening methodologies, we are committed to detecting cancer early and enhancing treatment outcomes. With the help of our partners and the WHO, we are striving to eliminate cervical cancer by 2030.

Treatment of childhood cancers: In another landmark collaboration, we have partnered with the Essel Foundation, which has been supporting our rehabilitation facilities, and providing Pediasure protein nutrition supplement boxes for children. We are collaborating with them on a 5 crore project for treatment of children with cancer, with a capping of 4 lakhs per child. This is an ongoing project, which will continue for as long as is financially possible.

Screening/Patients Support collaborations

The Cipla Foundation has been instrumental in establishing Patient Support Groups since 2016 for various cancers at our Rehab Centre at Prashanti. These groups foster interaction among patients undergoing treatment, survivors, doctors, and professional counsellors. Initiatives are also underway to facilitate drop-in meetings for newly diagnosed patients and those receiving medical assistance from ICS. The ongoing rehabilitation of breast cancer patients includes the provision of bras and prostheses. Support group meetings, now integral to the Cipla-sponsored Prashanti, include a vibrant Breast Cancer group with many MBC/ABC patients focusing on quality of life through trials and new medical technology. Efforts are being made to form new Gynaecologic Cancer and Lung Cancer Support Groups.

Lumax Charitable Foundation: Lumax, a leading manufacturer and supplier of automotive components in India, has supported our cancer awareness, cancer screening, and patient support activities since 2015.

Essel Social Welfare Foundation has supported our cancer screening, patient support, and child nutrition programs since 2018. They have also initiated a project for the treatment of child cancer patients for FY 2023-2024.

Sud-Chemie India Pvt. Ltd has been consistently supporting our cancer awareness, cancer screening, and patient support activities since 2021.

SRF Limited: SRF Limited, a multi-business chemicals conglomerate, has supported our activities since 2020.

LEA Associates South Asia Pvt Ltd.: Known for consulting and advisory services for infrastructure projects worldwide, LEA has supported our cancer screening and patient support activities since 2022.

Letz Dream Foundation: This non-profit organization focuses on uplifting the underprivileged through livelihood activities and grants for innovative social development projects. They have supported our cancer screening and patient support activities since 2020.

Bluegrass Technologies Pvt Ltd: Established in 2007 and known for Horizontal Directional Drilling, Bluegrass Technologies has supported our cancer awareness, cancer screening, and patient support activities since 2021.

Crest Digitel: A Digital Connectivity Infrastructure company, Crest Digitel, has supported our cancer screening and patient support activities for the fiscal year 2023-2024.

Gateway Distriparks Pvt Ltd.: An integrated intermodal logistics service provider, Gateway Distriparks, through Snowman Logistics, operates India's largest temperature-controlled logistics network. They have supported our cancer awareness, cancer screening, and patient support activities for the fiscal year 2023-2024.

HDFC Education and Development Services Pvt. Ltd. HDFC EDU, dedicated to transforming education in India, has supported our cancer screening and patient support activities for the fiscal year 2023-2024.

PNB Gilts Ltd, a renowned and preferred name in the Indian debt market, was one of the first entities to be granted a Primary Dealership License by the Reserve Bank of India. The company is also a subsidiary of Punjab National Bank, one of the largest commercial banks in India. PNB Gilts has played a pivotal role in strengthening the domestic fixed-income markets and is a dominant player with a significantly high market share in overall trading turnover. PNB Gilts has supported our cervical cancer awareness, screening, and patient support activities for women for the fiscal year 2023-2024.

Housing Development Finance Corporation has been a consistent supporter over the years, sponsoring our fundraiser events like Artiste Against Cancer.

Rise Against Cancer Mobile App

About the App:

Indian Cancer Society has developed free multilingual mobile app in English, Hindi, Marathi, Kannada, Bengali for android and iOS on oral, breast, cervical and lung cancer in audio-video format catering for literate and illiterate population. Other cancers will be added gradually.

The aim has been to provide 360-degree information around cancer which is holistic covering the disease, from physical, emotional and informational needs of an individual and their loved ones during their cancer journey in a language they are comfortable in. There is a pressing need for accessible and reliable resources that can provide information, support and guidance to those affected by cancer.

The mobile app was launched on 4th Feb (World Cancer Day) at Rajiv Gandhi Cancer Institute and Research Center, New Delhi. It was broadcast live on Zoom and YouTube, with Ms. Urvashi Prasad, from NITI Aayog, as our chief guest, who emphasized the importance of cancer awareness. Dr. Sudeep Gupta, Director of Tata Memorial Hospital, Mr. D. S. Negi, CEO, RGCI&RC also spoke on the occasion. The heads of branches also organised similar launches at their locations. The launch received significant coverage on print and digital media.

Target audience is - Cancer patients, survivors and caregivers. Besides this anyone interested in getting information on cancer.

Outcomes Looking at:

- **Individual level –**
 - Cancer Patient – Adherence to treatment
 - Cancer Survivor – Late side effects
 - Caregivers – Better care for their family members
 - Information Seeker – Better information about the disease
- **Community level-**
 - Virtual support group community pan India transcending geographical.
- **National level-**
 - Health care policies advocacy for better accessibility, acceptability, affordability and equity in cancer care.

Click here to download the App –

<https://play.google.com/store/apps/details?id=com.ics.riseagainstcancer>

You can also scan the QR code to download the app.



MEMBERS - MANAGING COMMITTEE

ALL Members of the Managing Committee work in Honorary Capacity.

No sitting Fees are paid.

Executive Committee

1. Mrs. Jyotsna Govil – Chairperson
2. Mrs. Renuka Prasad – Hon. Secretary
3. Mr. MS Mathur – Hon Treasurer

Ex-Officio Appointments

1. Mrs. Indra Jasuja – Joint Secretary (Gurgaon)
2. Mrs. Rekha Gulabani – Joint Secretary Patient Engagement
3. Mrs. Rupinder Kaur – Joint Secretary, Medical Assistance & Resource Mobilization

Members

1. Mrs. Renu S. Karnad
2. Mr. R.K. Ahuja
3. Dr. Ashok Mohan
4. Mrs. Reva Nayyar
5. Prof. Cmde. PK Goel
6. Mr. Krishan Kalra
7. Prof. MC Misra
8. Mr. Kewal Nohria
9. Mr. Sanjay Nayar
10. Dr. Ravi Mehrotra
11. Dr. Sanjiv Kumar

National Committee

National Managing Committee

1. Mr. Hari Mundra – Chairman
2. Mrs. Anita Borges – Vice Chairperson
3. Mrs. Usha Thorat – Hony. Secretary & Managing Trustee
4. Dr. Purna Kurkure – Jt. Managing Trustee
5. Mr. Gautam Chakravarti – Treasurer

Medical Sub-Committee

1. Dr. AK Dewan
2. Dr. Ramesh Sarin
3. Dr. Poonam Chandra
4. Dr. D Bachani
5. Dr. Sudip Raina

Delhi Government.

1. Principal Secretary Health Delhi
2. MoH/NDMC

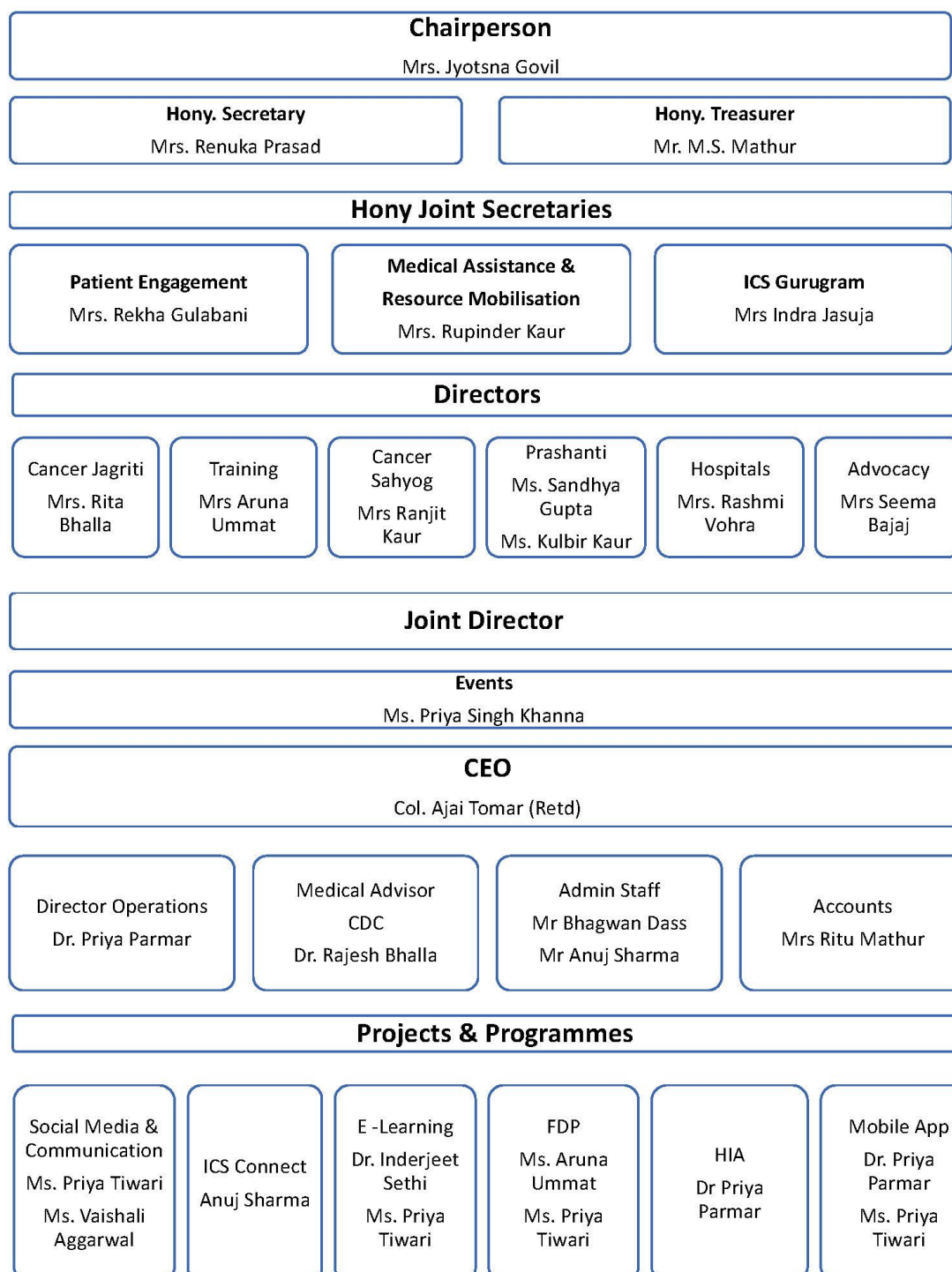
Registered /Accredited with: -

- By Credibility Alliance & ISO: 9001:2015.
- As a Social Entity – Not Profit Organisation on NSE Social Stock Exchange.
- Received NGO grading certificate from Care Edge.
- TATA INSTITUTE OF SOCIAL WORK – CSR Hub.
- CHARITIES AID FOUNDATION - India, USA and UK.
- Core member of the newly formed NCD ALLIANCE – HEALTHY INDIA ALLIANCE.
- Registered with BENEVITY and GIVE India.

National & International Affiliations

- ICS works closely with the Government of India's Ministry of Health & Family Welfare, the Delhi Administration Mohalla Clinic, Mahila Panchayat & NDMC.
- ICS is affiliated with International bodies such as the International Union for Cancer Control (UICC) , the World Health Organisation (WHO), American Cancer Society, Cancer Control Australia, & Cancer Research, UK. Senior members are Alumni of the American Cancer Society University & have availed Training in Australia under the UICC schemes.
- We are early signatories to WHO's FCTC protocol, and are members of the FCA, the global guardians of Tobacco Control.

Organisational Chart



JAGRITI

Director, Jagriti-Ms Rita Bhalla

Jagriti is the Awareness Vertical of Indian Cancer Society, Delhi Branch. The volunteers who are generally patients or care givers and trained well, accompany seasoned speakers & finally start giving awareness talks based on the schedule given by ICS. We strongly believe that Cancer Awareness is necessary to achieve our motto - Cancer by choice; not chance.

Cancer is increasingly coming to be known as largely a Lifestyle Disease. We talk about good lifestyle habits & make people aware of the harms of making bad lifestyle choices. We explain about the importance of Early detection & Vaccination. We also try to advise them on dealing with family history of cancer & ways to reduce effects of cancer-causing problems like stress, pollution, chemicals etc. Our talks also include information about various common cancers, what increases their risk, the symptoms & ways to reduce these risks. Thus, we try to help them keep cancer at bay.

We have given around thirty awareness talks in schools, institutes, corporates, CFAR initiatives, bastes, at screening camps sites to name a few. (attached)

Our volunteers participated in a number of Webinars & were part of Panel Discussions. (attached) They not only spread awareness about cancer but also spoke about all the work done by ICS- Delhi.

We celebrated the 'World No Tobacco Day' on 2nd May, 2023 & the WHO theme was 'WE NEED FOOD, NOT TOBACCO'.

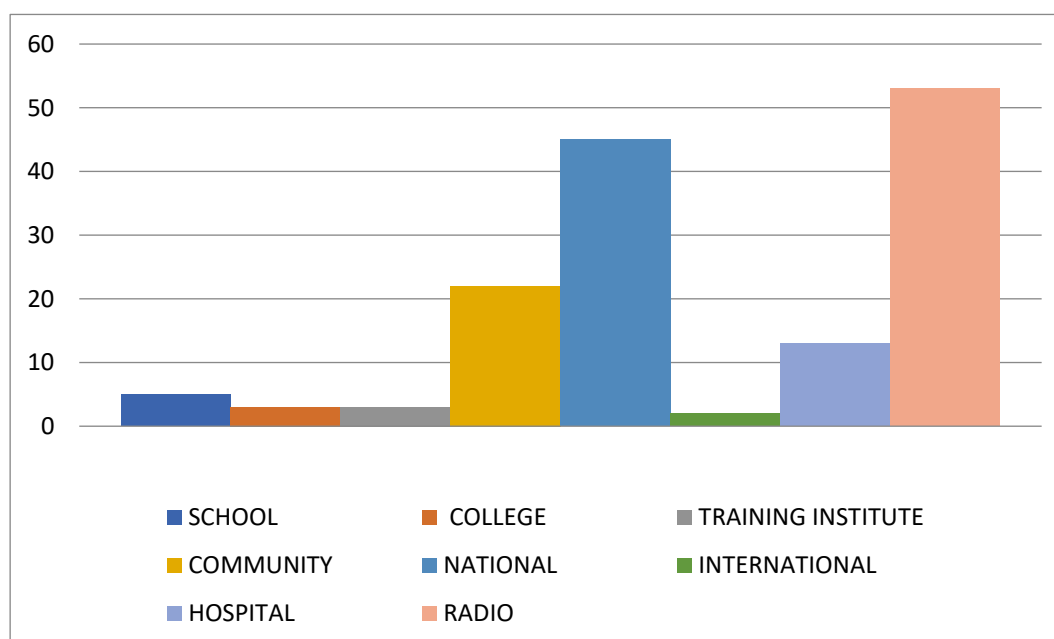
Letters were sent out to a large number of schools to participate in the competitions. For students of class 6 to class 8, the competition involved making a placard in 2023 & For students of Class 9- class 12 students it was a skit/ Nukkad Natak competition in 2023 & keeping in mind the theme of the year. Before the start of the competition, we offered to give Tobacco Awareness Talks as per the convenience of the schools. Also, a brief was sent to them explaining the WHO topics at length, its effect on society & how to overcome the problem.

Every Friday we have a fifteen-minute talk on AIR- FM Radio. It's mainly in Hindi. This year we had over sixty talks-wherein we tried to cover a very large spectrum about cancer. We spoke about myths, risks, signs & symptoms, screening & benefits of early detection, various treatments available & how to deal with their side effects. We spoke about lifestyle & ill-effects of tobacco, pollution, hereditary traits etc We spoke in detail about the more common cancers. These talks help us spread awareness about cancer far & wide. It's also a good learning for all our volunteers as these speakers research a lot & talk about the latest developments. We sometimes get doctors to give these talks to cover a larger canvass of cancer. (All topics covered are attached)

These Radio Talks are being made into Pod Casts and are available on our website www.Indiancancersocietydelhi.in

We in the Jagriti Team are spreading Cancer Awareness, as we truly believe that we prepare people from different walks of society to not only fight this disease with positivity, but also prevent it by adopting an improved lifestyle.

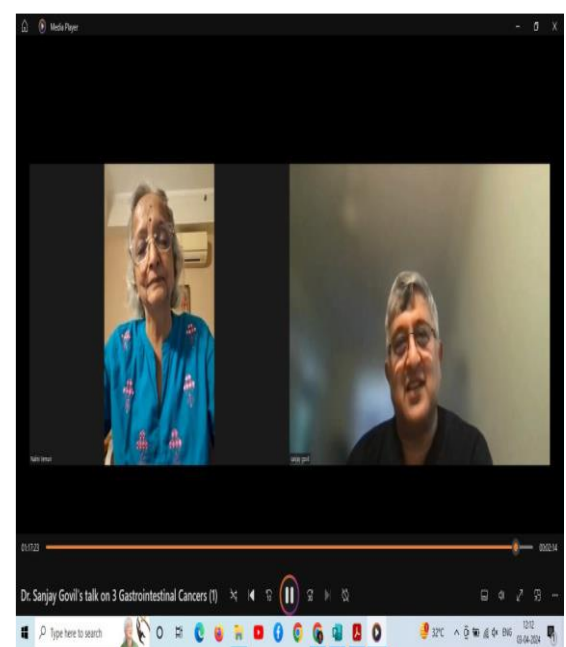
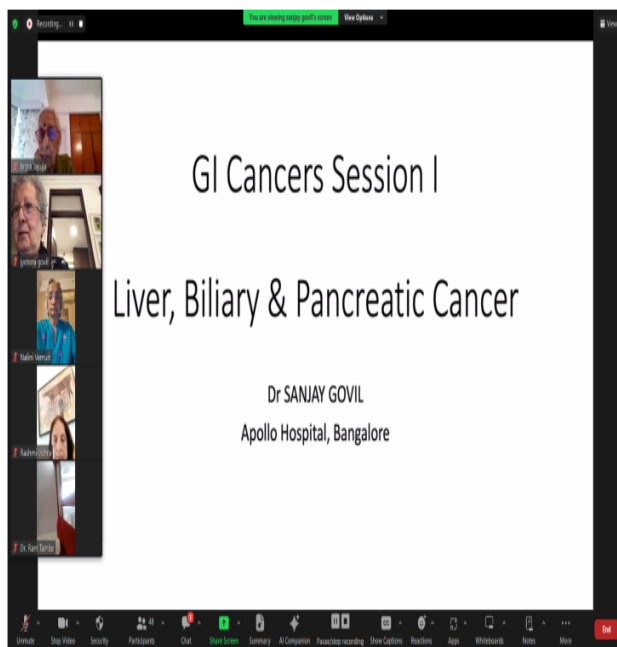
Awareness Talks/ Webinars 2023-2024	
SCHOOL – AWARENESS TALKS	5
COLLEGE - AWARENESS TALKS	3
TRAINING INSTITUTE- AWARENESS TALKS	3
COMMUNITY - AWARENESS TALKS	22
NATIONAL WEBINARS	45
HOSPITAL WEBINARS	13
INTERNATIONAL WEBINARS	2
RADIO TALKS (FM GOLD)	53
TOTAL TALKS	146





Report: Training April 2023 to March 2024

S. No.	Dates/ Duration	Participants	Remarks
1.	April 20, 21, 22, 2023	10	Virtual mode on Zoom platform for the first two days and Physical mode on the third day.
2.	August 21 to 28, 2023 (Awareness sessions)	222 University Teachers Pan India	FDP (second in series) was carried out in association with GADTLC of Khalsa College, D.U. In Phase 1 teachers were trained in Cancer Awareness by ICS. In Phase 2 each teacher trained at least 5 students, making a team with them as Mentors. Phase 2 mentorship training is still going on (Report awaited)
3.	August 3,4,5, 2023 (Awareness sessions) (Total 60 hrs. of Internship reqd.)	11 Undergraduate Students of Amity University	Ten hours of training on Cancer Awareness was completed. Unfortunately, only two students completed the internship by carrying out the project work, field work & site visits etc. Rest of them could not adjust their college schedule to finish the internship. The concern was shared with their teacher coordinators.
4.	March 02, 2024	2721	An interactive webinar was organized for FDP participants of the last two years on Zoom platform as well as on YouTube. Medical Oncologist of Medanta Hospital Gurgaon, Dr. Ashok Vaid & Dr. L.M Darlong, Head of Thoracic Oncosurgery, RGCI Delhi were the two speakers who spoke on 'Is Air Pollution Responsible for Increasing Rate of Lung Cancer?'
5.	March 19-21, 2024	12	Total 9 hours of interactive sessions on cancer fundamentals in physical mode
6.	March 26, 2024	70	An interactive two talks on Zoom given by Dr. Sanjay Govil, Oncologist & Liver Transplant Surgeon. Streamed on YouTube also for FDP participants pan India.



CANCER DETECTION CENTRE

Medical Advisor - Dr. Rajesh Bhalla

Indian Cancer Society (ICS), Delhi is a pioneer in Cancer Awareness-creation, Detection and Diagnosis, working on a two-pronged approach to achieve our Statement of Intent: **“Conquest of Cancer by choice, not by Chance”** by creating Cancer Awareness and offering Preventive Screening.

The Cancer Detection Centre (CDC) at Babar Road, Bengali Market (near “Mandi House” Metro Station), New Delhi has been providing Screening Services since 1984. The Centre is strengthened by two “On-Wheels” Mobile Screening Vans [“ASHA KIRAN” & “ASHA DEEP”] via which we provide Awareness Knowledge and Cancer Screening at the Community’s door-step, through Screening Camps within the NCR of Delhi and at times even at distant locations. This has been appreciated by the various Organisations sponsoring these Medical Screening Camps.

The Vans are equipped with X-Ray & Mammography machines, and the images taken are transmitted via Tele-radiology for early analysis and reporting of these radiological images. This Tele-Radiology venture is in partnership with Columbia Asia Hospital, Bangalore.

ICS’s Screening data carried out on a large number of the vulnerable population shows a gloomy picture of rise in incidence of pre-cancerous / cancerous lesions, as well as symptoms related to non-communicable diseases (NCDs) primarily Obesity, Diabetes Mellitus, Cardio-vascular disease, Stroke and Hypertension. This is in consonance with India’s “National Cancer Control Program (2010)” in conjunction with the “National Programme for prevention and control of identifiable Non-Communicable Diseases (NCDs)”.

The footfall over the years at CDC had shown marked improvement, which could be attributed to the Weekly Awareness Talks on FM and efforts put in by our dedicated ICS Volunteers.

Currently, **ICS Cancer Screening Package** includes: -

1. Basic physical measurement of height, weight and blood pressure.
2. ENT check-up.
3. Oral Health check-up by our Dental Surgeon.
4. Chest X-Ray to detect any anomalies.
5. Haemogram – Basic Complete Blood Count (CBC) at the Cancer Detection Centre [CDC].
6. Examination of men by a specialist doctor.
7. In women, clinical breast and genital examination along with Cervical Papanicolaou Test (Pap smear), HPV DNA testing and Nipple discharge smear, if any, reporting by a gynaecologist. These Tests are being reported upon by NABL-accredited M/s Lal Path Laboratory (LPL).

8. **Treatment:** Karkinos agreement INCLUDES (a) HPV DNA Testing by way of a Screening program; and (b) in cases of HPV-positive individuals a see-and-treat package which includes a **Biopsy, Colposcopy, Thermal Ablation or LEEP**. Till now a total of 14 women have availed this facility since the beginning of this program in Jan 2024.

Current Test Charges:

- ⇒ All **Tests / Examination** are being offered free-of-cost (FOC), to the client due to Sponsorships by various Companies, under their respective CSR activities. Thanks to Rajiv Gandhi Cancer Institute And Research Centre.
- ⇒ The smear samples taken for “**Cervical Pap**” and “**Nipple discharge**” are sent to M/s Lal Path Labs (LPL) (NABL Accredited).
- ⇒ “**Prostate Specific Antigen (PSA) Blood**” for males. The Testing for reporting is also being offered free-of-cost, in the month of April only (via Sponsor). Thanks to Rajiv Gandhi Cancer Institute And Research Centre.
- ⇒ The “**Mammogram**” Test is provided to women above the age of 40 years, if recommended by the CDC Gynaecologist, free-of-cost, as this cost is being paid for by some Sponsor.
- ⇒ Specific blood test for Diabetes Mellitus, i.e. **HbA1C** is also undertaken @ Rs. 350/- and sent to M/s Lal Path Lab for reporting.
- ⇒
- ⇒ **HPV DNA Cervical** smear test (i.e. DNA PCR or Genotyping), whenever recommended by CDC Gynaecologist, is free-of-cost, as this cost is also being paid for by some Sponsor. [Market price in Delhi is approx. Rs. 1,620/- & average pan-India market price is Rs.2,600/-]
- ⇒ Now with the Agreement with M/s Karkinos, the HPV DNA Cervical smear testing is being done by this Laboratory, in conjunction with other modalities indicated in para 8 above for Rs.750/-.

Note: Keeping in sync with the National Policy on detection of NCDs, we also recommend that the requisite additional blood tests for detection of diabetes, liver and renal function tests should be carried out for holistic check-up.

In case the examining doctors feel the necessity of any specialised tests which are not available at the Centre, those individuals are guided / referred to the requisite accredited hospital / laboratory.

MEDICAL SCREENING CAMPS

These Camps are sponsored by various Organizations / Institutions under their CSR activities campaign. These Camps activities are centrally planned and controlled by ICS, Head Office, and the monthly / bi-monthly planned Camp sites intimated to CDC.

The Camp site planning, facility availability are intimated to the Sponsors by Head Office and the designated Camp Coordinator then carries out the fining tuning at site with the Manager, CDC in respect of space, privacy, utilities requirement, etc.

Area Coverage: The Team comprising of three doctors (ENT/Oral, Gynaecology and Specialised Doctor) along with the CDC Team visit the designated site in one of the two Mobile Screening Van (or occasionally by hired vehicle), set up the Camp and conduct the requisite paperwork/ documentation, Screening Examination and Testing, as organised by the Camp Coordinator.

Test Samples (blood, Pap smear and any other sample/s) collected are then sent to the agencies concerned by the CDC team and results received are conveyed to the respective Camp Coordinator for follow-up of the screened individuals.

In case of suspected pre-cancerous (PC) or “cancer-suspect” cases the follow-up is done by CDC in coordination with the respective Camp Coordinator.

The data collated on these screened individuals are put onto the ICS Data Management System, for follow-up or retrieval at a later date via the Unique Identity (UID) given to each screened individual.

⇒ Camps are conducted in the NCR of Delhi.

DATA MANAGEMENT SYSTEM:

The data collected of the individuals screened are entered as per the ICS Format Sheets which are then collated into the in-house CDC Computers (Electronic Medical Record – EMR) with a UID (Unique/ User Identification Data) number.

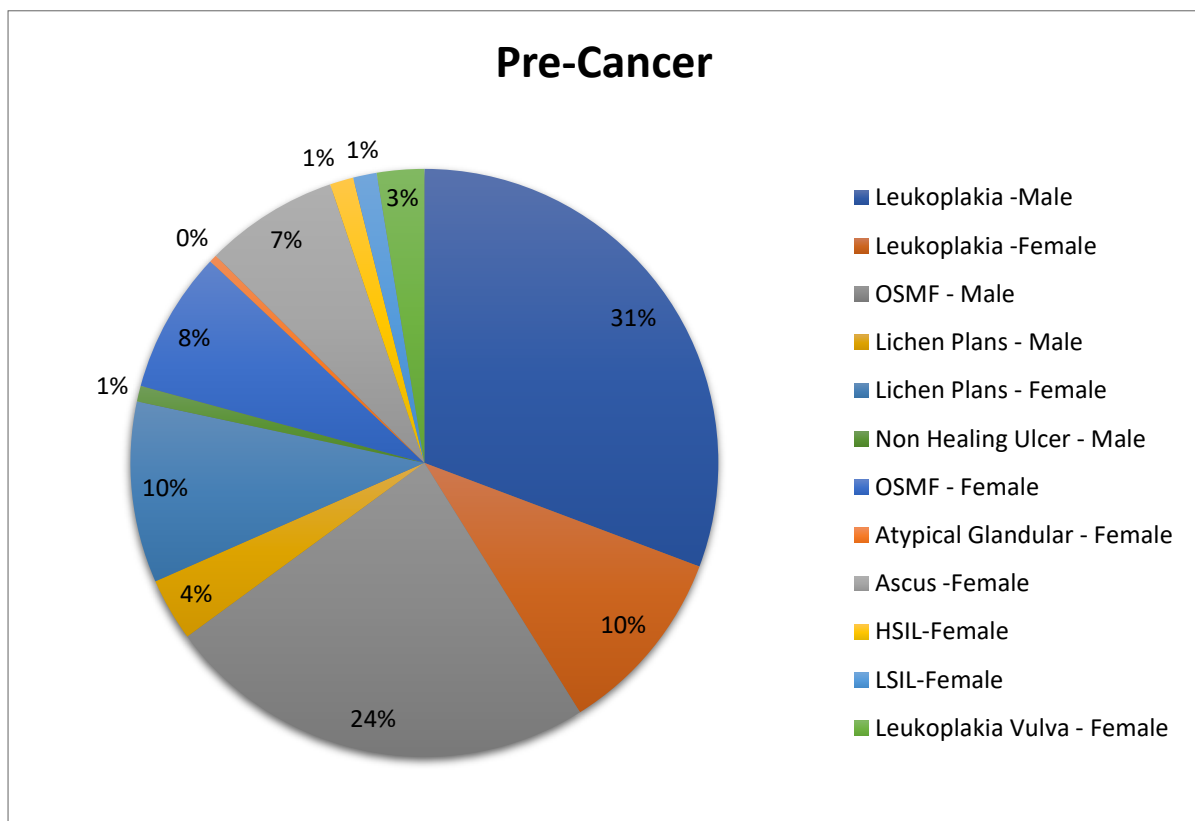
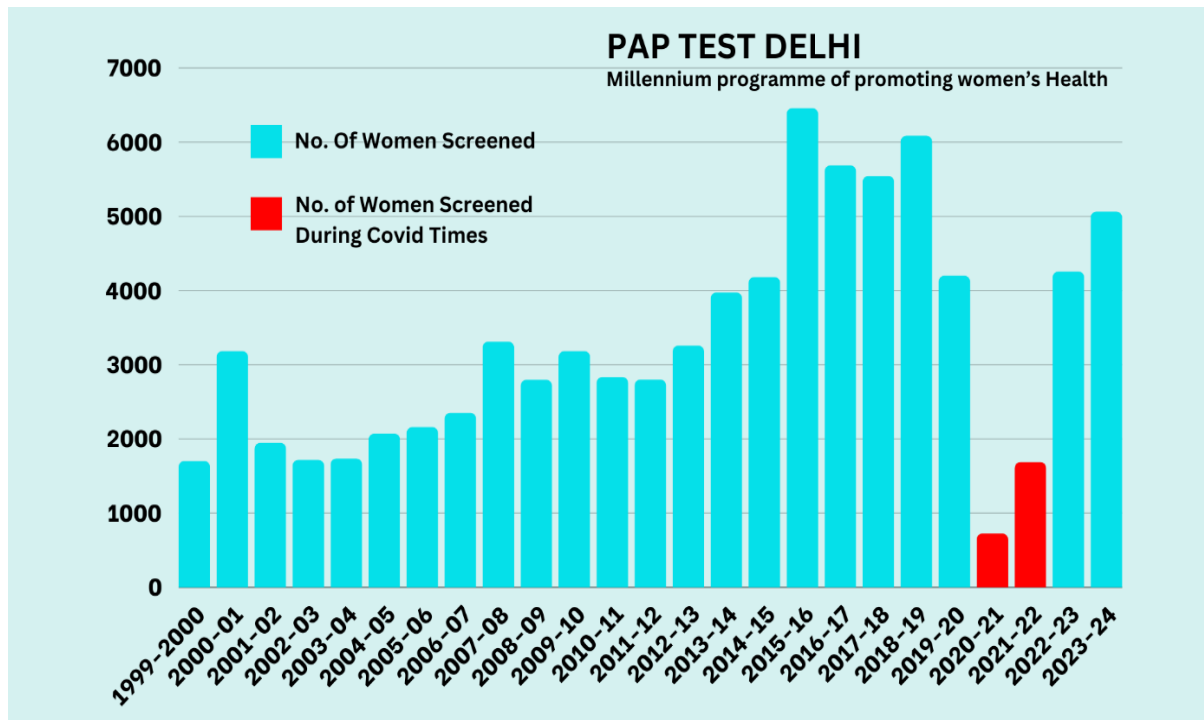
Computer-based I-Cloud Patient Data: This data in turn is shared with the ICS, Head Office server, which in turn is synced with the out-sourced Information Technology Company M/s SANSYS Informatics Pvt. Ltd. w.e.f. 01st April 2018 up-to-date and the data stored onto I-Cloud for referral and retrieval at subsequent date/s.

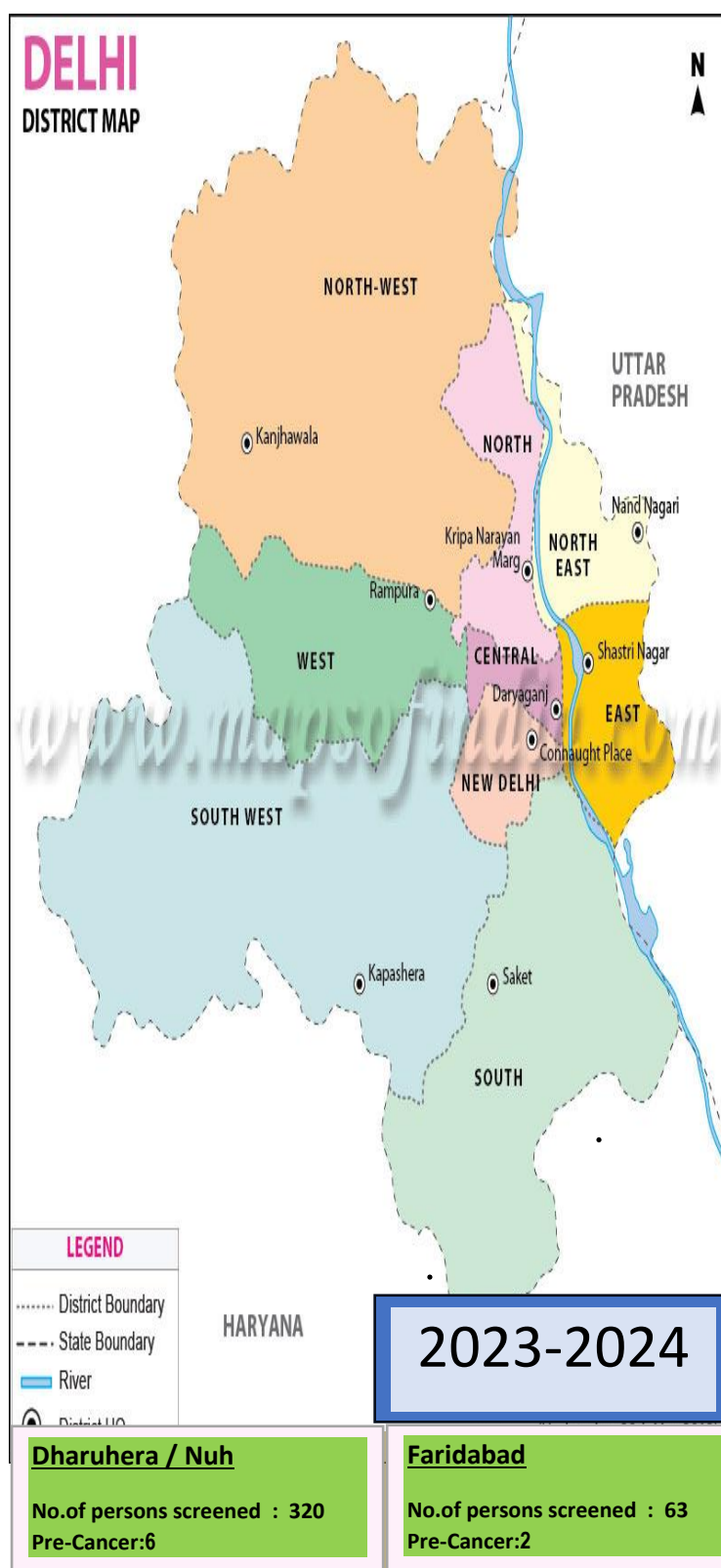
The Screening Data from April 2023 to March 2024 are tabulated below:

<u>ATTENDANCE TABLE</u>					
<u>CANCER DETECTION CENTRE & MOBILE CAMPS ATTENDANCE TABLE</u>					
<u>Facility</u>	<u>Year</u>	<u>Attendance</u>		<u>Total</u>	<u>Cases Detected</u>
		<u>New Cases</u>	<u>Old Cases</u>		<u>Pre / Suspected</u>
Babar Road	2023-2024	674	102	776	16
	2022-2023	731	147	878	21
	2021-2022	573	124	697	45
<u>MOBILE CAMPS</u>	2023-2024	8111	-	8111	219
	2022-2023	8300	-	8300	305
	2021-2022	2693	-	2693	180
<u>TOTAL</u>	2023-2024	8867	102	8869	235
	2022-2023	9031	147	9178	326
	2021-2022	3266	124	3390	225

Out of 8867 screened 235 individuals were found having precancerous conditions. This is 2.67%
In addition: -

- Mammography :768
- HPV/DNA :638





North

No. of persons screened : 1429
Pre-Cancer:42

New Delhi

No. of persons screened : 868
Pre-Cancer:23

West Delhi

No. of persons screened : 423
Pre-Cancer:11

South Delhi

No. of persons screened : 1010
Pre-Cancer:27

South West

No. of persons screened : 311
Pre-Cancer:7

South East

No. of persons screened : 151
Pre-Cancer:7

East Delhi

No. of persons screened : 802
Pre-Cancer:23

Noida/Greater Noida

No. of persons screened : 413
Pre-Cancer:11

Gurgaon

No. of persons screened 2963
Pre-Cancer:81

Dharuhera / Nuh

No. of persons screened : 320
Pre-Cancer:6

Faridabad

No. of persons screened : 63
Pre-Cancer:2

Sonapat

No. of persons screened : 114
Pre-Cancer: 2



Medical Assistance & Resource Mobilization

Hony Joint Secretary - Mrs. Rupinder Kaur

Objective

The Medical and Diagnostic Assistance program aims to provide financial assistance to cancer patients.

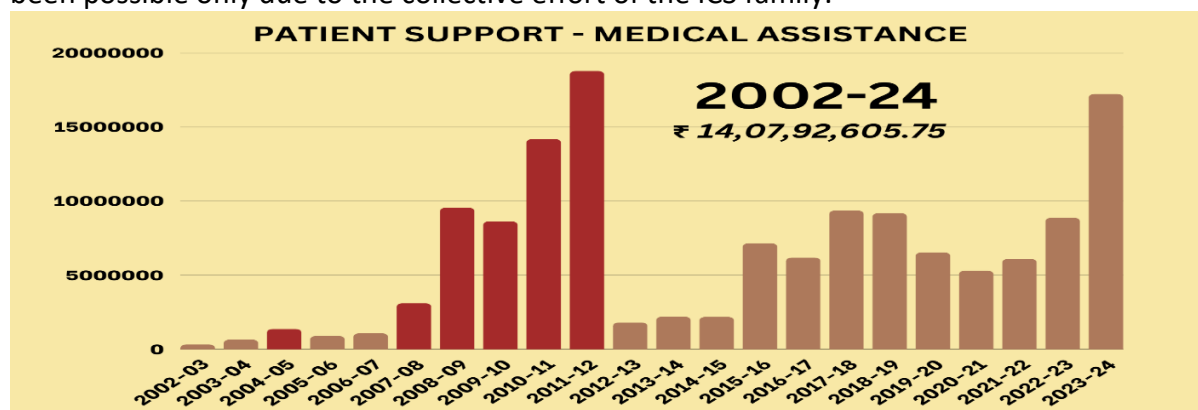
1. Initial and advanced diagnosis assistance for the tests i.e. PET scans, CT scans, MRI, etc. cover under diagnostics assistance programme
2. Assistance for the treatment i.e. Chemotherapy, Radiation or Surgery cover under Medical Assistance Programme.
3. Batra Hospital covers Radiotherapy for patients from Safdarjung Hospital.

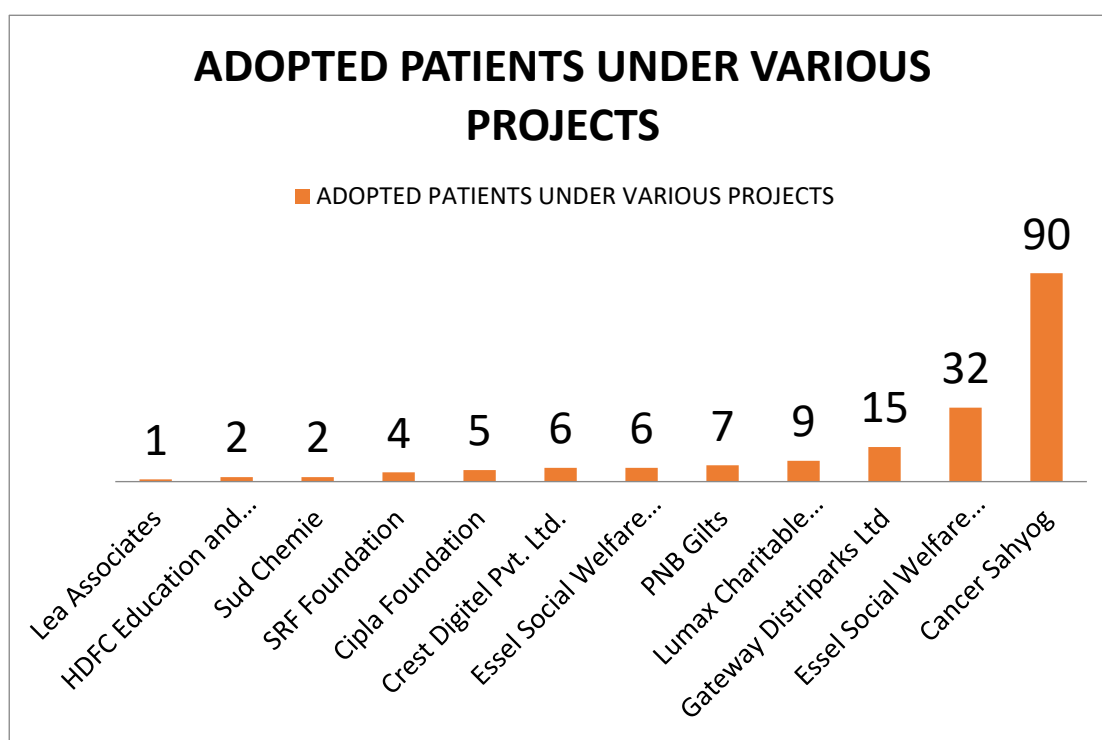
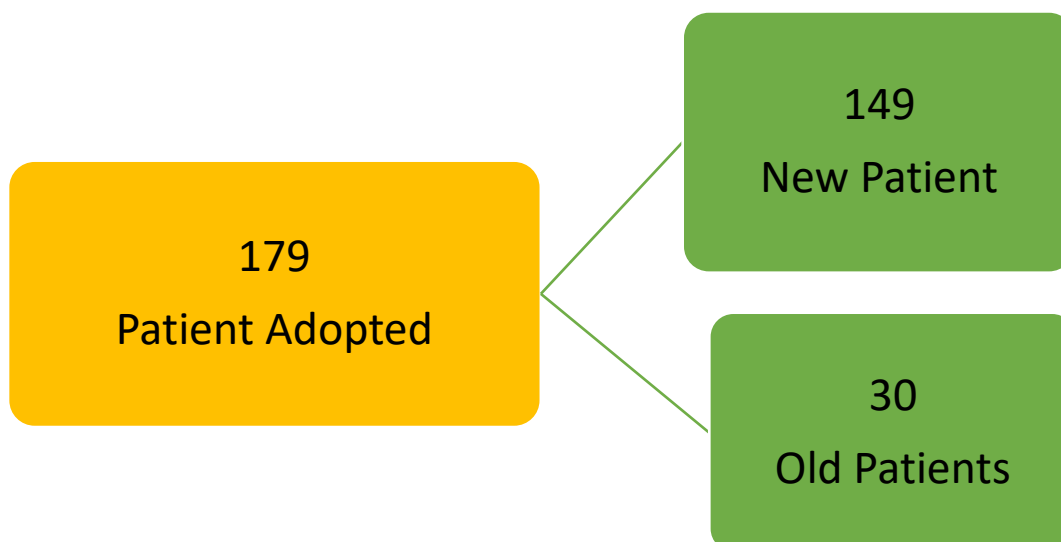
Thanks to all the corporate houses and individuals whose magnanimity Cancer Sahyog's medical assistance policy depends on. We would also like to express our gratitude to the small individual donors who have contributed to building our resources.

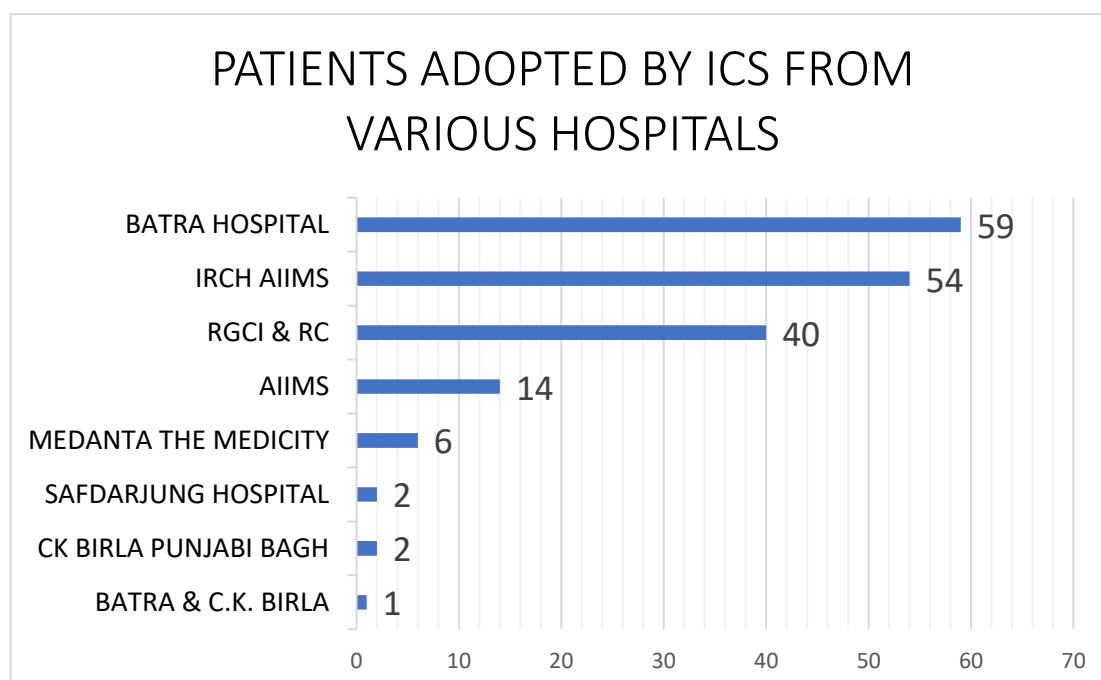
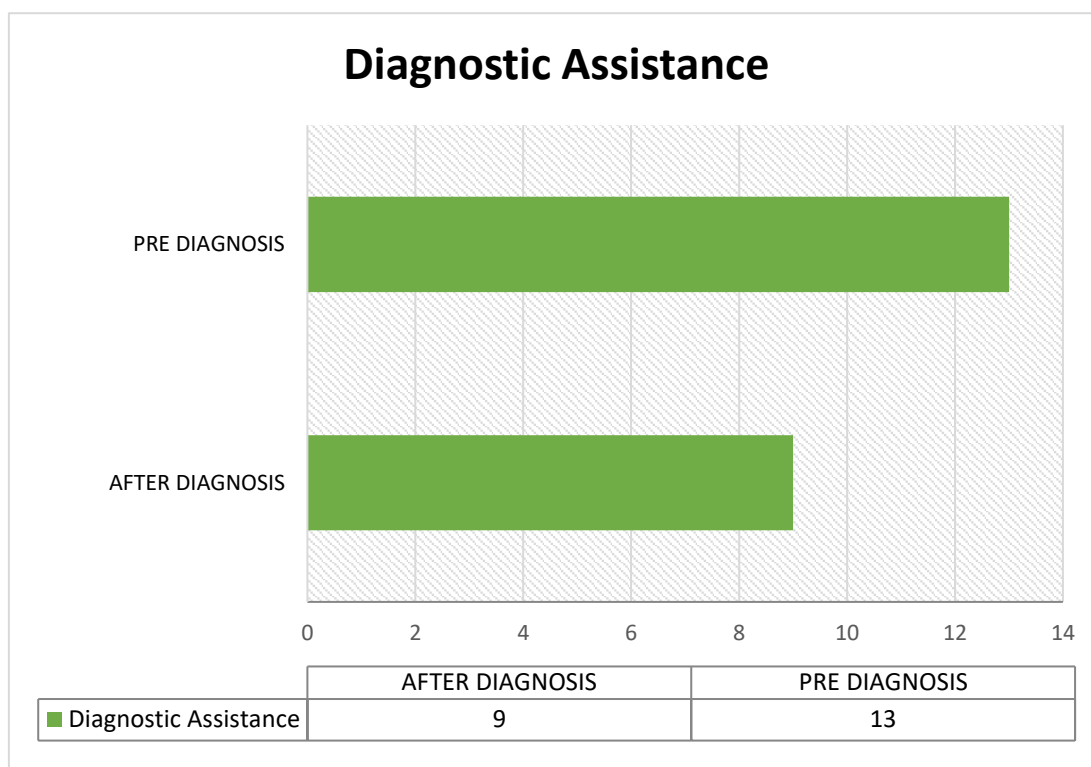
Generally, at the beginning of Fiscal Year, the members of Medical Assistance Committee meet and discuss the budget, policy etc. Cancer Sahyog sanctioned Rs 50.92 Lakhs for Medical & Diagnostic Assistance. It was decided that if ICS receives CSR for patient support, the budget will be revised to accommodate more patients, as per guidelines.

During the year, Indian Cancer Society's Delhi Branch Cancer Sahyog together with CSR Sponsors provided medical assistance of approximately Rs 168 Lakhs, catering to 179 patients. Under the Diagnostic Assistance program, 23 patients were adopted, and financial assistance of approximately Rs 2.39 Crores was provided.

Last but not least, I would like to thank all the volunteers who visit the hospital and help patients connect with us, making it possible to provide them with medical assistance. We must also acknowledge the office staff, who are always helpful and cooperative. This has been possible only due to the collective effort of the ICS family.







Cancer Sahyog
Hony Joint Secretary - Mrs. Rekha Gulabani

EXECUTIVE COMMITTEE

Director, Cancer Sahyog : Ms Ranjit Kaur
Deputy Director, Cancer Sahyog : Ms Satinder Kaur

Cancer Sahyog started its journey in 1991 with a few cancer survivors and caregivers and now it's a large group of volunteers. These trained volunteers go to 14 different hospitals in Delhi NCR. This group extends emotional support to the cancer patients and guides the patient and their caregivers about their needs, like how to cope up with the side effects of chemotherapy, Radiations, their diet, places to stay, exercises for lymphedema and other complementary therapies.

Commencing from April 2023 to March 2024

1. 3152 patients were offer Emotional Support.
2. 179 of patients provided with medical assistance through service providers registered with ICS.
3. Bras & Prosthesis are distributed as usual at Prashanti, our Rehab centre. A few volunteers took them to their respective hospitals too for distribution.
4. All monthly GBM were regularly held.
5. CACI 21st GBM was to be held in December 2023 at Chennai but could not be held because of the water logging there. So, we attended online.
6. We continued to be in touch with the other NGOs also. Learned a lot from each other and on how to improve upon the work of emotional support.

Our Annual Seminar on the topic “The Role of NGOs for Cancer Care” was held on 24th September 2023 at India International Centre, New Delhi. Different NGOs showcased their work through videos which were assessed by a panel of judges. The event witnessed active participation from numerous NGOs hailing from various corners of India. To celebrate & acknowledge the outstanding work of NGOs an award ceremony was held during the event. Various awards were presented in different categories.

1. The Best NGO PAN INDIA based; Award was given to CPAA (Cancer Patient Aid Association).
2. Best NGO Delhi NCR based, was presented to Laryngectomee Club of India
3. The Best Capacity Building and Rehabilitation NGO – this category witnessed a tie between CANKIDS and V Care Foundation.

Padma Shri Dr. J.K. Singh was the keynote speaker.

At this Seminar ICS Delhi Branch soft launched its Mobile App 'Rise against Cancer' also. The programme was beautifully compared by Mrs. Aruna Kapur & Mrs Satinder Kaur and it ended vote thanks by Mrs. Rekha Gulabani followed by lunch.



On 6th February 2024 the survivors' day was celebrated at Nexus Select CityWalk mall, Saket, New Delhi.

Surgeon Vice Admiral Arti Sarin, VSM was the chief guest. Starting with invocation dance by volunteer Ms. Soumya Rajesh, the fun filled program was conducted. ICS volunteers performed a kaleidoscope of songs and garba dance. The support group members presented "Hum Saat Rang Hai". Nukad Natak, songs & dances were displayed by Cankids KidsCan connect, LSR girls and Mercer. Survivors shared their tough journeys, conveyed the message to the new patients to fight it out with the positive approach that there is life after cancer. Also, our volunteer Mrs Meenakshi Chadha and RJ Aniket anchored the Program. Ms. Priya Tiwari gave information about the App Rise against Cancer & persuaded people to load it on Android phone & use its benefits.

The Nexus Select CityWalk sponsored the complete make up. All thanks to the sponsors. The Program was covered by News X and Doordarshan. It ended with ICS song as we lit candles in our hands "Hum Honge Kamyamb ek din....."

Hony. Joint Secretary, Mrs Indra Jasuja - Gurugram

Most of the activity in Gurgaon pertains to work in hospitals concerning emotional support. All members of the group met to streamline the work and duties in these hospitals. As there are just a handful of volunteers attending to these, over the past year, no attention was given to Artemis. In the meeting all decided unanimously to start work there. Rashmi who is the contact person for Artemis has been assigned the task of assigning duties to those who are willing to go there. Work has started but in a sporadic way but we are hoping that it will soon be running smoothly. CS also wants to help their patients medically and in that context a letter has gone from the office to Artemis Chairperson Dr.Devlina. So far, no reply has been received to the same. Rashmi will soon get in touch with her and revert.

In the other 2 hospitals, Medanta and Fortis, despite the dearth of volunteers the work is going on smoothly. Venkateshwara Hospital is being attended by Mr. & Mrs. JS Ahluwalia.

On 6th. of December 2023, all Gurugram volunteers met to discuss two major points.

- 1.The duties at the three hospitals in Gurugram
2. To discuss the data sheet and implement a few changes, which then were sent to the chair for approval.

It was decided that it was better that we agree to an overlapping of duties for all volunteers, if need be, the coordinator can request the willing volunteer to take on a certain hospital. For this adequate notice of a day or two to be extended.

Both Seema Bajaj and Sunita Arora due to physical problems are unable to do regular duty.

There are a number of detection camps being arranged by Meenakshi Dhingra which ICS is doing in collaboration with her NGO Tanisha Foundation

Lot of radio talks are being done by a number of Gurgaon Volunteers who are researching the subject before giving a talk.

On 9th.of March, Medanta celebrated Women's Day and awarded Nari Shakti Award, a social Catalyst to Indra Jasuja

On 16th. of March I Discovery School, as in many past years, invited ICS to their graduation ceremony for the tiny tots and donated the money collected by selling their paintings to ICS. A very kind gesture much appreciated.

On 28th March. A workshop on "Newer Therapies in Cancer Care" was taken by Dr Nitish Rohtagi at Fortis Hospital, Gurugram. Dr.Rohtagi is an authority on palliative and terminal care and he spoke at length on compassion a talk most appreciated by the volunteers

We have not yet been able to start work in Artemis, hope the situation will ease out now that 2 young new volunteers are taking the training to join the fold.

In Medanta The Medicity, Cancer Sahyog has helped **06** patients.

As compared to the previous two years things seem to be picking up and we do hope that there will come a time when we shall proudly say that there are a lot of brave young hearts who want to don the mantle of those who are getting on in years. There is a lot of potential in Gurugram, a corporate hub.



Prashanti

Director – Mrs. Kulbir Kaur

Prashanti is a wing of Indian Cancer Society Cancer Sahyog. It is a healing and rehab centre for Cancer patients and survivors. We are located at B-108, First Floor, C.R Park, New Delhi. After the pandemic is over, with the help of CIPLA Foundation our work and objectives are really taking shape. More and more patients are coming to the centre to avail the services we provide. Essel Social Welfare Foundation is also rendering us great help for providing nutrition to the Cancer affected children. Nutritional home-cooked food is provided to children with cancer and their families every Tuesday at Prashanti.

OBJECTIVES

- With the help of the funding given by Cipla Foundation, we are able to provide free bras & prosthesis (Silicone and cotton) to mastectomy patients.
- Teaching arm exercises to mastectomy patients and Lymphopress arm care.
- We provide wigs to patients who need them.
- Survivors suffering from Lymphodema make use of the Lymphopress machine regularly for arms and legs both.
- We also provide the facility of complimentary therapies like reflexology to patients suffering from pain in the legs and the back by our trained technician.
- Besides this, we have a nutrition program for children undergoing treatment for cancer.
- Children suffering from cancer and undergoing treatment come to Prashanti along with their parents or guardians every Tuesday on a regular basis in collaboration with Can Kids. Here they are given a nutritious meal along with a fruit in it. They are also encouraged to participate in various fun activities and games so that they forget about their disease for some time and enjoy.
We also try to include some educational activities so that there is some learning for the children along with fun.
- Adult Support group meetings are held where patients and survivors discuss the problems faced and share their experiences and problems with each other.
- Then we have counselling sessions group as well as one to one with patients and survivors by our in-house psychologists.
- We have expert talks by Doctors, Psychologists, Yoga expert, Therapist, Reiki expert, Sound therapy etc. on various topics concerning cancer survivors and patients.

We have group meetings” Chai Pe Charcha” where we counsel the survivors about exercise, nutrition, health, diet, etc.

EVENTS & “Patient Support Group” MEETINGS

There were various Physical sessions, Zooms meets, Laughing Therapies, Yoga Sessions, Workshops, Counselling and “Chai Pe Charcha” conducted during the year.

A lot of effort is put by us in making the survivors enjoy and look forward to a fun filled life so that they can look beyond the miseries of the C-Word. They discover a new personality within themselves and are encouraged to live life to the fullest at the same time creating awareness about taking care of themselves.

The children look forward to their weekly visits where they learn craft work, listen to stories, dance to music, sing, celebrate festivals, have laughing Therapies, Yoga Sessions, and above all have delicious nutritious hot meals.

May 10th – **Meeting on “LYMPHOEDEMA.”** Dr. Deepika Dhamija, a highly experienced Physiotherapist specializing in Onco-Rehabilitation elaborated on the concept of Lymphoedema, which commonly arises from lymph node removal or damage caused by cancer treatment. She emphasized the various treatment methods to reduce swelling and prevent complications, such as exercise, wrapping, massage, self-care, compression therapy, and physiotherapy. She also explained how stockings provide support and compression during the recovery process. The session concluded with an engaging question and answer session.

08 June, **Cancer Survivorship: Mind Matters.** Group Captain Dr. Kumar Abhisheka, an Endocrinologist at Army R&R Hospital addressing the subject of cancer survivorship talked about overall well-being, both physical and emotional, of individuals who have completed their cancer treatment. He elaborated on the various emotions that survivors often experience throughout and after their cancer treatment, such as fear, anxiety, depression, anger, and uncertainty about the future.

On 20th July 2023, we had a delightful first meeting at Prashanti of the gynecological cancer support group. The gathering was graced by the warm welcome of Mrs. Renuka Prasad, who extended her hospitality to all the participants. She introduced our esteemed speaker, Dr. Prabhat Singh Malik, Additional Professor in Medical Oncology at IRCH, AIIMS. Dr. Prabhat Singh Malik then shared his knowledge on the topic - **Gynecological cancer. He discussed the intricacies of diagnosing and treating various** gynaecological conditions and diseases, emphasizing the importance of addressing this cancer. Dr. Prabhat Singh Malik's insights shed light on how Gyne Cancer can impact women's cervix, ovaries, uterus, vagina, and vulva, making the session highly informative and empowering.

On the 27th of October, ICS Delhi organized a Talent Show to mark **Breast Cancer Awareness Month**, an event known as '**Pink Sisters.**' This special occasion celebrated sisterhood and brought together 41 survivors for a delightful and memorable experience.

On Dec 22, The Support group meeting was led by Ms. Meena Gupta, President of the Society for Complementary Therapies and a Counsellor, Trainer, and Therapist, utilized the healing power of sound through **Tibetan bowl therapy and Bio Neuro Feedback Therapy**. Participants rated their emotions, and Ms. Meena Gupta motivated survivors to overcome fears, stress, anxiety, and depression.

ATTENDANCE TABLE		
S.No	DESCRIPTION	NUMBERS
1	Patients Visited	490
2	Bra Distributed	900
3	Prosthesis- Cotton	336
4	Prosthesis- Silicon	114
5	Lymphotherapy sittings	734
6	Wigs	16
7	Meetings & workshops	8
8	Children patient visited	493





Events
Mrs. Renuka Prasad- Hony Secretary
Col Ajai Tomar-CEO

Our annual fundraiser ‘Artistes Against Cancer’ was held at Kamani Auditorium, Copernicus Marg, New Delhi on 14 April. A knowledgeable crowd witnessed “UNMASKED: When Ravana Walked The Earth” and to say the least, really touched their hearts. It was a time travel dramedy told through contemporary Bharatnatyam. The live performance of the Ramayana in Unmasked offered a unique perspective on the epic by exploring the viewpoints of some overlooked yet pivotal characters. The show delved into the minds of characters like Soorpanakha, Mandodari and Maricha, offering a fresh perspective on their motives and actions. The show was witnessed by a galaxy of foreign dignitaries. We had Mr. Ignacio Higuera, The Vice Minister of foreign affairs, Peru as our chief guest. He was accompanied by the Ambassador of Peru and the First Secretary and Counsellor of Peru Embassy besides other staff of the Embassy. Ambassadors of Chile, Ecuador, El Salvador, and Guatemala also graced the event. Mr. Anoop Bose, Advocate, Supreme Court of India was also amongst the elite. The show was houseful and a huge success. Mrs. Aruna Ummat & Mrs. Kamana Taneja were honored at this event



Driver Against Cancer

Indian Cancer Society, Delhi Branch, Conducted It's Annual Golf Tournament 'Drive Against Cancer' on 06 October 2023 at the prestigious Delhi Golf Club, New Delhi. The event went of smoothly and was enjoyed by 108 players. New innovation of App-based scoring system was successfully tried out. The tournament was played as a two-member team format with individual prizes as well and the wining team (Mrs.KK Sindhu & Mrs.Akshay Awasthy) having an all-expenses paid invitation to Phuket to participate alongside 400 golfers from 30 countries in the World Golfer's Amateur Championship – invitational section-a once in a lifetime experience. We thanks to



Insurance / Membership

ICS Delhi has no Members with voting rights.

Insurance related permission is handled by the branch independently, with no assistance from HQ.

Volunteers pay annual membership fee of Rs.200/-. This has not been collected in Covid years.

Donation Box

Around 100 Donation boxes are placed around the city. The task of location record of date of placement, emptying, receipts etc are maintained by the Branch. Our long-time volunteer Mr. M Lal can no longer manage this task. Mr. Vinod Kumar, (Staff) now undertakes this task & has established his bonafides with all the placements.

Funding from CSR & Events

With new regulation for CSR, the load of paperwork has expanded. This component still forms a large part of funding for Screening Camps and Patient Support. Activities of Prashanti are also supported by CSR.

However, the large sums required for AMC, Insurance, Salary etc are funded through Events.

Cancer Sahyog events of Seminar & Survivor Day raise funds for Patient Support.

Staff & volunteers

We prided ourselves on being an organisation run totally by our dedicated Volunteers. However, over the years, as age catches up, we have come to rely on qualified Staff. In addition to Col. Tomar, CEO, and Dr. Priya Parmar, chief of Operations, we have added Priya Tiwari, Community Manager & Program Coordinator, Vaishali Aggarwal, Program Coordinator in charge social media & communication.

We are blessed to have old hands Usha Ohri, Ritu Mathur, Bhagwan Dass, Anuj Sharma, Vinod Kumar, Rashpal Singh & Avtar Singh to support us

In Conclusion

The year 2023-24 has seen the release of our most ambitious Awareness product - the mobile app 'Rise against Cancer'. It has taken the entire Staff countless long hours putting together the content. It has enlisted the cooperation of other Branches, and pro bono services of busy doctors to ensure reliable content in 5 languages.

This activity went on side by side with our regular commitment of Awareness Talks, Preventive Screening, Patient Support, Rehab & Healing services. No part of our regular work was permitted to lag.

HQ took a new interest in our work, and called for both Faculty Development and Mobile app to become a national program.

We are grateful to every stakeholder and interested partner for hard slog, and raising our morale.

The woods are lovely, dark and deep, but we have promises to keep.



Jyotsna Govil
Chairperson
Indian Cancer Society, Delhi

Annexure-I

**Ongoing Screening/Patients Support collaborations have been provided to ICS by many,
Corporate, Pharma companies and Foundations.**

Name	Silicon prosthesis	Bras & body form	Patient Support	Annual Seminar	Survivors Day
Cipla Foundation	340	660	5	1	1

	Screening	Mammography	HPV DNA	Patient Support	Child Patient Support
Lumax Charitable Foundation	946	31	11	9	-
Essel Social Welfare Foundation	479	30	17	6	32

	Screening	Mammography	HPV DNA	Patient Support	Radio talks
Sud-Chemie India Pvt.	186	12	2	2	8
SRF Limited	548	21	4	4	-
LEA Associates South Asia Pvt Ltd	104	4	-	1	-
Letz Dream Foundation	175	16	-	-	-
Bluegrass Technologies Pvt Ltd	248	13	2	-	-
Crest Digitel	437	30	9	6	9
Gateway Distriparks Pvt Ltd	1159	57	14	17	5
HDFC Education and Development Services Pvt. Ltd.	150	05	-	02	-

	Screening for women	Mammography	HPV DNA	Patient Support	Radio Talks
PNB Gilts Ltd	1544	234	534	7	21

Annexure 2

Awareness Talks/Webinars/Conferences /Discussions

- **29 April 2023** - A panel discussion was organised by Max Institute of Cancer Care at Taj Palace called “NIVAARAN”. Mrs. Rita Bhalla represented ICS, Delhi.
- **30 April 2023** - Mrs. Satinder Kaur participated in the Cancer Congress at Taj Palace and performed dance on a song of hope. Mrs. Rekha Gulabani, Mrs. Kulbir Kaur, Mrs. Sangita Das and many more cancer survivors also attended the congress.
- **12 May 2023** - Ram Krishna Saraswati Vidya Niketan School, Kalkaji New Delhi. Speaker - Mrs. Satinder Kaur. Topic - “Breast and Cervical Cancer”. Attendees: 125 people
- **19 May 2023** - Shiv Nadar School, Gurugram. Speaker - Mrs. Rita Bhalla and Mrs. Rima Lamba. Topic - “Cancer & Lifestyle”. Attendees: 35 Students.
- **22 May 2023** - Gurudwara, Garhi. Speaker - Mrs. Satinder Kaur. Topic - “Breast and Cervical Cancer”. Attendees: 60 to 70 people.
- **05 June 2023** - Awareness Talk at Hyatt Hotel Regancy, Bhikaji Cama Place, New Delhi. Speakers - Mrs. Rekha Gulabani and Mrs. Satinder Kaur. Topic - “Cancer is a lifestyle disease”. Attendees: 55 people.
- **07 June 2023** - Medanta Medicity, Gurugram launched a new initiative 7 Tareekh 7 baje: A Monthly Health Talk Show on Cancer by Medanta Cancer Experts. Mrs. Jyotsna Govil participated as an eminent panelists in the event.
- **09 June 2023**- Win Over Cancer and Global Oncology Forum organised 2nd Metro OncoCon 2023 at Radisson Blu Plaza, Mahipalpur. Mrs. Rekha Gulabani participated as one of the panelists in the Workshop.
- **15 June** - Awareness Talk at Madanpur Khadar Phase 3. Speaker - Mrs. Jyotsna Govil. Topic.
- **17 June 2023**- Narayana Health organised an event for the Launch of Halcyon Versa Symposium **Discovering Next Generation of Radiation** at Hotel Holiday Inn, Mayur Vihar, Delhi. Mrs. Rekha Gulabani and Mrs. Kulbir Kaur attended the event.
- **23 June 2023** - **To celebrate the spirit of childhood cancer survivorship, AIIMS**, Delhi held a public event on the 23rd of June at the Jawaharlal auditorium, AIIMS. Many cancer survivors were invited to grace the occasion by showcasing their creative talents. Dr Rachna Seth, (Pediatrics Division Head Oncology) flagged some new initiatives that would facilitate the survivorship & rehabilitation vertical.

- **24 June 2023** - Association of Obstetricians and Gynaecologist of Delhi (AOGD) organised a webinar on HPV Vaccination, Mrs. Jyotsna Govil participated as one of the panelists.
- On 13th July, Mrs. Aruna Ummat delivered an awareness talk on Breast Cancer to 30 ladies in Saini Khera Village, Gurugram. The talk was organised by Inner Wheel Club of Gurugram Southcity through ASHA workers.
- **27 July 2023** - "The Week connect" organised a one day seminar on, "Expanding Breast cancer care for Indian Women (Second Edition)", at Silver Oak, India Habitat Centre, New Delhi on Thursday, 27th July 2023. Dr. Anurag Srivastava, Ex-AIIMS breast cancer surgeon, had graciously invited our chairperson, Mrs. Jyotsna Govil to the seminar where she expressed gratitude to the doctors, healthcare workers including the volunteers of ICS who worked consistently for the welfare of cancer patients. Mrs. Renuka Prasad participated in a panel discussion. Many Breast cancer survivors attended the seminar including Mrs. Rekha Gulabani, Dr. Chanda Khurana, Prof. Inderjeet Sethi, Mrs. Anjali Sahajpal, Mrs. Satinder Kaur, Mrs. Madhu Narain, Mrs. Vandana Aggarwal, Mrs. Sudha Kapoor and Adv. Divya Singh.
- **27 July 2023** - Ms. Nalini Vemuri participated in the IPVS webinar titled HPV-related head and neck cancers: Epidemiology, public health, novel therapeutics.
- 10th Aug, Prof. Inderjeet Sethi given an awareness talk at Indira Gandhi camp, Ambedkar Park, Siddharth Basti. 32 ladies with several kids attended.
- 18th Aug, Mrs. Satinder Kaur delivered an awareness talk under CFAR in single window Madanpur khadar. 33 ladies and 5 gents attended the talk.
- 25th Aug, Mrs. Alka Sheel given an awareness talk at Khichdipur. About 30 ladies attended the talk.
- 18 September 2023 - Mrs. Jyotsna Govil featured in an episode of "**Unbox with Tunvey**" on You Tube, the topic was "A life of service - Indian Cancer Society".
- 19 Sept 2023 - Mrs. Alka Sheel delivered an awareness talk at Kusumpur Pahadi, Vasant Vihar, New Delhi. About 80 women attended the awareness talk
- 25 Sept 2023 - Mrs. Sneha Kapur and Mrs. Meenakshi Chadha delivered an awareness talk at Sarai Kale Khan. 28 Women listened very attentively.
- 27 Sept 2023 - Mrs. Sneha Kapur and Mrs. Meenakshi Chadha delivered an awareness talk at Single Window Madanpur Khadar. 50 women attended the awareness talk and were very keen for the screen camp.
- 29 Sept 2023 - Mrs. Sneha Kapur and Mrs. Meenakshi Chadha delivered an awareness talk at Khizrabad, New Delhi. 35 women and children attended the talk,
- 05 Oct - Mrs. Rekha Gulabani attended "Pink Ribbon Revolution" organised by Shivaji College, Delhi University as a survivor speaker.

- **05 October 2023** - Mrs. Rekha Gulabani attended “Pink Ribbon Revolution” organised by Shivaji College, Delhi University as a survivor speaker.
- **07 October 2023** - Yes to Life & Forum for Breast Cancer Protection organised an event “Knowledge and Courage against Breast Cancer”. Mrs. Renuka Prasad, Dr. Santosh Sahi, Mrs. Ranjit Kaur, Mrs. Madhu Narain, Mrs. Meenakshi Chadha, Mrs. Sneha Kapur and Dr. Rajesh Bhalla attended the event.
- 10 October 2023 - Mrs. Sneha Kapur delivered an awareness talk under Hope Project in Nizamuddin, Delhi. 50 People attended the talk.
- 13 October 2023 - Mrs. Sneha Kapur and Mrs. Meenakshi Chadha delivered an awareness talk under Hope Project at YMCA, Sri Niwaspuri, Delhi. Topic: Tobacco, lifestyle, Cervical Breast Cancer. About 40 people attended the talk.
- **14 October 2023** - Mrs Satinder Kaur attended “Love U Zindagi” event at Hotel Park Inn, IP extension.
- **14 October 2023** - Mrs. Alka Sheel attended Breast & Ovarian cancer Support Group Meeting in Max hospital.
- 14 October 2023 - Mrs. Indra Jasuja received a certificate for creative entry submission for Hospice and Palliative Care at the **Hope Event** organised by RGCIRC Hospital, Delhi.
- 19 Oct - Mrs. Rekha Gulabani delivered an awareness talk at Jaunpur Village, Delhi. On topic: Breast Cancer. Attendees: 40 people.
- **25 October 2023** - Pink October. JioHealthHub hosted a virtual event on October 25, 2023, called 'PINK OCTOBER WITH ICS.' The panelists for the event included Mrs. Renuka Prasad, Honorary Secretary of ICS Delhi; Mrs. Rekha Gulabani, Director of Resources at ICS Delhi; Mrs. Soumya Rajesh, a breast cancer survivor and volunteer with ICS Delhi; and Lt. Col. Dr. Mrs. Gunjan Malhotra, a senior gynaecologist at Army R&R Hospital. About 160 participants attended the webinar. All the panelists had personally experienced breast cancer and shared their inspiring journeys, emphasizing how the disease had positively impacted their lives. The main focus of the event was on promoting self-breast examination. The message conveyed was that by conducting monthly self-examinations, individuals can easily detect any abnormal changes and seek medical evaluation before any complications arise. Early detection can significantly increase the chances of survival when cancer is diagnosed at its initial stages.
- **28 October 2023** - Narayana Health organised a breast cancer awareness event “Rubaroo” at Dharmshila Narayana Superspeciality hospital, Delhi. Mrs. Rekha Gulabani, Mrs. Ranjit Kaur, Mrs. Kulbir Kaur, Mrs. Asha Aggarwal, and many more breast cancer survivors and care givers attended the event.

- **28 October 2023** - Uhapo had a Zoom session on Uniting Against Breast Cancer. Mrs. Indra Jasuja was one of the panelists. She spoke about challenges faced by survivors and NGOs.
- **29 October 2023** - CNN News 18 News channel showcased a panel discussion, Celebrating Breast Cancer Awareness Month. Mrs. Rekha Gulabani was part of the Panelist.
- Awareness talk was conducted at Tech Sci Research in Noida on 07th Nov 2023. Mrs. Ranjit Kaur talked briefly about ICS Delhi and her survivor journey; Prof. Inderjeet Sethi talked about Basics of Cancer, Common Myths and cancer being a lifestyle Disease; Mrs. Aruna Kapur addressed The Risk Factors, Prevention strategies and Importance of screening; Mrs. Alka Sheel apprised about Breast, Cervical, Lung and Oral Cancers. It was a very well received session with about 130 participants.
- November 2023 “LET’S GET TALKING ABOUT THE GUPT ROG” On November 23, 2023, Mrs. Renuka Prasad, Hony. Secretary - ICS Delhi introduced speakers for the webinar. Mrs. Rita Bhalla the moderator of the webinar introduced Dr. Rupinder Sekhon, Chairperson - Gynae Oncology Artemis Hospital, She discussed Cervical Cancer, Dr. Samir R Shah, a well known paediatrician of Samir Hospital, Vadodara, Gujrat, covered HPV vaccination, and Ms. Shabana Ali Khan, a cancer survivor, shared her experiences and helpful tips. Mrs. Usha Thorat, Hony. Secretary & Managing trustee ICS commended the panellists especially Ms. Shabana about her cancer journey, She addressed the upcoming ICS position paper on Cervical Cancer, and emphasised the importance of hygiene and HPV vaccination in prevention of this cancer. Mrs. Jyotsna Govil, Chairperson - ICS Delhi shared the hiccups in HPV vaccination in India. She urged NGOs for awareness, concluding with the mantra "Screen the Mothers and Vaccinate the Daughters." The experts addressed queries of the participants (60 in numbers) . ICS Delhi has been conducting the Faculty Development Program (FDP) for the last two years to train University Teachers pan India in Cancer Fundamentals, in line with the New Education Policy 2020. A national webinar on ‘Is Air Pollution Responsible for Increasing Rate of Lung Cancer?’ was organised by ICS Delhi in association with GAD-TLC, Khalsa College Delhi, on 02 Mar 2024.
- 08 December 2023 - Consultations organised by FIND were held on the topic "Towards Elimination: A Roadmap for Ending Cervical Cancer in India through Accessible HPV Screening and Treatment". The consultations were attended by Mrs. Jyotsna Govil, Mrs Rupinder Kaur and Col Ajai Tomar.
- 08 December 2023 - Cancer Care India (CACI) organised a webinar as the Annual seminar of CACI was postponed. Mrs. Ranjit Kaur, Mrs. Indra Jasuja and Mrs. Satinder Kaur attended the webinar.

- **11-12 December 2023** - International Patient Summit held at Raddison Blu, Dwarka on 11 & 12 Dec 2023. Mrs Renuka Prasad, Mrs. Rekha Gulabani and Dr. Priya Parmar attended the conference.
- **14-16 December 2023** - Dr. Rajesh Bhalla represented Indian Cancer Society, Delhi Branch at the conference 9th SASH (Safe and Sustainable Hospitals) held at Constitutional Club of India on 14 to 16 Dec 2023. The theme of the event was “Building resilient healthcare organisations for tomorrow: Ahead with quality, safety & sustainability”.
- **19 December 2023** - Mrs. Rekha Gulabani and Mrs. Satinder Kaur were among the panellists at the event on Breast Cancer Awareness organized by Amity International School, Saket.
- Mrs. Sneh Kapur and Mrs. Meenakshi Chadha conducted various awareness talks session at Jija Bai ITI for Women from 05 Dec to 11 Dec, 2023. The topics covered were Tobacco, Cancer: A lifestyle disease, Cervical, Breast and Oral Cancer. Total participants: 285 students and staff.
- **20 January 2024** – Immunify Me and Injection Nation organised a conference - **Health in Education Conclave on cervical cancer** at Indian Habitat Centre. Mrs. Sangita Malhotra was one of the speakers.
- 31st Jan - Mrs. Rita Bhalla conducted a webinar on cancer awareness at embee - making IT easier, Gurugram. 175+ participants attended the awareness talk.
- **02 February 2024** - HRIDAY organised its **8th National Consultations on NCDs** at Hotel Royal Plaza. Mrs. Jyotsna Govil, Col. Ajai Tomar (Retd.) and, Ms. Priya Tiwari attended the consultations.
- **02 February 2024** - IHW& Rapid organised **5th Cancer Summit & Awards** at Dr. Ambedkar International Centre (DAIC), New Delhi. Mrs Jyotsna Govil was one of the panelists.
- 03 February 2024 - Dharmshilla Hospital organised their **Cancer Survivors Day**. It was attended by Mrs. Rekha Gulabani, Mrs. Ranjit Kaur, Mrs. Satinder Kaur and Mrs. Asha Aggarwal.
- 09 February 2024 - RGCIRC had its **Annual Conference on Bridging The Gap** at RGCIRC Hospital. ICS Delhi was felicitated at the event. Dr. Priya Parmar, Ms. Priya Tiwari and Ms. Vaishali Aggarwal represented ICS Delhi. Ms. Priya Tiwari introduced about “Rise against Cancer” mobile app also Dr. Chander Prabha Khurana, Mrs. Vandana Aggarwal, Mrs. Meenakshi Dhingra attended the conference.
- **12 February 2024** - Mrs. Rekha Gulabani, Mrs. Ranjit Kaur, Mrs. Satinder Kaur, and Mrs. Asha Aggarwal attended the **Symposium on Child Palliative Care** at Apollo Hospital. The event was organized by CanKids.

- 13th Feb - Mrs. Sneh Kapur and Mrs. Meenakshi Chadha conducted awareness talk at ITI, Malviya Nagar for boys on topic: Male Cancers & Tobacco. Attendees: 45 students.
- 15th Feb - Mrs. Satinder Kaur and Col. Ajai Tomar (Retd) participated an awareness talk and panel discussion. Ms. Priya Tiwari talk about the “Rise against Cancer” mobile app in terms of Digital health, A total of 250 students participated in the cancer walk on the occasion of Childhood Cancer Day, held at Ashoka University, Sonipat.
- 27 February 2024 - AIIMS collaborated with Indian Cancer Society to host a psychologists' conclave. The workshop centered around the theme: **"Neurocognitive and Psychosocial Concerns among Childhood Cancer Survivors."** Dr. Purna Kurkure and Dr. Vandana Dhamankar were the speakers from ICS. Mrs. Jyotsna Govil attended the conclave.
- **02 March 2024** - Mrs. Rekha Gulabani attended **The Lymphedema Day** organized by Dr. Arun Rekha Gogia with Sitaram Bhartia Hospital and the Rotary Club.
- **06 March 2024** - A Women's Day webinar focusing on Women's Cancers hosted by Medanta, featuring esteemed speakers such as Dr. Ashok Vaid, Dr. Tejinder Kataria, Dr. Samata Gupta, Dr. Rajeev Aggarwal, Dr. Kanchan Kaur, and Mrs. Jyotsna Govil. Mrs. Jyotsna Govil was the voice of the Patient amidst the panel of experts
- **08 March 2024** - Divas in Action organised an event **“Her Voice Unplugged”** on International Women’s Day at Informal Imperfecto, Connaught Place. Mrs. Rekha Gulabani was invited as one of the six speakers who were all achievers in their respective fields. She along with many volunteers attended and she spoke about the Nobel work being done by ICS and her own journey.
- **08 March 2024** - Association of Gynaecologic Oncologist of India organised a webinar on **Cervical Cancer** on the occasion of International Women’s Day. Mrs. Jyotsna Govil was one of the esteemed speakers.
- Mrs. Sneh Kapur & Mrs. Meenakshi Chadha conducted a series of awareness talks at ITI Mayur Vihar on 12 - 14 Mar. About 160 Students and staff attended the talks.
- 15 Mar - Mrs. Sneh Kapur & Mrs. Meenakshi Chadha delivered an awareness talk at Literacy India Bijwasan, Palam. 110 ladies attended the talk.



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