



MAY 2025 | VOLUME 10 | ISSUE 99

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

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Dr. C.B. Koppiker was invited to deliver a talk organized by PRANA Homeopathy at COEP College, Pune.

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Ms. Laleh Busheri's article was featured in a special edition celebrating the 18th anniversary of Pune Mirror

Dr. Madhura Kulkarni (Translational Research Lead at PCCM-CTCR) was invited to deliver a talk at the Career Conclave organized by BVRTSE

IISER Pune Students Present Breakthrough Breast Cancer Research in Collaboration with PCCM-CTCR

CTCR's RT-PCR Phase III, Lecture VI titled, "Navigating the Complexities of Oncology Research: The Vital Role of Research Management and Coordination"

CTCR's RT-PCR Phase III, Lecture VII titled, "Translating Microbiomics in Oncology: Current Challenges and Future Potential"

ABOUT PCCM NEWSLETTER

PCCM Newsletter is our way of connecting with our patients and supporters. With the Newsletter we bring to you the latest updates of our activities at PCCM. Along with our continued efforts for the provision of state-of-the-art integrative care for our patients through Orchids Breast Health Care, we include updates from the research arm at PCCM, Centre for Translational Cancer Research (CTCR). CTCR an initiative between PCCM and IISER Pune is working towards addressing breast cancer research questions relevant to our society, as well as our capacity building initiatives International School of Oncoplasty in collaboration with University of East Anglia, UK and online learning platform BreastGlobal. Your support and encouragement is what keeps us going, be a part of our journey with the newsletter.

Prashanti Cancer Care Mission (PCCM) is a registered NGO established in 1995. It was born out of the unfulfilled desire of departed cancer patients, caregivers, doctors and the community basically to provide freeship to patients who either didn't start treatment or abandoned their treatment halfway due to lack of funds. Today this organization has grown to provide freeships in diagnostics, surgeries, chemotherapy, radiation, pharmacy and much more. It helps the patient and their families through the bewildering maze of challenges the disease brings to its wake.

Recognizing the need for holistic care, PCCM has further expanded its services to include free complementary support such as nutritional counseling, genetic counseling, and onco-psychology services.

This month alone, the following number of patients have benefitted from free complementary counseling services at PCCM:

- Nutrition Counseling 12 patients
- Genetic Counseling: 22 patients
- Onco-Psychology Counseling: 15 patients

Witness the profound impact of these services through the patient testimonials below:

Vanita Ramchandra Chavan

I am Vanita Chavan's daughter, and my mother is currently undergoing breast cancer treatment under the care of Dr. C. B. Koppiker. We had heard a lot about Dr. Koppiker's excellent reputation, and our experience has been exactly as described truly exceptional. Dr. Koppiker is calm, highly knowledgeable, and a complete professional. His OPD staff is equally supportive, kind, and efficient. The operation theatre is clean, well-equipped, and exudes a sense of calm. Being treated there felt like offering a prayer in a serene temple and that prayer was answered by Dr. Koppiker and his skilled team who ensured a successful surgery. We are truly grateful to everyone involved.

Thanks to all of you.



Unfiltered, real voices straight from the heart

Nishveen K

I had an excellent experience all through my treatment (chemo & surgery) with Dr. Kopiker and his staff. They are very kind and caring and have been taking utmost care all this while, answering all my queries regarding my ailment and treatment. I have felt very positive since my cancer diagnosis. Dr. Chetan Deshmukh is also very good. Thank you.

Vaishala Badne

I, came to Jehangir Hospital, Pune for a checkup. I have been under Dr. Kopikker's care for the past five months. He has a national and international reputation in his field. His guidance and the staff are very commendable. Therefore, I express my gratitude to all the staff, and especially to Dr. C. B. Kopikar

Neelam Vishwajit Rathod

Last 2 years ago I had detect breast cancer. Dr. C B Koppiker has given me very good guide line and consulting. I have undergone surgery and chemotherapy. In my difficult time while treatment all orchid staff along with Dr Koppiker Sir gave very good service, support to me which I feel and helps to heel me. I thanks to all staff and Dr Koppiker sir.

ISOS Hands-on Breast Oncoplasty Workshop April 2025 session was successfully conducted on 26th & 27th of April 2025, in Pune

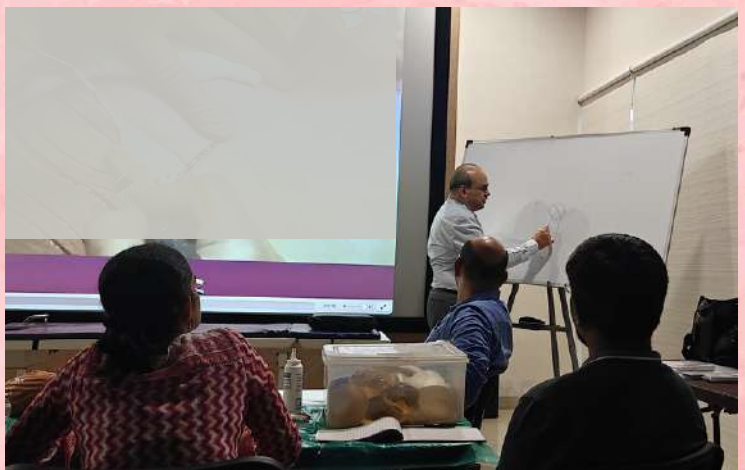
The ISOS Hands-on Workshop was successfully conducted on the 26th and 27th of April 2025. The workshop focused on "Essentials in Breast Surgery: Overview of Oncoplasty and Whole Breast Reconstruction (WBR) – Implant and Autologous Techniques."

The program commenced with an insightful lecture by Dr. Chaitanyanand B. Koppiker (India) on "Overview of Whole Breast Reconstruction: Techniques, Options, and Outcomes in the Indian Context, and Alternatives to ADMs."

The workshop also featured engaging lectures from an esteemed panel of national and international faculty, including: Dr. Vineet Pilania (Tata Memorial Hospital, India), Dr. Richard Rainsbury (UK), Dr. Ashutosh Kothari (UK), Dr. Sameer Phalke (Stand Life Sciences, India) & Dr. Alberto Rancati.

Key highlights of the workshop included: Hands-on Mark-up Sessions and a Prosthesis Workshop led by Dr. Chaitanyanand B. Koppiker, Practical application of lecture concepts, Hands-on experience in mark-up techniques, Deeper understanding of Oncoplastic surgery principles and Whole Breast Reconstruction techniques

The workshop was highly appreciated by the participants for its interactive format, practical focus, and the opportunity to learn directly from leading experts in the field.



Dr. C.B. Koppiker was invited to deliver a talk organized by PRANA Homeopathy at COEP College, Pune.

Dr. C.B. Koppiker was invited to deliver a talk organized by PRANA Homeopathy at COEP College, Pune, on the 12th of April 2025.

He presented on the topic "Granulomatous Mastitis: An Onco-Surgeon's Journey Through Integrated Care", sharing valuable insights from his clinical experience.

The session, organized for homoeopathic practitioners by PRANA Homeopathy under the leadership of Dr. Rajan Sankaran, was held to mark World Homeopathy Day. Dr. Koppiker's presentation was highly appreciated by the participants for its depth, relevance, and emphasis on the importance of integrated care.



2 Day International Seminar in Pune

5 Finger Method:
The most reliable tool in Homeopathy



SAT - SUN 12-13 April 2025



9 am to 5 pm



COEP College, Pune

PCCM's Hands on Bio-banking Workshop 'Essentials in Biobanking and Workflow' will be held from July 4th-6th 2025

Prashanti Cancer Care Mission's (PCCM) Hands-on Biobanking Workshop will be a hands-on training session designed to educate clinicians, researchers, and healthcare professionals about the essentials of biobanking in the context of cancer research. The workshop will provide an in-depth understanding of tumor biobanking practices, collection methods, storage protocols, and their significance in translational cancer research.

Dates: July 4th-6th 2025

Location: Pune

This workshop also serves as a practical component for PCCM's RT-PCR course.

Click here to register:

[REGISTER NOW](#)

Contact Dr. Madhura Kulkarni: 9172679320

Prashanti Cancer Care Mission
Reaching out with excellence

HANDS-ON BIOBANKING WORKSHOP

Organized by PCCM

ESSENTIALS IN BIOBANKING: ETHICS AND WORKFLOW

3 Day Workshop
JULY 4TH-6TH 2025

DAY-01

INTRODUCTION

- Best Practices for Ethical and Legal Compliance
- Roles, SOPs and Workflow

DAY-02

HANDS-ON PRACTICAL EXPERIENCE WITH BIOBANK SAMPLES

- Fresh Frozen
- FFPE

DAY-03

DATA MANAGEMENT

- Associated clinical data collection
- Data Curation

REGISTER NOW

The Biobanking Workshop at Prashanti Cancer Care Mission (PCCM) is a hands-on training session designed to educate clinicians, researchers, and healthcare professionals about the essentials of biobanking in the context of cancer research. The workshop will provide an in-depth understanding of tumor biobanking practices, collection methods, storage protocols, and their significance in translational cancer research.

Venue: Pune

[Twitter](https://twitter.com/prashanticccm) [Email](mailto:conference@prashanticccm.org) [LinkedIn](https://www.linkedin.com/company/prashanticccm) [Website](https://www.pccm.org)

conference@prashanticccm.org

Prashanti Cancer Care Mission
Reaching out with excellence

RAAJI WORLD'S FAVOURITE INDIAN BAAJ BESO

ISOS Announces 2025 Chapter of Hands-on Oncoplasty Workshop Focused on Essential Level 1 & 2 Oncoplasty Techniques

Following the successful completion of our four-part Hands-on Oncoplasty Workshop series, we are thrilled to announce the next chapter:
Essentials in Oncoplastic Techniques: Hands-on Oncoplasty Workshop Chapter 2025

Theme: Introduction to Oncoplasty with a Focus on Simple Level 1 and Level 2 Techniques

Dates: 23rd & 24th August 2025

Venue: International School of Oncoplastic Surgery (ISOS), Pune

Don't miss this opportunity to strengthen your skills with hands-on training in essential oncoplastic techniques!

For inquiries and registration: <https://forms.gle/ff3ErBZhNVmKwmv3A>

Contact Mr. Aditya Kamthe: 9665033955



INTERNATIONAL SCHOOL OF
ONCOPLASTIC SURGERY



ESSENTIALS IN ONCOPLASTIC TECHNIQUES

HANDS-ON ONCOPLASTY WORKSHOP 2025

CHAPTER

INTRODUCTION TO ONCOPLASTY: WITH FOCUS
ON SIMPLE ONCOPLASTY LEVEL-1 & LEVEL-2
TECHNIQUES

SAVE THE DATES

23rd- 24th AUGUST 2025

Scan Here to send enquiry



📞 9665033955 :
Program Coordinator

✉ obs.koppiker@gmail.com

🌐 www.breastoncoplasty.org

Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina April 2025 issue.

Dr. Koppiker's article on, 'A Step Ahead: The Role of Breast Cancer Risk Reduction Clinics' was featured in the April 2025 issue of the Femina Magazine

ASK THE EXPERT

Orchids
BREAST HEALTH
—Dr. Chaitanyanand B. Koppiker—
—Prashanti Cancer Care Mission—

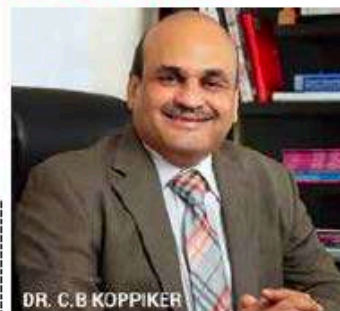


A STEP AHEAD: THE ROLE OF BREAST CANCER RISK REDUCTION CLINICS



Dr. Chaitanyanand B. Koppiker

Breast Cancer, Breast Oncoplastic and Reconstruction Surgeon
Medical Director, Orchids Breast Health in Association with
Jehangir Hospital and Prashanti Cancer Care Mission, Pune India



DR. C.B KOPPIKER

Early detection of breast cancer is crucial for effective treatment and better outcomes. Identifying breast cancer at an early stage in high-risk individuals will help improve survival rates significantly. Various risk factors for breast cancer have been identified including family history as well as lifestyle. Medical facilities in India are increasingly adopting advanced techniques for early diagnosis and prevention. Leading the way, Orchid Breast Health by Jehangir Hospital and Prashanti Cancer Care Mission has taken proactive step by establishing a Breast Cancer Preventive Clinic, for early detection and risk management.

WHAT IS A PREVENTIVE CLINIC OR BREAST CANCER RISK REDUCTION CLINIC?

A Breast cancer preventive clinic focuses on identifying individuals with high risk for breast cancer. The clinic includes risk assessment, counselling, lifestyle modifications and planning surveillance strategies for those at increased risk of breast cancer.

WHAT IS BREAST CANCER RISK ASSESSMENT?

Risk assessment helps predict an individual's likelihood of developing breast cancer. It is done using internationally recognized breast cancer risk assessment models such as Gail Model, BOADICEA model, Tyrer-Cuzick model. These models assess various risk factors to determine whether a person's risk is high or low, helping guide preventive measures and screening recommendations.

HOW IS BREAST CANCER RISK ASSESSED?

Breast cancer risk assessment involves

a 20-30 min evaluation, during which following information is collected:

Detailed personal history: Lifestyle habits, Medical History- Past illnesses, previous diagnoses of any breast related conditions and reproductive history
Family History of Cancer- Any close relative with breast or some related cancers

WHAT ARE THE NON-MODIFIABLE RISK FACTORS FOR BREAST CANCER?

Non- Modifiable breast cancer risk factors include:

Genetics- Inherited gene mutation (BRCA1, BRCA2)
Age- The risk increases with age, especially after 50
Family History- Having close relatives with cancer

WHAT ARE THE MODIFIABLE RISK FACTORS FOR BREAST CANCER?

Modifiable risk factors includes the risk factors that can be controlled such as diet, lifestyle habits & exercise.

WHAT KIND OF RECOMMENDATIONS CAN BE EXPECTED AFTER THE RISK ASSESSMENT?

Based on the assessment results, further investigations or preventive steps may be suggested that includes mammograms or Ultrasonography, Breast MRI, Genetic Referral that may include genetic counselling or testing, nutrition and mental Health counselling, lifestyle changes or other interventions to reduce breast cancer risk.

WHAT IS THE ROLE OF GENETIC COUNSELLING AND TESTING IN BREAST CANCER RISK REDUCTION?

About 5-10% of breast cancer cases are inherited, meaning they come from

mutations in specific genes passed down through generations. Most inherited cases of breast cancer are associated with mutations in two genes: BRCA1 and BRCA2. If high risk mutation is detected through genetic testing, individuals may be recommended more intensive screening, and can also opt for preventive surgical strategies.

CAN BREAST CANCER BE PREVENTED?

While breast cancer cannot be completely prevented, the risk can be significantly reduced by addressing the modifiable risk factors. These include maintaining a healthy diet, healthy weight, regular physical activity or exercise, limiting alcohol intake and managing stress effectively through a balanced lifestyle. These modifications could reduce the risk of breast cancer by about 30% and in some patients with extremely high risks due to genetic factors etc. certain surgical and medical interventions could reduce the risk up to 80-90%.

Therefore, the aim of the Breast Cancer Risk Reduction Clinics is to first prevent breast cancer, and for the few patients where prevention is not effective, to diagnose breast cancer at such an early stage that it can be cured.

Orchid Breast Health by Jehangir Hospital
and Prashanti Cancer Care Mission
32 Sasoon Road, Pune 411001
For appointments pls call
020 - 66811126/25656110
Facebook: <https://www.facebook.com/koppiker>
Dr. Chaitanyanand Koppiker | LinkedIn

Ms. Laleh Busheri's article was featured in a special edition celebrating the 18th anniversary of Pune Mirror

Ms. Laleh Busheri's article was featured in a special edition celebrating the 18th anniversary of Pune Mirror. In it, she shared her inspiring journey, highlighted 18 things we all love about Pune, and reflected on 18 significant changes the city has witnessed over the past 18 years, emphasizing its growth and transformation.

18th Anniversary **SPECIAL EDITION** **Monday, April 28, 2025**

Here's to HEALTH

'Over 18 years, more women are taking charge of their health and well-being'

Laleh Busheri
CEO, Prashanti Cancer Care Mission, and author of 'Genetic Testing - A Game Changer in Breast Cancer Management'

of the summer months, it remains enjoyable almost year-round. While we still enjoy relatively pleasant conditions compared to many other cities, the effects of global warming have become increasingly evident. I often think back to my childhood visits to my grandparents' charming old bungalow in the 1970s. Winters were truly cold back then—we wore a light sweater and even during summer evenings, we needed a rajai (a quilt) to stay warm. Coolers weren't common because they simply weren't necessary; the air would turn crisp as the sun went down. That comforting chill has slowly faded over the decades, reminding us just how much the climate has changed along with the city.

Another very appreciable aspect of the city is, as a woman, I find Pune to be quite safe. Whether it's taking a 2 am Uber from the airport or driving back alone from a late dinner or wedding, I've always felt secure. The city is also more affordable than many metros, offering a better quality of life—with spacious bungalows and row houses, not just high-rise apartments, something for everyone's budget, even in terms of rentals it's easy on the pocket. Pune is blessed with abundant greenery and is beautifully surrounded by nature. Even within the city, many apartments feature spacious terraces or outdoor seating areas, adding to the serene, eco-friendly vibe and enhancing everyday living.

Pune also offers a great quality of life with everything accessible within 15-20 minutes, allowing for a good work-life balance. Unlike metro cities, people here get home early and enjoy more free time. It's still a popular retirement destination, known for its green spaces and peaceful lifestyle. Nearby getaways like Mulshi and Pavana are just an hour away. The city also has a growing cultural scene with more local performances. Eighteen years ago, Pune shops used to shut down in the afternoons, but now with malls and increased competition, shops stay open and everything is accessible. There's also been a boom in restaurants, offering far more variety than before. On the medical front, Pune now has many more accessible hospitals across localities, reducing the need to travel to other cities. Doctors also find more opportunities in Pune now, reversing the earlier trend of migrating to metros.

Shifting focus to healthcare, my work in breast cancer has shown me how far we've come. Eighteen years ago, it was rare for women to seek preventive check-ups. Today, there's a growing awareness, and more women are taking charge of their health. Traditionally, women put themselves last, caring for everyone else—their families, in-laws, children—before thinking of themselves. But now, with increased awareness and greater financial

independence, they're taking charge of their well-being. Earlier, women often relied on their mother, mother-in-law, or sister for support during treatment, while husbands remained mostly uninvolved. Now, husbands, fathers, or sons are more actively involved and often take on the role of primary caregiver, attending follow-ups and dressings. It's a powerful and encouraging transformation.

Eighteen years ago, awareness about breast health and diagnostics like mammography was low, but today, people are well-informed—even about advanced options like 3D mammography with tomosynthesis. Holistic healing has also gained importance, with Prashanti Cancer Care Mission offering complementary holistic services like counselling, nutrition, yoga, and a strong support group that actively helps patients beyond treatment. A support group assists the newly detected breast cancer patients to navigate the bewildering maze of challenges that this disease brings to its wake. The support group becomes her network of support, providing meals to her home, taking her child out for a movie, arranging playdates, and regularly checking on her to assess her needs. They work to fulfil both her emotional and day-to-day requirements, ensuring smooth operation of her household while she undergoes treatment. I believe this support has made a significant difference. Over the years I have seen significant changes emerging in the way breast cancer is managed today—

changes that were unheard of just a few years ago. With new research steadily gaining ground, we are witnessing a shift not just in treatment protocols, but in the entire approach towards patient care and long-term outcomes. Our unit, Prashanti Cancer Care Mission, what started as one of the few dedicated breast units in India has grown into a space where research, clinical audits, and patient-focused care all come together. One of our achievements is setting up Pune's first annotated Breast Tissue Biobank, which now holds over 1,500 samples. It helps us to understand molecular markers, prognosis, and even genetic mutations that are unique to Indian women.

Breast cancer surgery, too, has come a long way. We're seeing a major move from traditional mastectomy to oncoplastic breast conservation surgeries and it's making a huge difference to how women feel post-treatment. Tools like the BREAST-Q PROMs, which we've translated into Hindi and Marathi, are giving us real feedback on what matters most to patient like how they feel emotionally, how they see themselves, and how satisfied they are overall.

It's no longer just about surviving cancer; it's about quality of life, living well, with confidence and dignity.

Together, we've come a long way, and I feel proud to have witnessed such remarkable progress.



Wishing Pune Times Mirror a very happy 18th anniversary! Here's to many more years of impactful storytelling and success.

As we celebrate this significant milestone, I'd like to take a moment to reflect on the incredible journey of our beloved city, Pune. I'm sharing 18 things we all love most about Pune, along with 18 changes the city has witnessed over the past 18 years—a tribute to its growth and transformation.

Looking back, it's heartening to see how much Pune has evolved, embracing modernity while holding on to its unique charm.

One of the things I've always cherished is the city's consistently pleasant weather barring the worst

BreastGlobal Journal is currently accepting submissions for future editions

Dr. Koppiker, along with his colleagues established the BreastGlobal platform to address knowledge gaps, offering a unified portal for experts, trainees, and industry to access global learning and training opportunities.

In collaboration with Wolters Kluwer publishers, BreastGlobal launched the 'BreastGlobal Journal' aimed at providing universal access to specialized breast training worldwide.

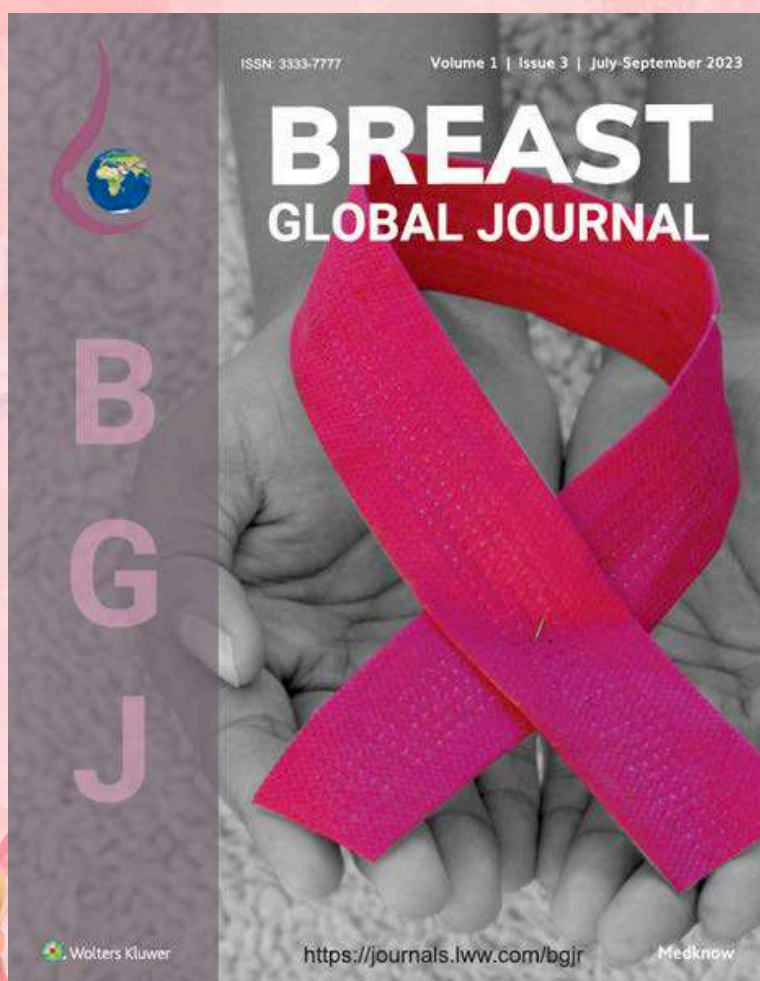
The journal features a distinguished editorial board and has already released four issues. BreastGlobal Journal is currently accepting submissions for future editions, and manuscripts can be submitted through the provided link.

Submit online: <https://review.jow.medknow.com/bgj>.

Please contact the editorial team at thebreastglobal@gmail.com

Journal's editorial board : <https://journals.lww.com/bgjr/pages/editorialboard.aspx>

Access all issues of the journal: <https://journals.lww.com/bgjr/pages/issuelist.aspx>



Dr. Madhura Kulkarni (Translational Research Lead at PCCM-CTCR) was invited to deliver a talk at the Career Conclave organized by BVRTSE

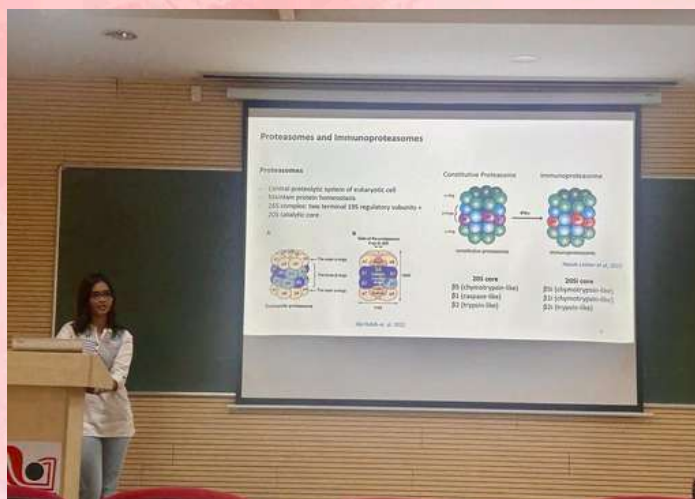
Dr. Madhura Kulkarni (Translational Research Lead at PCCM-CTCR), was invited to speak at a Career Conclave held on 12th April at Bharati Vidyapeeth Rabindranath Tagore School of Excellence (BVRTSE). Addressing students exploring diverse career paths, she delivered an inspiring talk titled "What It Takes to Be a Scientist," offering valuable insights into the journey and mindset required for a successful scientific career.



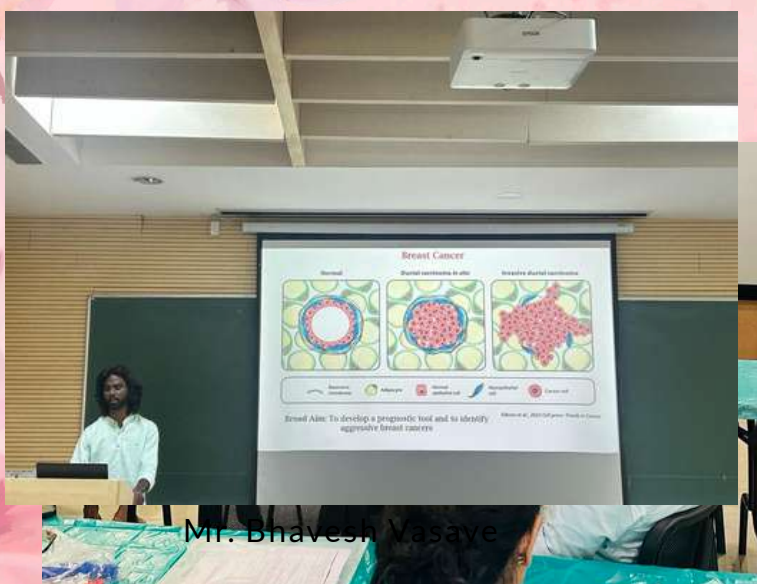
IISER Pune Students Present Breakthrough Breast Cancer Research in Collaboration with PCCM-CTCR

Three Master's students from IISER Pune successfully defended their theses before a scientific audience, responding to critical questions with confidence. Their year-long research projects were conducted under the mentorship of Dr. Madhura Kulkarni, Translational Research Lead at PCCM-CTCR, and were based on patient data from PCCM's Orchids Breast Health Centre.

- Mr. Bhavesh Vasave presented his thesis titled "Investigation of Regulation of YAP-Driven Tumorigenesis by Promoter Proximal Pausing."
- Ms. Sampada Ghute explored immune markers in her project, "Prognostic Association of Immunoproteasome Expression and Its Correlation with Tumor-Infiltrating Lymphocytes in Breast Cancer."
- Mr. Vedant Ingawale presented his thesis titled "Investigating the Link between Collagen Deposition Patterns in the TME and Indian Triple-Negative Breast Cancer Patient Outcomes."



Ms. Sampada Ghute



Mr. Bhavesh Vasave



Mr. Vedant Ingawale

CTCR's RT-PCR Phase III, Lecture VI titled, "Navigating the Complexities of Oncology Research: The Vital Role of Research Management and Coordination" was held on the 10th of April 2024

The Research Training Program for Clinicians and Residents (RT-PCR) by CTCR-PCCM is uniquely designed to encourage clinicians to integrate scientific research in their clinical practice and understand the process of scientific enquiry.

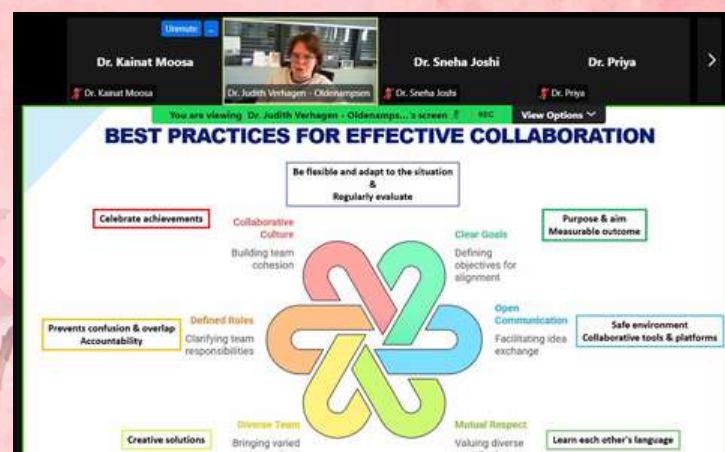
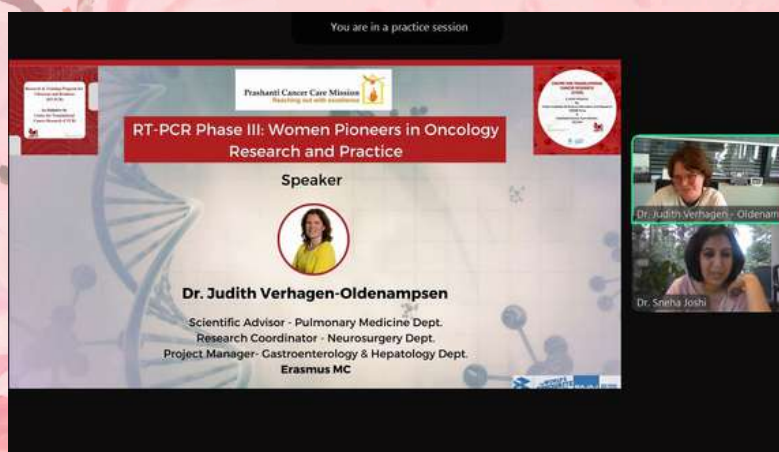


It has successfully completed Module-1 and Module-2, garnering more than 500 registrations. The RTPCR Phase III Module : 'Women Pioneers in Oncology Research and Practice' is an advanced 12-week online course, will feature renowned female scientists/clinicians working exclusively in oncology, offering participants an exceptional opportunity to explore cutting-edge research and its application in cancer treatment and prevention.

Click to Register for the course:

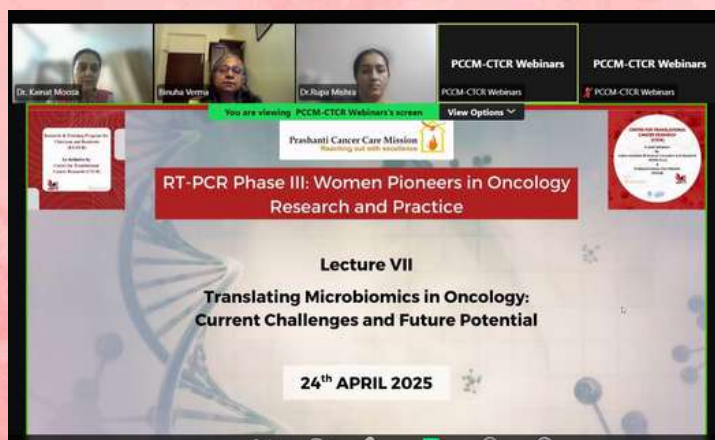


The sixth lecture of Phase 3 in the RTPCR course, titled "Navigating the Complexities of Oncology Research: The Vital Role of Research Management and Coordination" took place on April 10th, 2025. The lecture was expertly led by Dr. Judith Verhagen-Oldenampsen. The talk explored the critical role of research management in oncology, highlighting strategies for effective coordination and collaboration. After the lecture, students participated in a Q&A session, allowing them to interact with the faculty.



CTCR's RT-PCR Phase III, Lecture VII titled, "Translating Microbiomics in Oncology: Current Challenges and Future Potential" was held on 24th of April 2025

The Research Training Program for Clinicians and Residents (RT-PCR) by CTCR-PCCM is uniquely designed to encourage clinicians to integrate scientific research in their clinical practice and understand the process of scientific enquiry.

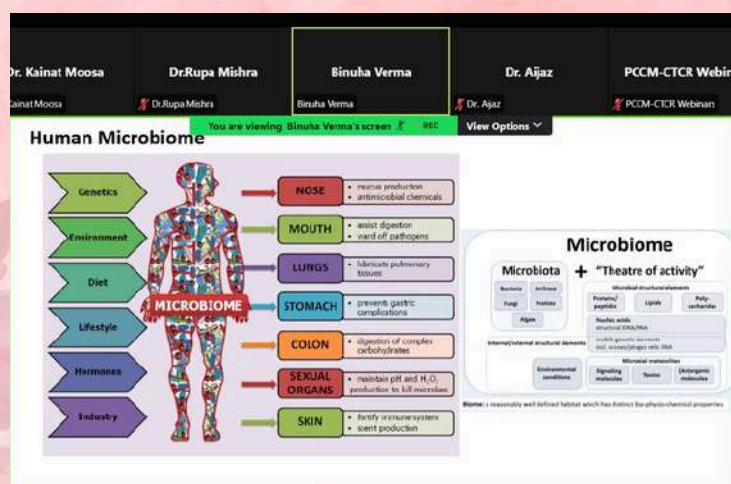
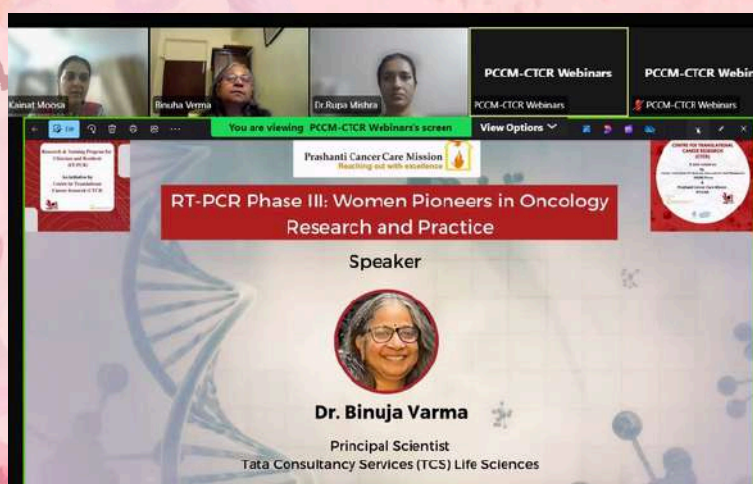


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Click to Register for the course:



The seventh lecture of Phase 3 in the RTPCR course, titled "Translating Microbiomics in Oncology: Current Challenges and Future Potential" took place on April 24th 2025. The lecture was expertly led by Dr. Binuja Varma . The session explored the role of the Microbiomics in Oncology highlighting current research gaps and future clinical applications. The talk was followed by an engaging Q&A, keeping participants actively involved throughout.



BLOGS

Psychological First Aid for Breast Cancer Patients



Self-care is an essential part of happiness and health. Inclusion of self-care during cancer treatment is considered as one of the vital parts of recovery and healing journey. Research suggests that regular practice of self-care helps decrease the effects of anxiety, sleep disturbances and stress. Hence, self-care is considered as one of the most crucial parts of 'Psychological First Aid'.

Psychological First Aid addresses basic needs and helps reduce psychological distress by providing a caring comforting presence, and education on common stress reactions. It empowers the individual by supporting strengths and encouraging existing coping skills.

What does Psychological First Aid for breast cancer patients involve?

For breast cancer patients, psychological first aid involves physical, emotional and spiritual well-being which encompasses activities like gentle exercise, mindfulness techniques and seeking support from loved ones and support groups.

Emotional and Mental self-care

Mindfulness: Practicing deep breathing, trying to stay in the present can help manage anxiety.

Express yourself: Keeping oneself engaged in creative activities like journaling, or listening to music can help in expression of feelings.

Celebrate milestones: Acknowledge and celebrate your achievements, no matter how small.

Physical self-care

Nutrition: Focus on balanced diet, rich in fruits and vegetables.

Exercise: Engage in low-impact exercise practices like yoga.

Sleep: Prioritizing sleep helps in better functioning of the immune system and helps improve overall well-being.

Spiritual self-care

Prayers and meditation: Engage in prayer or meditation to try and connect with something that is larger than you.

Spend time in nature: Spending time in nature can have a restorative effect.

Connect with others: Try spending time with loved ones or a support group.

RESEARCH UPDATES

We are glad to announce that Prashanti Cancer Care Mission now has its own property for the research centre, and the new address is as follows.

New Address: 21 Everjoy Bungalow Society, Next to NIBM Institute, before Clover Highlands, NIBM Road, Kondhwa, Pune, Maharashtra- 411 048.

We kindly request you to send all cheques, donations, letters, and posts to this updated address.



- Enhancing and Enriching the PCCM Database through collaborations with Elixir AI and Swasthya AI.
- Fresh frozen biopsy samples from 223 patients, along with 133 fresh frozen surgery samples, have been collected and stored at IISER.
- Ms. Sanika Limaye from MIT, Pune, successfully completed her internship at PCCM-CTCR with a project titled "Assessing the Predictive Accuracy of Preoperative Axillary Ultrasound for Lymph Node Involvement in Breast Cancer."
- PCCM is actively preparing for its upcoming Workshop:
- Integrating Research and Clinic for Oncogenetics: A workshop focused on establishing effective cancer genetic practices.
Date: 13th–14th September 2025
- Essentials in Biobanking: Ethics and Workflow
A hands-on biobanking workshop covering key ethical and operational aspects.
Date: 4th–6th July 2025
- ISOS Hands-on Oncoplasty Workshop 2025 Chapter
Introduction to Oncoplasty: Emphasis on Level-1 & Level-2 simple oncoplastic techniques.
Date: 23rd–24th August 2025

RESEARCH UPDATES

Ongoing projects and manuscripts:

- Advantages of Perforator Flaps in Breast Cancer Surgical Management– A Single Institutional Audit.
- Surgical management of Central Quadrant Tumors – A Single Institutional Audit.
- A single institutional audit of surgical management in Triple Negative Breast Cancers.
- A Cross-Sectional Study Assessing the Impact of a Structured Oncoplastic Training Program on Surgical Practice in India
- Assessing perception of genetic counselling and genetic testing in Breast Cancer Patients.
- Setting up of a complementary nutrition clinic for breast cancer patients at a single surgeon unit from India.
- Breast-Q BCT module translation and linguistic validation to Hindi and Marathi languages.
- Setting up of a complementary onco-psychology counselling for breast cancer patients at a single surgeon unit in India
- Assessing germline mutational profile and its clinicopathological associations in Triple Negative Breast Cancer .
- Triple-negative breast cancer tumor microenvironment profiled for immune infiltrates stratified for treatment response – Indian cohort of breast cancer patients.
- Prognostic significance of Yes-associated protein-1 (YAP1) in molecular subtypes of an Indian cohort of breast cancer patients
- Synergistic effect of YAP and HER2 growth factor receptor signalling in mammary epithelial cell line.

RESEARCH UPDATES: BIOBANK

Biobank is a repository where biological samples that facilitate research studies are conserved and stored, we specifically have breast tissue biobank- Formalin-Fixed and Paraffin-Embedded (FFPE) and Fresh Frozen (FF).



Formalin-Fixed Paraffin-Embedded (FFPE)

FFPE is a way of preservation of tissue samples in a paraffin block. FFPE blocks can be stored up to 12 years at ambient temperature and used for research purposes. With patient consent, we collect both biopsy and surgery blocks for the biobank. Currently the biobank houses over 1500 FFPE blocks.

Total Blocks collected in this month: **18**

Biopsy Blocks: **06** Patients

Surgery Blocks: **12** Patients



Fresh Frozen (FF)

The fresh frozen breast tissue biobank was established to facilitate genomics and proteomics studies. The 'Fresh Frozen' Biobank collects consented fresh frozen breast tissue samples from Tru cut biopsy and VAB procedures. Over 100 patient samples collected till date.

10 Fresh frozen Biopsy and **16** surgery samples collected this month.

Free counselling services at Orchids Breast Health so far

Onco - Psychology Counselling

Free Psychological Counselling services for our Breast Cancer Patients and their Caregivers. We have certified psychologists who work with you in easing your stress.

Psychological Counselling For Breast Cancer Patients

- Overcome Stress and Shock
- Psycho-social adjustment
- Care and Support for the Caregivers
- Stress management
- Deal with health-related anxiety
- Helping underlying psychological issues
- Psychotherapies

At the Orchids Breast Health we encourage our Breast Cancer Patients and their family members to undergo psychological counselling for emotional wellness during cancer treatment.

BOOK YOUR APPOINTMENT NOW
(Offered both online (via Zoom) and/or in-person)

Visit us at
12 Koppalwasti, Senapati
Bapat Road, Pune,
Maharashtra 411005

**Onco-Psychology
Counselling - 388**

Onco - Genetic Counselling

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic, we have MCH-certified genetic counsellors for some of our patients who might need genetic testing.

Breast Cancer Genetic Counselling

to whom is genetic counselling offered?
(According to MCH guidelines)

- Diagnosed at <45 yrs
- Family History of Cancer
- Recurrence
- TUBC
- Personal history of other cancer

What can you expect in a genetic counselling?
(According to MCH guidelines)

- Pedigree charting (Family history)
- Risk assessment
- Genetic testing options
- Genetic report interpretation
- Prevention and Management options

Counselling offered on all days online (via Zoom) and/or in-person (Thursdays from 4 to 5pm)

Visit us at
12 Koppalwasti, Senapati
Bapat Road, Pune,
Maharashtra 411005

**Onco-Genetic
Counselling- 413**

Onco - Nutrition Clinic

Free Nutrition Counselling services for our Breast Cancer Patients

Nutrition Counselling

- Diet during Chemo and Radiotherapy
- Personalized Charts
- Improved tolerance of treatment
- Decreased fatigue
- Hydration Counselling
- Improved healing and recovery

At the Orchids Breast Health Nutrition Clinic we make you aware of the power of good nutrition and help you make your breast cancer treatment easier.

BOOK YOUR APPOINTMENT NOW
(Offered both online (via Zoom) and/or in-person)

Visit us at
12 Koppalwasti, Senapati
Bapat Road, Pune,
Maharashtra 411005

**Nutrition
Counselling-473**

RISK REDUCTION CLINIC FOR BREAST CANCER

At the Orchids Breast Health Risk Reduction Clinic, we make you aware of the power of good nutrition and help you make your breast cancer treatment easier.

BOOK YOUR APPOINTMENT NOW
(Offered both online (via Zoom) and/or in-person)

Visit us at
12 Koppalwasti, Senapati
Bapat Road, Pune,
Maharashtra 411005

**Preventive clinic
services-38**

PCCM provided 15 Freeships/Major Concession on diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in April 2025.



Mammography



Sonography



Biopsy



Surgery



Chemotherapy





Onco-pharmacy

PCCM appeals for support and donations to help save breast cancer patients

We are ever grateful for your generosity and donations over the years that have helped save the lives of over 10000 young girls & women annually.

As you know breast cancer treatment is a long and arduous process that not only has a physical and emotional impact on the patient but also adds the economic burden of the treatment.

We appeal you to help for 2 breast cancer patients in urgent need of financial support. Below is the list of the needy patients along with their family and support details and treatment estimation.

01.		Sahera Jamadar (36 Yrs)	Sahera Jamadar (36 years) has stage II breast cancer. She is a homemaker, and her husband works as a police constable with a salary of Rs.6000 only. She has twin children of 5 years. Her husband also has an additional responsibility to support his uncle's family in the village.	<table><tr><th>Treatment</th><th>Amount (In Rs.)</th></tr><tr><td>Chemotherapy</td><td>1,19,684</td></tr><tr><td>Diagnostics and OPD Charges</td><td>35,700</td></tr><tr><td>Radiation</td><td>000</td></tr><tr><td>Surgery</td><td>000</td></tr><tr><td>Total</td><td>1,55,384</td></tr></table>	Treatment	Amount (In Rs.)	Chemotherapy	1,19,684	Diagnostics and OPD Charges	35,700	Radiation	000	Surgery	000	Total	1,55,384
Treatment	Amount (In Rs.)															
Chemotherapy	1,19,684															
Diagnostics and OPD Charges	35,700															
Radiation	000															
Surgery	000															
Total	1,55,384															
02.		Vatsala Gunjal (52 Yrs)	Vatsala Gunjal (52 years) has stage II breast cancer. She is a homemaker, and her husband is a farmer. She has one son who is a college student. The income source of the family is farming with income of Rs. 6000 per month.	<table><tr><th>Treatment</th><th>Amount (In Rs.)</th></tr><tr><td>Chemotherapy</td><td>1,05,000</td></tr><tr><td>Diagnostics and OPD Charges</td><td>25,555</td></tr><tr><td>Radiation</td><td>000</td></tr><tr><td>Surgery</td><td>000</td></tr><tr><td>Total</td><td>1,30,555</td></tr></table>	Treatment	Amount (In Rs.)	Chemotherapy	1,05,000	Diagnostics and OPD Charges	25,555	Radiation	000	Surgery	000	Total	1,30,555
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Surgery	000															
Total	1,30,555															

PCCM appeals for support and donations to help save breast cancer patients

Every small amount from you would help save the lives of these women and allow them to live a healthy life with their loved ones.

Click to donate:



Following are the details through which you can donate to Prashanti You may donate via either of the two options:

a. Through the donation page on the website:

<https://prashanticancercare.org/donate/>

or

b. Send us a cheque in favour of “Prashanti Cancer Care Mission”

New Address: 21 Everjoy Bungalow Society, Next to NIBM Institute, before Clover Highlands, NIBM Road, Kondhwa, Pune, Maharashtra-411 048.

***We kindly request you to send all cheques, donations, letters, and posts to this updated address. Do not send them to the previous location at Kapil Vastu.

Please mail your Full Name, PAN Card copy, Mobile Number and Address proof to accounts@prashanticancercare.org so as to enable us to courier or email to you the 80G tax exemption certificate and donation receipt.

Every donation will receive a Receipt, benefit of Tax Deduction under 80G of IT Act 1961 and a Thank you Letter within a week or two.

For any queries, please feel free to contact me personally on 9850251000.

A big thank you once again for all the support over the years. Without your help, it would be impossible to do what we do. God Bless and wishing you and your family a blessed life.

**We would like to thank our
Donors & Supporters
for their unconditional support over the years**

Warm Regards,

**Ms. Laleh Busheri CEO
Prashanti Cancer Care mission
Visit us at : www.prashanticancercare.org /
www.orchidsbreasthealth.com
<https://www.facebook.com/orchidsbreasthealth>**

