



Vision

- To ensure that every childhood cancer survivor finds his/ her way to celebrate life after winning their battle with cancer.
- To facilitate their life's journey on the correct path & in the right direction.

Mission

- Empowerment of young survivors
- Helping children with cancer undergoing treatment
- Social awareness and re-bonding with society

Donations are eligible for Income Tax benefits under section 80G of the Income Tax Act, 1961

Contact

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Trustee In-charge – Cancer Survivorship

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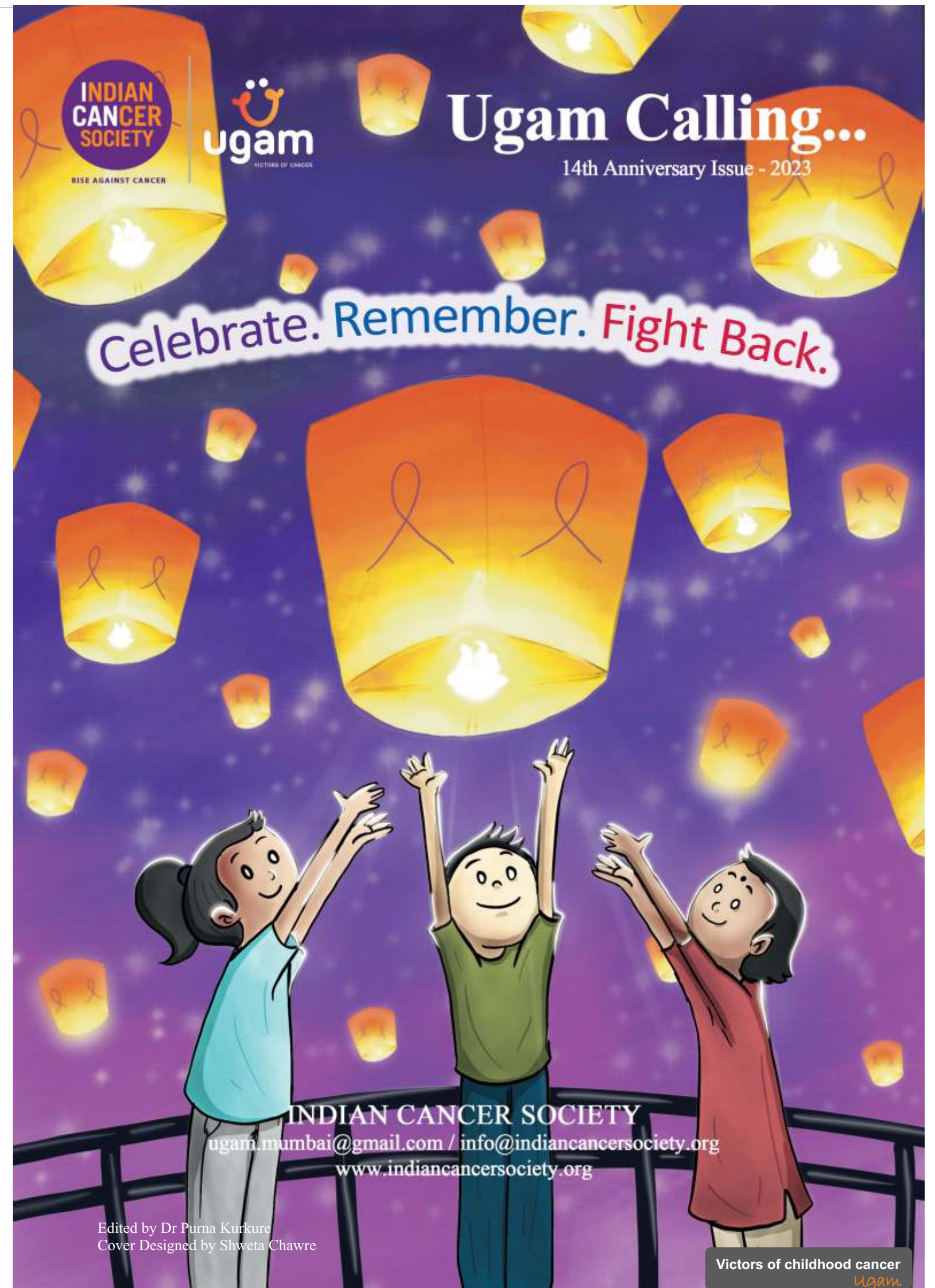
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UGAM 13th Anniversary 2023



Organizing Committee UGAM Anniversary 2023

Organizing Chairperson: Dr. Purna Kurkure

Organizing Secretary: Dr. Vandana Dhamankar, Col. Abdul Khadar

Joint Secretary: Preeti Phad, Bhairavi Gawde

Newsletter Committee:

Narendra Shetty, Shweta Chawre,
Ekta Rawat, Arun Kumar Nadar

Cultural Committee:

Ms Savita Goswami, Aishwarya Nikale,
Sushant Bane

Registration Committee:

Gopesh Chilver, Priyanka Jadhav, Uzair Sheikh

Co-ordination Committee:

Nirav Chotalia, Tushar More,
Vanchinathan, Vivek Pandey

Workshop Committee:

Divya Rajkumar, Dr Asmaa Shaikh

Song of Hope -Main Ladh Lunga (Song by Amit Trivedi)

Motivational Video released by ICS. 135,281 views on YouTube

Link: <https://www.youtube.com/watch?v=kQbavhGhfkE>

- We sincerely thank the Yashwantrao Chavan Pratishthan for providing us with their Auditorium for our Anniversary celebration.
- We would like to thank all our well-wishers, friends, donors, and volunteers for their valuable service and Display House for their steadfast support in bringing out the newsletter.
- We sincerely thank Mrs Jimmy Kapur, UTI, Raymonds Ltd, Sangeet Niketan, Byju's for their continued support.
- We acknowledge the support of the Marketing, Administration, Survivorship, and Rehabilitation teams of ICS.

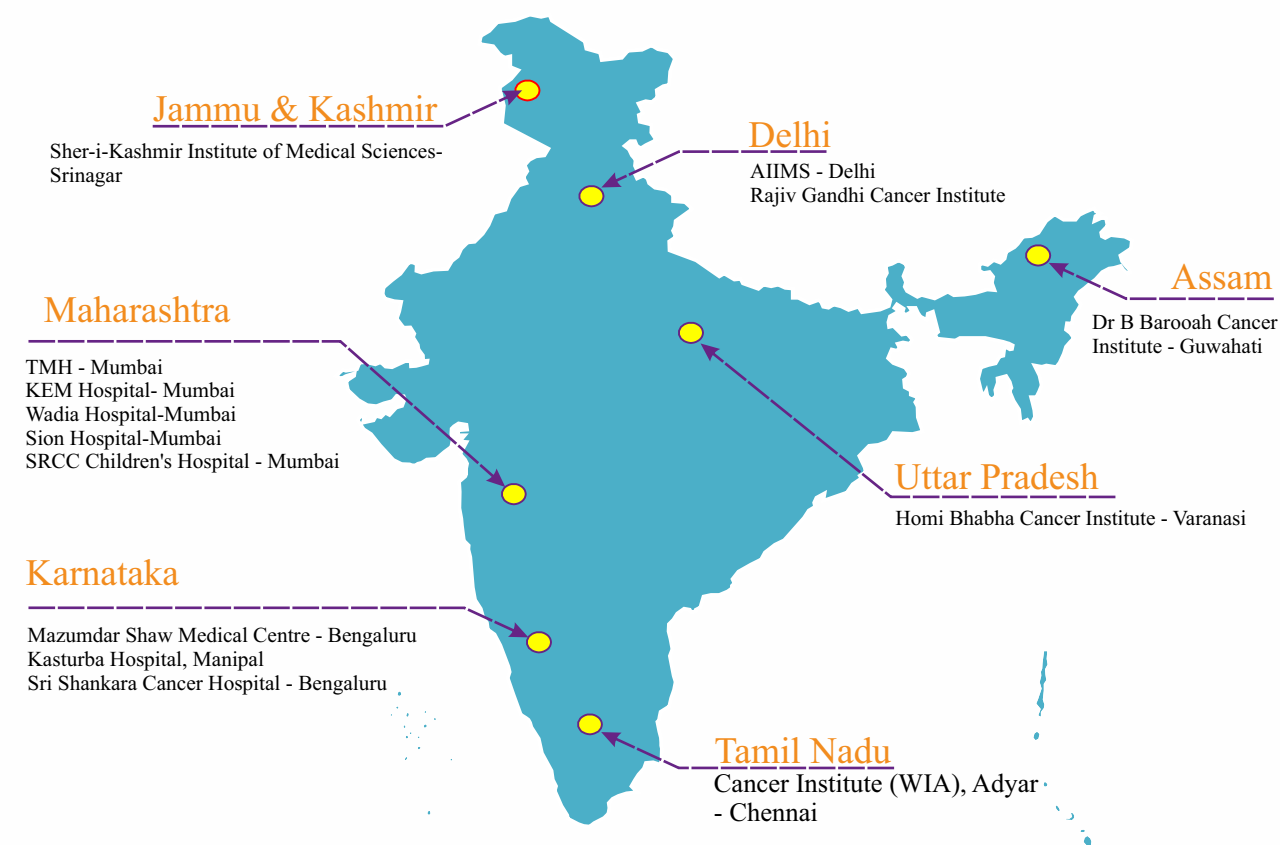


UGAM PROFILE

Indian Cancer Society was founded in 1951 by Dr D J Jussawala and Mr Naval Tata as India's first non-profit national organization for cancer. The activities of ICS encompass the entire continuum of cancer care - Cancer Awareness, Screening for early detection, Financial help for diagnosis and treatment of the underprivileged, Support groups, Rehabilitation of cancer survivors, Registry, Research and Education. UGAM is the Emotional Support group of childhood cancer survivors established by Indian Cancer Society. Ugam means "to Rise," underscoring the determination of the survivors to rise above all obstacles in life and become VICTORS. Ugam was launched in the first week of June 2009, on Cancer Survivors' Day which is celebrated across the world as a mark of Celebration of Life.

ACT (After Completion Treatment) Clinics in India

The UGAM Family of ACT (After Cancer Treatment) clinics are located in 14 hospitals across India.



WHAT WE DO?

- Create awareness about curability of childhood cancers.
- Help childhood cancer survivors to begin new life after cancer and make them aware that there can be and there is "normal life" after winning the battle with cancer.
- Promote the importance of monitoring the late effects of cancer therapies.
- Advocate against discrimination in society to cancer survivors.
- Highlight the need of public support for the cause of Childhood cancer survivors.
- UGAM meetings are held on the last Sunday of every month at ICS.



Message from **Dr Purna Kurkure**,
Convener, Ugam
Trustee In charge,
Cancer Survivorship
& Rehabilitation
Vertical
Indian Cancer
Society.
Senior Advisor,

Clinical Collegium Oncology Services
Narayana Health Group Head ,Division of
Pediatric Hemato- Oncology & BMT
SRCC Children's Hospital, Mumbai

Welcome to the 14th Anniversary of UGAM -
Celebration of Life!

Today, we have gathered at Yashwantrao Chavan Pratishtan Auditorium for the first time in the evening as we have created symbolic fusion of Ugam anniversary celebration & Relay for life (RFL) which needs twilight for Luminaria. RFL is a community centred celebration which is based on three principles: celebrate, remember, and fight back and honours all those who are affected by cancer. We have adapted these principles as our theme for anniversary this year. RFL was established in the 1980s by the American Cancer Society. In recent years the concept has gone global and RFL events are now held in more than 20 countries around the world, where more than 4 million people take part and raise funds and create awareness to save lives from cancer. Ugam has been anchoring this activity in schools since April 2012 when first RFL was organised in Ecole Mondiale International school, Mumbai. Ugam with active & enthusiastic Mumbai based survivor membership of more than 400 have inspired survivors in the After Completion of Treatment (ACT) clinics across country under Project PICASSO (Partnership in Cancer Survivorship Optimization) to form Ugam chapters to nurture solidarity. UGAM is looking forward to taking the RFL movement across the country engaging members of Ugam chapters.

We are grateful to Yashwantrao Chavan Pratishtan for welcoming us to this beautiful

venue this year also, to join thousands of cancer survivors for an annual, treasured Celebration of Life that is held in hundreds of communities nationwide, and around the world, on **the first Sunday in June** which also **marks birthday of Ugam- Childhood Cancer Survivors Support Group** launched in 2009 under umbrella of Indian Cancer Society(ICS), a first & premier Not for Profit organisation in cancer space in India.

We will be holding workshop of representative stakeholders from all the ACT clinics under project PICASSO on 5th June 2023 at ICS to discuss current treatment guidelines for various late effects which childhood cancer survivors may come across in the lifetime to optimise utilisation of Late Effect Fund which is now operational. We acknowledge cooperation & hard work of our partners & generous financial support & involvement of corporate donors for creating this fund for childhood cancer survivors to improve their quality of life & create a societal impact. The time has arrived to concentrate on creating public awareness and advocacy for cancer survivorship & make inroad into curriculum of Oncology professional training, Psycho-Oncology training & also mass media training. These efforts will provide springboard for research in cancer survivorship in India.

"When we walk together, we are bigger than cancer"

HOW CAN YOU CONTRIBUTE

- Volunteer- Help in capacity building. Help find jobs for cancer survivors
- Advocacy- help in promoting the issues faced like denial of Insurance, refusal of jobs
- Financial assistance for educational program for survivors
- Financial assistance for the late effects of treatment



Dr Vandana Dhamankar
Deputy Director
General ,
Medical affairs
Director Survivorship
& Rehabilitation
Indian Cancer
Society

Congratulations to Ugam on completing fourteen years of it's inspiring journey!

Ugam has now encouraged and motivated many more survivors to come together and form support groups in different cities.

Ugam has been a role model in conceptualizing project PICASSO (Partnership in cancer survivorship optimization). The inspiration was taken from the experience of an existing ACT Clinic in paediatric disease management group, functional since 1991 at TMH. The support group - Ugam, which emerged was established in 2009 under the umbrella of ICS - Survivorship and Rehabilitation vertical.

ICS has developed project PICASSO as a holistic rehabilitation module to be implemented in partnership with paediatric cancer units. The objective is to facilitate the cancer institutes to start hospital based ACT (After Completion of therapy) Clinics for holistic (Medical and Psychosocial) care of survivors of childhood cancer to improve their quality of life and to decrease the lost to follow up cases

Update since inception

- ACT clinics in India - 14
- ACT Registered Cases - 2439
- ACT Follow-up cases - 2933
- Beneficiaries of Education & Vocational Fund - 357
- Approved reapplications for Education program - 553
- Total Amount Disbursed - **Rs 2,00,39,042**
- Career Counselling - 170
- Educational milestones - 76
- Ugam members - 456
- Byju's E-learning App - 300

ICS is grateful to donors for supporting the Survivorship & Rehabilitation Activities

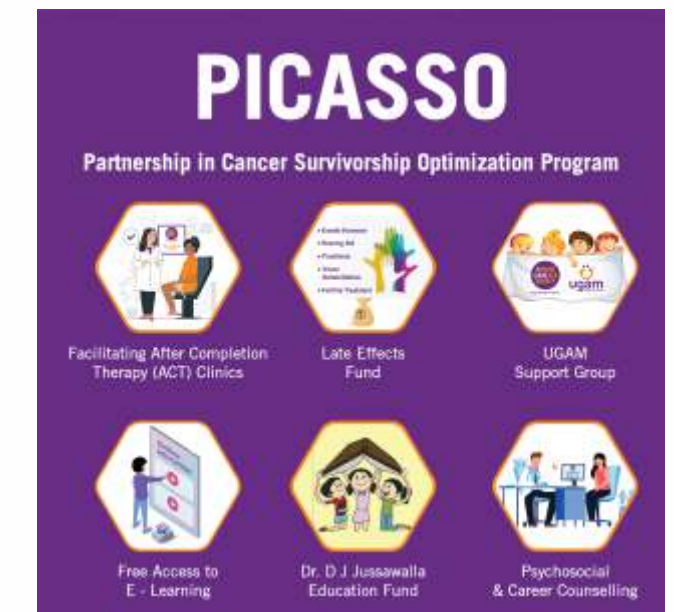
Bharat Petroleum Corporation Ltd (BPCL), HES Infra, WPP India Foundation, Navneet Foundation, UTI, Raymond, Geltec, Igarshi

Late effects fund started in 2022 - 37 cases
Total Amount Disbursed - **Rs 28,02,456**

In June 2022, the first National Workshop was conducted with survivors from the majority of ACT clinics on psychosocial and medical aspects of Survivorship care. We will continue to do this to educate survivors and other stakeholders on the late effects of cancer treatment.

We are thankful to our advisors for guiding us and approving the applications.

Partnership with Sangeet Niketan, is an initiative of ICS in association with the renowned music institute by Padmashri Shri Suresh Wadkar's AJVSN and Music Heals Foundation. A free course in Hindustani Classical Music and Sugam Sangeet of 1 year duration is offered to cancer patients and victors.



We still have a long way to go before the survivorship programme is recognised as an important component in the cancer care continuum, and ICS Ugam is determined to reach this goal.

Dr Savita Goswami
Clinical Psychologist
Tata Memorial Hospital,
Mumbai



प्रिय उगम ... सप्रेम नमस्कार, चौदहवीं वर्षगाँठ के अवसर पर बहुत बहुत बधाइयाँ।

हम सब के लिए उगम सिर्फ एक संगठन या संस्था नहीं बल्कि एक जज्बा है। हमें नाझ है हमारे सभी विजेताओं पर जो कैंसर पर मात करके आज अपने जीवन की बाकी चुनौतियों का सामना हिम्मत से कर रहे हैं। आपकी इन कोशिशों में आप अपने आप को अकेला न समझे, अगर आप उलझन में है या फिर किसी समस्या का सामना कर रहे हैं तो कृपया नीचे दिये गये विकल्पों की मदद लीजिए।

अपनी समस्या के बारे में चर्चा करे, अपने परिवार, दोस्त, उगम प्रतिनिधि, ए.सी.टी क्लीनिक साइकोलोजिस्ट तथा डॉक्टर से समस्या के बारे में चर्चा कर सकते हैं। हर प्रकार की समस्या (शारीरिक, पढाई-बौद्धिक, मानसिक, आर्थिक, लैंगिक, अन्य) के बारे में आप ए.सी.टी क्लीनिक में विचार -विमर्श कर सकते हैं। ढूँढने पर हर प्रॉब्लम का समाधान मिल सकता है इसलिए ए.सी.टी क्लीनिक के सर्पक मे रहे। समय से अपना फॉलोअप करते रहे।

आप खुद भी अपनी मदद के लिए बहुत कुछ कर सकते हैं। अपनी सेहत, तंदुरुस्ती और मन:शान्ति के लिए आप नीचे बताये गये तकनीक इस्तेमाल कर सकते हैं। नियमित रूप से व्यायाम करना सही, स्वच्छ और नियमित आहार लेना, मोबाइल, टेलीविजन का कम इस्तेमाल करके समय का सही उपयोग करना, गुस्से पर काबू करना और दूसरों का आदर करना।

छोटी छोटी जिम्मेदारियाँ उठाने की कोशिश करना क्योंकि उससे आत्मविश्वास बढ़ता है। आप में जो हुनर, कला या अच्छी आदतें है उसे बढ़ावा देना क्योंकि ये बातें आपकी खासियत बन सकती है। आखरी बात, आपकी रोजमर्रा की भागदौड़ में अपने अमूल्य जीवन को नजरअंदाज न करें। अपना खयाल रखे और जीवन का हरपल कीमती है इसलिए खुलकर जीने की कोशिश करें।

Ugam Community App

Preeti Phad
Asst Manager,
Survivorship and
Rehabilitation



On behalf of Ugam, it gives me great pleasure to announce the launch of a Community App for Ugam members. This App was conceptualised by Ugam members led by Arun Kumar Nadar and Ekta Rawat some years ago. The Almashine App was introduced to ICS by Pritam Sawant of the Marketing and Awareness team, and the project was given the final shape by Mr Chittaranjan Kajwadkar. This App will be an information source for Ugam members. They will be able to register on the App at a later stage. This will enable them to upload information about themselves, ask questions about issues concerning them, put forth their needs or requirements, and also interact with other members.

Chittaranjan Kajwadkar

Ex Head of IT at CCIL
Mumbai
National Managing
Committee member of
ICS



Almashine is an online platform which offers an integrated members management solution for ICS - Ugam office and Ugam members all over the country for strengthening their community, maintaining the database, enhancing engagement and managing contributions from members.

Education program Group Advisors Committee (GAC)

ICS Board of Trustees

- Mr Hari Mundra
- Mr M K Sharma
- Mr Naveen Kshatriya
- Mr Kewal Nohria
- Mr Gautam Chakravarti

· Col A Khadar - Deputy Director General - Operations & Admin , ICS

Late Effects Advisors

- Dr Puneet Rana Arora, Director CFAR Healthcare Pvt Ltd – Fertility treatment
- Nair Hospital, ENT Dept, Mumbai – Hearing Aids
- Dr Manish Agarwal, Consultant, Orthopaedic Oncologist, Hinduja Hospital– Orthopaedic issues
- Prof Dr Sudha Rao, Tata Hospital, Jupiter Hospital, Wadia Hospital - Hormonal issues
- Dr Himika Gupta, SRCC Children's Hospital - Neuro Rehab - Vision, Speech
- Dr Kanchan Dholam, Prof & Head, Dental & Prosthetic dept, TMH – Dental issues

Dr D J Jassawalla Fund Advisors

- Dr Purna Kurkure - Trustee In-charge, Survivorship & Rehabilitation Vertical, Convener, Ugam, ICS
- Mr K A Narayan - President - HRA Raymonds, Trustee ICS
- Mr Kishore / Ms Sarika - Social workers- Tata Memorial Hospital
- Neelima Dalvi - Social Worker, HBCH Varanasi
- Prof Asha Banu Soletti - CHMH, Dean – TISS
- Ms Shailaja Muley, Senior Teacher Counsellor

Advisors for psychosocial assessments

- Dr V Surendran, Head, Department of Psycho-Oncology and Resource Center for

Tobacco Control, Cancer Institute (WIA), Chennai

· Dr Savita Gowsami, Clinical Psychologist, Psychiatry Unit, Tata Memorial Hospital, Mumbai

· Dr Savita Sapra, Sr. Clinical Psychologist, Consultant clinical psychologist at the Centre for Health Research and Development, Society for Applied Studies, New Delhi

Ugam Art League

The first Art League for Ugam members was launched on 27th May 2023. This was held simultaenously at ICS - Mumbai, Cancer Institute - Adyar and Shri Shankara Cancer Hospital, Bengaluru. Members took part in Painting, Crafts, Singing, Dancing, and Modelling.

At ICS, more than 50 patients & survivors from Ugam, TMH hosp, Wadia Hosp, Sion Hosp and KEM hospital, Access Life and Impacct Foundation took part, cheered on by their parents and ICS - Ugam team. Participants were felicitated with certificates & winners with prizes.



ICS - Mumbai



Shankara Hosp, Bengaluru



CIA Adyaar

Events organised by Ugam

June - Childhood Cancer Survivors Month Ugam 13th Anniversary Celebration



Pramesh and other special invitees. All the participants were awarded certificates and felicitated for their outstanding achievements. The program ended with a vote of thanks by Col A Khadar.

We are truly appreciative of Mr Sai Teja, who made a Rs 10 lakh donation from HES Infra Ltd. We are thankful for his continued support of the survivorship programme at ICS. 500 people attended the program which included survivors and their family members. The program was telecast live on Youtube. We also received extensive Press coverage



Ugam celebrated its 13th anniversary on Sunday, June 5th at the YB Chavan Auditorium, Nariman Point, Mumbai. The action packed evening witnessed a gathering of young cancer survivors and a large number of guests. The theme of the day was to honour 'Rishtey' (relationships).

The program began with a prayer and dance performance by Anamika accompanied by others. Dr C S Pramesh, Director - Tata Memorial Hospital was the chief guest. In his speech, Dr Pramesh, praised and expressed high regard for the ground-breaking work of the support group. Around 100 participants graced the stage and regaled the audience, showcasing their talent in dancing, acting and modelling. The program continued with a forum amongst Ugam members called, 'Chai with UGAM', Baatein Bold and Bindaas - a unique series focusing on issues faced by survivors. Dr Savita Goswami moderated the discussion and the all-important topic of Romance was talked about, as well as the relevance of Ugam in their lives. All of them said that being part of the group makes them confident, brings out their individuality and has given them the opportunity to form strong bonds with fellow members.

After that, an announcement of educational fund disbursement and other courses conducted by ICS was made. The Annual Newsletter was then released by the Chief guests, Mr Raman Malik - G.M. Admin & CSR, BPCL and Dr C S

1st National Workshop on "How to start Ugam Chapter in your city"

The program continued on the next day, June 6. ICS-Ugam conducted a workshop which was attended by Doctors and Psychologists from our partner hospitals. The main topic of discussion was "How to start the Ugam Chapter in your City".

Other topics covered were - What is Ugam, Importance of medical follow up at ACT (late effects), Importance of psychosocial follow up at ACT, Significant Psychosocial Concerns of Paediatric & AYA Cancer Survivors, How to start Ugam Chapter in your city, ICS Services under ACT, Dr D J Scholarship, Late Effect Funding, Practical case discussions, Experience sharing & feedback by survivors.



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12th November - A new Chapter of ICS - Ugam "Smile" was launched at Cancer Institute (WIA), Chennai

This is an Informal voluntary support group formed with an objective to create new normalcy for paediatric cancer survivors. The survivor volunteers of ACT Clinic of the Medical Oncology Department were keen to start a support group taking inspiration from ICS - Ugam.



We are happy to announce that SRCC Children's Hospital in association with Indian Cancer Society and Ugam launched the After Completion of Therapy (ACT) Clinic for Childhood Cancer Survivors.



ICCD February 2023

On 5th February VJTI students and ICS - Ugam organised a Marathon run of 5, 7 and 10 kms to observe ICCD and World Cancer Day. The ICCD Campaign was titled "Better Survival is Achievable." The Marathon ended back on campus where a Tree of Life image was displayed with messages for Families and Caregivers.

ICCD was observed at St Jude's on Feb 15. Ugam members spoke to parents about the various aspects of their children's treatment and the importance of their post treatment care.

ICCD was marked at SRCC Children's Hospital on Feb 15. The children at the hospital did a dance performance with their parents in attendance.



VJTI Marathon



St Jude

St Jude, Cotton Green Centre (These Motivational Sessions are conducted regularly)

Ugam members conducted a Parents Support Group meeting at St Jude Centre. Several queries and doubts of anxious parents pertaining to cancer treatment & care post treatment were answered by Ugam members. Experience sharing and motivation was done with the children and their parents.

1. Important to complete the treatment
2. Regular follow-up after treatment
3. Parents' role during treatment and after treatment.
4. Misconceptions about Cancer
5. How to make yourself feel Positive and overcome difficult situations?
6. Can they live a normal life after treatment, how to face society?
(Lack of awareness about cure, Stigma)
7. Are there education & job opportunities for survivors?
8. Does it affect their marital life? Can they get married?

7

9. Can they conceive a child? Is it possible for CCS?

Feedback from Parents about the session

- Patient's Mother - The session gave me hope that my child can also live a normal life after fighting a disease like Cancer. The Ugam volunteers are an example for this.
- Patient's Father - The session brought me positivity and motivated thoughts among all parents for their children's treatment and hopes for a happy life ahead.
- Patient's Father - Talking to cancer Victors gives parents a sense of belief, happiness and hope for a better future for their kids.



September is Childhood Cancer Awareness Month symbolized by a Golden Ribbon



Art & Craft session at St Jude



Diya Decoration workshop at ICS

Ugam Monthly Meetings

The meetings are an integral part of the support group. All look forward to attending the gatherings, which give them an opportunity to interact with other members. These get-togethers are an occasion for them to be themselves and to be in the company of those they can identify with. They share a common journey, and similar concerns.

The group makes them feel better and hopeful, and removes the feeling of loneliness from their lives. It provides them a platform to talk about their thoughts and feelings and find solutions for their problems. They have to face issues such as financial, educational, family, and personal life, health, late effects, and the group can help them find answers for these concerns. Receiving support and being able to speak openly with fellow members, mentors, and psychologists helps them integrate into society and live a normal life.

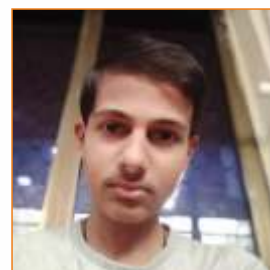
ICS provides opportunities for them to take part in various programmes and speak at conferences and other forums, which boosts their self-confidence.



Fond Remembrance



Aaboli Jadhav



Navedulla Khan



Shalaka Mane



Mayuresh Sogle

Ugam Participation at ICS Events

Tata Mumbai Marathon 2023



attitude of Victors. Ugam members and SIS Students played a cricket match which Ugam won!

Race of Hope 2023

Race of Hope is an Annual Fund Raising Event of the Indian Cancer Society at the Mahalaxmi Race Course. Ugam members participated in large numbers at the event which was held in March 2023. Our theme song was played for all to enjoy and sing along.



RELAY FOR LIFE



Relay for Life is a community based Awareness and Fund raising event conducted by Indian Cancer Society. Every year, more than 5000 RFL events take place in over 29 countries. We hold Relay For Life events in India in collaboration with American Cancer Society. Cancer touches so many people in our community. The Relay For Life movement presents a great opportunity to celebrate those who have battled cancer, remember loved ones lost, and take action to fight cancer in our individual capacities.

RELAY FOR LIFE at Singapore International School, Mumbai

Singapore International School organized RFL on 16th Feb 2023. The RFL celebration started with survivors walking around the track for the first lap, after which the students of the school joined in. Dr. Vandana addressed the gathering and informed them about the various activities of ICS. The school students as well as Ugam members showcased their talent in various dance and music performances. Ugam members shared their stories to highlight the Fight Back

Ugam participation at Seminars and Conferences

Seminar on Fight Cancer, Find the Cure
The seminar was organized by The WEEK magazine. ICS - Ugam was invited for a Panel discussion which was moderated by Dr. Vandana Dhamankar. The panelists were Dr. Maya Prasad, Dr Savita Goswami, Mrs Usha Banerji, Ms Nisha Agarwal and Preeti Phad.

The speakers talked about the importance of



having a childhood cancer survivors group, late side effects after treatment, the importance of follow-up, and psychosocial facilities for survivors. A survivor, Preeti, gave a motivational talk about the challenges she faced and how she was able to overcome those issues which touched the hearts of all present there.

TYAcac conference 2022

The 11th National Conference on Teenage & Young Adult Cancers was held at SAIMS, Indore. Dr Purna Kurkure was felicitated with a Lifetime Achievement Award for her contribution to Childhood Cancer Survivorship. Dr Savita Goswami moderated a session where Ugam members and survivors spoke about "My life, My freedom." The Support Group plays an important part in their lives, it helps them make



friends with others who have been through similar experiences in life.

The National Paediatric Oncology Nursing Conference

This conference was organized by Tata Memorial Hospital, Mumbai. Ugam members were invited as speakers, to share their "Experiences of a Survivor." Preeti and Ashwini spoke about their journey on this occasion.

Survivors of Testicular Cancer meet

4th Annual Survivor Meet of Testicular Cancer at Tata Hospital, where ICS was invited to share the role of a Multi disciplinary team and Holistic care approach for survivors through Survivorship and Rehabilitation team.



PHOCON and PHOSSCON at AIIMS, New Delhi

Dr Vandana Dhamnkar was invited as guest faculty for the Silver Jubilee of PHOCON. She gave a talk at the "Setting up of Survivorship Clinics" Workshop about the Integration of NGO Services into the Survivorship Plan.



Ugam members along with Dr. Vandana Dhamnkar, Ms Bhairavi Gawde and ICS psychologists Priya, Sadaf and Juhi participated at PHOSSCON.

Ugam Victors Stories

Hemant Pardeshi

Throughout my life, I have had many experiences or periods where I have



encountered several obstacles. From suffering from cancer to being financially broke to having my schoolmates run away from me in school to nearly taking my own life in order to "live". But I am not here to tell a sob story. I am here to tell the world that despite these setbacks, despite my flaws, and despite these hurdles, I am as strong as I have ever been.

And I will not let my past hold me back from creating my destiny. My cancer story began in 2005 with LCH (Langerhans Cell Histiocytosis), which was at an odd time in my life. I was walking through the halls of my childhood—the childhood that I have lost to cancer.

Now when I visit TMH for my ACT, the security guard always asks us, "Who is the patient?" and when I give the answer, they also get amazed. Cancer is defeatable, and I have defeated it. Currently, I have completed my engineering degree in information technology and am living a normal life working in a corporate environment. Everyone says a survivor is a superhero, but I want to admit that the credit should go to the doctors

and the family!

Smit Makhecha

At the age of 2 years, in 2002, something unexpected happened to me. It



started with some pain in my left hand, and at first, everyone took it lightly and considered it a temporary pain. But it didn't end there, and gradually, the pain increased. My family took me to the local hospital, where they also suggested it was normal pain. After the pain increased, we went to a new doctor, but we received the same answer. They just could not find the correct diagnosis. One doctor even suggested surgery, but it was not recommended for a small child. Finally, after performing various tests, my family doctor researched the reports and came to the conclusion that I was suffering from LCH (Langerhans cell histiocytosis), a type of cancer. That day was a disaster for my family. Who could even think that what was considered just pain could turn into cancer? My family was worried, but they never lost hope. From that day on, their mission was to find a doctor who was ready to accept the case of LCH.

I was taken to various doctors, but the answer

was always the same: "No". Then we went to Ahmedabad, where my family met with doctors, and one doctor finally agreed to treat me. That answer was like raindrops in a desert. My treatment started, which went on for 11 months, but no improvement was noticed. Then he referred us to TMH Mumbai. The city was new, and there were lots of new challenges waiting for us, but my family was all set and determined to win this battle at any cost.

My treatment started again, and I was recommended chemotherapy, but the injections were very expensive. With the help of many NGOs and foundations, my family managed to obtain them. It was like challenging the impossible. I started my pre-school education in the hospital. Everyone loses hair during chemotherapy, but I was lucky not to lose any, which surprised the doctors!

My treatment lasted for 4 years, and finally, in 2007, the doctors declared me cancer-free. The news made us all so happy. It was the victory of my family's constant belief and the doctors' hard work. The treatment might be painful, but the results will be positive. Have faith, and you will win half the battle.

In 2018, I reached out to ICS Ugam and gradually got in touch with other survivors like myself. Over time, Ugam became my second family, providing support in every aspect, including my education. Whenever someone from Ugam calls, it feels like a family member is reaching out. Ugam has given

us the opportunity to attend various cancer-related conferences, which has updated our knowledge and strengthened our belief that cancer is curable, backed by medical evidence. Ugam makes each and every patient and survivor feel special.

Now when I visit TMH for my ACT, the security guard always asks us, "Who is the patient?" and when I give the answer, they also get amazed. Cancer is defeatable, and I have defeated it. Currently, I have completed my engineering degree in information technology and am living a normal life working in a corporate environment. Everyone says a survivor is a superhero, but I want to admit that the credit should go to the doctors and the family!

Anand Singh

My name is Anand Gyan Prakash Singh, and I am 24 years old. I had retinoblastoma when I was 2 years old. I came to Tata Memorial Hospital in April 2000 with a referral from BHU Hospital. My treatment took two years, and Dr. Advani, who was my first doctor, gave my parents great moral support. My treatment continued with Dr. Banavli, and when my parents faced financial problems, I received support from the hospital for my treatment.

After the treatment, I am totally visually challenged. My future was a huge challenge for my parents. Then we met Saroj ma'am, the social



worker. She told my father to visit the Victoria Memorial School for the Blind for my admission. I had imagined I was the only visually challenged person in the world, but when I entered school, everything changed. I met many boys who were like me! In the first week, I was crying all the time because I was staying in the hostel away from my family.

I got used to it after a while, and then everything changed for the better! I completed my 10th grade with 74%, after which I took admission to Wilson College. I needed financial help towards my hostel fees, and for the last 2 years I got help from the Indian Cancer Society. I completed my 12th grade with 67% and graduated in Hindi literature with 60%. During lockdown, I completed my master's. First, I thought about appearing for the NET exams. But then I prepared for banking exams. I had a terrifying journey for the first 3 years. Then I cracked the IDBI bank exam. Now I am a customer service executive at IDBI Bank. Thank you so much to all the doctors and NGOs for supporting me throughout this journey.

Aadya Singh

My name is Aadya Singh, and I belong to the holy city of



Varanasi in Uttar Pradesh. I was first diagnosed with Ewing's sarcoma in 2016 and treated for about a year. I was maintaining and continuing my education. In 2019, when I was in 4th std, the

cancer came back. I was very young at the time and couldn't understand that I could possibly lose my life due to this. My mother was very upset and stressed, especially because she is a single mother and she had to face this all alone. She made me understand the gravity of the situation. We went to Tata Memorial Hospital in Mumbai for treatment. There I met with many doctor uncles, who were very supportive and caring. They always motivated me and made me understand that I would be fine after treatment and that I could live my life normally. I have undergone surgery and received chemotherapy. During chemotherapy, I became very weak, but all the doctors and staff, as well as my mother, took care of me. I also got financial help from the hospital, which helped my mother a lot.

During my treatment, my mother and I were both diagnosed with dengue. I was admitted to TMH, and my mother to another hospital. At that time, doctors looked after me and kept me happy in the absence of my mother. The radius of my right hand was removed, and after surgery I was transferred to Homi Bhabha Cancer Hospital, Varanasi. Here I resumed my treatment after almost a year. In 2020, my treatment was completed, and currently, I am on regular follow-up. I have continued my education, and with practice and physiotherapy, I have no problem writing or doing my chores.

After 2 years, in 2022, I met with the clinical psychologist, and she helped me register in the

"ACT Clinic" at HBCH. She also helped me receive an educational scholarship from ICS. I am now in the 8th grade and a bright student in my class. I also learn classical dance (Kathak). I aspire to be a doctor so that I can give others what I received at a very young age. Lastly, I want to say what my mother says -

"ज़िन्दगी से हारो नहीं, परिस्थिति से लड़ो और आगे बढ़ो."

Vijayarajan

My name is Vijay Rajan, and I am from a village in Trichy. My family is from a humble background. Cancer (pre-B Cell ALL) hit me at the age of 15, just when I completed my tenth grade and was about to start my higher secondary schooling. My treatment lasted for two and a half years, during which period I was unable to go to school. The self-motivation and confidence that I had about my health and the support from my parents gave me the strength to go through the cancer treatment. I resumed my schooling after treatment was completed with a strong will to pursue my education. I thank ICS for helping me continue my college education. Today I have completed my degree in commerce, and I am going to pursue management studies. I feel proud to be a cancer survivor, and I urge every cancer survivor to be strong, as every phase of life is temporary.



Atul Singh Rathod

I was only 3 years old when I was diagnosed with retinoblastoma, a rare form of eye cancer. My parents were devastated, but they didn't give up hope. They took me to the best doctors and hospital, and I underwent several surgeries and chemotherapy sessions. They were determined to fight the disease and help me live life to the fullest. Post-cancer life was unkind, but I had my faith intact to overcome it all. I started writing poetry to express my feelings and soon discovered that I even had a knack for it. I also started performing stand-up comedy to infuse humour into other people's lives. Despite all the challenges, I never lost sight of my dreams. I want to be an actor or writer, and I will work hard to make those dreams come true. After finishing my 10th board examination, I am interning in the communications and design department of a reputed organisation while I await my results. My journey hasn't been easy. Cancer took a significant toll not only on my physical health but also on my mental health. I have channelled my sufferings into art and found solace in writing poetry and doing stand-up comedy. I use my creative abilities to spread awareness about cancer and inspire other people to never give up hope.



Puneet Kumar

Like any normal 13-year-old kid, I was living my life carefree when I was hit by the awful disease of cancer (Hodgkin lymphoma). It took a complete toll on my family and affected us financially very deeply, as I come from a lower-income background. After undergoing several cycles of painful chemotherapy over a span of nine months, I finally became cancer-free, but with challenges—financial, social, and emotional. Post-treatment fatigue came to me easily and quickly, which hindered my ability to learn. Gradually, with the help of supportive treatment by doctors, I am healthy today and pursuing a bachelor's in technology in computer science from Dr. APJ Abdul Kalam University. I am currently in my 3rd year and hoping to secure a good placement in the upcoming semester. My father has always worked very hard in the agricultural sector, but with his depleting health, his finances were not enough to even dream of pursuing such a prestigious and expensive degree. I believe that God had better plans for me, so during one of the medical follow-ups at the hospital, I came across the Indian Cancer Society's Education Scholarship programme, which encouraged me to hope for achieving my dream. I



applied for and eventually secured the scholarship that is currently paving the way for my brighter future.

Hadiya

Ups and downs are part of life. My life too has gone through uncertainties, but the biggest among them is getting a deadly disease like cancer. I am Hadiya, and this is my journey from getting cancer to defeating it. At that time, I was in the sixth grade and twelve years old. When it was diagnosed as GCT, I hardly knew what it was. The only reason that I am alive today is early treatment, getting operated within a week, and getting chemotherapy and regular check-ups from a highly renowned hospital, SKIMS.



On my regular OPD check-ups, I met a person who played a vital role in my further studies, Ms. Sadaf, who registered me in the ACT clinic and told me about one of the initiatives of the Indian Cancer Society. Today I am pursuing my studies, and from that initiative I got enrolled in one of the leading educational apps, Byju's, for my IAS preparations. Today I am 18 and enjoying a happy and prosperous life. I am thankful to Allah and ICS for helping me join the Byju's coaching app.

Suraj Kunwar

My name is Suraj Kunwar, when I was 9 years old, I was diagnosed with Hodgkin's lymphoma. It was a shock to my family, and I was afraid of what was happening to me. But my parents and doctors assured me that everything would be okay, and thus began my journey towards recovery. The treatments were tough, and I spent a lot of time in the hospital. I lost some of my hair and felt weak and tired, but I never lost my positive attitude. I had always been interested in technology, and as I started to recover, I continued to explore my interest in it and spent hours reading about computers. I found solace in the world of computers, and it gave me a sense of purpose and hope.

As I got older, I worked hard to improve my programming skills. I did my graduation in electronics and electrical engineering, and I also took online courses to learn more about software engineering. Today, I am a successful software engineer, working on projects that help solve real-world problems. I feel grateful for my second chance at life, and I will always be grateful to the Indian Cancer Society and Ugam, which made this journey a little easier. My experience with cancer has made me stronger and more resilient. It taught me to never give up on my dreams and to always strive for success.



I hope my story inspires other young people who may be going through a tough time to never give up hope. Life may throw us curveballs, but it's important to stay positive and keep moving forward. Anything is possible with hard work and determination

Siddharth

Siddharth is a cancer survivor hailing from a rural village in southern Tamil Nadu. He was diagnosed with Acute Lymphoblastic Leukaemia when he was 5 years old. His family pursued his cancer treatment with hope and a positive outlook. The treatment was done over a period of two years. He continued his school education optimistically even after the cancer diagnosis without any setbacks in his academic performance.

He was determined to continue studying for higher education after school. His poor family background did not deter him from going to school and college. He completed his 12th grade and is now pursuing his 2nd year of B.Com. Because of his meritorious success, he has received academic scholarships for three consecutive years from the Indian Cancer Society to continue his education. He sets a wonderful example for other young cancer survivors with his consistent academic performance as well as his excellence in extracurricular activities.



Rajat Pandey

My name is Rajat Pandey, and I belong to Ramgarh village in Chandauli (UP). In

2019, I observed a lump in my testis, which I completely ignored as it didn't hurt at all. At that time, I was in 10th grade, and it grew over time, at which point I told my mother, and she informed the rest of our family. They took it seriously and took me to a private hospital in Varanasi. They recommended surgery, and post-surgery, the investigation report indicated that I have paratesticular cancer. My whole family was in shock; in fact, why wouldn't they be? After all, cancer is known as a deadly disease.

I was immediately taken to SS Hospital, BHU. From there, we came to Homi Bhabha Cancer Hospital, Varanasi, in August 2019. Here, I got the motivation and confidence to say, "I will be fine". I felt so much better after seeing how well the doctors treat patients. I also got financial help from the hospital. During chemotherapy, I faced many side effects like vomiting, diarrhoea, gum bleeding, etc., but the support I got from doctors and other staff helped me a lot to heal and fight the cancer.

I appeared for the 10th board exams, but I failed. I did not give up; being diagnosed with cancer hasn't stopped me from continuing my education.



After almost a year, in 2020, I completed my treatment. Then I reappeared and scored well (around 80%). After completing my treatment, I visit the hospital every 3 or 6 months for follow-up. Later that year, I was registered in the ACT clinic and met with the clinical psychologist in the hospital. She was very supportive and helped me immensely to deal with the issues that I was facing. I was comfortable with her and shared my problems with her. Currently, I have completed my 12th grade (Physics, Chemistry, and Biology) and scored good marks. I am also preparing for NEET-UG. I aspire to be a doctor and want to serve people like my doctors, who took care of me.

Jatin Goyal

I was diagnosed with acute lymphoblastic leukaemia when I was 4 years old. At that



time, I didn't even understand what had happened to me. I only remember that my parents were crying, as well as other family members. I was admitted to a hospital in my hometown, where I was operated on, but the operation was not done properly. I was then taken to Rajiv Gandhi Cancer Hospital, Delhi. I had another operation and more treatment. With the doctor's efforts and by the grace of God, I got a new birth.

I am thankful to RGCI and especially Dr. Gauri Kapoor, whose hard work made my life better.

Now, I am 27, and I have my own business—I run a stationery and gift item shop. Cancer has not stopped me from moving forward in life.

communications and design department of a reputed organisation while I await my results.

My journey hasn't been easy. Cancer took a significant toll not only on my physical health but also on my mental health. I have channelled my sufferings into art and found solace in writing poetry and doing stand-up comedy. I use my creative abilities to spread awareness about cancer and inspire other people to never give up hope.

Mohan



I am a first-year student of M. Pharma (Pharmaceutics: Drug Designing and Development) at the Institute of Pharmacy, Bundelkhand University, Jhansi, Uttar Pradesh. I intend to pursue a career in pharmacy, and I am working on my research goal on a novel drug delivery system for cancer (squamous cell type) to overcome the adverse drug reactions (ADRs) caused to patients by the use of chemotherapy. I have completed my graduation in pharmacy from I.T.S. College Pharmacy, Ghaziabad, securing 1st division with honours.

One of the reasons I wanted to learn about ways to overcome the side effects of chemotherapy and radiotherapy is because I am a cancer warrior

myself. For me, academics have played a major role in shaping my future goals and aspirations.

Through academics, I have developed many skills that are instrumental in helping me excel in my professional life.

I feel it is important that students find activities that enhance their educational experience even during their treatment phase. As a student, I have benefited from various opportunities the school has offered me. These include opportunities to participate in competitions, internship programmes, research programmes, etc., which have helped me discover my passion. I want to encourage all students undergoing treatment to pursue their interests and explore new opportunities that will allow them to reach their full potential.

Neeraj



I am a glioblastoma survivor. In 2015, my family and I were faced with a devastating diagnosis. I was extremely nervous and worried about my health. During my treatment, I started reading the Bhagvad Gita, which gave me solace and enlightened me on how to cope with the situation. The Gita is basically a conversation between Arjuna, who succumbs to dejection when he realizes he has to fight his kinsmen, and Lord Krishna, who helped him cope

with stress and dilemmas. The verses explain how Lord Krishna encourages Arjuna to develop and use positive coping skills, which are helpful for other survivors as well.

Just as Arjuna was distressed when facing his own kinsmen in the opposite army, I was very fearful and bewildered about death and losing my near and dear ones when facing cancer. I was not able to overcome my grief, and in those critical hours I turned towards the Gita, not as a book of religiosity but as a solution to my grief and problems, just as many great personalities like Gandhi and Einstein have done.

Carrying the teachings of Lord Krishna in my heart, I went through my surgery, which lasted for around 10 hours. There was a high probability of me going into a coma or having some permanent physical disability. I survived the surgery, chemotherapy, and radiation by the grace of God. Currently, I am an outreach coordinator at SAVE Society, giving sessions on leadership skills and guiding youth on the teachings of the Bhagavad Gita.

Shikha Jain

From a Patient to a Warrior: My Childhood Cancer Story



It was a pleasant September morning in 2006 when I went to a regional basketball tournament with my team. While playing, I became dizzy and was unable to continue the game. After that, began a series of consultations and diagnostic tests in my home town of Chhattisgarh, Delhi, and Mumbai. Finally, I was diagnosed with Ewing Sarcoma, Stage IV (PNET, left kidney). One day, I was playing basketball, and a few days later, I had advanced-stage cancer at the age of 15. My doctors explained that there were slim chances of my survival since the cancer had already spread across my body.

I took treatment at RGCI, Delhi, for a year (16 cycles of chemotherapy plus one major surgery—the removal of a kidney). Although chemo was working, it came with its own side effects like hair loss, oral ulcers, loss of appetite, nausea and vomiting, weaker immunity, etc. The repetitive insertion and removal of needles and cannulas blocked most of my potent veins, and thus even the veins in my leg ended up getting poked. Cancer treatment takes a toll on your physical and mental health. All I could do was keep myself calm and composed rather than focusing too much on the adversities. I continued my studies and schooling during my chemotherapy to keep myself occupied.

Undoubtedly, the patient has to face the worst, but everyone around the patient also has their own share of struggles. My family supported me a lot,

especially my grandmother, my father, and my bua, along with her family. I have faced the fact that there is still a taboo about telling everyone that I am a survivor. While completing my graduation, I would often overhear people talking about me, how I would not survive more than six months, and so on. Yes, it was hurtful and extremely depressing, but I didn't let these people or their opinions affect me. I was determined and very clear about what I wanted to do in life.

After my treatment, I questioned myself: "I lost so many things during the treatment, but what did I win?" The answer came from deep inside: I won back my life, the most precious thing. I read a book named "Shakti," authored by Rhonda Byrne, and after reading this book, I came to know about the essence of life. I learned that whatever you think, it gets attracted to you, and the same worked for me as well. And trust me, it did wonders for me. The incident that was supposed to be a tragedy turned out to be a blessing that changed my life for the better.

I had a virtual handshake with death. This experience has transformed me in a way I had never envisioned. It is a lifelong experience for me—one side full of fear, pain, and mental breakdown, and the other side inspiring me to give my best in every scenario of life.

After treatment, I got 88% in class 12. During graduation, I was in the top 5 of my batch at the university. I also received a gold medal in M.Sc.

chemistry. With the grace of Almighty God and the blessings of my elders, I cleared the State Public Service Commission (State PCS) Examination consecutively twice in both attempts with State Ranks 40 and 17, respectively. Currently, I am posted as an assistant director in the finance department of my state. I have cleared more than 10 different competitive examinations. I was selected for the post of chemist in the State Pollution Control Board by securing the 5th rank in my state.

I want to tell everyone to follow a healthy lifestyle, do regular physical activities, eat a balanced diet, avoid stress, and do yoga and meditation. There will definitely be many obstacles in the journey of life. But we have the power within us to cope with every situation in life; the need of the hour is just to recognise that power. This journey has taught me to appreciate even the smallest things in life and enjoy each and every moment it offers. A positive mindset makes all the difference, so always be positive and live your life well.

"Life changes beautifully in a very positive way if you allow it to."

Subheksha Biswajit Singh, 9



Shubheksha was three and a half years old in October 2017 when

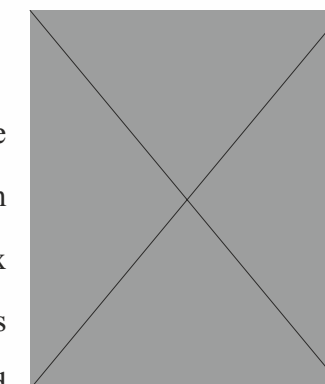
she was diagnosed with acute lymphoblastic leukaemia. We took her to RGCI, Delhi, for treatment. There, she became scared and traumatised because of the oxygen mask and cannula. Dr. Vaneet was the first person with whom she shared a smile. The next morning during the doctor's round, she was happy when the child life specialist gave her crayons and colouring sheets, which kept her busy and took attention away from the frightening surroundings in the hospital. With constant care and support provided by the paediatric team, my daughter was able to complete her intensive treatment in exactly 6 months without any extra admissions or supportive care.

Our lives turned upside down when she had a relapse in December 2020, and doctors advised a bone marrow transplant. It was really tough for us as parents and for Shubheksha as well. But this time it was art, craft, and dramatic skills that helped her cope with the pain and stress. One of the doctors suggested that we start her YouTube channel, "Drama Queen Shubheksha," to keep her motivated and combat the treatment. My

daughter, while being admitted to the BMT unit, would showcase her art and craft through the channel with her dancing and drama skills. Not only her YouTube channel but the whole department of paediatrics at RGCI has helped her face the toughest time of her life.

Susmita Biswajit Singh (mother)

Amish

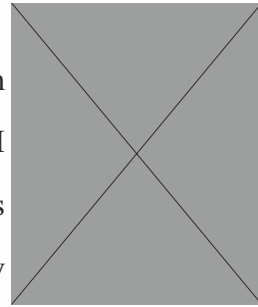


I was admitted to the SKIMS hospital in Srinagar for six months in 2015. I was only four years old when I was diagnosed with B-cell ALL and had to stay at the hospital for treatment. All the nurses and doctors treated me and all the other children like their own. I thank Dr. Faisal, Dr. Aijaz, and Dr. Gul Mohd for all that they have done for me.

The Indian Cancer Society helped me financially for the full treatment. After completing my treatment, Ms. Sadaf, the clinical psychologist, registered me in ACT and helped me with a scholarship from the Indian Cancer Society (DJ Fund) for education, and I am now able to continue my studies. My journey would have been much more difficult if the Indian Cancer Society had not helped me.

Aniya Makroo,

I am 15 years old, and an 8th std student. At the age of 11, I was diagnosed with Ewing's sarcoma. During my treatment, I got a highly positive approach from my doctors, especially Dr. Faisal Guru, Dr. Saqib, Dr. Gul Mohd, and Dt. Khushnuma, who all gave me a positive vibe to fight this deadly disease. After completing two years, Ms. Sadaf, a clinical psychologist, registered me in the ACT clinic, where I was given a scholarship (DJ Education Fund) from the Indian Cancer Society for my studies. Now I am able to continue my studies, and I am highly thankful to the Indian Cancer Society for their help. and determination



most courageous. He is fearless and is the epitome of bravery. Winning this battle needs a lot of patience, devotion and dedication to cooperate with the doctors, the "life-savers" and the people who are determined to make the patients' lives beautiful; to completely cure them from this life-damaging crisis. More than the patient, it is a battle of the caregivers, whose struggle is worth mentioning, as they spend sleepless nights taking care of the patient, and by every possible means, keep the patient happy and cheer them up, to make sure the patient doesn't have to face any difficulty by always being with them mentally and physically, be it in hospital or at home.

I would like to share my Cancer story with you. I was 10, when I was diagnosed with cancer. It was 2014, I was studying in sixth standard, normally attending school every day. All of a sudden, in January, I started to feel a pain in my right knee and day by day, the pain started to escalate and I was finding trouble walking, and then I started to limp. The girl who used to love to go to school every day, literally started crying in front of her parents saying "I won't go to school." My knee was slowly starting to swell and the pain was getting intolerable. As we live in Kolkata, my family immediately took me to the clinics and hospitals in Kolkata, where the doctors said the worst things one can hear in her life - "the foot has to be removed." My father took me to Tata Memorial Hospital, Mumbai. And since then,



Adrija Acharya

"Cancer" is nothing but a crisis in a person's life, more than just a disease. It does cure people, it does render man physically fit and healthy after the long term treatment he has to undergo; but at the same time it devastates a man emotionally and financially. Most of the time, it is seen that the sufferer loses self confidence and ends up questioning his/her own abilities which lowers his/her self-esteem. At the same time, Cancer is a strength. A man battling cancer is the strong and

Mumbai became the biggest life-changer for me. It became my second birthplace; my second home. I, along with my parents, arrived in Mumbai in April 2014.

After about 15 days of investigation, my treatment commenced. The Biopsy results showed that I was suffering from Osteosarcoma, but in its very early stages, by God's grace. The doctors decided on 8 cycles of chemotherapy, 4 cycles before surgery and 4 cycles after surgery. I took chemotherapy treatment in ACTREC, Mumbai. During the days of the first cycle, it was very hard to bear the pain, and the side effects of the drugs. Vomiting 24/7, appetite loss, hair loss, feelings of frustration and anger - I went through it all. Chemotherapy lasted for six months overall. Consuming fast foods, fish and meat or any processed food was completely restricted during the entire period of treatment. My mother worked so hard, making delicious dishes for me like aloo Paratha, Gobi Paratha and many more as the doctors had told my parents to feed me wholesome nutritional meals during those days.

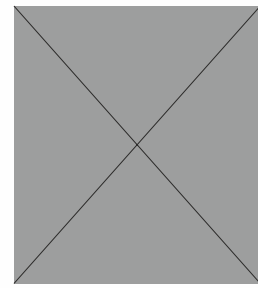
After the completion of the first 4 cycles of chemotherapy, I was admitted to the hospital for the surgery. The surgery was successfully conducted leading to the knee replacement with the insertion of a steel plate and rod. The doctors assured my parents that I will be able to walk normally again. Altogether, my treatment lasted for nine months. The physiotherapists showed me

some exercises which I had to do every day. Ultimately, we won the battle of "Cancer" and I was completely cured. Since the treatment got over, for the first three years, after that the duration changed to six months for the next three years and finally, for the last three years, I've been going there after every 1 year. Now, I can proudly say that "I am a survivor of Cancer". I'm a warrior. I'm completely fit & fine with no restrictions behind.

In 2021, when I had gone for the follow-up, I had to attend the ACT clinic, where the doctor investigated my treatment, my father's financial condition and regarding my education scholarships. When I visited there, they asked for all the requirements like the school certificates, and all the necessary documents. Till the month of March 2022, ICS paid my school fees, when I was in 11th standard. After I passed my CBSE class 12th with 81.5% marks, I am studying B.Sc (H)- Microbiology in Techno India University, West Bengal and Indian Cancer Society has helped me with the first and second semester fees being Rs.40,000 each. I am very grateful to ICS for lending a helping hand for my higher studies. Moreover, the purpose of me choosing this course is that I aim to be a Cancer researcher in "ACTREC, Advanced Centre for Treatment, Research and Education in Cancer", Mumbai in future and I am so very much thankful to ICS for helping me in the threshold of my successful career.

Praveen

Praveen, a childhood cancer survivor from Sri Shankara Cancer



Hospital and Research Centre (SSCHRC), was diagnosed with Medulloblastoma in 2016. His treatment was completed in 2017.

Five years post completion of treatment, he was started on Growth Hormone replacement therapy to effectively treat his late effect condition associated with short stature and poor growth velocity. The Indian Cancer Society, Mumbai, is funding his Late Effect therapy.

Praveen and his parents believe that this will allow him to have a comparable standard of life as his peers. His parents reported his inability to concentrate on schoolwork to the Psychologist at the ACT clinic. The psychologist advised both the child and the parents on auditory learning methods to help the child understand information more easily. His parents express gratitude for the assistance offered by ICS Mumbai and the SSCHRC staff for their assistance in improving their son's condition.

Payal Solanki

I was diagnosed with osteosarcoma (bone cancer) when I was 13 years old. I underwent 10 surgeries and 15 chemotherapy cycles. Post-surgery, my backbone shifted sideways, and my limbs became disproportionate. I have faced lots of ups and downs during my treatment, including many paralysis attacks. My family has been my biggest support system throughout. It has been five years since I went off therapy, and I will be celebrating my 19th birthday next month. I was crowned the first "Miss India: Cancer Warrior Beauty Pageant 2022". I am also a motivational speaker and run my own NGO, which works towards raising cancer awareness. I don't know when the world will become cancer-free, but I want to remove the fear of cancer from everyone's heart and mind.



Prakshi Vig



WE ALL HAVE THE STRENGTH

Let me take you on a roller coaster ride
My name is Prakshi, and I am the guide

Starting the ride from a heavy downfall
The ride surely went up and today
I am a gold medallist in basketball

From the phase of a bumpy ride to survive
The ride also went smooth and made me thrive

Ah! The heavy shake of the rollercoaster, brought to me cancer
And then took me to the top for me to receive the award of the Best
Dancer

On the ride I have experienced the toughest face
Surely it prepared me to win A Gold in Shuttle Run Race

Even when I fell low on the ride, I never forgot to pay gratitude
And with God's grace I achieved a Bronze
in the Olympiad of Reasoning and Aptitude
From the sound of my harsh cry of not seeing my future so far
To today winning The Voice of stage, with my friend, the guitar

The flashback of the ride when I consumed cancer tablets
Now shines bright on the girl
Who is declared amongst India's top ten poets

The people who thought I became weak after cancer, now wonder
By what magic today I have become an all rounder



Vikramjit S Kanwar MBBS, MBA, MRCP(UK)

Professor Emeritus Pediatrics - Albany Medical College, NY
Chief of Pediatric Oncology - Homi Bhabha Cancer Hospital, Varanasi, UP

Survivors of childhood cancer and their families have unique needs, and now that we are able to treat childhood cancer in India with improved survival rates, it has become increasingly important that all childhood survivors have access to these services. The Indian Cancer Society and UGAM have played a crucial role in helping establish survivorship programmes.

The original After Completion of Therapy (ACT) Clinic was set up in TMH Mumbai in 1991, and in the last decade, the Indian Cancer Society established Project PICASSO (Partnership in Cancer Survivorship Optimisation), which allowed such ACT clinics to be set up pan-India across another 10 cancer centres, including Homi Bhabha Cancer Hospital (HBCH) Varanasi.

HBCH Varanasi was only set up in 2018, but with the assistance of ICS, we were able to set up an ACT Clinic last year. We are rapidly accumulating a cohort of survivors, and despite the young age of the centre, we have enrolled over 100 patients. We have weekly follow-up clinics since survivors have unique healthcare needs that may include physical problems such as impairment in growth and development; cardiac, renal, or endocrine dysfunction; infertility; and premature ageing. In addition, psychosocial issues, post-traumatic stress disorder, and neurocognitive issues may affect academic progress and the normalcy of life, and the services of a dedicated psychologist for patient counselling, provided by ICS, have proven invaluable.



Dr Tejpal Gupta

Incharge - Brain Tumor Foundation of India
Professor - Radiation Oncology, Tata Memorial Centre, Mumbai

It is common knowledge that long-term survivors of childhood brain tumors face challenges on several fronts all of which require lifelong attention, evaluation, and medical care. It is being increasingly recognized that such survivors also suffer from poor scholastic performance (dropout and under-achievement), social deprivation (estrangement and isolation), and financial hardships (joblessness and dependency), all of which leads to decreased productivity and under-performance.

The Brain Tumor Foundation of India – a charitable organization at Tata Memorial Centre, Mumbai is pleased to partner with the Indian Cancer Society to provide comprehensive and holistic rehabilitative services to patients with brain tumors including long-term survivors. This partnership was celebrated at the BTF Annual Art Festival held on 5th February 2023 at Tata Memorial Hospital, Mumbai. We sincerely hope that we can continue to collaborate on various fronts to make our patients' journey easier, better, and happier.



Prof Dr Asha Banu Soletti

Centre for Health & Mental Health, School of Social Work
Tata Institute of Social Sciences, Mumbai

I have been associated with the Indian Cancer Society since 2018. What I admire about the Indian Cancer Society, is the team's commitment and continued support to cancer survivors. Through its several projects, ICS strives to enhance cancer survivors ; quality of life. While positive treatment and recovery outcomes are a promise, the consequences are very many ranging from physical, cognitive, financial, emotional, and social. ICS through its multidisciplinary team offers individualized attention and supports the children and caregivers in coping with these challenges.

As part of the Ugam team, I sit for the scrutiny of applications for financial support. While discussing every child, the team does not look at only offering financial support, but also the holistic engagement with each and every child is commendable. Every member is aware of the children, their details, the type of cancer, the treatment process, temporary and permanent side effects, and their family details. Truly through their efforts, they are touching many lives, and moving the children towards making their own success stories.

To all the childhood survivors of cancer, you have battled and crossed over the toughest phase of life, truly you are warriors. Now step forward to write your own success stories, which include fear, pain, and anxiety- to sensitise the world as well as to support other children on their way to treatment



Usha Banerji

Team Leader, St Judes for Life
St. Jude India ChildCare Centres

Congratulations to Ugam on yet another anniversary.

I have watched Ugam grow from its early days, and the bonding between the members is admirable. The motivation of the members to help other survivors walk the path provides a beacon of light during dark days for many.

Ugam members regularly interact with families staying at our St. Jude's Centres at Cotton Green and Kharghar. This has been a source of great assurance and inspiration to the parents of children under treatment and to the patients as well.

Our new vertical St. Judes for Life has also learned a lot from Ugam, and many of our Judians are supported for their education by the Dr. Jassawalla Education Fund. We look forward to ongoing collaboration and mutual support.

Keep shining, Ugamites! Your courage has seen you through many trials, and may your grit and determination keep you on the path to success always.

Achievements and Happy News



Dr Purna Kurkure
Lifetime Achievement Award at TYAcan 2022 in recognition of her contribution to childhood cancer survivorship



Dr Savita Goswami
Seva Award from V Care in recognition of her contribution to childhood cancer survivorship



Indumati D. Yadav
Pursuing Ph D in Chemistry
Won 2nd prize in International Conference in 2023
First research article published in 2023



Tanmay J Mandape
90% in 10th std - 2022
Pursuing Diploma in Electronics & Telecommunication Engineering



Adarsh Nandlal Gupta
82% in 10th std - 2022



Aairah Khan
Awards received in school
Most Obedient child-2021-22
Student of the year-2022-23



Mohd Rehan S Khan
Completed BSC Hospitality Management
Currently working as Commis Chef at The Oberoi, Mumbai

Achievements and Happy News



Immanuel Berlin & Deepa Immanuel

I am Immanuel Berlin and I am 39 years old. I was diagnosed with Hodgkin's lymphoma at the age of 8. I got married to Deepa on 9th November 2011 but we were not able to conceive for 11 years. In March 2022, we met Dr Jay Mehta and under his guidance I had a micro tesa procedure and on the 2nd IVF cycle my wife conceived. On 15th May 2023, by God's grace, we were blessed with a baby girl. My wife and I thank Dr Purna Kurkure, Dr Vandana Dhamankar, and Indian Cancer Society for the financial support given to us. We are now very happy with the long - awaited addition to our family.



Priyanka Jadhav

After winning the battle for Life, a new Chapter of Love begins!
I am Priyanka, passionately working as an Interior Designer for a decade. I never thought that after adding life to empty walls and room spaces, one day I will meet someone who will fill up my empty life with shades of love!
In the span of just a year, I have had the incredible fortune to meet someone who was just a friend then, and is now my biggest support. It is truly remarkable how love has found its way into our lives. I must say, after the clouds of pain, the Rains of everlasting Love wins!
With gratitude in our hearts and eyes, we are beginning a new chapter



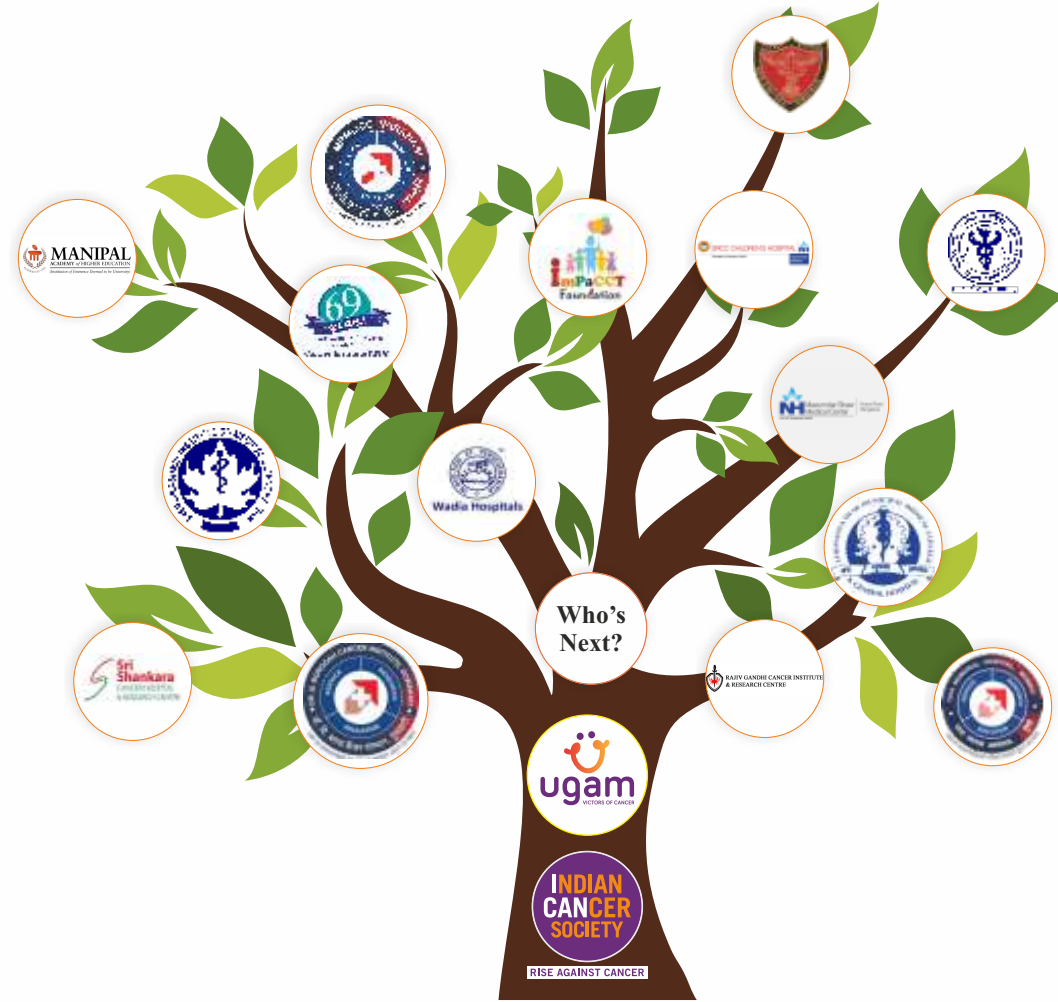
Shweta Chawre

We appreciate Shweta Chawre's creative support to Ugam and her ongoing contribution of 50% proceeds to Indian Cancer Society from the sale of the calendar she has designed.

We also acknowledge the financial donations made by Nagesh Naik, Narendra Baxi and his wife, Priya Dhodi to Indian Cancer Society



THE UGAM FAMILY



Ugam theme song... launched on 3rd June, 2012

चल दिए हम लेकर अपना कारवाँ
 लिखेंगे खुशियों से भरी एक दास्ताँ
 राहों के टेढ़े मेढ़े जो मोड़ हो
 टूटे ना इन हाथों के जो जोड़ हो
 जीवन की धुप में हम पले हैं
 काँटों के रास्तों पर चले हैं
 महकाए फूलों से ये चमन
 देखा जो दर्द को हम मिटा दें
 एक लौ से ये जहाँ जगमगा दें
 भरदे उमंगों से ये गगन
 हम हैं उगम हम उगम

जीवन की आशा को
 प्यार की भाषा से
 अब तो महकाना है
 खुशियों को लाना है
 बढ़ते ही जाना है.... उगम
 बिखरे उन सपनों को
 फिरसे उठाना है
 बढ़ते ही जाना है.... उगम

चल दिए हम लेकर अपना कारवाँ

Song written by Shashank Johri & Composed by Immanuel