

AINA

January 2026 - Issue 167



ICS Meet & Greet



The Programme was held on 7th Jan 2026 at the ICS, Delhi Office to celebrate the New Year and for discussing the way ahead for our branch. The program started with a warm welcome from **Mrs. Jyotsna Govil**. **Mrs. Jyotsna Govil** introduced the new members — **Mrs. Indira Behara** and **Mrs. Divya Vaidyanathan**. She spoke about the journey of ICS and mentioned that this year it would be celebrating 75 years of Service to the underprivileged. She spoke about our Advocacy efforts especially towards 'Making Cancer Notification mandatory in India', newer therapies and making them affordable/accessible for all. There were discussions on strengthening the profile of ICS. She invited suggestions from the volunteers. Thereafter during the open house discussions, **Mrs. Jyotsna Govil** and **Mrs. Renuka Prasad** listen to Volunteers of their past experience, hospital visits and expectations. **Mrs. Jyotsna Govil** urged all to work hard on getting CSR funding for the Society. The program concluded with a sumptuous lunch sponsored by **Mrs. Jyotsna Govil**.



"The January GBM was held on Wednesday, 21st January 2026 at 10:30 a.m., with a focus on planning Survivors' Day 2026."

FOGSI PRESIDENTIAL INITIATIVE

Gyan Pravah, Podcast Series, Episode 346

Topic - Breaking Myths, Building Awareness



Mrs Jyotsna Govil spoke to FOGSI in a podcast on 9th Jan 2026. She spoke on the journey of ICS over **75 years**, also of ICS Delhi since 1983. Since the emphasis was on cervical cancer HPV, she also recalled the introduction of Pap test Delhi in 1999 as our sustainable Development Goal (SDG) ahead of WHO's call for elimination of Cervical Cancer in 2022

Celebrating 25 Years of CCI

Cancer Care India, completed its 25 years and during the GBM at Jamnagar all founder members were presented with these momentous. As Cancer Sahyog took the initiative in the formation of CACI, this momento was presented to it via Mrs. Indra Jasuja who has been in constant interaction with the Ngo.



WHO India Team Visit

On 23rd January, Mrs. Jyotsna Govil hosted the WHO India team for an office visit and discussions on collaboration. Seen here (L-R): Mr. Bhagwan Dass, Dr. Vidushi Behl, Dr. Jatin Thakur, Dr. Abhishek Kanwar, Mrs. Jyotsna Govil, Dr. Amol Wankhede, and Col. Ajai Tomar. The visit underscored a shared commitment to public health and cancer care.



Cancer Care Through Nutrition



On 27 January 2026, Apna Ghar, Intas Foundation organized a Diet and Nutrition awareness session for 45 cancer patients and caregivers, conducted by Ms. Rajvinder kaur from the Indian Cancer Society, Delhi Branch. The session highlighted the importance of a balanced and nutritious diet in supporting treatment, recovery, immunity, and energy levels. Key guidance included small frequent meals, a high-protein diet, adequate hydration, and a rainbow diet rich in antioxidants, along with safe use of natural herbs and spices. Participants were advised to avoid processed foods, excess sugar and salt, alcohol, and tobacco. Common nutrition myths were addressed, reinforcing that balance, adequacy, and safety—not fear—are central to cancer nutrition.



Dedicated Volunteer Making A Difference



Ms. Anubha Mittal, a blood cancer survivor, has been a dedicated volunteer with the Indian Cancer Society, Delhi since 2023. Her positivity and creativity shine through initiatives such as an engaging skit at the Annual Seminar and interactive poll segments that enhanced audience participation. She actively supports awareness programs, delivers radio talks, participates in *Fridays with Shrenik* sessions, and contributes to spreading messages of hope and early detection through social media. As we begin the New Year, her passion and commitment to giving back continue to inspire the ICS community.



Ms. Anubha Mittal

Children At Prashanti

On 13th, Tuesday was Lohri & Makar Sankranti celebration at Prashanti with the kids and they had lot of fun going around the Lohri fire putting in pop corn and moongfali which they got to snack on too. **Ms. Madhulika**, a creative artist helped children draw and colour beautiful faces. A lot of other survivors and volunteers were also present to celebrate the festival. Dr Sahi also did a small laughter therapy session. **Ms Puja Mallick, (Aruna Kapoor's bride)** sponsored the food. Altogether it was a good fun day for all, specially the children.



On 6th Children began their day with prayers, followed by enjoyable games like musical chairs and passing the parcel, which filled the atmosphere with joy and laughter. The Lions Club generously distributed toys along with revdi and gajak to the children and their families. The day ended on a happy and healthy note with a nutritious meal sponsored by **Mrs. Sangita Malhotra**.



On 20th January, Children celebrated Republic Day and Basant Panchami with flag hoisting and the National Anthem. LSR volunteers explained the significance of both occasions, followed by a tricolour badge-making activity. IP University interns taught origami butterfly making. The day ended with a nutritious meal sponsored by **Ms. Abha Mittal**, along with snacks for the children.



On 27th January, The day began with prayers, after which LSR volunteers taught children about good and bad habits through a fun chart activity. The children enjoyed playing passing the parcel and received goodies from **Ms. Aruna Ummat**. A nutritious meal sponsored by **Ms. Megha Sharma** concluded the day.



ICS & Teach for India: January Highlights

New year and new sessions with the same HPV awareness initiatives. After a long winter break in schools, Indian Cancer Society conducted its first school outreach of the year at MCD School, Block C, Sangam Vihar.

On 22nd January, an interactive awareness session for Class 4 girls was conducted by Ms. Priya Tiwari, reaching around 40 students. The session focused on basic health awareness, including personal hygiene, healthy lifestyle habits, self-love and body respect, healthy food choices, physical activity, and substances to avoid for a healthy body. The session was designed in coordination with Teach for India Fellow Ms. Priya Bhandari, keeping the age and socio-cultural context of the children in mind.

To strengthen the impact and encourage informed decision-making, a separate awareness session for parents was organized on 28th January. Around 20 parents participated in this session, which focused on HPV awareness, cancer prevention, and the importance of HPV vaccination for their daughters. Special emphasis was placed on women's health, including Pap smear testing, Breast Self-Examination (BSE), early warning signs of cancer, and the importance of timely medical consultation. Parents were also informed about free HPV vaccination drives and Pap smear facilities. Fathers present in the session were sensitized about the harmful effects of tobacco use.

These back-to-back sessions highlighted the importance of early awareness, parental involvement, and preventive healthcare in safeguarding the health of young girls.



Awareness Talk

Empowering Students Through Knowledge

An interactive cancer awareness session was conducted at Ideal Radiant School, Najafgarh, focusing on:



Tobacco use and its harmful effects



Early symptoms and warning signs of cancer



Prevention through healthy lifestyle choices



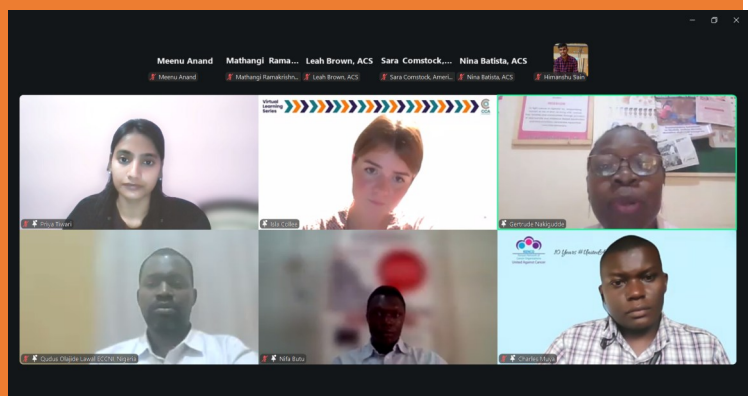
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Students participated actively, asking questions and engaging in discussions aimed at building awareness and encouraging informed, healthier decisions within the community.

ICS Showcases HPV Impact

Ms. Priya Tiwari presented an ICS case study implemented in collaboration with Teach For India (TFI). The presentation highlighted the practical application of behavioural insights to promote HPV vaccination, drawing from on-ground school and parent engagement initiatives. The session showcased how CSO-led partnerships can effectively support cervical cancer prevention in low- and middle-income settings. Ms. Priya Tiwari and Dr. Priya Parmar have now successfully graduated from the CCAE Learning Series.

Continuing this learning journey, Indian Cancer Society (ICS) was represented at the CCAE (Cervical Cancer Action for Elimination)

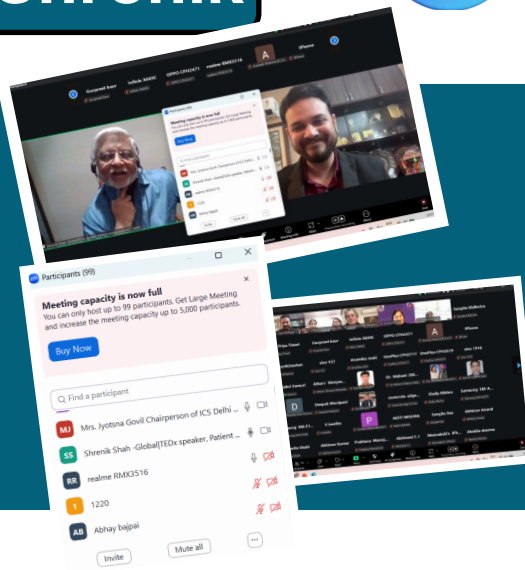




Fridays with Shrenik



16 January 2026 – The Indian Cancer Society, Delhi Branch conducted the #46 Fridays with Shrenik webinar on “Blueprints of Cancer: Exploring the Risks That Ignite Disease.” The session featured **Dr. Sanchit Bajpai** and was moderated by **Mr. Shrenik Shah**, and was held via Zoom with live streaming on the ICS Delhi YouTube channel.



January Glance



Screening Camps - 1



Total No. of Individuals - 106



Mammograms - 3



HPV / DNA - 6



Screening Camp



Community Ground, Nirvana Country, sector-50, Gurgaon (89 M– 17 F)

Cancer Detection Centre

Screening at CDC : 24 People were screened (8 M 16 F) Mamm - 8 / HPV-DNA –5

Cancer Sahyog

Adopted Patients - 20

Medical Assistance - New - 16 Old - 24

RADIO

TALK SHOW

9th January, 2026— HPV-its related cancers and HPV vaccination by **Ms Satinder Kaur.**

16th January, 2026— Cervical cancer— its risk factors n symptoms by **Ms Kriti Mehra.**

23rd January, 2026—Importance of screening in cervical cancer by **Ms Meenakshi Chadha.**

30th January, 2026—Head and neck cancer by **Ms Aruna Ummat.**



UPCOMING EVENT

16
Feb

Survivors Day