


ODE TO ALL MOTHERS A Mother's Day Special



Hanne En Hanmaniye *Tujhe Sab Hai Pata Meri Maa*
Thunbam Nergayil *Udd Jaayega Kans Akela*
Ganga Yamuna Sindhu Kaveri *So Jaa Re*



We have all been forced to create a whole new world for ourselves within the four walls of our house, during this pandemic. Some of us have managed it well and some of us, not so well. The only thing right now that can bring us some solace is something that soothes the heart and the mind.

For Mother's Day, ICS Bangalore organised an event to bring some cheer into our lives. ODE TO ALL MOTHERS was a dedication, a reminder and show of gratitude to mothers everywhere in the world. Playback singer and musician, **Gurupriya Atreya**, mother of a 10 year-old, got candid about her life as a daughter. She lost her mother to cancer, and she engaged in a dialogue with ICS, and interspersed it with some soulful singing.

QUARTER UNDER REVIEW

- Kishore Rao

After a long gap, our ICS team was able to step out to do some field work. Kudos to our Mangaluru team who completed the Survey and Screening for the Oracle project in record time. Just then the 2nd wave descended upon us. The brief 'safe' spell was over, and we were under a severe Lockdown again.

As someone said, when 'I' is replaced by 'We', then 'illness' becomes 'wellness'. This has been amply proved by our Volunteers from our Bangalore Emotional Support team who offered words of solace and guidance via Tele-counselling during the 2nd wave. Thanks to each one - you are our Covid Warriors!

Our Bangalore Team led by Dr Suhas decided to turn the Lockdown into an opportunity, and designed some on-line capacity-building sessions. I was happy to see that it covered a range of subjects: "Tips to conduct Tobacco Cessation Counselling", "Understanding the Basics of Oral Cancer" and "Improving Excel skills".

I must share my experience of a novel (at least for me!) communication model I participated in recently. It consisted of a medley of 6 Mini Sessions (10 min each) through the day by varied speakers, to celebrate World Health Day. Congratulations Akila on putting this innovative idea together!

Many of our staff have gone through a lot in the past few months and have suffered in multiple ways. Our thoughts are with you and your families. Stay brave, stay safe.

POPULATION BASED CANCER SURVEY AND SCREENING in BETTAMPADY - Supported by ORACLE



Bettampady village is in Puttur taluk of Dakshina Kannada Dist, Karnataka. This mid-sized village has a total of 875 houses. The main occupation of the people is cultivation and related jobs.

The objective of Survey was to identify the beneficiaries at risk and provide awareness as well as early detection of cancer. The Team visited 875 houses and collected the data of 2529 people of 18 years and above.

The door-to-door survey in Bettampady commenced in early February 2021 by ICS team of Medical Social Workers (MSW) along with BSW Students of Govt First Grade College Bettampady and ASHA Workers, using the **MyteleOPD** platform. The Survey checked whether they displayed any early signs and symptoms of Oral and Breast cancer, as well as basic lifestyle factors which impact health and wellness.

Awareness was created through pictures and pamphlets, counselling was provided, their doubts were clarified and they were prepared for screening.

Oral Cancer Screening commenced with the support of A.J Institute of Dental Sciences Mangalore. The screening was done at the doorstep of the villagers and Tobacco Cessation Counselling was provided wherever necessary. Interaction with Dentists boosted the confidence of the people and made oral screening easier. ICS team trained in 'iBreast' Examination, conducted the screening for women at Panaje PHC.

1050 ORAL SCREENINGS CONDUCTED



Where required, after Breast screening, follow-up Mammogram was advised. Self-breast-examination was taught.

Team : Shaila Lobo, Ranjan, Swathi, Lata Naik

A DOSE OF HEALTH IN 10 MINUTES - A social media event

For **World Health Day & World Breathing Day**, we reached out to experts from different fields to engage with our virtual audience through Instagram Live. The event was packaged as 10 minute sessions through the day for the **MIND, BODY and SPIRIT**.



Break The Pattern To Heal Your Mind

KAAJAL PALLI



Journal Your Way Into Your Mind

NIDHI SINGH SAMAYAL



Demystify Nutrition For Your Body

ARCHANA AGARWAL



Retain Natural Beauty Of Your Body

DR.DIPIKA BUMB



Move Your Body to Lift Your Spirit

SHRUTI PRASAD



Transcendental Music For Your Spirit

REUBEN MACHADO



Learn to Breathe With Me

MADHURI VASISHT

MEET OUR COVID WARRIORS !



Shubha Jaiprakash

She volunteered at Step One Helpline (set up by the Municipal Corporation of Bangalore) during the 2nd wave. She interacted with home isolated patients who tested Covid positive. She connected with 25 to 30 patients every day, enquiring about their well-being, building confidence, giving assurance and hope.



Reena Gupta

She has been actively volunteering with Step One Covid helpline during the pandemic. She is also a counsellor for Embrace, an organisation for special needs children and parents.



Latha Venkat

She works with VFC (Volunteer for a Cause) as a Covid anxiety counsellor helping them find the verified source for medicines, beds, oxygen supplies. She also addresses anxiety, loss of jobs, and personal relations taking a toll due to the pandemic. Latha is a Traffic Warden with the Bangalore Traffic Police in HSR Layout, Bangalore.



Suryanarayana Setty Sudarshana

He has counselled more than 1450 covid patients across India through Step One helpline, volunteered as emotional care giver to home isolation patients in Bangalore,, assisted Government Dispensaries of BTM Layout 2nd stage, Tavarekere, in crowd managing of people for Vaccination, Covid testing and supplying medicines to Covid patients.



George Joseph

He volunteered in finding beds for Covid patients, providing oxygen suppliers list and other information like covid vaccination availability. He is also engaged in emotional support for people who are facing anxiety or stress during this pandemic situation.



Shivkumar Sherikar

He volunteered with Buddies group on behalf of BBMP. He is associated with Wellbeing Integrated Hospital, Sahakarnagar as counsellor cum psychotherapist., conducts Telecounselling with STEP ONE for Covid patients. Volunteers with Covid Task Force for plasma donor project.



Smita Chimmanda

She volunteers in Mysore to help patients looking for beds/ medical supplies and is a part of Project Step One which provides teleconsultation for Covid related queries.



Veena Rao

She volunteers for project Step One; she also assists people find blood, platelets, plasma.



Kaveri Kumar

She volunteers with One to One Covid support team, helping patients and attenders to find beds as well as distribute both lunch and dinner in a meticulous way.



Rajeshwari

She reaches out to front-line workers and offers professional counselling to reduce their stress, offers comfort which recharges them for yet another day of gruelling work.

LOCKDOWN SESSIONS

The lockdown proved to be a time for some serious learning for our team. The sessions were very well conducted and proved to be very useful.



Dr Gurusuhas took 3 sessions on:

- Medical Terminologies - An Overview
- Oral Cavity Examination
- Red & White Lesions of Oral Cavity

Dr Rohan Bartake of ICS Mumbai took 3 sessions on Tobacco Cessation Counselling:

- Prevalence, products and perceptions
- Tobacco use and dependence (physical, psychological and behavioural addictions)
- Providing brief intervention (Tobacco Cessation in practice)

Pradeep Padmanabhan took 3 sessions on how to use EXCEL effectively.

MISCELLANEOUS ACTIVITIES





St. Clare College, Bengaluru
NAAC Accredited | Recognized under sections 2(f) & 12(B) of the UGC Act, 1956
Permanently affiliated to Bangalore University | A Claretian Missionary Institution

DEPARTMENT OF COMMERCE
In Association with
INDIAN CANCER SOCIETY
Presents
"COMMIT TO QUIT TOBACCO"
ILL EFFECTS OF TOBACCO
(An Initiative for Gender Equity)



Resource Person
DR. GURUSUHAS P.
INDIAN CANCER SOCIETY
31st May 2021
3:00 P.M.
Zoom Platform

EVENT CO-ORDINATORS:
MR. ANAND R.
MS. MARIA RAJAN



Mangalore University
National Service Scheme
Youth Red Cross Unit
CARMEL COLLEGE MODANKAP
Bantwal-574219
(Affiliated to Mangalore University
Managed by the Apostolic Carmel Educational Society Mangaluru)

In collaboration with
Indian Cancer Society
organizes
Online Awareness Program on
Black and Other Fungus Effect

Resource Person
Dr. Suhas
Indian Cancer Society

Guest:
Mrs. Shaila Lobo
Indian Cancer Society

Presidential Address:
Dr. Sr. Latha Fernandes AC
Principal

Date: 25th June 2021
Time: 11:00 a.m.

Platform: Zoom
Meeting ID: 72207867935
Passcode: Carmel

All are Cordially Invited
Mrs. Madhura K
NSS
Programme Officer

Mrs. Vinitha Veigas
Coordinator
Youth Red Cross Unit

Ranjan & Swathi from ICS Mangalore team distributed personalised hand made cards to the doctors & staffs of Panaje PHC, Puttur Taluk. The project was funded by ORACLE.

Dr. Guru Suhas took impactful sessions on Tobacco cessation - 'Ill Effects of Tobacco' for St.Claret College and on 'Black And Other Fungus Effect' for Carmel College, Mangalore University.



MAKE A DONATION

Payment by Cheque/Pay Order/DD :

Beneficiary Name:
INDIAN CANCER SOCIETY
(payable at Bengaluru)

*Donations are eligible for Income Tax deductions under Sec 80 G
Kindly provide PAN / AADHAAR No

NEFT :

A/C Name : Indian Cancer Society
Bank Name : HDFC Bank
Branch Name : Indiranagar Branch
Current A/c no : 50200019747490
IFSC Code : HDFC0000832

INDIAN CANCER SOCIETY, BENGALURU

268/1-4, 9th 'A' Main Road, 2nd Block, Jayanagar,
Bengaluru 560 011

Ph No.+91 9513074567

Website: <http://indiancancersocietybangalore.org/>

 **Indian Cancer Society Bangalore**

 **Indian Cancer Society, Bangalore**

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