

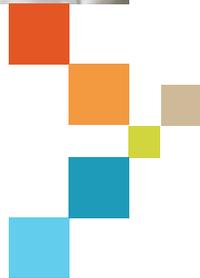


# Healing Hearts

February 21, 2025

Vol. I

## THE POWER OF GIVING





# PREFACE

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We are delighted to present the first annual publication of the Department of Philanthropic Services. This inaugural edition marks the beginning of a tradition that celebrates generosity, resilience, and collaborative spirit of our community and our mission.

Over the past years, we have witnessed extraordinary acts of kindness and unwavering support from individuals, organizations, and partners committed to making a difference. Through our collective efforts, we have not only provided essential aid to those in need but also fostered sustainable development, empowered marginalized communities, and championed the values of compassion and humanity.

This publication encapsulates the stories of impact, innovation, and hope that have emerged from our initiatives. Each page reflects the dedication of our team, the selflessness of our volunteers, and the trust bestowed upon us by our donors. We hope that these narratives inspire and ignite a renewed commitment to the cause of philanthropy.

As we look to the future, we remain steadfast in our resolve to address pressing social challenges, nurture partnerships, and expand our reach. We extend our heartfelt thanks to everyone who has supported us on this journey and invite you to continue walking with us as we strive to create a better world for all.

With warm regards,

**Dr. A.K. Dewan**  
Director Surgical Oncology  
RGCIRC

# FOREWORD

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At the outset, I extend my heartfelt congratulations to the Department of Philanthropic Services of RGCIRC for their commendable initiative in publishing this work, aimed at inspiring existing donors to contribute more and encouraging new donors to join this noble cause of supporting the growing number of cancer patients.

‘Giving’ and ‘sharing’ are indeed great sources of joy for everyone. The act invariably brings immense satisfaction and inner peace to the giver—far greater than the joy of receiving a reward, a prize, lottery winnings, a special bonus, or a windfall profit in business. This publication brings together messages from RGCIRC’s top management, heartwarming survivor stories, and insightful articles from our dedicated and compassionate doctors. It also includes accounts from caregivers and generous donors who step in when patients cannot afford the necessary treatment, even after the hospital has extended its maximum support. These stories are sure to resonate deeply with conference attendees and readers alike, inspiring more people to join this mission of compassion. It should inspire many more to join in the crusade to provide solace to those afflicted by the disease and their families.

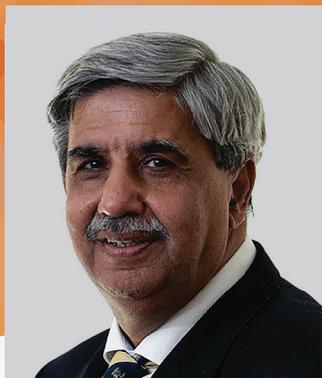
Giving is not limited to financial contributions. Time is equally important, and in that regard, our many dedicated volunteers are rendering yeoman service in the fight against cancer. Unfortunately, cancer is spreading rapidly, and despite remarkable advances in medical science and treatment options, it will remain a formidable challenge for humanity. These challenges can only be met with the generous contributions of time and money by society at large and HNIs in particular.

Our publication should serve as a powerful motivator, inspiring many to become a part of this mission.

With warm regards,

**Krishan Kalra**

Member – Philanthropic Committee  
RGCIRC



## Message from Chairman

Dear Friends,

Cancer is a journey no one should have to face alone. It is a path fraught with challenges, yet it also reveals the boundless strength and resilience within each of us.

At RGCIRC, we witness this strength every day—in the unwavering courage of our patients, the relentless dedication of our medical teams, and the profound generosity that fuels our mission.

With state-of-the-art technology—ranging from robotic surgery systems and advanced radiation therapy to cutting-edge molecular diagnostics—we provide world-class oncology care tailored to each patient's unique needs. But beyond medical advancements, it is the power of giving that truly transforms lives.

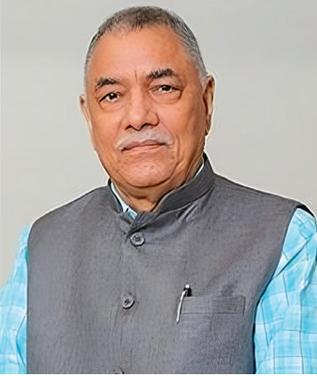
Your generosity ensures that no patient is left behind due to financial constraints. It supports early detection and prevention programs, funds pioneering research that brings us closer to a cure, and strengthens palliative care to offer comfort and dignity to those facing life's most difficult moments.

This publication is a tribute to the impact of generosity in healing. Within these pages, you will find stories of hope, perseverance, and compassion—stories that highlight how every act of giving, no matter the size, has the power to change lives. As you read them, I hope you feel inspired to be part of this mission.

Together, we can create a future where cancer is not only treatable but preventable—a world where every individual has access to the care they need and the hope they deserve.

With deepest gratitude,

**Rakesh Chopra**  
Chairman  
RGCIRC



## Message from CEO

It is with great pride that I write this message for “Healing Hearts: The Power of Giving”, the first annual publication of RGCIRC’s Philanthropic Services Department. This issue reflects our core values—the transformative power of giving and its profound impact on healthcare and communities.

I am continually reminded of the incredible role philanthropy plays in our mission to provide world-class healthcare to cancer patients in need. Cancer treatment is often prohibitively expensive, requiring prolonged therapies involving multiple modalities. Sadly, many patients struggle to afford these treatments without financial assistance. At RGCIRC, we are committed to ensuring that no cancer patient is forced to abandon treatment due to lack of funds, allocating nearly ₹50 crore annually towards patient welfare initiatives and establishing a dedicated corpus fund for these activities. It is truly heartening to see these efforts being reinforced by the unwavering support of our donors, volunteers, and partners, allowing us to transform thousands of lives.

Healthcare is not just about treating diseases—it is about healing communities, empowering individuals, and fostering a more equitable society. Thanks to the generous contributions of philanthropists, we have launched numerous programs that deliver life-saving medical care to underserved populations, fund critical research, and provide health education that empowers individuals to take charge of their well-being.

Despite the strides we have made, millions still lack access to essential medical care. The challenges before us are complex, but I firmly believe that through continued support, collaboration, and a shared commitment, we can overcome them.

This publication not only highlights the pressing needs of the most vulnerable but also underscores the immense potential each of us has to change lives—one donation, one partnership, and one act of kindness at a time. I hope these pages inspire you and rekindle a renewed sense of purpose in your own Department of Philanthropic endeavors.

I extend my heartfelt gratitude to all who support RGCIRC’s mission, ensuring that “lack of financial support should never stand in the way of complete cancer treatment.” Thank you for your unwavering commitment to philanthropy. Let us continue this journey together—with compassion, innovation, and hope.

Warm regards,

**D.S. Negi** (Retd. IAS)  
Chief Executive Officer  
RGCIRC



## Message from Medical Director

I take immense pride in RGCIRC's remarkable strides in advancing cancer care, positioning us at the forefront of oncological innovation.

In June 2024, we achieved a historic milestone by performing India's first telesurgery for cancer care—a Radical Cysto-Prostatectomy with Bilateral Lymph Node Removal—conducted remotely from Gurugram while the patient was at our Rohini facility. This groundbreaking achievement underscores our commitment to overcoming geographical barriers and ensuring access to cutting-edge surgical interventions.

Our pursuit of technological excellence led to the installation of SSI Mantra, India's first indigenous surgical robotic system, in July 2022. This advancement has enabled safe, precise, and cost-effective robotic surgeries, in alignment with the Make in India vision.

We have also enhanced our Department of Imaging with state-of-the-art equipment, including 3 Tesla MRIs and advanced ultrasound machines. Our Interventional Oncology facility now offers innovative treatments that significantly improve patient outcomes, supported by a molecular diagnostic laboratory providing over 100 cancer-related genetic tests for personalized care.

Reflecting on these achievements, I am reminded of my words from 2023 about the critical need for onco-critical care. Today, our integration of advanced technologies and dedicated facilities reinforces our commitment to comprehensive cancer care.

As we move forward, RGCIRC remains dedicated to patient-centric care, accessibility, and pioneering research. I am pleased to share these milestones in this esteemed publication, confident that together we will continue to achieve new milestones in the fight against cancer.

Warm regards,

**Dr. (Prof) Sudhir Kumar Rawal**

Medical Director and Chief of GenitoUro – Oncology Services  
RGCIRC

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## TINY STEPS, MIGHTY HEART: ANAISHA'S STORY OF SURVIVAL



### | ANAISHA KHURANA

**Anaisha**, a spirited three-year-old was a whirlwind of energy, always running, jumping, and laughing with the boundless joy only a child can have. Her world was a playground, and her parents' hearts swelled with pride as they watched their little girl fill every corner of their lives with happiness.

But life has a way of shifting suddenly, and Anaisha's boundless energy began to falter. It started with persistent fevers and an unusual weakness that slowed her once unstoppable steps. Concerned, her parents took her to their trusted pediatrician, hoping for a quick remedy. Yet, despite the treatments, Anaisha's fever refused to break, and her ability to walk began to deteriorate.

Worried and desperate, they sought the help of another doctor, who administered an injection meant to ease her condition. But instead of improving, Anaisha's struggles deepened. The vibrant little girl who

once raced down hallways now struggled to steady her steps, her parents' unease growing with every faltering movement.

One morning, as Anaisha attempted to make her way to school, her fragile body betrayed her. She tumbled down a flight of stairs, a moment that left her parents terrified and heartbroken. They rushed her to their family doctor, who quickly referred them to Bareilly Hospital. There, after a series of tests, the devastating diagnosis was revealed: Anaisha had blood cancer.

The news shattered their world. Anaisha's parents, overwhelmed with fear and uncertainty, struggled to comprehend how their lively child could face something so grave. The family doctor, recognizing the severity of her condition, urged them to seek treatment at RGCIRC, a hospital known for its expertise in oncology. Clinging to hope, they made the journey with their hearts heavy but determined.



At RGCIRC, Anaisha was placed under the care of an experienced team of doctors led by Dr. Gauri Kapoor and Dr. Sandeep Jain. Her condition demanded immediate intervention. Anaisha's parents, already emotionally drained, faced an impossible challenge: saving their daughter without the means to pay for the care she needed.

***“In their darkest hour, a light of hope emerged. The hospital's Patient Welfare Officer connected the family with Sakshi's Joy Foundation. Through the foundation's generosity Anaisha's treatment became possible.”***

This lifeline brought her parents to tears, not just from relief but from the kindness of strangers who believed in their daughter's fight.

The financial support allowed Anaisha to continue her treatment, and slowly, progress began. Her parents watched with cautious optimism as the once-dire situation started to improve. Despite the challenges of chemotherapy and hospital stays, Anaisha's spirit shone through. She still played, laughed, and clung to her toys, her resilience a source of inspiration for everyone around her.

Her father, Nitin, shared the emotional rollercoaster they endured. The diagnosis at RGCIRC had crushed him, but he found strength in his wife and the belief that Anaisha's condition was

treatable. Together, they sold their jewelry and leaned on organizations like Sakshi's Joy Foundation and Indian Cancer Society (ICS) Delhi Branch to keep moving forward. Every moment was a fight, but they refused to give up.

Living in a rented room near the hospital, the family stayed by Anaisha's side. She often asked when they would return home, and her parents reassured her with smiles and playful encouragement. They reminded her it is all very temporary that soon she would be back on her feet, running and laughing as she always had.

Nitin spoke of the doctors at RGCIRC with reverence, calling them angels. The team not only cared for Anaisha but also supported the family emotionally, ensuring they had the strength to endure this journey. The nurses, welfare staff, and volunteers went above and beyond, offering kindness that renewed their hope each day.

Through tears and exhaustion, Anaisha's parents began to see a brighter future. Her treatment was still ongoing, but the progress was undeniable. They knew they could never repay the kindness that had carried them through these dark times, but they promised themselves they would pay it forward one day.

Anaisha's battle with cancer is not yet over, but her family believes in the power of hope, love, and community. Anaisha is not just fighting cancer; she is teaching everyone around her the strength of determination and the beauty of coming together to overcome life's greatest challenges.

## BRAVING THE STORM: PALLAVI'S FIGHT, A FAMILY'S STRENGTH



### I PALLAVI JHA

Pallavi Jha's life was one of quiet joy, marked by the simple pleasures of family and the comfort of routine. At 42, she had built a life filled with love and contentment—a devoted husband, two wonderful children, and a home that resonated with laughter. Each morning, she awoke with gratitude for the life she had, a life that felt complete in its simplicity.

But one ordinary morning, everything changed. Pallavi discovered a small, unfamiliar lump. At first, she dismissed it as insignificant, but a persistent doubt gnawed at her. When her family noticed her unease, worry clouded their faces. Pallavi knew she couldn't ignore it. She confided in her daughter and family, and they wasted no time booking an appointment with the doctor—a decision that would alter their lives forever.

The doctor's diagnosis at RGCIRC came with calm yet devastating

precision: "You have breast cancer." In that moment, Pallavi's world seemed to collapse. Time stood still as fear gripped her heart. She glanced at her family—her steadfast husband and her young children—and ached at the thought of leaving them. Questions haunted her: Would she be there to guide her children through life? To watch them grow? The uncertainty was overwhelming.

Yet, even as fear consumed her, a spark of determination ignited within. Pallavi made a choice—cancer would not define her story. With the fierce love of a mother and the indomitable spirit of a woman unwilling to surrender, she prepared for the fight of her life.

The path was fraught with challenges. Surgeries, grueling chemotherapy, and exhausting radiation treatments drained her physically and emotionally. Each day tested her resolve, yet one

thing remained constant: her family's unwavering support.

Her husband, Pallavi's silent hero, became her anchor. On a particularly difficult night, after visiting Vrindavan, he held her hand and reassured her: "No matter what it takes, we will get through this together. If I have to sell our home, I will. Nothing is more important than you." His steadfast love gave her the strength to face each day with courage.

Pallavi's teenage son stepped into a role far beyond his years, sacrificing a promising internship to stay by her side and help manage household responsibilities. Her college-going daughter, initially unprepared for caregiving, displayed remarkable resilience. Turning to YouTube for guidance, she learned how to care for cancer patients, providing her mother with the support and comfort she needed. Together, they became Pallavi's lifeline.

Despite the love surrounding her, Pallavi couldn't ignore the financial strain. The cost of treatment loomed large, depleting their savings and casting a shadow over their future. But just when hope seemed dim, a chance meeting with a kind-hearted man named Dr. DC Doval and a conversation with patient welfare officer Ms. Sushma Kaushal opened doors to assistance from the Indian Cancer Society (ICS) Mumbai. Dr. Pankaj Goyal, in particular, offered unwavering encouragement,

reminding Pallavi to stay active and never give up. Slowly but surely, her body and spirit began to heal.

The battle left scars, both visible and invisible, but Pallavi emerged stronger than ever. She had faced her greatest fear and conquered it. Her bald head, once a painful reminder of her fight, became a badge of courage celebrated by her children, who told her, "Mom, bald heads are a sign of bravery."

***The financial burden lifted, allowing Pallavi to focus on healing rather than mounting bills. Throughout her journey, the staff and doctors at RGCIRC became her guiding light.***

Today, Pallavi stands as a survivor—a beacon of hope and resilience. She shares her story not for pity but to inspire others, showing them that even in the darkest moments, hope can shine through. Her journey is a testament to the strength of love, the power of family, and the courage that lies within us all.

As Pallavi looks into her children's eyes, she knows the lessons of her battle will remain with them forever: to fight with all their might, to love without bounds, and to never, ever give up.



## ENDURING SPIRIT: NAMAN'S JOURNEY TO LIFE AND DREAMS



### **I NAMAN MILANI**

Naman's journey is one of courage, determination, and unwavering love. A vibrant young boy, his life changed dramatically when he suddenly lost the ability to lift his neck. What initially seemed like a minor issue was dismissed by doctors, but as symptoms persisted, his family endured endless tests and medications in search of answers. It was at RGCIRC where they finally found clarity and the support they desperately needed.

Living with his grandmother in a modest household, Naman's diagnosis brought not only emotional turmoil but also financial strain. The high cost of treatment threatened to overwhelm his family, but RGCIRC stepped in to cover major expenses, allowing them to focus entirely on Naman's recovery. He spent four grueling months confined to the hospital, where sterile walls became his reality. Despite the physical and emotional pain, the doctors and staff provided

exceptional care, making sure he felt safe and comforted.

Naman's young age shielded him from fully understanding the weight of his diagnosis. His mother, however, carried the emotional burden, standing by his side through every painful procedure. She found strength in the unwavering support of Dr. Gauri Kapoor and her team at RGCIRC, whose empathy and encouragement provided a crucial source of reassurance. The COVID-19 pandemic added another layer of challenge, but the outpouring of support from neighbors, friends, and well-wishers uplifted the family during these trying times.

Family played a critical role in Naman's battle. His grandmother, whom he affectionately called his personal superhero, made countless sacrifices to ensure his well-being. His mother's tearful declaration after his recovery, "It's all over, let's never come back to the hospital," is a poignant reminder of their shared struggle and relief.

Naman's father provided steady reassurance, while his aunt offered constant care, forming a strong support system that never wavered.



*Naman's diagnosis with a rare spinal tumor placed a heavy financial burden on his family. ICS Mumbai's compassionate support ensured his treatment at RGCIRC continued without interruption, giving him a chance to heal and pursue his dreams with hope and determination.*



Throughout his ordeal, Naman's dreams never wavered. His love for badminton remained a source of joy, and his ambition to become a Chartered Accountant provided him with a goal to strive towards. Supported by his teachers, who encouraged him to pursue his education despite the challenges, Naman now aims to join a badminton academy while continuing his academic journey.

Naman's story highlights the strength it takes to endure and

overcome immense challenges. His pain and struggles are an undeniable part of his journey, but so are the moments of love and support from those around him. His experience underscores the importance of timely medical intervention, emotional support, and the will to keep moving forward.

The unwavering support from his family, community, and medical professionals played an integral role in Naman's recovery. Every act of kindness, every word of encouragement, and every effort to ease his burden contributed to his healing. His journey is not just about fighting an illness; it is about the power of love, the significance of community, and the drive to achieve one's dreams despite hardships.

Naman's life is a testament to the strength that emerges in the face of adversity. His story serves as a reminder that even the most daunting challenges can be overcome with determination, love, and support. As he continues to chase his dreams, Naman's journey offers hope and inspiration, proving that a brighter future is always within reach, no matter how difficult the path may be.



## UNSHAKEN: JATIN'S PATH FROM SURVIVAL TO PURPOSE



### | JATIN GOYAL

Jatin's journey is a testament to human strength and the transformative power of compassion. His life today is dedicated to uplifting others, sharing his experiences openly to encourage those navigating their own struggles. He wants people to understand that hope endures even in the darkest times, and that support is always within reach.

Born in a small village in Rajasthan, Jatin enjoyed a carefree childhood filled with laughter and exploration. However, his life took an unexpected turn when, at the age of four, he was diagnosed with Acute Lymphoblastic Leukemia (ALL). His family had recently moved to Delhi, hopeful for better opportunities, only to be confronted with the daunting reality of his illness.

The days spent in the hospital were arduous. For young Jatin, the hospital bed became his entire world. The sound of approaching footsteps often brought fear,

signaling another round of chemotherapy. The physical toll of the treatment made him feel isolated, but his inner resolve kept him going. Jatin fought not only for himself but also for the unwavering love and support of his family. Their belief in him fueled his determination, and after years of grueling treatment, Jatin finally heard the words he had longed for: he was cancer-free.

The day Jatin regained his health was a turning point, bringing immense joy and a renewed sense of purpose. Returning to school, he embraced life with a fresh perspective. He formed new friendships and actively participated in sports, finding solace and strength in these connections. Although academics presented challenges, Jatin's discipline and punctuality earned him the respect of his teachers and peers. Graduating from the School of Open Learning in 2019 was not merely an academic milestone but a deeply personal victory.

“*Throughout his recovery, Jatin drew strength from the kindness of many individuals. His oncologist, Dr. Gauri Kapoor at RGCIRC, provided more than medical care; she offered emotional support that played a crucial role in his healing. Organizations like Zen Onco, Purple Ribbon, and You We Can extended their guidance and assistance, helping Jatin navigate life after cancer. These connections reinforced the idea that he was never alone in his journey.*”

Today, Jatin's story is one of courage and hope. As a shop owner, he manages the demands of his business while cherishing moments of leisure, such as playing 'Gilli Danda,' a traditional Indian game that reconnects him to his childhood and heritage. While building a stable financial future, he also serves as a pillar of support to those around him, demonstrating that life after a severe illness can be both meaningful and fulfilling.

Reflecting on his journey, Jatin embodies empathy, kindness, and an earnest desire to help others. His battle with cancer is an indelible part of his story, not as a source of

sorrow, but as an experience that shaped his character. His life illustrates that immense challenges can lead to profound personal growth and genuine happiness.

Jatin's story is not merely about survival; it is about finding a renewed sense of purpose through adversity. His daily life reflects his commitment to giving back to the community that supported him. Whether through a kind word, a helping hand, or simply sharing his story, Jatin continues to make a difference. His journey from a young boy battling cancer to a thriving shop owner and community supporter is a profound illustration of how life's challenges can shape individuals into sources of strength and inspiration.

The memory of his struggle with cancer remains with Jatin, not as a burden but as a testament to his journey. It serves as a reminder of what he has endured and how far he has come. Born into humble beginnings, Jatin's determination and the support he received guided him towards a life filled with purpose and joy.

Jatin's story resonates with many, offering hope to those facing their own battles. He gives back to the community by volunteering with the Indian Cancer Society, visiting the hospital every Monday and Thursday to inspire and motivate cancer patients with his story of hope and strength.



## THE POWER WITHIN: PARAMJIT'S STORY OF HEALING



### PARAMJIT KAUR

In February 2020, Paramjit Kaur's life took an unexpected and challenging turn. A 35-year-old gym enthusiast and devoted mother of two, she had always prioritized her health and well-being. The thought of breast cancer invading her life never crossed her mind. What started as a persistent pain, with no other visible symptoms, soon led to a devastating diagnosis that shook her to the core.

The news was overwhelming. Fear and uncertainty consumed her. Questions raced through her mind—why her, how she would face the difficult journey ahead, and who would care for her young children if she couldn't. The financial burden added another layer of worry. With limited medical insurance covering only ₹2 lakh and an estimated treatment cost of ₹8 lakh, the road ahead seemed nearly impossible.

Determined to fight for her life and her family, Paramjit sought treatment at RGCIRC in Rohini. Under the compassionate care of Dr. Ullas Batra, she found the guidance and

reassurance she desperately needed. The surgery was successful, but the looming financial strain remained. It was through Dr. Batra that Paramjit connected with the Indian Cancer Society (ICS) Mumbai, whose financial support became the turning point in her treatment journey.

Chemotherapy brought immense physical and emotional challenges. The relentless fatigue, persistent fever, and constant coughing drained her strength. The transformation in her appearance—losing her hair, gaining weight, and changes in her skin—shattered her self-confidence. She struggled to recognize herself in the mirror, and unkind remarks from others deepened her insecurities. Her younger son, unaware of the seriousness of her illness at the time, recalls only the image of his mother losing her hair during her battle with cancer. Yet, her love for her children and the will to survive kept her going.

The most terrifying chapter of her journey came when she tested

positive for COVID-19 during her treatment. Isolated and vulnerable, she feared the worst—that she might never return to her children. Her husband, however, never left her side. Even during the pandemic, when fear kept many apart, he ensured she was never alone. He provided every comfort possible, never letting her feel like she was both a cancer and COVID patient. In moments of despair, she found herself preparing her elder child for responsibilities far beyond their age. But even in the darkest hours, she clung to hope. Against all odds, she recovered, driven by the thought of reuniting with her family.

Her family's unwavering support became her pillar of strength. Her father's words, "Tu toh mera sher puttai hai," resonated deeply, reminding her of the courage she possessed. Her husband, though quiet, stood by her side every step of the way, managing household responsibilities, attending hospital visits, and providing emotional strength. Her parents and mother-in-law offered constant care, ensuring she never felt alone in her battle.

Today, five years later, Paramjit stands as a testament to perseverance and gratitude. She has resumed her professional life and cherishes every moment with her

children. Her elder child, who witnessed her struggles, remains a source of inspiration for her to keep going. The experience has left an indelible mark on her, transforming her perspective on life and its fragile beauty.

***Paramjit's story is a reflection of the strength that comes from love, support, and sheer determination. She remains profoundly grateful to the Indian Cancer Society and the dedicated team at RGCIRC, whose support made her recovery possible.***

To those navigating similar hardships, Paramjit offers a heartfelt message: Cancer is a challenging journey, but it does not define who you are. With the steadfast support of loved ones, the right medical care, and an unyielding belief in oneself, even the most overwhelming obstacles can be overcome. Her journey is not merely one of survival but a powerful testament to living each day with gratitude, embracing new beginnings, and finding joy after adversity.





## Lighting Lives: The Story of Prof. Dr. Suman Kapur Memorial Charitable Trust

*"Tamso Ma Jyotirgamaya -  
From Darkness to Light"*

In the heart of Noida lies a foundation born from the life and legacy of a remarkable woman—Prof. Dr. Suman Kapur (Kabra). A celebrated academician, a pioneering scientist, and a compassionate human being, Dr. Kapur dedicated her life to advancing science and education while uplifting those in need. Even after her untimely passing in November 2022 at the age of 66, her spirit of service lives on through the **Prof. Dr. Suman Kapur Memorial Charitable Trust (Regd.)**, established by her brothers, Sushil and Suresh Kabra. This trust is more than an institution; it is an embodiment of compassion, innovation, and empowerment that Dr. Kapur upheld throughout her illustrious career.

### A Legacy of Excellence

Dr. Suman Kapur's journey began in a humble yet driven household as the daughter of Shri Brij Mohan and Smt. Indra Devi Kabra. Her academic pursuits led her to earn a Ph.D. in Biochemistry from the prestigious AIIMS, New Delhi, in 1987. A trailblazer in her field, she worked briefly in the United States before dedicating nearly two decades to the Birla Institute of Technology and Science (BITS), where she served as Professor and Head of the Department of Biological Sciences, as well as Dean for International Collaborations.

Her contributions to science and technology earned her recognition at the national level, with awards from two Presidents of India. In 2015, Shri Pranab Mukherjee honored her as one of the **Top 100 Women Achievers for Innovation in Science and Technology**. Later, in 2018, Shri Ram Nath Kovind presented her with the **National Technology Startup Award** for groundbreaking work on microbial susceptibility and antimicrobial resistance, a patented technology where she was the sole inventor.

Over a three-decade career, Dr. Kapur guided 25 students to their Ph.Ds, leaving a profound impact on the academic world. Her dedication to research, teaching, and innovation remains an inspiration to many.

## Carrying Forward Her Vision

To honor her legacy and continue her work, the trust has taken up several Department of Philanthropic initiatives, focusing on areas closest to Dr. Kapur's heart: medical care, education, and social welfare. From supporting cancer patients to nurturing young talent, the trust is dedicated to spreading hope and empowerment.

## Touching Lives, One Initiative at a Time

### 1. Supporting Cancer Patients

Cancer is a devastating diagnosis, especially for families struggling with limited resources. To address this, the trust has provided **financial assistance to over 20 cancer patients from BPL/EWS/LIG families**, enabling them to access treatment at premier cancer hospitals, including Rajiv Gandhi Cancer Institute and Research Centre in Delhi.

### 2. Encouraging Academic Excellence

Dr. Kapur's passion for education is reflected in the trust's efforts to **reward academic merit**. Over two dozen Class XII students from various school clusters in NCR, Uttar Pradesh, and Rajasthan have received **merit awards for outstanding performance in board exams**.

At BITS, the trust supports excellence in biological sciences through **annual Ph.D. thesis awards** and scholarships for top-performing 4th and 5th-year students at the Pilani and Hyderabad campuses.

### 3. Supporting Reputable NGOs

The trust has made significant contributions to esteemed organizations such as **Akshay Patra, Annamrita, and Bhaktivedanta Eye Hospital, Barsana**, aiding them in their capital-intensive projects. Additionally, it provides **monthly financial support to nearly two dozen NGOs**, including **HelpAge India, Indian Cancer Society, CRY, Bachpan Bachao Andolan, and large cow shelters**.

### 4. Nutrition and Education Support

Recognizing the importance of **education and nourishment for underprivileged families**, the trust sponsors education for students from **humble economic backgrounds, including orphans and tribal children across India**.



**Tanisa Dhingra**

## IT'S OKAY TO NOT BE OKAY

In India, over 1.5 million new cancer cases are reported annually, leaving countless families grappling with emotional and financial strain. Amidst this challenge, Tanisa Foundation stands as a beacon of hope, dedicated to supporting cancer patients, survivors, and caregivers. Having touched over 23,500 lives, it proves that one person's story can ignite a movement of strength and compassion.

### The Story Behind the Foundation

Tanisa Foundation was born from the inspiring journey of Tanisa Dhingra, a young woman whose courage shaped the organisation's mission. At 23, she was diagnosed with ovarian cancer, a devastating blow to her dreams, including her career at Google. Yet, she faced the storm with extraordinary resilience. Rather than retreat into despair, Tanisa transformed her suffering into strength, offering comfort and hope to others battling cancer. From 2017 to 2020, she organised support groups, awareness campaigns, fundraising events, and community programs in collaboration with organisations like the Indian Cancer Society and Medanta Hospital.

In 2020, she faced a relapse, yet her resolve remained unshaken. She passed away on December 30, 2021, leaving behind a legacy of compassion. Inspired by her unwavering spirit, her mother, Meenakshi Dhingra, formally launched the Tanisa Foundation in April 2022 to continue her daughter's mission.

## A Mother's Promise: Carrying Her Daughter's Legacy

Tanisa Foundation is more than a charity; it is a living embodiment of Tanisa's vision. "Cancer is becoming more prevalent, and it is our responsibility to make care accessible to all," says Meenakshi Dhingra. "Through Tanisa Foundation, we aim to create a world where no one fights cancer alone."

## Transforming Lives, One Initiative at a Time

Since its inception, the foundation has reached thousands of lives through impactful initiatives that extend beyond medical treatment to foster community support:

- **Breakfree Events:** Emotional relief programs for patients and families. Over 70 events have impacted 6,100 people.
- **Screening Camps:** In collaboration with Rajiv Gandhi Cancer Institute & Research Centre, 65 camps have screened 6,500 individuals for early cancer detection.
- **Awareness Talks:** Conducted 42 sessions, educating 3,600 participants in schools, colleges, and underprivileged communities.
- **Webinars:** Hosted 34 webinars for 1,700 attendees to dispel cancer-related myths and promote accurate health information.
- **Nutrition Supplement Programme:** A pioneering effort addressing the nutritional needs of cancer patients. Initially supporting 40-50 patients with INR 30,000-50,000, the initiative now benefits 280-300 patients, with assistance worth INR 2.5-3 lakhs, having supported 5,500 patients to date.
- **Ration Distribution Programme:** Provides essential food kits to cancer-affected families, ensuring they do not battle hunger alongside illness.
- **Medical Aid:** Extended financial assistance to 35 patients facing urgent healthcare needs.

## Recognitions and Achievements

Tanisa Foundation's efforts have been recognized by esteemed institutions such as Rajiv Gandhi Cancer Institute & Research Centre and Max Hospital. It has been featured in leading media outlets including DD Doordarshan, Pioneer, Big FM (92.7 FM), Humans of Bombay, and Times of India. In 2024, the foundation gained global recognition when Meenakshi Dhingra took the stage at the World Cancer Congress in Geneva, showcasing its impact on the global cancer care community.

## Looking Ahead: A Vision of Growth

Tanisa Foundation remains committed to expanding its reach, ensuring more individuals receive the care, support, and strength needed to face their battles with cancer. The journey continues, proving that one person's courage can create a legacy of hope for many.

## VISIONARY BENEFACTORS



### **GAIL (India) Ltd. - Fueling Hope Through Philanthropy**

GAIL (India) Limited has consistently demonstrated its commitment to social responsibility

through impactful contributions to community welfare. As part of its dedication to making a difference, GAIL has played a pivotal role in supporting cancer patients at RGCIRC.

By providing essential financial assistance, GAIL has enabled underprivileged patients to access advanced cancer treatments and comprehensive care, alleviating the financial burden on their families. This support reflects GAIL's unwavering commitment to giving back to society and fostering hope through compassionate initiatives.

GAIL's invaluable support strengthens RGCIRC's mission to provide world-class, affordable

cancer care, leaving a lasting impact on the lives of patients and their families.



### **Coal India Ltd. - Brightening Paths with Selfless Support**

Coal India Limited has consistently upheld its commitment to social welfare through meaningful contributions to community development. As part of its dedicated efforts, Coal India Limited has provided vital support to cancer patients at RGCIRC.

Through essential financial assistance, Coal India Limited has enabled underprivileged patients to receive advanced cancer treatments and quality care, easing the financial strain on their families. This initiative underscores Coal India Limited's steadfast dedication to giving back to society and improving lives through compassionate action.

Coal India Limited's support fortifies RGCIRC's mission of delivering world-class, affordable cancer care, creating a profound and lasting impact on the lives of patients and their loved ones.

## VISIONARY BENEFACTORS



### **Oil & Natural Gas Corporation Ltd. - Empowering Communities with Purpose**

Oil & Natural Gas Corporation Ltd. (ONGC), headquartered in New Delhi, stands as a beacon of corporate social responsibility (CSR) in India. As part of its CSR initiatives, ONGC has extended critical support to RGCIRC, contributing to the treatment and care of underprivileged cancer patients.

Through its generous funding, ONGC has enabled access to advanced, life-saving cancer care, alleviating the financial strain on patients and their families. This contribution highlights ONGC's dedication to fostering community well-being and improving healthcare accessibility.

ONGC's partnership with RGCIRC exemplifies its commitment to creating meaningful change, supporting the fight against cancer, and transforming lives with compassion and care.



### **Bharat Petroleum Corporation Ltd. - Nurturing Well-being Through Service**

Bharat Petroleum Corporation Ltd. (BPCL), based in Noida, U.P., has demonstrated its unwavering commitment to community welfare through its impactful CSR initiatives. As part of its dedication to making a difference, BPCL has significantly contributed to RGCIRC, providing essential support to underprivileged cancer patients.

BPCL's contributions have enabled access to advanced cancer treatments, offering a lifeline to patients and their families burdened by the challenges of this disease. This support reflects BPCL's core values of compassion and social responsibility, fostering hope and resilience in the fight against cancer.

Through its partnership with RGCIRC, BPCL continues to fuel positive change, ensuring that affordable and quality healthcare reaches those in need.

## VISIONARY BENEFACTORS



IndianOil

### **Indian Oil Corporation Ltd. – Transforming Lives with Heart**

Indian Oil Corporation Ltd. (IOCL), one of India's leading public sector companies, has consistently championed corporate social responsibility (CSR) initiatives. Through its CSR contributions, IOCL has significantly supported the welfare of cancer patients at RGCIRC.

By allocating substantial funds, IOCL has enabled underprivileged patients to access advanced, life-saving cancer treatments, alleviating the financial and emotional burdens faced by families. This partnership exemplifies IOCL's dedication to community well-being and its commitment to making world-class cancer care accessible to all.

IOCL's contributions reflect the true spirit of philanthropy, driving meaningful change and fostering hope for a healthier future.



### **EIL: A Proud Contributor to RGCIRC's Mission of Care**

At RGCIRC, every step toward advanced cancer care is fueled by dedicated contributors who believe in making a difference. Engineers India Limited (EIL) proudly stands as a valued contributor, supporting RGCIRC's mission to provide world-class cancer treatment, research, and education.

EIL, a leading engineering consultancy and technology-driven organization, has always been committed to corporate social responsibility, focusing on initiatives that impact lives positively. Through its partnership with RGCIRC, EIL contributes not just resources, but also hope, compassion, and a shared vision of a healthier future.

This collaboration reflects EIL's unwavering commitment to giving back to society, especially in critical areas like healthcare. Together with RGCIRC, EIL continues to make strides in enhancing patient care, supporting cutting-edge research, and fostering an environment where every patient's journey is met with the highest standards of excellence and empathy.

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# Banking on Hope: Advancing Cancer Research and Treatment

The establishment and development of biobanks represent a significant leap in modern medical science and healthcare. The RGCIRC biobank stands as a testament to this progress. For nearly a decade, it has been a cornerstone of scientific advancement, bridging the gap between laboratory discoveries and patient care. Initially, the biobank served as a straightforward repository of biological samples and clinical data, but over time, it has evolved into a cutting-edge resource for next-generation cancer research, reflecting the institute's unwavering commitment to improving healthcare outcomes.

Cancer remains one of the world's deadliest diseases, affecting millions and presenting complex challenges for researchers and clinicians. The RGCIRC Biobank was established to address the growing need for high-quality biospecimens essential for understanding cancer at its molecular core. Its mission is clear: to collect, store, and share biospecimens with researchers while upholding ethical integrity, quality control, and collaboration. Today, the biobank serves as a pivotal platform that bridges research and treatment.

What sets the RGCIRC Biobank apart is its state-of-the-art technology and infrastructure. Its facilities are equipped with advanced cryopreservation systems, ensuring specimens are stored under optimal conditions for long-term use. DNA and RNA extraction technologies enable researchers to isolate critical genetic material for study. Rigorous quality



control measures ensure that every sample meets high standards required for advanced research. The team also prioritizes robust documentation, regular audits, and meticulous monitoring of storage conditions to maintain excellence.

## Ethics and Data Security: A Foundation of Trust

Ethics lie at the heart of the biobank's operations. Every sample is handled with utmost respect for donors' rights and privacy. The process begins with informed consent, ensuring that donors fully understand how their samples will be used. Strict data security measures safeguard sensitive information, and by adhering to international guidelines and local regulations, the biobank fosters trust among donors, researchers, and collaborators.

## Contributions to Groundbreaking Cancer Research

Over the years, the biobank has supported numerous groundbreaking projects in cancer research. One of its most notable contributions is to the Thousand Breast Cancer Genome Atlas, a project funded by the Council of Scientific and Industrial Research (CSIR). This initiative helps uncover genetic mutations and biomarkers

specific to Indian breast cancer patients, paving the way for more personalized treatment approaches. Another significant achievement is the ICMR-funded project to develop a molecular atlas for oral cavity cancers, which is particularly valuable given the high incidence of oral cancer in India.

The biobank's impact extends beyond large-scale projects. Startups and emerging technology companies collaborate with the biobank to access tumor tissues and cell cultures, facilitating preclinical and clinical studies that contribute to the development of new cancer therapies. Additionally, the biobank plays a critical role in epidemiological research, linking clinical data to biospecimens, providing researchers with valuable insights into cancer trends, risk factors, and treatment outcomes.

## AI and Digital Transformation: The Future of Biobanking

In 2021, the RGCIRC Biobank took a significant step forward by integrating artificial intelligence (AI) and machine learning (ML) technologies into its operations. These tools enable the biobank to analyze vast datasets, identify research trends, and uncover genetic links to cancer behavior. For instance, AI-driven insights have helped predict treatment responses and optimize precision medicine approaches.

With a collection of over 100,000 biosamples, the biobank has forged collaborations with international research institutions, sharing resources and expertise to accelerate advancements in cancer care. These partnerships are particularly valuable for improving

early diagnosis, refining risk assessments, and developing tailored therapies for Indian patients.

## Community Engagement and Education

Beyond its scientific impact, the biobank has actively engaged with the community through webinars, workshops, and masterclasses. These initiatives raise awareness about the importance of biobanking in medical research, increasing donor participation and strengthening the relationship between researchers, clinicians, and the wider public. By fostering transparency and goodwill, the biobank has built a solid foundation of trust that supports its long-term goals.

## Challenges and Strategies for Growth

Despite its achievements, the biobank faces several challenges. Securing sustainable funding remains a persistent concern, as maintaining advanced facilities and long-term operations requires significant financial resources. To address this, the biobank has diversified its funding sources and sought public-private partnerships. Standardization is another key



challenge, as consistent processes are critical for research reliability. To tackle this, the biobank ensures regular staff training, protocol updates, and adherence to global best practices. Additionally, advanced data protection measures have been implemented to address privacy concerns in today's digital age.

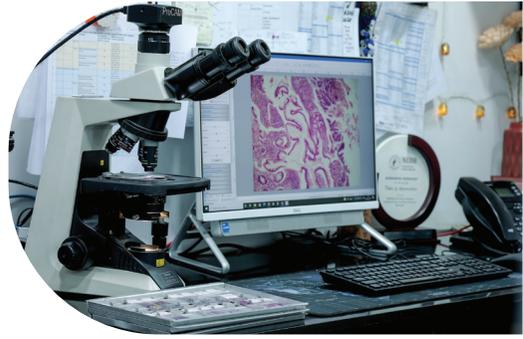
## Future Roadmap: Expanding Frontiers in Cancer Research

Looking ahead, the RGCIRC Biobank has ambitious plans for the future. One key area of focus is rare cancers, which often lack sufficient research attention. By expanding its



capabilities and collaborations, the biobank aims to bridge this gap.

**Dr. Juhi Tayal**  
Consultant Research &  
Lead Bio-repository  
RGCIRC



Furthermore, the integration of advanced technologies such as spatial transcriptomics and single-cell sequencing is expected to push the boundaries of cancer research even further.

## A Legacy of Hope and Innovation

The story of the RGCIRC Biobank is one of vision, innovation, and determination. Its success demonstrates what can be achieved when science, ethics, and collaboration come together. By transforming research into real-world solutions, the biobank offers hope to cancer patients, researchers, and the medical community. As it continues to grow and innovate, it remains a vital part of the fight against cancer, paving the way for a brighter future.

# GRACE: Supporting Children with Care, Love and Courage

Every year, over 300,000 children are diagnosed with cancer worldwide. In India alone, more than 50,000 new childhood cancer cases occur annually.

Coping with childhood cancer is an emotionally and financially



challenging experience for families. When treatment requires relocating to a new city with significant expenses, the burden becomes

even heavier. Hotels, rental apartments, or other lodging options can be prohibitively costly, especially for extended stays.

## The Need for Grace Home

The primary objective of Grace Home is to provide comfort, support, and hope to patients and their families during these difficult times.



Grace Home is a non-profit organization that has been offering temporary housing services and

support to cancer patients and their families since June 29, 2016. It is fully supported by Mr. Ganesh Krishnan, a father who experienced his child's battle with cancer. Having endured the countless hospital visits, the overwhelming stream of medical bills, and the uncertainty that comes with the disease, he understood the emotional and physical toll cancer takes on families.

Amidst the chaos of cancer treatment, Grace Home was born out of a desire to create a safe and supportive environment—a "home away from home." Located conveniently near the hospital, it ensures easy access to medical care.

### The facilities at Grace Home include:

- **Accommodation:** 16 clean, well-maintained, fully furnished rooms with en-suite bathrooms.
- **Common Areas:** Shared living spaces with comfortable seating options, a fully equipped kitchen with cooking facilities, and a dining area.
- **Essential Services:** Laundry facilities, cleaning services, secure entry, and 24/7 staffing.
- **Wellness and Recreation:** A large, well-maintained play area with books and toys for kids, exercise equipment, and space for yoga and physical activities. A playroom teacher supervises activities to help reduce stress and anxiety, promote emotional expression, encourage physical activity, and foster social connections.

Grace Home employs two support staff for guidance and supervision, along with a housekeeping staff member to



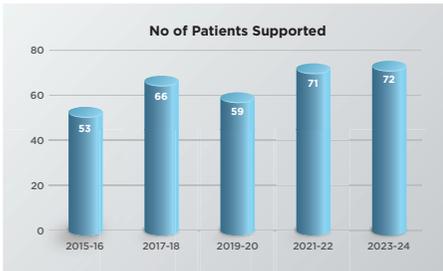
maintain cleanliness and ensure the space remains infection-free.

At Grace Home, we understand that cancer treatment can be a lonely and isolating experience. That's why we strive to build a supportive community where patients and families can connect with others facing similar challenges. Families from all walks of life come together here, united by the shared experience of navigating cancer.

### Facing the Pandemic

The COVID-19 pandemic brought unforeseen challenges to individuals and families worldwide. For cancer patients, the pandemic added an extra layer of complexity and stress to an already daunting journey. Patients traveling from different states and countries such as Nepal and Bangladesh faced immense difficulties finding a safe place to stay during treatment.

Despite these challenges, Grace Home continued to provide a safe and supportive environment to those in need.



Every year, Grace Home accommodates 28-30 families. Since its inception, it has supported 321 families from various Indian states and neighboring countries like Nepal and Bangladesh. Many of these families have successfully completed their treatment and are now doing well.

**Dr. Gauri Kapoor**  
Medical Director, RGCIRC,  
Nitibagh, New Delhi  
Director, Department of Pediatric  
Hematology Oncology, RGCIRC

The staff at Grace Home, with their friendly behavior and excellent facilities, have left a lasting impact on these families. Many former residents continue to visit and express their gratitude long after their treatment is over.

### Grace: A Place Where Memories Are Made

"We are from Nepal, and we don't have any relatives or friends in India. But at Grace, we found a new family that supported us during our difficult



time. We cooked, played, and danced together. We learned about new cultures and religions. Grace truly became our home away from home."

— A Cancer Survivor, Nepal

### Looking Ahead

Grace Home is a remarkable organization that has profoundly impacted the lives of countless cancer patients and their families. Our mission is to continue expanding support and facilities for patients and caregivers.

We firmly believe that no one should face cancer alone. Grace Home stands as a reminder that even in the darkest of times, there is always hope. Together, we can make a meaningful difference in the lives of cancer patients and their families.



# Palliative Care: Enhancing Quality of Life for Cancer Patients

Palliative care aims to prevent and relieve health-related suffering for adults, children, and families facing life-threatening illnesses. It enhances the quality of life, which not only positively influences the course of an illness but, when applied early, may even prolong life.

Palliative care is active, person-centered care delivered by a trained team that works diligently to address the “total needs” of patients and their caregivers. Beyond ensuring relief from physical pain and suffering, it emphasizes empathetic communication and psychosocial counseling.

## The Need for Palliative Care in People Living with Cancer

Cancer is a life-threatening disease that becomes difficult to cure once it has spread. Treatments often have toxic side effects, adding to the psychosocial and emotional trauma of those battling the disease. In India, financial toxicity compounds these challenges, as many families cannot cover expenses and often go into debt.

For these reasons, cancer patients and their families tend to experience a poor quality of life. Palliative care offers a path forward.

## Goals of Palliative Care

As a form of “total care,” palliative care requires an interdisciplinary team to deliver it. This team typically includes doctors, nurses, counselors, physiotherapists, dieticians, and social workers who work together to maintain the best possible quality of life for cancer patients.

Ideally, palliative care should be provided alongside cancer therapy,

beginning at diagnosis and gradually taking over as treatments fail and the end of life approaches.

For individuals with limited life expectancy whose cancer is deemed untreatable, hospice care (in-patient palliative care) is sometimes an option. However, most patients and families prefer care at home.



It is important to note that opting for palliative care does not mean abandoning hope. The goal is to ensure the best possible quality of life, allowing patients to live with maximum comfort and dignity until they pass away peacefully.

## Dimensions of Palliative Care

- **Physical Care:** As cancer progresses, patients may experience symptoms such as pain, weakness, swelling, fungating wounds, insomnia, fatigue, loss of appetite, nausea, vomiting, and difficulty breathing. The palliative care team focuses on relieving these symptoms.
- **Psychosocial Care:** Cancer patients often suffer from anxiety and depression. Specific counseling, self-help techniques, and appropriate medications, such as anxiolytics and antidepressants, are used to address these issues.

- **Spiritual Care:** As death approaches, trained counselors help patients explore and express their feelings, fulfill wishes, resolve misunderstandings, and say final goodbyes. This includes seeking and offering forgiveness and expressing gratitude.
- **Caregiver/Family Support:** Palliative care addresses the needs of family members, preparing them for the progression of their loved one's illness. The team encourages families to share their anxieties and fears, and grief counseling is available after the patient's death.

## Home vs. Hospital-Based Palliative Care

Most cancer patients prefer to spend their remaining days at home,



surrounded by loved ones in a familiar setting. Hospitals can feel isolating and intimidating. Home-based palliative care, delivered by trained professionals, is not only cost-effective but also spares patients from unnecessary and often futile treatments that compromise their quality of life.

## Cancer Pain Management

Pain management is a critical aspect of palliative care. The World Health Organization (WHO) recommends a

three-step ladder for pain management:

**For mild pain:** Non-opioid medications, e.g., paracetamol.

**For moderate pain:** Weak opioids, e.g., tramadol.

**For severe pain:** Strong opioids, e.g., oral morphine, often in combination with adjuvant co-analgesics.

In some cases, nerve blocks may also be used to manage pain effectively.

## Pain and Morphine

Opioids like oral morphine, either alone or combined with adjuvants, can alleviate about 80% of cancer pain. Administered by trained doctors, morphine is well-tolerated and effective. Misconceptions about addiction and respiratory depression remain challenges for palliative care teams, but evidence-based studies have shown that oral morphine significantly improves the quality of life, even in the final stages of life.

## Availability of Morphine in India

Although India is the largest producer of opium, only 2% of cancer patients requiring morphine receive it. The Narcotic Drugs and Psychotropic Substances (NDPS) Act of 1985 made it difficult for hospitals to procure, store, and dispense oral morphine.

However, with amendments to the NDPS Act in 2014 and subsequent Gazette Notifications in 2015, access to oral morphine is expected to improve. Recognized Medical Institutions (RMIs), including NGOs with a proven record in palliative care, can now procure morphine more easily.

**Harmala Gupta**  
 Founder-President  
 CanSupport

# The Power of Prevention: Transforming Cancer Care

Almost seven centuries ago, the Gujarati poet Narasimh Mehta sang: "Vaishnav jan to tene kahiye je, peer parayi jaane re"

You are called civilised when you recognise the pain of another.

Does concern only begin with a cancer diagnosis? Is ignorance truly bliss? Is it ethical to ignore the lack



of information about an impending disaster and wait for tragedy to strike before showing compassion and care?

When we started out in ICS, we were laughed at. "When a patient has a problem, they go to a doctor, not to you," they said. Very true, we responded, but it was we who encouraged people to know their bodies and recognise change when it came.

Awareness, prevention, and education allow individuals to be proactive rather than reactive. Awareness leading to prevention helps reduce health tragedies, especially in areas already lacking proper healthcare facilities. It dispels fear, erases stigma, and reduces inequalities. Most importantly, it lights up **HOPE**.

Awareness and preventive measures give individuals control over their health choices and a better understanding of treatment options. Information also helps caregivers navigate the many puzzling conundrums of the disease, hospital setups, and treatment modalities. Why is treatment so long and harsh? Why are follow-up visits necessary? Are prostheses only a cosmetic option? What late side effects can be expected from medication and medical procedures?

When **Dr. Jussawala** (Founder, ICS) asked for help in creating awareness about cancer among the public, he recognised that many hands and minds were needed to build a better environment for cancer care. The difference between life and death lies in early detection and timely treatment. Dr. Jussawala wanted this understanding to be in everyone's hands. And today, we have a mobile app—Rise Against Cancer—available in five languages, content written and spoken by doctors in the respective regions.

Awareness that **cancer is curable if detected early** is still lacking. The common belief persists that cancer is a death sentence. Awareness can change this perception, but proper **primary preventive screening is necessary**. ICS runs **Cancer Screening Centers**, and it has been suggested that we rename them **Health & Wellness Centers**. Yes, perhaps we can make that change—a rose, after all, smells as sweet!



## Ethics, the Tough Master

Ethics is a tough master—hard to define, harder still to practice. We constantly reflect on what it means and how far we must go. Can we, as a social organisation, dare to point fingers at the medical fraternity? Is it ethical for hospitals to make patients wait months for basic tests? Is it ethical to let expensive equipment sit unused due to lack of maintenance while patients languish in hospital corridors awaiting screening?

Our understanding of ethics is simple—it is ethical to act in the best interest of the patient. As volunteers, it is our duty to disseminate accurate and validated knowledge about cancer so that



patients and their families can make informed decisions while understanding their rights.

## Empathy, the Unsung Virtue

Empathy is a softer skill. The need for it starts early—we cannot afford to wait until the thunderbolt of cancer strikes. We recognise the many roadblocks to good health,

and by empowering individuals with knowledge, we show our care for their well-being.

Empathy is evident when dealing with a sick person. Doctors and medical professionals go to great lengths to understand a patient's needs. But what about the caregiver? The invisible patient, as one trainee put it. Does anyone acknowledge their pain, stress, and anxiety?

"They say you must walk in another's shoes to understand their needs. But how many remember to take off their own shoes before stepping into another's?"

Empathy is not sympathy. Sympathy distances us from suffering. Empathy connects us.

## Excellence, the Only Acceptable Standard

Excellence should be a cardinal principle in life. Can there be any excuse for anything less? Respect is earned through excellence. We expect excellence from our medical professionals. We seek empathy from them. As volunteers, can we offer anything less?

**The World Health Organization (WHO) estimates that 30–40% of all cancers are preventable. Another 30% are treatable, and the rest can be kept comfortable with empathetic care.**

**Cure where you can. Care where you cannot cure.**

### Jyotsna Govil

Chairperson  
Indian Cancer Society  
Delhi Branch

\*With inputs from Indra Jasuja & Kamna Taneja





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