



RISE AGAINST CANCER

**QUARTERLY
NEWSLETTER**
Apr - Jun 2023

Indian Cancer Society
Karnataka Branch

Review

Kishore Rao

Chairperson Karnataka Branch

Happy to share that this time we are prioritising providing Nutrition Supplement kits to BPL cancer patients (with doctor's prescription). Often low appetite, nausea or poor digestion may hamper adequate intake of proteins and micro-nutrients, which are vital during the recovery phase. Supplements, when prescribed can be of help. Thus, financial year 2023-24 has begun with greater attention towards nutrition support, thanks to funding from Oracle.

This World No Tobacco Day, volunteers, community members, students and ICS staff left no stone unturned. Thank you, Oracle & Rubrik volunteers, for participating enthusiastically in the TCS 10K Run to create awareness about tobacco. Students of Bangalore Institute of Dental Sciences enlivened Nexus Mall, Bengaluru, with their skits and lively dances. Kalaburagi team set out on a Walkathon with AI Badar Dental College & Hospital to create awareness. While Mangaluru team organised Awareness for youth of Dayanand Pai/ Sathish Pai Govt First Grade College, which culminated in taking a pledge.

In the online space, I am happy that Dr Vishal Rao, whom I respect for his contributions to cancer cure shared a video message with ICS. In the same vein, CanWin, a Mangaluru-based body of oncologists and specialists also helped ICS raise awareness on testicular and esophageal cancers.

Looking ahead, we are excited to take the nutrition kit project to Chennai and Hyderabad as well.



Video by Dr Vishal Rao



Dr Vishal Rao, Dean, Professor, Director - Head Neck Oncology, Robotic Surgery, HCG Cancer Centre, Bengaluru cheerfully allowed us to shoot his video about Head and Neck Cancer awareness. The video was shared on social media.

'Cancer Aware' Instagram Live Talks



Dr Ramnath Shenoy, Medical Oncologist and Dr Ajay Kumar, Surgical Oncologist shared valuable information about Testicular Cancer and Esophageal cancer respectively on Instagram.

World NO Tobacco Day 2023



ICS Team, Oracle & Rubrik Volunteers and Runners during the TCS10K Run in Bengaluru created awareness using placards & posters



ಯುವಜನತೆ ಮಾದಕ ವಸ್ತುಗಳ ದಾಸರಾಗಬೇಡಿ

ವಿಶ್ವ ತಂಬಾಕು ರಹಿತ ದಿನಾಚರಣೆ-2023 ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಡಾ. ಕೆಶೋರ್ ಕುಮಾರ್



ದಿನಗಳಲ್ಲಿ ಯುವತಿಯರು ಕೂಡ ಮಾದಕ ವಸ್ತುಗಳ ದಾಸರಾಗುತ್ತಿದ್ದಾರೆ," ಎಂದರು.

ಮಂಗಳೂರು ವಕೀಲ ಸಂಘದ ಅಧ್ಯಕ್ಷ ಪ್ರದೀಪ್ ರೈ, ಲೇಡೀಸ್‌ಮನ್ ಆಫ್ ಪ್ರೈವೇಟ್ ಅಧೀಕ್ಷಕ ಡಾ. ದುರ್ಗಾಪ್ರಸಾದ್, ಮಂಗಳೂರು ತಾಲೂಕು ಆರೋಗ್ಯಾಧಿಕಾರಿ ಡಾ. ಸುಜಯ ಭಂಡಾರಿ, ದೇಶಕ್ಕಿ ಯೆನಪೋಯಿ ಡೆಂಟಲ್ ಕಾಲೇಜಿನ ಓದರ್ ಮೆಡಿಸಿನ್ ಹಾಗೂ ರೇಡಿಯೋಲಜಿ ವಿಭಾಗದ ಅಧೀಕ್ಷಕ ಪ್ರೊಫೆಸರ್ ಡಾ. ರಾಜಾ ಪ್ರಭು,

ವಿಶ್ವ ತಂಬಾಕು ರಹಿತ ದಿನಾಚರಣೆ - 2023 ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು.

ವಿಕ ಸುದ್ದಿಲೋಕ ಮಂಗಳೂರು ದರ್ಜೆ ಕಾಲೇಜು, ರಾಷ್ಟ್ರೀಯ ಸೇವಾ

Media Coverage of WNTD in Mangaluru



Media Coverage in Kalaburagi



Anti Tobacco pledge by students of Dayanand Pai/ Sathish Pai Govt First Grade College, Mangaluru



Anti Tobacco Awareness by ICS, Bengaluru and Bangalore Institute of Dental Sciences students at Nexus Mall, Koramangala.

Hair Donation Drive



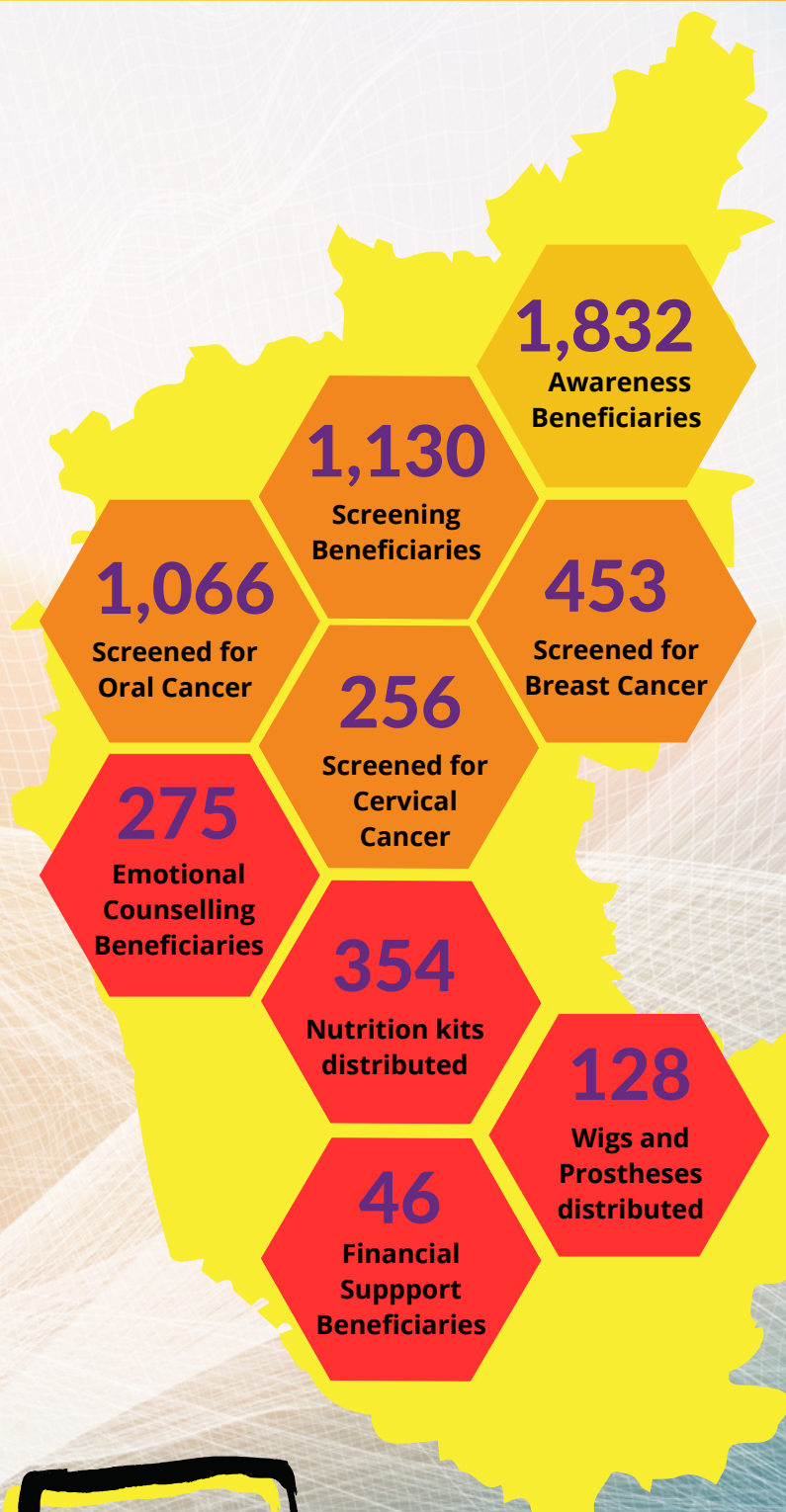
Global City International School, Bengaluru organised a much-wanted hair donation drive. Young students, teachers and parents voluntarily donated their hair in aid of cancer warriors.

Emotional Counseling Training



To help new volunteer counsellors understand the role of counselling in cancer treatment, ICS organised a one-day training with the help of Onco-specialists at Karunashraya, Bengaluru.

Numbers at a glance



Cancer Awareness



Cancer Screening



Patient Support



INTERESTING FACTS



Source: GATS (Global Adult Tobacco Survey)

In Karnataka:

- 16.8% of men, 0.7% of women smoke tobacco
- 22.2% of men, 10.3% of women use smokeless tobacco like Khaini and pan masala.
- From GATS-1 in 2009 to GATS-2 in 2016, there was a 5.4% reduction in tobacco use.

Welcome to ICS



A P Kamath

AP Kamath joined ICS, Bangalore as a volunteer in Dec 2022. Before joining ICS, he worked in a couple of leading MNCs at senior positions with a work experience of 46 years. He is passionate about community service, especially for the underprivileged classes, not forgetting animals.



Santani Dandin

Santani who started as a teacher went on to work with NGOs like Akshara Foundation, Mahila Samakhya Vidhya Poshak & Prajayatna. Later she founded DANDIN TRUST for education and health programmes for women and children. Santani has joined ICS to roll out ICS projects in Dharwad.

Interns at ICS, Bengaluru

Interns from PES University and Christ College spent six weeks with us engaging themselves in much needed video documentation work. They talked to emotional counsellors, doctors and cancer warriors to understand their perspectives. Later, they transformed these sound bytes to relateable video content for social media.

Among many, they met with Alpa Dharamshi, Lead Volunteer Emotional Counsellor, Cedric Morris, Emotional Counsellor; Dr Bharath Shankar, Surgical Oncologist, Vydehi Hospital; Dr NK Venkataramana, Founder, Brains Super Speciality Hospital; Dr Shashidhar VK, Vydehi Hospital.



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INDIAN CANCER SOCIETY
(payable at Bengaluru)

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Kindly provide PAN / AADHAAR No*

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Bank Name : HDFC Bank
Branch Name : Indiranagar Branch
Current A/c no : 50200019747490
IFSC Code : HDFC0000832

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