

INDIAN CANCER SOCIETY, DELHI BRANCH



AINA

March 2026 - Issue 169

Women's Day Special

In the spirit of International Women's Day, Le Méridien hosted a thoughtful and empowering session as part of their Women's Week initiative on 5th March, extending a warm invitation to the Indian Cancer Society to lead a meaningful conversation on two deeply important themes [cancer awareness and women's rights.] Mrs. Jyotsna Govil spoke on women's cancers and the importance of early detection. Mrs. Indra Jasuja addressed the emotional journey of caregiving, while Mrs. Rupinder Kaur guided attendees on workplace sexual harassment and the legal options available to women.



On the occasion of International Women's Day, 8th March 2026, the Rotary Club hosted "Radiant Warriors, a Tribute to Cancer Survivors." It was a proud moment as Mrs. Renuka Prasad was honoured as a Radiant Warrior, recognising her courage, resilience, and inspiring journey. The event beautifully celebrated the strength and spirit of women who have turned challenges into triumphs, leaving everyone inspired.

AWARENESS TALKS | WORKSHOPS

Women's day celebration



An engaging Cancer Awareness Session was conducted by Mrs. Meenakshi Chadha during a Women's Day celebration in collaboration with HIV/AIDS Alliance India on 6th March. The session focused on breast and cervical cancer awareness, highlighting the importance of early detection, regular screening, and healthy lifestyle choices. Around 30 participants actively engaged in the discussion, gaining insights into risk factors, warning signs, and prevention strategies. The session concluded on an empowering note, reinforcing that awareness and timely action can save lives.

VOH hosted a panel discussion



On the occasion of International Women's Day, Voh hosted a panel discussion on "Women Cancers across the Care Continuum: From Screening to Survivorship." The session focused on prevention, early detection, treatment advancements, and survivorship pathways for ovarian, uterine, and other gynaecological cancers. Representing the ICS, Mrs. Soumya Rajesh participated as a panellist, highlighting the organisation's significant role in cancer screening and awareness initiatives. Her insights on strengthening early detection and community outreach were well received and appreciated.



A Breast Cancer Awareness & Early Detection

At Vetic, Spaze Business Park, Sector 66, Gurugram, on 11 March, a Breast Cancer Awareness & Early Detection Workshop was organised by Cancer 24x7 in association with Rotary District 3011. From the ICS, Mrs. Rajvinder Kaur attended the session, which focused on early detection, screening, preventive care, included a self-examination demo, a survivor story, and an interactive Q&A.

Breast and Cervical Cancer talk

An informative Cancer Awareness Session was conducted by Mrs. Meenakshi Chadha at JP2 Club, Sector 128, Noida on 13th March, focusing on Breast and Cervical Cancer, early detection, and prevention. A total of 22 female participants attended and engaged in discussions on warning signs, risk factors, and healthy lifestyle practices. ICS Awareness Mobile App was also introduced to encourage proactive well-being. The session concluded with a strong message on the importance of awareness and early detection.



Book Adda on Palliative Care

Mrs. Indra Jasuja attended a *Book Adda* session on 18th March 2026 at the Vidhi Centre for Legal Policy, Centred around the book "*A Good Life: The Power of Palliative Care*" by Jerry Pinto. The discussion, moderated by Dr. Dhvani Mehta, focused on the importance of conversations around end-of-life care, dignity, and decision-making. The session highlighted the need for open dialogue in handling terminal illnesses, including cancer, with an emphasis on palliative care and supporting patients and families in coping with difficult realities.



AWARDS | RECOGNITION



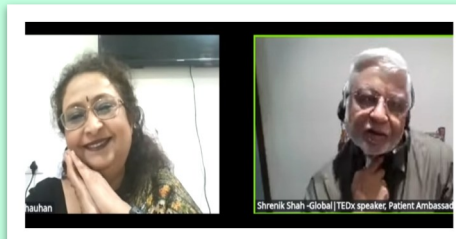
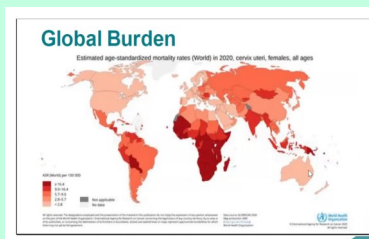
Mrs. Sangita Malhotra was felicitated by the PAHAL Multipurpose Organisation in recognition of her dedicated contributions to the Indian Cancer Society. The honour was conferred at a special event celebrating womanhood and recognising women achievers, held on 13th March at the Deputy Speaker Hall, Constitution Club of India.

Mrs. Kulbir Kaur was felicitated with a “*Samman evam Aabhaar Pramaan Patra*” at the Azad Hind Fauj (Regd.) National Workers Conference held on 22nd March 2026 at the NDMC Auditorium, New Delhi. The event was organized by Azad Hind Fauj, bringing together members and representatives from across the country. Her recognition was also featured in a newspaper, highlighting her contribution and presence at the national-level gathering



FRIDAYS WITH SHRENIK

The 50th webinar of *Fridays with Shrenik*, held on 13th March 2026, marked a significant milestone. Titled “*Importance of the HPV Vaccine to Prevent Cervical Cancer*,” the session focused on awareness, prevention, and early detection of cervical cancer. The webinar featured Dr. Anjana Chauhan, Consultant Gynec Cancer Surgeon at Radiance Hospital, Ahmedabad, and was moderated by Mr. Shrenik Shah. It was streamed live on YouTube and Zoom.



ICS at EASACT

The Indian Cancer Society was honoured by EASACT in recognition of its Impactful work. A cheque distribution ceremony was held on 22nd March 2026, where **Mrs. Jyotsna Govil** received the cheque from **Mrs. Jaishankar & Mrs. Dolly Misri** on behalf of ICS.

March Edition 2026

15 Minutes 

RADIO TALKS

Every Friday, 1:05 pm to 1:20 pm only on **AIR FM Rainbow DELHI – 102.6 MHz.**



6th MARCH

Topic: "Harmful Effects of Tobacco"

Speaker: Dr. Inderjeet Kaur Sethi

13th MARCH

Topic: "Esophageal Cancer"

Speaker: Mrs. Aruna Ummat

20th MARCH

Topic: "Colorectal Cancer"

Speaker: Ms. Meenakshi Chadha

27th MARCH

Topic: "Liver Cancer"

Speaker: Dr. Nalini Vemuri

Rajiv Gandhi Cancer Institute & Research Centre

A meeting was held on 23rd March at the Rajiv Gandhi Cancer Institute & Research Centre to discuss collaboration on cancer awareness initiatives, particularly focusing on conducting CMEs across Delhi NCR. **From ICS, Six ICS-RGCIRC volunteers and CEO** attended the meeting.



A Dissemination Meeting



The dissemination meeting on “*Accelerating India’s 90–70–90 Targets: Way Forward for Cervical Cancer Elimination*” was held on 24th March 2026 at the India International Centre, New Delhi. Organized by NCI-AIIMS in collaboration with IIT-Delhi and UNICEF India, the session focused on cervical cancer prevention and HPV vaccination. From the Indian Cancer Society, **Mrs. Jyotsna Govil, Col. Ajai Tomar (Retd.), and Ms. Priya Tiwari** attended the meeting.

Valedictory Function Contribution of “I Discovery School”

Every year, I Discovery School, Gurugram, organizes its valedictory function where students’ paintings are sold to parents, with the proceeds donated to a meaningful cause. This year, on 28th March 2026, Mrs. Indra Jasuja and Mrs. Aruna Ummat attended the event on behalf of the Indian Cancer Society and received the generous contribution, while also enjoying delightful performances by the students.



Farewell of Mr. DS. Negi

On 29 March, farewell of Mr. D.S. Negi , CEO of Rajiv Gandhi Cancer Institute and Research Centre, was attended by Mrs Govil. He has kindly accepted to be the part the Managing Committee of the Indian Cancer Society. - Delhi Branch.



PRASHANTI



At Prashanti, the month of March was marked by meaningful activities and joyful celebrations for the children.

- **On 2nd March**, the children celebrated Holi with prayers, flower-based festivities, and a special screening of *Narshimha*, followed by a nutritious meal sponsored by **Mrs. Anju Arya**.
- **On 10th March**, the day focused on learning and awareness, as LSR volunteers engaged the children in an interactive session on good touch and bad touch, including a skit to reinforce the message. The day concluded with a meal sponsored by **Mrs. Vani Chakraborty**.
- **On 24th March**, the children celebrated Ram Navami with prayers and a session by Ms. Sandhya Gupta on its significance. The celebrations included a creative skit by the children and LSR volunteers, distribution of water bottles and lunchboxes sponsored by **Mrs. Anju Malhotra**, and a nutritious meal sponsored by **Mrs. Chanda Khemani**.

Overall, the month blended celebration, learning, and community support, creating enriching experiences for the children.



CANCER SCREENING CAMPS



- **07-March**—Ayushdham Society, Phase-5, Paprawart Village, Delhi| Male 38 - Female 73, Total 111 people, Mammography 11, HPV/DNA 11.
- **08-March**—The Aralias Estate Office, Stilt Area, Tower-3, DLF City Phase-5, Gurgaon| Male 112 - Female 20, Total 132 people, Mammography 4, HPV/DNA 8.
- **11-March**—Tis Hazari Court, Delhi| Mammography 14.
- **14-March**—Manas Dispensary, Sector-43, Gurgaon, Male 40 - Female 48, Total 132 people, Mammography 2, HPV/DNA 10.
- **21-March**—Club Vita, DLF Phase-5, Sector-54, Gurgaon, Male 60 - Female 28, Total 88 people, Mammography 6, HPV/DNA 7.
- **22-March**—Jain Sthanak V-block, P-4, Pitampura, Delhi, Male 77 - Female 50, Total 127 people, Mammography 10, HPV/DNA 12.
- **28-March**—Heritage Xperiential Learning School, Sector-64, Gurgaon, Male 88 - Female 42, Total 130 people, Mammography 0, HPV/DNA 10.

CANCER DETECTION CENTRE

Screening at Cancer Detection Centre: 30 people were screened.
(19 Male - 28 female) , Total 47 people, Mammography : 13 | HPV/DNA : 09.

CANCER SAHYOG

- Adopted Patients - 24 People.
- Medical Assistance - New-24 and Old - 26.

SOCIAL MEDIA INSIGHTS

INSTAGRAM

Views ⓘ

683,223

Views

Followers	0.9%
Non-followers	99.1%

Accounts reached **265,568**

By content type

All Followers Non-followers

Reels	99.0%
Stories	0.5%
Posts	0.5%
Videos	0.0%

Followers Non-followers

FACEBOOK

3,867 Views ⓘ

-63.5% from previous 28 days



1,684

Viewers ⓘ



895

3-second views ⓘ

YouTube

Your channel got 7,414 views in the last 28 days

Views

7.4K ⬆

2.7K more than usual

Watch time (hours)

90.7 ⬆

About the same as usual

Subscribers

+76 ⬆

41 more than usual

