INDIAN CANCER SOCIETY, DELHI BRANCH

RISE AGAINST CANCER

AAINA

April 2026 Issue – 170

World No Tobacco Day 2026

Inspiring Young Voices Against Tobacco

To mark the World No Tobacco Day 2026, the Indian Cancer Society, Delhi Branch, organised a series of inter-school competitions aligned with the World Health Organization's theme, ***"Unmasking the Appeal – Countering Nicotine and Tobacco Addiction."*** These initiatives aimed to encourage students to critically understand and creatively express the harmful realities of tobacco use.



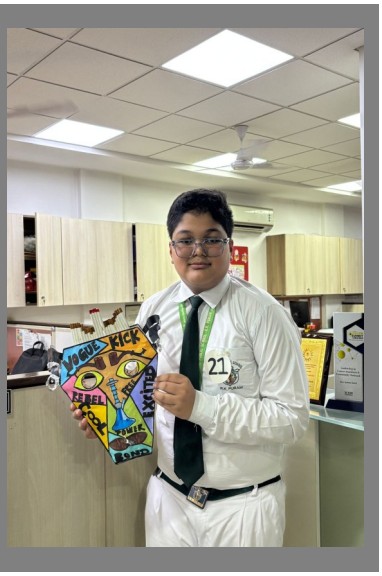




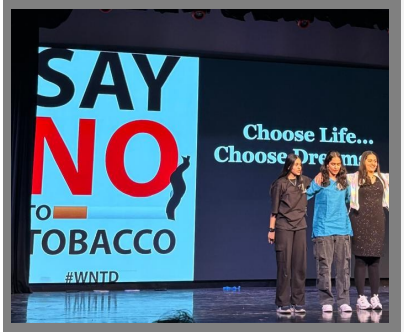


The Junior Category (Classes VI–VIII) featuring double-sided mask-making competition was held at the ICS office on 23rd April, with participation from 35 students representing 18 schools. The **winning entries were:**

1st Prize - Delhi Public School, Rohini
2nd Prize - Delhi Public School, Vasant Kunj
3rd Prize - Delhi Public School, Rohini







The Senior Category (Classes IX–XII) included a 5-minute dance drama competition held at Delhi Public School, Sector 45, Gurugram, on 28th April, with participation from 11 schools. **Winners were:**
1st Prize - Lotus Valley International School Gurugram

2nd Prize - Delhi Public School, Vasant Kunj

3rd Prize - Lions Public School, Sector 10A, Gurugram





The event was graced by Chief Guest **Capt. Indu Boken (Retd),** District Education Officer, Gurugram, who urged students to firmly refuse tobacco from the very first instance and resist peer pressure. emerging as the junior category winner.





Visit to Sri Shankara Cancer Foundation

On 1st April 2026, Dr. Nalini Vemuri visited Sri Shankara Cancer Foundation, Bengaluru, where she met Dr. Aruna Korlimara, Principal Scientist. The visit included detailed discussions on the hospital's services, research programmes - particularly in molecular diagnostics - and potential collaboration with the Indian Cancer Society. She also toured the state-of-the-art Molecular Oncology and Next Generation Sequencing laboratories.



Awards | Honours

On 5th April, Mrs Meenakshi Chadha was honoured with the *Lions Award for her Services* in recognition of her tireless efforts in community outreach and health awareness. Through her work across schools, underserved communities, corporates and NGOs, she has consistently promoted healthy lifestyles, early detection and preventive care. This recognition reflects her compassion, dedication and unwavering spirit of service.





On 5th April 2026, Can-A-Thon 1.0, India's first run dedicated to cancer warriors, was held at Gaur City, Greater Noida West, on World Health Day. Organised by NGO Ek Pahal Jagrukta Ki Aur and led by Dr. Rashi Agarwal and Manisha Kumar, the event celebrated strength, resilience and unity.

On this occasion, Mrs. Satinder Kaur was honoured with the *Longest Thriving Warrior Award* under "The Warrior Ascent".

Awareness Talks | Workshops

On 21st April, an awareness talk was conducted by Mrs. Meenakshi Chadha for over 50 Class XII students on nutrition, lifestyle and cancer prevention, with a special focus on cervical cancer and its link to the HPV vaccine. Students were informed about healthy lifestyle choices and the importance of vaccination as a preventive measure. The interactive session encouraged them to take charge of their health through awareness and informed decisions.





On 21 April, a cancer awareness talk was conducted by Mrs. Sneh Kapur for Class VII students at Sarvodaya Vidyalaya, Masjid Moth, South Extension. The session focused on resisting peer pressure, encouraging students to firmly say "no" if offered cigarettes. They were informed about the harmful effects of smoking, including the presence of thousands of toxic chemicals and the risk of nicotine addiction, as well as the dangers of passive smoking.

MEETINGS | SESSIONS | SEMINARS



On 1st April, a meeting with members of the Managing Committee was held to plan the annual seminar on "Affordable Innovations in Cancer Care" as part of the Indian Cancer Society's 75th year initiatives. Key discussions focused on early detection, modern therapies, insurance coverage, and improving accessibility and equity. Valuable suggestions on themes, stakeholders and actionable outcomes made the interaction highly productive.

On 6th April, four social workers from AIIMS, New Delhi visited the Indian Cancer Society for an interaction and exposure meeting. They met Mrs. Jyotsna Govil, and were given an overview of key programmes by Dr. Priya Parmar, followed by a presentation on the Arogya Dhanush Project and other initiatives by Ms. Priya Tiwari. The visit, facilitated by Ms. Neetu Mahajan, was well received, with the team appreciating the organisation's work and impact.





On 10th April, a workshop was conducted at Prashanti Healing and Rehabilitation Centre, bringing together participants for a day of learning and support. The lymphedema session was conducted by Mrs. Asha Aggarwal focused on simple exercises to improve well-being, while Ms. Rajvinder Kaur shared valuable insights on financial assistance and government schemes for patients. The workshop aimed to educate, empower and support individuals on their healing journey.

On 11th April, a webinar on "General Cancer Awareness" with a focus on Breast Cancer was organised at Sri Sivani College of Pharmacy, Andhra Pradesh, by Mr. U. Srivenkatesh, an FDP February 2026 participant. ICS resource persons Mrs. Aruna Ummat and Mrs. Meenakshi Dhingra conducted the sessions, which were attended by 97 students via Zoom.





(AIIMS), focusing on nutrition, managing treatment side effects and overall self-care during the cancer journey. He shared practical guidance on maintaining strength through proper diet and coping with treatment-related challenges. The session saw active participation from 45 patients, caregivers and ICS volunteers, reinforcing the importance of holistic care and emotional support in healing.

On 18th April 2026, a palliative care awareness session was conducted at DINIP Care NGO by Ms. Rajvinder Kaur with Ms. Govindi Chauhan. The session highlighted key aspects of palliative care, with a focus on financial challenges and available support schemes such as Ayushman Bharat, Delhi Arogya Kosh and assistance by the Indian Cancer Society. Attended by 20 participants, the session was successfully coordinated by Mr. Hamja and Ms. Jassy Paul, making it an informative and impactful interaction.

Healthy Her 100

On 8th April 2026, The *Healthy Her 100* Post-Menopausal Health & Longevity Get-Together was held at India Habitat Centre, focusing on women's health beyond menopause. The session featured expert insights by Dr. Prasun Chatterjee, Former Professor, AIIMS New Delhi.

Representing the ICS, Col. Ajai Tomar (Retd) participated as a panellist, and around 12 ICS volunteers attended the event, making it an engaging and informative experience.





Rohtak Visit

On 21st April, The Indian Cancer Society (ICS) team - Dr. Priya Parmar, Ms. Rajvinder, and intern Mr. Joseph Eapen - visited PGI Rohtak for a collaborative meeting with Dr. Pawan and Dr. Dhruv Chaudhary, Head of the Pulmonary Department.



The discussion focused on establishing structured support groups for patients with both long-term and limited survival, aiming to address their psychosocial and supportive care needs. It was mutually agreed to initiate regular visits to the PGI OPD every Saturday during the first month, followed by monthly visits thereafter.

Support group sessions will be conducted post OPD to ensure maximum patient participation, with active involvement from Dr. Pawan. This initiative marks an important step toward strengthening patient centred care and holistic support services at PGI Rohtak.



The ICS facilitated the donation of essential medicines by Mr. Ajay Verma in memory of Late Mrs. Geetam Verma, ensuring timely support for a patient in need.

April Edition 2026 | 15 minutes

RADIO TALKS

Every Friday, 01:05 pm to 01:20 pm only on
AIR FM Rainbow Delhi - 102.6 MHz.

3rd APRIL 2026

Topic:
"Building a Healthier Life After Cancer"
Speaker: Mrs. Soumya Rajesh

10th APRIL 2026

Topic:
"Oral Cancer"
Speaker: Mrs. Alka Sheel

17th APRIL 2026

Topic:
"Pancreatic Cancer
Speaker: Mrs. Indra Jasuja

24th APRIL 2026

Topic:
"World No Tobacco Day (WNTD)"
Speaker: Mrs. Aruna Ummat

CANCER SCREENING CAMPS

- **07-April** - Delhi Police HQ, New Delhi| Mammography 8.
- **26-April** - Brillant Public School, Jeevan Park, Libaspur, Delhi| Male 41 - Female 28, Total 69 people, Mammography 8, HPV/DNA 8.



CANCER DETECTION CENTRE

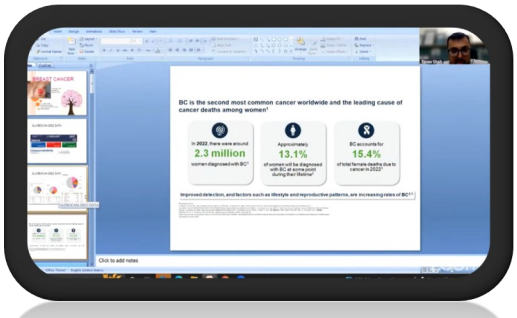
Screening at Cancer Detection Centre: 30 people were screened. (45 Male - 56 female) , Total 101 people, Mammography : 38 | HPV/DNA : 21.

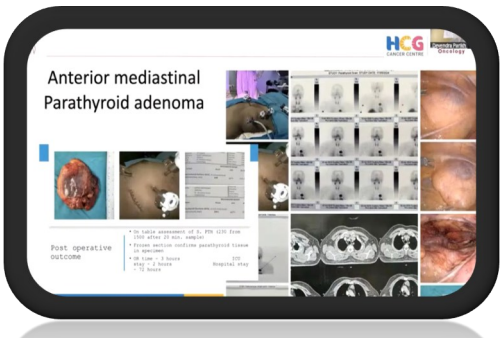
CANCER SAHYOG

- **Adopted Patients - 4 People.**
- **Medical Assistance - New - 4 and Old - 27.**

FRIDAYS WITH SHRENIK

On 10th April 2026, Webinar #51 on "Breast Cancer Awareness: Facts Beyond the Fear" was conducted with Dr. Tanay Shah and moderated by Mr. Shrenik Shah. The session was informative, engaging and well received by participants.





On 24th April 2026, Webinar #52 on "Role of Robotic-Assisted Surgery in Thoracic Cancer" featured an expert session by Dr. Devendra G. Parikh, moderated by Mr. Shrenik Shah. The webinar offered valuable insights into advanced surgical approaches and was well appreciated by attendees.

PRASHANTI



On 15 th April, the children started their day with prayers. Next, they made a “Tree of Emotions” where they shared their thoughts and feelings. Then, Ms. Anju Malhotra gifted them school bags that contained stationery and water bottles. At the end of the day, they enjoyed a nutritious meal sponsored by Mrs. Meenakshi Chadha.

On 21st April, the children began their day with morning prayers. They made colourful bookmarks with the enthusiastic support of LSR volunteers. Next, they had an engaging and fun-filled session with Ms. Nita Aneja. At the end of the day, the children enjoyed wholesome and nutritious meals sponsored by Mrs. Seema Bajaj.

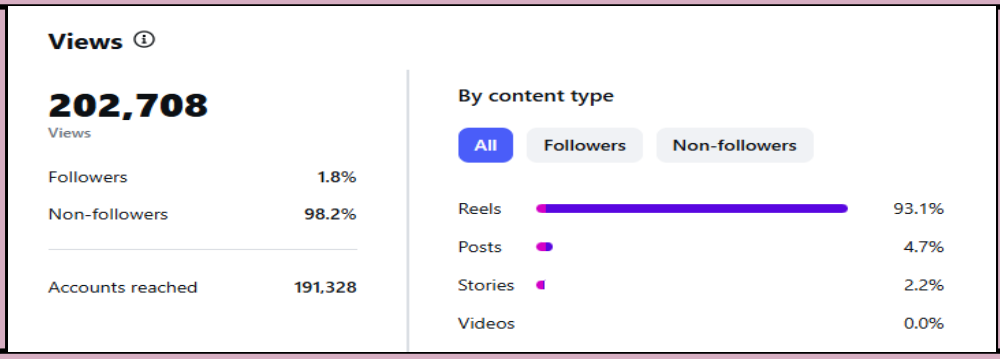




On 28th April, the children began their day with morning prayers. They participated in a thoughtful “Take What You Need” activity with the LSR volunteers, where encouraging messages were shared to uplift each child. Next, Ms. Ritu Khanna conducted an engaging storytelling session that kept the children captivated and curious. At the end of the day, the children enjoyed wholesome and nutritious meals sponsored by Mrs. Nita Aneja.

SOCIAL MEDIA INSIGHTS

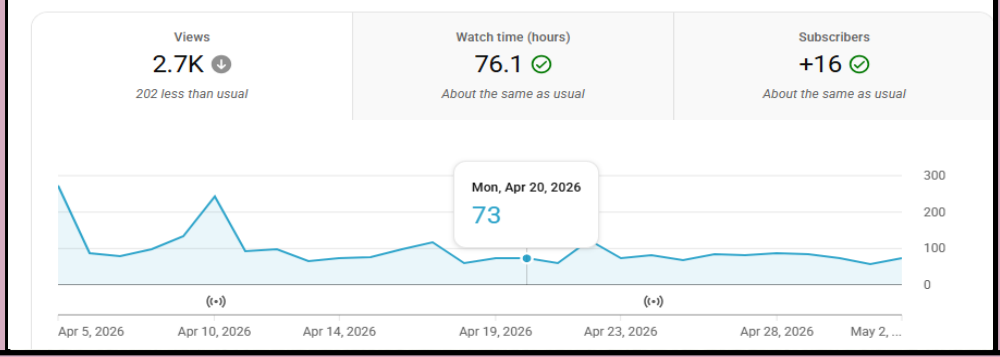
INSTAGRAM



FACEBOOK



YouTube



As we go to print……

Indian Cancer Society is set to participate in the Fortis Cancer Summit 2026. More details will be shared in the next newsletter.