



# NEWSLETTER

## JANUARY 2024

### 'FROM VISION TO REALITY'

#### 7 DECADES OF EMPOWERING LIVES & AND INSPIRING HOPE!

Shattering the stereotypes that confined patients to a fate sealed by a mere dose of morphine, to the metamorphic transformation to the present, is nothing short of an emotional odyssey at the Cancer Institute (WIA), Adyar.

Apart from Dr. Muthulakshmi Reddy, (India's First woman Medical Graduate) her son Dr. Krishnamurthi & Dr. Shanta, the institute functioned with 3 honorary medical officers, two auxiliary nurses and one assistant in the year 1955! The food for the patients were cooked at home as the institute couldn't afford a cook. Some fundamentals that were followed even during challenging times up until now are 'detailed and comprehensive case notes', 'biopsying of all tumors and the cytological study of smears' and 'Disciplined work, dress & behavior'. In 1928 Dr. Muthulakshmi publicly launched, for the first time in India, the move for the establishment of a separate Cancer Hospital in Madras. Wearing different hats became a frenzied way of life.

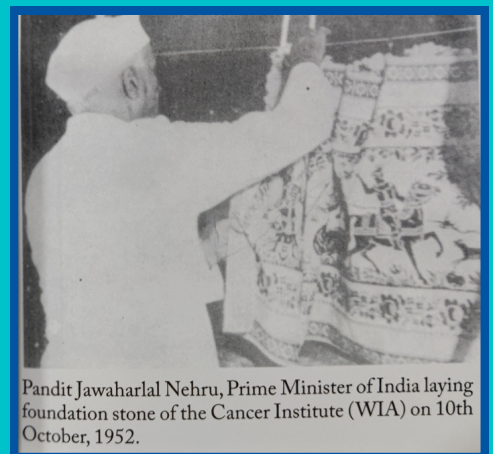
Several attempts later, after running from pillar to post, after the tireless perseverance of Dr. Muthulakshmi, a land along the eastern bank of the Buckingham Canal in the city district of Adyar was allotted by the Rajaji Ministry to the W.I.A Cancer Relief Fund. The beds were filling up with underprivileged patients, with just 12 bed strength, the numbers were rising up to 50s. The fire was on! Funds, manpower, space and equipment had to be mobilized. The team worked tirelessly without losing hope. In October 1955, a beam of light shone at the end of the tunnel. The Government of Madras allocated Rs.5 lakhs to the institute under the II Five year plan scheme as Rs.1 lakh to be released every year for the next 5 years! The next 24 wards were planned. Construction was underway. In January 1956 the financial ground was ripped off from under their feet at one stroke of somebody's pen as the first instalment was placed in abeyance. They were hurled into a financial wilderness!

Kindness and goodwill is like a boomerang people say and it indeed found its way back! Though a cottage with meager equipment, it was overflowing with patients. A few patrons (like Shri K. Kamaraj, Shri Rebala Lakshmi Narasa Reddy, Mr. W.J. Green to name a few) waved their magic wand and gifts of high value in the form of equipment started coming in. The financial wilderness blossomed into a beautiful garden after Shri. C Subramaniam entered the Governing body. By 1959 the bed strength rose to 102 and patient strength to over 140! Several road block cracked & crossed, Our Knight in shining armor Prime Minister Nehru sanctioned the gift of the magnificent Picker C, 5000 (\$ 81,000) unit in January 1961.



Sewagram type of huts where patients were housed. 1954.

Dr. Muthulakshmi Reddy with CM Kamaraj - 1958

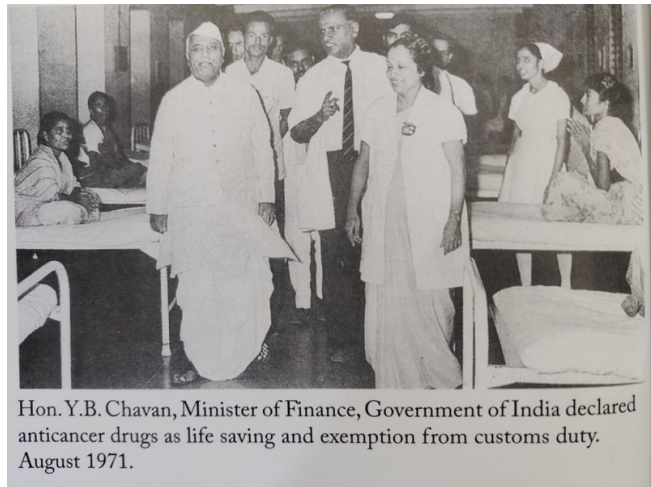


Pandit Jawaharlal Nehru, Prime Minister of India laying foundation stone of the Cancer Institute (WIA) on 10th October, 1952.

# 'FROM VISION TO REALITY'

## 7 DECADES OF EMPOWERING LIVES & AND INSPIRING HOPE!

**Life Saving Drugs:** In the middle of 1970 the first orders for many new anti cancer drugs went out to the USA. It was discovered that a nearly 100% customs duty had to be paid on these drugs. This was monstrous. The relentless Dr. Shanta pushed her way forward, and at the right opportunity presented her appeals in the form of bright little kids who were liberated from the gloomy painful beds of desperate illness to a new lease of vivacious happy health through her chemotherapy protocols. And then she made her plea for the import of anti-cancer drugs without a license and without customs duty! Hon. Chavan was not just an Union Minister but a veteran of the old Gandhian days. The orders were passed!



Hon. Y.B. Chavan, Minister of Finance, Government of India declared anticancer drugs as life saving and exemption from customs duty. August 1971.

**The Railway Concession:** In the early years 93% of cancer patients came in an unimaginably advanced state of their disease when nothing much but pain relief could be afforded to them. The most common excuse offered for this pitiful situation was that they couldn't afford the rail tickets. seizing a VIP's personal experience with cancer and the urgency of a follow-up, Dr. Krishnamurthi & Dr. Shanta once again managed to get a concession for Cancer Patients with the Ministry of Railways after numerous restrictions. Life was definitely not all sunshine and rainbows.

While in every other state their governments strenuously supported the cause of their cancer centres, TN Government strained every nerve to demote ours sadly due to lack of awareness. In the face of adversity, the resolve to forge ahead stayed unbroken.

**From its humble beginnings, Cancer Institute (WIA), Adyar, has transcended the challenges of its early days to emerge as a formidable institution, marking seven decades of exemplary service in the realm of cancer care. Founded during a time of limited resources and daunting hurdles, the institute weathered initial struggles through the sheer determination of its founders and staff. The commitment to providing accessible and compassionate care remained unwavering, laying the foundation for Cancer Institute's gradual ascent. Over the years, strategic expansions, technological advancements, and partnerships with both national and international organizations propelled its growth. The significance of the institute's 70 years of service lies not only in its physical expansion and technological prowess but in the countless lives it has touched. Our Institute has become a symbol of hope, resilience, and innovation, standing tall as a symbol of hope in the fight against cancer. The decades of service underscore a legacy of commitment to patients, advancements in medical science, and a broader mission to alleviate the burden of cancer on individuals and society.**

Each milestone reached was a testament to perseverance - The Institute was declared as the Regional Cancer Centre for the South in 1975; The Institute owned the First Linear Accelerator in India; The Institute established the First College of Oncological Sciences in India and THE EAGLE STARTED SPREADING ITS WINGS!



Dr. Karan Singh inaugurating the first linear Accelerator in India, a gift from DANIDA, 17th December 1976



Dr. Karan Singh (Minister for Health) declared the Cancer Institute a regional Centre for Cancer Treatment & Research in the Ministry of Health and Family Welfares

70 YEARS WITH HUMANITY AND IN WISDOM - SINCE 1954





Dr. Shanta left behind an enduring legacy of compassion, dedication, and groundbreaking contributions to the fight against cancer. On this day, January 19, we paid our tribute to a visionary leader whose life's work has had a profound impact on the lives of countless individuals.

Born on March 11th, 1927, Dr. Shanta dedicated over six decades of her life to the service of cancer patients, making significant strides in cancer research, treatment, and awareness. Her journey at the Cancer Institute began in 1955, and under her leadership, the institute evolved into a hub of excellence in cancer care, research, and education.

She worked tirelessly to bridge gaps in healthcare, ensuring that every patient received the best possible treatment regardless of their socio-economic background. Her emphasis on a holistic approach to cancer care, addressing both the medical and emotional aspects, set a benchmark for cancer care institutions.

One of Dr. Shanta's most remarkable qualities was her hands-on approach and genuine empathy for her patients. She wasn't merely a medical professional; she was a source of comfort and support for those battling cancer. Her tireless efforts in patient care and advocacy garnered widespread respect and admiration.

## THE LEGEND BEHIND THE LEGACY (1927 - 2021)

Throughout her illustrious career, Dr. Shanta received numerous accolades, including the prestigious Padma Shri and Padma Vibhushan awards. However, she remained humble, always placing the needs of her patients and the advancement of cancer research above personal recognition. On this day, we honor and remember Dr. Shanta, a true luminary in the field of oncology, whose legacy will endure as a source of inspiration for generations to come.



*A Blood Donation Camp was organized collaboratively by Chennai Yuva Blood Donors and Chennai Women Blood Donors Team. A total of 35 units of blood were collected, reflecting the community's strong commitment to supporting healthcare initiatives and contributing to the well-being of those in need.*





# "BALANCING THE BOOKS, FUELING THE MISSION: SPOTLIGHT ON FINANCE OPERATIONS"

## A DAY IN THE LIFE OF THE ACCOUNTS DEPARTMENT

In the heart of our Institute lies the Accounts Department, a dedicated team of 34 individuals ensuring the financial health of the institution. From managing funds to handling insurance claims, their tireless efforts form the backbone of the institute's operations.

### Cash Department:



Meet the unsung heroes of the institute – the Cash Department functions 24/7 to serve approximately 1.5 lakh patients annually. With a collection totaling a staggering 120 crores per year, they meticulously tally and deposit daily earnings. Their responsibilities extend to handling insurance claims, providing patients with treatment estimates, and managing various accounting schemes. From outpatient collections to corporate billing, they are the financial heartbeat of the institute.

### Accounts Department:

This powerhouse oversees a myriad of responsibilities, from handling purchase bills to processing payroll for 1100 employees. Managing projects funded by grants from the Government of India and TN Govt, they meticulously adhere to statutory compliances, ensuring timely deposits and filings. Reviewing agreements and preparing annual budgets, they play a crucial role in the institute's financial planning and sustainability.



### Finance Department:

Beyond numbers, the Finance Department is the steward of donations, meticulously accounting for contributions and coordinating with donors.

Their duties extend to managing investments, ensuring compliance with the FCRA Act, and maintaining the accounts of various departments within the institute. Their role is not just financial; it's about fostering a culture of giving and stewardship.

### CMCHIS Department:



The CMCHIS Department champions healthcare accessibility, handling pre-authorizations, claim filings, and coordination with insurance companies. Recognized as one of the Best Performing Hospitals under the Chief Minister's Health Insurance Scheme, they process nearly 800 claims monthly, covering various treatments. Their work goes beyond numbers, representing a commitment to providing quality healthcare for those in need.

In the complex world of healthcare financing, the Accounts Department at our Institute stands as a shining example of dedication and efficiency. Their tireless efforts, from the meticulous handling of finances to ensuring compliance with regulations, contribute significantly to the institute's mission of providing accessible and quality healthcare. As we celebrate the contributions of each department, let's recognize the integral role played by the Accounts Department in making our Institute a pillar of healthcare excellence.





# "BALANCING THE BOOKS, FUELING THE MISSION: SPOTLIGHT ON FINANCE OPERATIONS"

## A DAY IN THE LIFE OF THE ACCOUNTS DEPARTMENT



*In the intricate web of hospital management, two departments silently keep the wheels turning – Purchase and Stores. Let's uncover the story of their journey, resilience, and unwavering dedication.*

**BEHIND THE SCENES – THE UNSUNG HEROES OF PURCHASE AND STORES DEPARTMENTS!**



### The Birth of Purchase Department:

On August 22nd, 2022, the Purchase Department emerged as a distinct entity, spurred by the insights of internal audits and NABH reports. Led by the capable Ms. Srividya and Ms. Padma supported by a team of two, their responsibilities are vast and impactful. In the earlier days, accounts, stores, and purchase worked hand-in-hand, handling nearly 800-900 purchase orders each month, totaling around five crores. Their scope has expanded to include online orders and the distribution of stationery across the institute.

### Stores Department:

Under the leadership of Ms. Gayathri, the Stores Department stands as the lifeline for procurement and distribution. With eleven dedicated individuals, including sub-stores at Dr. S. Krishnamurthi campus operating 24\*7, they dispense medicines for nearly 1000 prescriptions, catering to about 250 patients per day.



From communication with vendors to managing weekly stock inventory, their responsibilities are diverse and critical.

### Collaboration and Communication:

Once purchase orders are initiated, the baton is passed to the Stores Department, handling communications with vendors and ensuring the seamless flow of supplies. Their responsibilities extend to procurement of drugs, chemicals, reagents, and more.

### Meeting Statutory Requirements:

The Stores Department is not just about procurement; it's a guardian of statutory compliance. From Drug License to licenses for Spirit, Narcotics, and Recognized Medical Institution, they navigate the regulatory landscape with finesse. The Mahaveer Ashray at Sriperumbudur also benefits from their meticulous adherence to distribution-related statutory requirements.

### The Human Touch:

Beyond the paperwork and statistics, the staff of these departments, just like the rest in the Institute, share a legacy with the late Chairman, Dr. V. Shanta. Their unwavering commitment has seen them through floods and pandemics, navigating challenges with resilience and fortitude.

As we marvel at the cutting-edge medical treatments and breakthroughs, it's essential to acknowledge the silent heroes ensuring the smooth functioning of the Institute. The Purchase and Stores Departments are the architects of operational efficiency. Let's applaud their dedication and tireless efforts that often go unseen but are undoubtedly indispensable.





# "TOWARDS A CURE: THE LATEST RESEARCH MILESTONES

As we embark on the momentous occasion of Cancer Institute (WIA) entering its 70th year of service, we take pride in reflecting upon the remarkable journey of the Department of Molecular Oncology. This transformative journey began in 1994 with foundational research and blossomed into an example of cutting-edge medical science, bridging the realms of basic and clinical research.

Under the visionary leadership of Dr. T. Rajkumar MD., DM., PhD., DSc., FAMS, the Department of Molecular Oncology emerged as a pioneering force in the realm of cancer research. In 2012, the department translated its research into tangible patient care with the establishment of the Molecular Diagnostic Unit (MDU), marking a significant milestone in our commitment to advancing healthcare.

MDU, the first laboratory at Cancer Institute (WIA) to receive NABL accreditation in 2014, stands as a testament to our unwavering dedication to quality and precision in molecular diagnostics. Initially, a small team of four, led by Dr. Samson Mani, spearheaded the genomics facility, with Ms. Meenakumari, Ms. Sangeetha, and Mr. Pitchai Muthu contributing to sample collection and testing.

The journey began with a focus on BCR-ABL translocation qualitative analysis and EWS-FLI translocation analysis. Over the years, MDU's scope expanded, adding BCR-ABL translocation quantitative analysis and Next-generation sequencing for breast cancer gene panels in 2014. These advancements empowered clinicians in treatment management, with a particular emphasis on identifying germline and somatic variants in hereditary breast and ovarian cancer.

Dr. Meenakumari, with her dedication and expertise, earned her Ph.D. during this transformative journey, accumulating 18 years of invaluable experience in genomics, genetic counseling, and cancer research. Ms. Sangeetha and Mr. Pitchai Muthu, stalwarts in their own right, brought a wealth of experience, contributing 12 and 20 years, respectively, to the MDU team. Adding to this formidable ensemble, Ms. Srividya Limkar, a Technologist with 5 years of experience, has seamlessly integrated into the MDU family.

Even during the unprecedented challenges posed by the pandemic in 2020, the MDU team continued to deliver essential services to our patients. Notably, Ms. Srividya Limkar earned special recognition from the Management for her unwavering commitment to patient care, ensuring uninterrupted testing services throughout the pandemic.

Novel State-of-the-art technology – Nanostring nCounter at the Department of Preventive Oncology (Research)

Nanostring nCounter – a technology that can detect multiplex gene expressions in a compassionate, precise, and reproducible manner is being used at the Department of Preventive Oncology Research. Nanostring nCounter Analysis system is a hybridization-based system that accurately and precisely detects multiplexed gene expression without any amplification by polymerase chain reaction and reverse transcription. The system is designed to overcome the limitations of the traditional methods of qPCR and microarrays. The digital counting technology allows high specificity and sensitivity so that low abundance transcripts can also be detected. Using this technology, the department has performed miRNA analysis on oral cancer, gene expression analysis to understand the tumour biology, copy number variation analysis to understand the variations in leukaemia samples. The clinically relevant testing offered on the Nanostring nCounter is the Breast Cancer 360 panel, a prognostication assay that enables clinicians to interpret the disease biology and helps in the recurrence prediction and helps elucidate novel breast cancer gene signatures.

Sample Processing	Digital Data Acquisition
	
<b>Set Up Prep Station</b> Place the strip tube into the automated nCounter Prep Station with reagents and consumables from the nCounter Master Kit.	<b>Set Up Digital Analyzer</b> Take the cartridge from the nCounter Prep Station and place it into the nCounter Digital Analyzer for direct digital counting.



QUANTSTUDIO 6K FLEX REAL-TIME PCR SYSTEM



ION CHEF AND ION GENSTUDIO S5 PLUS SYSTEM





## BEYOND THE DIAGNOSIS

### UNVEILING UPLIFTING TALES OF TRIUMPH FROM OUR PATIENTS"

#### Triumph over Lymphedema: A Journey of Hope and Healing!

Mrs. Kamatchi's inspiring journey through lymphedema management stands as a testament to the compassionate care provided by the institute.

Mrs. Kamatchi, a resilient 59-year-old woman, embarked on her journey with the Department of Physiotherapy following a complex medical history. Having undergone a Right-side breast excision in 2003 and subsequent diagnosis of malignant IDC-Grade 2, she sought further management at the Cancer Institute. Mrs. Kamatchi faced the aftermath of cancer treatments, including three cycles of chemotherapy and radiation therapy, leading to the development of marginal lymphedema in 2006. Over time, this lymphedema progressed, significantly impacting her quality of life.

#### Challenges Faced:

The consequences of gross lymphedema took a toll on Mrs. Kamatchi's emotional well-being and daily life. Struggling with depression, housebound, and feeling isolated due to body image issues, she sought refuge at the Department of Physiotherapy in the hope of finding relief. The journey to recovery commenced with a three-week Complete Decongestive Therapy (CDT) regimen, complemented by home care lymphedema measures. As her condition improved, she underwent a limb reduction procedure. Following the successful healing of the wound, Mrs. Kamatchi continued her therapeutic path with a two-week Manual Lymphatic Drainage (MLD) therapy. She was advised to wear compression stockings regularly to sustain the progress achieved through the treatment.



#### The Healing Process:

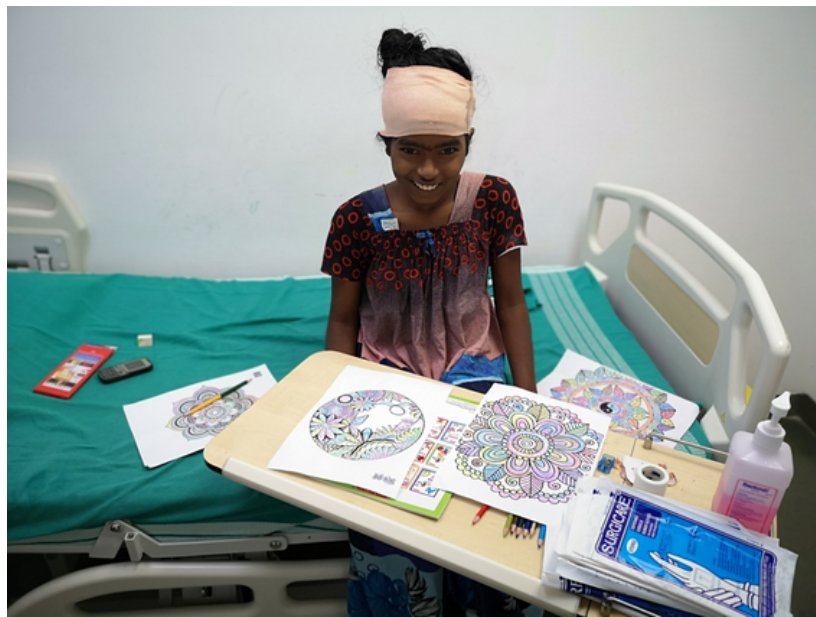
Under the guidance of Dr. Sridevi, Mrs. Kamatchi underwent a comprehensive lymphedema assessment and provided informed consent for her treatment plan.



#### Triumph Over Lymphedema:

Just one month after initiating the prescribed therapy, Mrs. Kamatchi experienced a remarkable reduction in her gross lymphedema, reaching a minimal level. Her journey with the Department of Physiotherapy had not only restored physical health but also rekindled hope and joy in her life. No longer confined to her home, Mrs. Kamatchi is now an active participant in her daily activities, enjoying the company of her family and grandchildren.

Through personalized care and innovative therapies, the institute continues to empower individuals to overcome the hurdles posed by cancer-related complications, reaffirming its position as a center of excellence in holistic cancer care.



#### From a teenage patient to an adult survivor!

Ranjitha started having headaches and blurring of vision in 2018, she was brought to Cancer Institute (WIA) where an MRI showed a large pineal region tumor compressing the upper brainstem. She underwent craniotomy and excision in March 2019. Her indomitable spirit shone through at the time when she joyfully was filling up coloring books in her post-operative period. In a few months' time she had recovered enough to be back at school and thankfully she did not require any additional treatment. In 2023 she was back at Cancer Institute (WIA), not as a patient but as a brain tumor survivor for an event about brain tumor awareness by brain tumor survivors. She was a living example that brain tumors can be overcome with appropriate treatment, strong will and a dash of color.



# ACADEMIC INSIGHTS

## OUR CAMPUS CHRONICLE

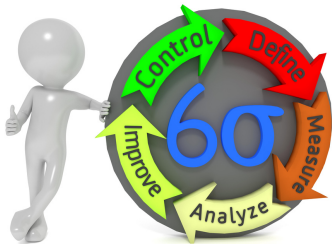
Enhancing Stoma Care: A Comprehensive Approach to **Patient Education and Support** at the Department of Stoma Clinic

The Stoma Clinic was established in October 2016 with the aim of filling the gap in dedicated stoma support services at the institute. The clinic's mission is to provide comprehensive preoperative care, postoperative stoma care, and guidance for maintaining a healthy lifestyle after discharge. Since its inception, the clinic has successfully implemented a range of activities and programs aimed at providing stoma counselling, care and education for both healthcare professionals and patients alike. Annually, the clinic handles a substantial caseload, including colostomy, ileostomy, urostomy, percutaneous nephrostomy, percutaneous transhepatic biliary drainage and enterocutaneous fistula. Additionally, the team engages in ongoing education, offering preoperative counseling, hosting patient support group meetings every 15 days, and conducting continuous nursing education sessions.



Successful Completion of **Lean Six Sigma Green Belt Certification Training (certified by the Council for Six Sigma Certification (CSSC))**-

The institute took a significant step, reinforcing our commitment to fostering continuous improvement, quality enhancement, and professional development among our staff. The Lean Six Sigma methodology combines the principles of Six Sigma, focused on reducing process variation and enhancing control, with Lean principles that aim to eliminate waste, non-value-added processes, and promote work standardization and flow. The training emphasized the DMAIC (Define, Measure, Analyze, Improve, and Control) model, providing a comprehensive understanding of the methodologies.



Handouts on AMR was given to patients & awareness was created and the institute implemented information, education & communication programmes for infection.

Training was conducted for Staff Nurses on Antimicrobial Resistance / Policy / Stewardship conducted on 23.11.22, around 80 Nurses attended





# TOGETHER WE THRIVE

## BUILDING A STRONGER COMMUNITY AGAINST CANCER



### Identifying Tobacco Smokers/Chewers in the Community - (Lung Cancer Screening)

The objective of this activity is to identify the tobacco smokers/chewers in the community aged above 45 years who use more than one pack a day, for lung cancer screening and provide cessation intervention. A total of 200 households have been surveyed so far in the communities and 16 tobacco users have been identified.



### Breast Cancer Awareness Month Program

In view of Breast Cancer Awareness Month, the institute organized breast cancer awareness for women in the Perumbakkam community on 31st October 2023. A total of 10 women from the community benefited through this program.

### Awareness to school and college students

The average age of initiating tobacco use in Tamil Nadu is 15.4 years. In order to curtail premature deaths and disease burden due to non-communicable diseases, Cancer Institute has been organising numerous awareness programs in various government and private educational institutions. The objective of school awareness is to prevent the initiation of tobacco usage among school and college students to create tobacco-free educational institutions in the communities.



### Awareness on NCD and Lifestyle modification

Cancer Institute (WIA), in collaboration with the Don Bosco Anbu Illam, conducted an awareness session on "Preventing NCD with lifestyle modification" for children at Perungudi (Kallukuttai), Chennai on September 27th, 2023. A total of 27 children benefited from this awareness program.





# MOMENTS THAT MATTER

## A LOOK BACK AT THE HIGHLIGHTS FROM OUR EVENTS

The **international brain tumor awareness week** is conducted every year in the first week of November. At **CANCER INSTITUTE [W.I.A]**, we have been conducting events involving survivors of brain tumors on this occasion since 2021. This year's event was held on 31.10.23, survivors of brain tumors and their care givers joined hands and held placards near the institute entrance to create awareness about brain tumors in the public. Subsequently they marched to the cancer awareness bus and viewed the information regarding brain tumors and its early signs. A magic show and press meet was conducted where the survivors of brain tumors spoke about their experience of undergoing treatment for brain tumors and the doctors explained the methods of early detection and timely management of brain tumors.



We celebrated the incredible minds and skills of anesthesiologists, who turn moments of anxiety into peaceful journeys toward healing. **The World Anesthesia day** was celebrated on the 16th of October 2023 at our institute.



### **World Physiotherapy day was celebrated on the 16th of September, 2023**

In commemoration of World Physiotherapy Day on September 8, 2023, the department hosted a special awareness program for 75 breast cancer patients and survivors, alongside their dedicated caregivers. The event, aimed at shedding light on breast cancer-related lymphedema, proved to be a resounding success, fostering an interactive and supportive environment throughout the session.

The survivors exhibited remarkable engagement, actively participating and sharing their experiences, contributing to the collective strength of our community. Their stories, resilience, and camaraderie exemplified the power of unity in overcoming challenges.

In support of lymphedema management, the department offers Complete Decongestive Therapy kits free of charge to general ward lymphedema patients. This endeavor seeks to provide essential tools and resources, promoting self-care and empowering patients in their journey toward recovery.



The Stoma Care team conducts various activities, such as colostomy and ileostomy care, irrigation procedures, fistula management, stoma site marking, discharge advice, and regular follow-up.

The clinic celebrated the **World Ostomy Day** in the first week of October, organizing a patient awareness program on October 27, 2023. During the event, old stoma patients actively participated in various activities, including drawing, creating slogans, and engaging in games. The participants shared valuable insights into their experiences, discussing lifestyle adjustments, self-stoma bag appliances, and daily activities. This celebration underscored the clinic's commitment to fostering a supportive community for individuals with stomas. The success of the Stoma Clinic lies not only in the numbers it serves but in its dedication to holistic patient care and education. By prioritizing patient support, continuous education, and community engagement, the clinic has become a model for comprehensive stoma care. The collaboration of Dr. A.S Ramakrishnan and the dynamic Stoma Care team, including Anbarasi, Bhavani, Jeyanthi, Sathyabala, Selvi Bhalakrishnan, Brindha, Devika, Thangamalar, Kalaivani, and Jasmine, showcases a collective effort toward enhancing stoma care and fostering a caring community for individuals with stomas.

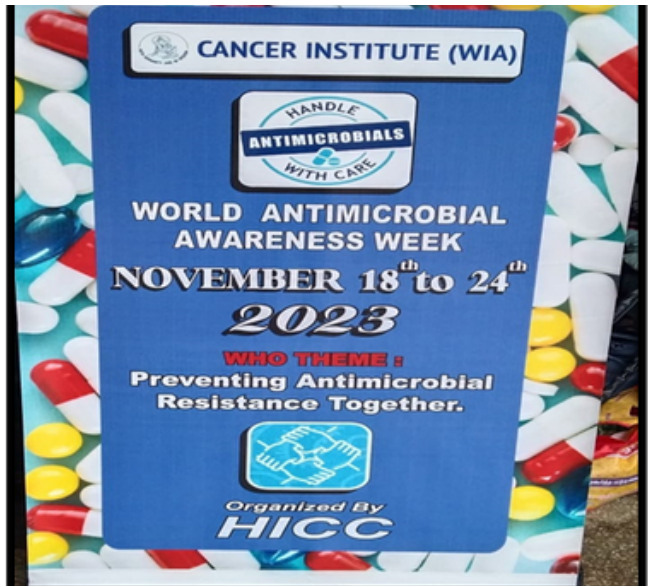




# MOMENTS THAT MATTER

## A LOOK BACK AT THE HIGHLIGHTS FROM OUR EVENTS

World Antimicrobial Awareness Week was observed in November from 18th to 24th, WHO theme for this year is "Preventing Antimicrobial Resistance Together"



ICNs and Nurses Collaborate to Raise Awareness on Antimicrobial Resistance. In a proactive effort to combat the growing threat of Antimicrobial Resistance (AMR), our dedicated team of Infection Control Nurses (ICNs) and nurses have joined forces to create informative charts for a lecture hall display. These visuals aim to educate both healthcare professionals and the general public on the critical importance of preventing AMR.

### AMR POSTERS FOR AWARENESS – CHARTS PREPARED BY ICNS & NURSES



National Cancer Awareness Day – November 7th, 2023

Cycle Rally:

On National Cancer Awareness Day, the Department of Psycho-Oncology and HCL Foundation organized a cancer awareness cycle rally from Cancer Institute (WIA), Canal Bank Road on 7th November 2023. Nearly 60 college students from various institutions around Chennai participated in the cycle rally and disseminated the awareness messages on cancer by holding placards and distributing IEC materials. The rally was flagged off by Thiru. Nelson, Asst. Commissioner of Police, Dr. Swaminathan, Associate Director, Cancer Institute (WIA), Chennai and Dr. Baskaran, Associate Professor & NCC coordinator, Nandhanam Arts & Science College, Chennai.



### Youth Ambassador for Cancer Control Club

Considering youth as the strong messenger of information on healthy lifestyle and tobacco control, Cancer Institute (WIA) has initiated the 'Youth Ambassador for Cancer Control (YACC) Club in colleges around Chennai city. Until now, 6 colleges have formed the YACC clubs with nearly 60 members. The members of this club receive awareness on NCD control, preventive lifestyle modifications and orientation on their roles as ambassadors to control cancer in the communities. These clubs then adopt certain vulnerable communities in Chennai and work extensively on cancer control programs in those areas.







# SAVE THE DATE

## EXCITING UPCOMING EVENTS AT CANCER INSTITUTE WIA ADYAR

**What to expect at YHM 2024?**  
 \* Expert Talk \* Traditional Model Food Court \* Exhibition Stalls  
 \* Competitions \* Cultural \* Interactive Workshops \* Symposiums

**இணைநூர் நல விழா-2024**  
 “வாழ்க்கையை நிகாண்டாடுங்கள்”  
**YOUTH HEALTH MELA-2024**  
 “CELEBRATE LIFE”

Join us for an enlightening journey focusing on vital aspects of youth health at  
**ANNA CENTENARY LIBRARY AUDITORIUM, CHENNAI**  
 15th -17th February 2024, Timing: 09.00 am to 07.00 pm

**Theme**  
 \* Substance Abuse \* Hygiene \* Diet & Nutrition  
 \* Physical Inactivity \* Environment

Event Secretariat: Cancer Institute (WIA), Adyar, Chennai.

Register Now: competitions and study guidelines at [www.cancerinstitutevia.in](http://www.cancerinstitutevia.in)  
 yhm.cancerinstitute@gmail.com  
 Call: 044-22351615

**All are invited!**  
**Entry Free!**  
 Participate and be a winner of exciting prizes!

### Join the Movement: Empowering Youth for a Healthier Tomorrow!

The mission is to engage, educate, and inspire young minds to embrace a healthier lifestyle through increased physical activity. Come & explore interactive displays and gain insights into NCD prevention and management. Listen to experts and thought leaders discuss the importance of physical activity and its impact on overall well-being. Participate in hands-on sessions designed to provide practical tips for incorporating fitness into daily routines. Showcase your talents and win exciting prizes while promoting health awareness.



### World Cancer Day:

In view of World Cancer Day 2024, the Department of Psycho-oncology is organizing a 'Cancer Awareness rally' with school students in Madurai and a 'Cancer Awareness Workshop' for the members of the Youth Ambassadors of Cancer Control Club in Cancer Institute, Chennai



### IN THE LIMELIGHT FOR THIS MONTH

In our ongoing commitment to providing exceptional care and support to our patients, Cancer Institute takes pride in introducing "Connect with Compassion," a specialized training initiative tailored for our dedicated outpatient facing staff.

The enthusiasm and dedication displayed during this initiative resonated with a level of soulfulness that goes beyond routine engagement. A few were identified whose every action, every contribution was infused with a genuine passion that mirrored the profound commitment we hold toward our institute and its mission.



**Anu. R**  
 Department of Tumour Registry (Social Investigator)



**Mughilan. R**  
 Department of Out-Patients (Patient Coordinator)



**Ramya. K**  
 Department of Onco-Pathology (Technician)



**Kavitha. T**  
 Department of Onco-Pathology (Technician Grade 1)

# PRIDE IN PRACTICE

## 70 YEARS OF UNRELENTLESS SERVICE

### TESTIMONIALS REFLECTING THE ESSENCE OF OUR INSTITUTE

A generous and commendable CSR initiative by **RBL**. Donating for the treatment of pediatric cancer patients, specifically focusing on girl children under 18 years with solid tumors, reflects a commitment to making a positive impact on the community. This kind of support can significantly contribute to the well-being and health of those in need.

It's important for companies to engage in social responsibility efforts that align with the needs of the society they operate in, and supporting healthcare initiatives, especially for vulnerable populations like pediatric cancer patients, is a meaningful way to do so.

#### **Donor's Testimony:**

"As a cause cancer requires focused intervention. Fundraising for the same takes intention and requires going the extra mile, Cancer Institute (WIA) Adyar, Chennai has been doing an amazing work diligently since its inception. RBL Bank has been associated since this year with the institute. The donor management staff at the hospital are driven with compassion and a verve towards the cause and it's a pleasure interacting with them. As the ever-evolving CSR space we are thankful for your support. It resonates with building donor loyalty through common intention."

**Kirthi Shetty**

**Head CSR**

**RBL Bank Limited**

I gratefully recall every visit to the Cancer Institute (WIA). 23 years ago where I was gently but firmly guided over five months through radiation and chemotherapy both of which had alarming side-effects. The doctors, support staff and admin were all extremely dignified and helpful. Through it all shone the energy and magnetism of the chairman herself, like a lamp burning brightly through the night : Dr. V Shanta's smile and starched saris continue to be the center of my emotional universe.

**Survivor**

**Anonymous**



**Heartfelt Appreciation to Our Exceptional Staff!**

"Embarking on my journey at the Cancer Institute (WIA) in July 1988 was a transformative experience that shaped my life. Starting as a young outpatient department counter staff, I was immediately struck by the dedication and hard work of the senior staff, who became a constant source of inspiration and encouragement.

As I navigated the early days of my career, I discovered that serving our patients - Guiding, counseling, and reassuring anxious patients in their moments of need went beyond a mere job—it evolved into a profound calling.

Over the 34 years of my service in the institute, has given me an immense sense of satisfaction and fulfillment. It became my life's mission. I am grateful for the invaluable experiences, the camaraderie, and the shared commitment to our patients that have defined my career at the Cancer Institute, making it a truly exalting journey."

**Bhuvanendrababu. R. B**

**PRO**

**Cancer Institute (WIA), Adyar**

I embarked on my journey with the Institute in 1985, joining as an Assistant Biochemist in the Biochemistry Department. The Biochemistry Department, where I proudly contribute, operates tirelessly 24/7, exemplifying our commitment to excellence.

From a facility with basic conveniences to an Institute standing shoulder to shoulder with leading corporate institutions, is a testament to the vision and dedication of our founders. Their unwavering leadership has played a pivotal role in elevating our institute to new heights.

Having dedicated 39 years of my life to this institution, my journey has been a remarkable one. Driven by the ethos instilled by Dr. Shanta and Dr. Krishnamurthi, I not only imbibed their teachings but also witnessed firsthand the profound impact our services have on society.

When Dr. Krishnamurthi interviewed me in 1985, I promised him stability and sincerity in my service. Today, I can proudly say that I have lived up to that promise. The invaluable life lessons I garnered from the founders and the institute - service, authenticity, and sincerity - have become my guiding principles, my life mantra.

As I reflect on my journey, I extend my heartfelt gratitude to the institute. I am privileged to continue serving the community with unwavering dedication and commitment. The institute and its visionary leaders have not only shaped my life but have also instilled in me a profound sense of purpose and service.

**Dr. R. Arivazhagan M.sc., Ph.D**

**Professor & Head**

**Department of Clinical Biochemistry**

**Cancer Institute (WIA), Adyar**

We extend our deepest gratitude to the remarkable members of our staff and the maintenance team who demonstrated unwavering dedication during the recent natural calamity, Cyclone Michaung. Your commitment to duty in the face of adversity is truly commendable. In the aftermath of the cyclone, your resilience and hard work have not gone unnoticed. Despite the challenges posed by this devastating event, you continued to fulfill your responsibilities with professionalism and a sense of duty that reflects the core values of our organization.

On behalf of the entire Institute, we express our sincere appreciation for your exceptional service. Your dedication has not only made a positive impact on our immediate surroundings but has also set an example for others to follow.



## FEEDBACK & MESSAGES TO :

**CANCER INSTITUTE (WIA)**  
**ADYAR, CHENNAI - 600 020, INDIA**  
**PH: 044 - 22209150**

**Website: <https://cancerinstitutewia.in>**  
**E-MAIL: [contact@cancerinstitutewia.org](mailto:contact@cancerinstitutewia.org)**



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They **hope** for a better tomorrow

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