



AUGUST 2025 | VOLUME 10 | ISSUE 102

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter



SPOTLIGHT OF THE MONTH: PCCM'S 1ST BIOBANKING WORKSHOP



WHAT'S IN THIS LATEST ISSUE?

A two-day Stryker S2S Surgery Observership Programme was arranged by Dr. Koppiker in collaboration with Stryker at Jehangir Hospital

PCCM's Hands on Bio-banking Workshop 'Essentials in Biobanking and Workflow' was held on July 4th, 5th 2025

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

Volume 2, Issue 2 of the Breast Global Journal is now available online.

ISOS Announces 4-Part ISOS Hands-on Oncoplastic Workshop Series, Module 2 | Workshop 1

PCCM's Genetic Workshop titled: Integrating Research and Clinic in Oncogenetics: A Data Science Bootcamp, will be held on 12-13 September 2025, in Pune.

Dr. Madhura Kulkarni (Translational Research Lead at PCCM-CTCR) was invited to speak at BVDU Rajiv Gandhi Institute of I.T. and Biotechnology

RT-PCR Phase III, Lecture XII titled, "Reimagining Detection: A Sensory-led innovation for Breast Cancer Screening" was held on the 10th of July 2025

Lecture 10th of Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was held on 10th July 2025.

FROM HEART OF PRASHANTI CANCER CARE MISSION (PCCM)

Every month at PCCM, we witness stories of courage, healing, and hope. Stories like that of Meera (Name changed), a young mother who walked into our clinic frightened and unsure, but left weeks later with not just a treatment plan, but the comfort of knowing she wasn't alone.

As a breast cancer-focused NGO, we work to ensure that no woman faces this journey without the right care, support, and dignity. We offer free or majorly concessionary diagnostic services, life-saving surgeries, chemotherapy, radiation therapy coordination, counseling, and survivorship programs—so that ability to pay never decides the quality of care. In the past month alone, 20 women have walked through our doors. Some needed a simple screening, others received advanced treatment, chemotherapy and many joined our Pink Ribbon Support Group, finding sisters in the fight.

This newsletter is where we share:

- A Story That Inspires – Few patient's journey each month [Link to the page](#)
- Impact by the Numbers – how many patients were screened, diagnosed, treated, and supported - [Link to the page](#).
- Behind the Scenes – glimpses of our team's daily work in clinics, research, capacity building, and awareness drives. - [Link to the page](#)
- How You Can Help – because your kindness keeps the lights on, the machines running, and the medicines flowing. - [Link to the page](#)

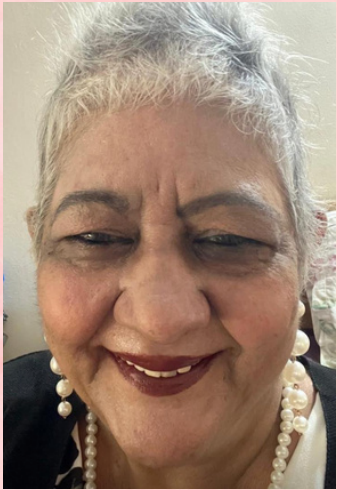
Why donate?

Your contributions directly fund diagnostic tests, surgeries, prostheses, counseling sessions, and outreach programs in communities where breast cancer is often detected too late. Each rupee brings someone closer to early detection, better treatment, and a chance at life.

Let's walk together—month after month—towards a future where breast cancer is detected early, treated well, and survivors thrive.

Testimonials of Freeship patients helped through Prashanti Cancer Care Mission

Jean Innis



In April 2024, I found a lump on my breast, but I didn't pay much attention to it. Till one day. I told my sister and she said please get it checked up immediately so the next day I went with my son and I had a mammogram and a sonography done. When the lady was typing the report of Sonography, I felt something cold run through my body and I knew in that instant something was wrong. I asked her do I have cancer and she said to please speak to your doctor. She gave me the report and I read it and I could see That I had cancer, but I couldn't understand everything so the next day, my son and mother myself flew to, Pune, we had already arranged through some friends to meet Dr Koppiker on Monday, 21st April. I met Dr and he advised another set of mammographs, sonographs and biopsy. After physical examination. He confirmed that I had cancer. This was shocking news, I felt absolutely shattered and shocked and could not believe that this was happening to me, my son sat quietly next to me and waited silently while I did all the tests. The biopsy results came back in a few days and in the meantime, I had all the other test done in case of surgery. The biopsy confirmed that I had cancer and my surgery was scheduled for 30th of April. Dr Koppiker was my surgeon assisting him was Dr Namrata- the Physician Assistant. During the surgery Dr found that some nodules been infected so he had to remove those during the surgery. After a month I started my Chemo session every three weeks, eight sessions in all. Before each Chemo I took blood test. After each session. I had to have white blood injections at first. It was very frightening and confusing time. When I met other patient, I realised that I was not sailing in a boat by myself. Dr Chetan Deshmukh was in charge of my chemotherapy sessions and was also very informative and kind. In November I completed my chemotherapy, in December I had 15 session of radiotherapy under the guidance of Dr.Manasi Girme at Ruby hall main branch. Every step of the way the doctors, the NURSES people who did my mammography, sonography and biopsy and those who did my C dressings after surgery, even those at the reception, and at the Chemo and Radiology departments were so kind and understanding and encouraging that it made the journey much easier in December 2024. I was the declared cancer free All I could do was praise God for His goodness, grace and mercy. And bless my doctors my family and friends and all those who had walked in this journey with me. Two very very important things, which help me in my battle against cancer, my faith in God and a positive mindset.

Testimonials of Freeship patients helped through Prashanti Cancer Care Mission

Shakuntala Pundkar



I would like to place my sincere thanks to all the Doctors and staff of Oncology department of Jehangir hospital for treatment of my mother Shakuntala Pundkar Age 74. Especially to Dr Koppikar Sir and Dr Namrata for the positive outlook for the life.

The department right from reception to the technician are very energetic and jovial. They all are there to bring fresh energy and light in so many life.

Cheers to the entire team. Bash on regardless

जया देमडे





जेव्हा या आजाराबद्दलमला कळलं तेव्हामाझा आयुष्य संपलंअसंच मला वाटायलालागलं होतं पुण्याच्याचांगल्या हॉस्पिटलमध्ये माझा उपचारहोऊ शकत नाहीकारण आमचा इन्शुरन्सकमी होतं पण जेव्हा देसाईमॅडमनी कॉपीकर सरांनाभेटायला सांगितलं कॉपीकर सर आणि देशमुख सरयांनी माझा आजाराचाउपचाराचे प्लॅन करूनखूप छान पद्धतीनेउपचार करण्यास सुरुवातकेली. केमो झाले सर्जरी झाली काही वेळा सोनोग्राफी मेमोग्राफी करण्यात आली त्यात सुद्धा त्यांनी मदतीचा हात दाखवून चांगल्या पद्धतीने माझे उपचार झाले इतर पेशंटच्या तोंडून खोपेकर सरांबद्दल कौतुक ऐकून तर असं वाटायला लागलं की सर जे काही करतील ते आपल्याला या आजारातून मुक्त करणारच मरण्याच्या दारात असणाऱ्यांना जीवनदान देणारे महान कॉपी कर सर आणि संस्था प्रशासित आन्सर केअर मिशन यांचे मी मनापासून आभारी आहे जहांगीर हॉस्पिटलच्या सगळ्या स्टाफ छान आहे की मग आणि सर्जरीच्या वेळी त्यांनी माझी खूप काळजी घेतली सगळ्यांना मनापासून खूप धन्यवाद.

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.		Shamshadbi Rangrez (53 Yrs) has stage II breast cancer. She is a homemaker with 3 family members- husband, son and daughter-in-law. Her husband has a small garments shop.	
		Treatment	Amount (In Rs.)
		Chemotherapy	3,90,217
		Diagnostics and OPD Charges	42,378
		Radiation	000
		Surgery	000
		Total	4,32,595
		Shamshadbi Rangrez (53 Yrs)	
02.		Shayada Faras (30 years) has stage II breast cancer. She is a homemaker with 4 family members- her two kids, husband and mother-in-law. Her husband is the only earning member who works in a private firm with a salary of Rs.12,000.	
		Treatment	Amount (In Rs.)
		Chemotherapy	2,85,000
		Diagnostics and OPD Charges	15,875
		Radiation	000
		Surgery	000
		Total	3,00,875
		Shayada Faras (30 Yrs)	

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 Kapilwasti, Senapati
Bapat Road, Pune,
Maharashtra 411016

**Onco-Psychology
Counselling - 421**

Onco - Genetic Counselling

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic we have BCCG 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 NCCN guidelines)

- Diagnosed at 145 yrs
- Family History of Cancer
- Recurrence
- TNBC
- Personal history of other cancer

What can you expect in a Genetic counselling?

- Pedigree charting (Family History)
- Risk assessment
- Genetic testing options
- Genetic reports interpretation
- Prevention and Management options

Counselling offered on all days online (via Zoom) and/or in-person (Thursdays from 4 to 6pm)

Visit us at
12 Kapilwasti, Senapati
Bapat Road, Pune,
Maharashtra 411016

**Onco-Genetic
Counselling- 442**

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 Kapilwasti, Senapati
Bapat Road, Pune,
Maharashtra 411016

**Nutrition
Counselling-510**

RISK REDUCTION CLINIC FOR BREAST CANCER

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 Kapilwasti, Senapati
Bapat Road, Pune,
Maharashtra 411016

**Preventive clinic
services-88**

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



Mammography



Sonography



Biopsy



Surgery



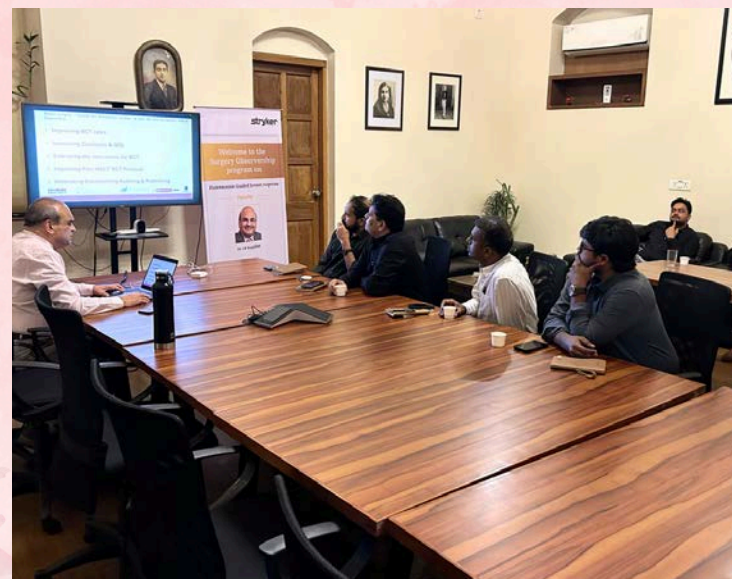
Chemotherapy



Onco-pharmacy

A two-day Stryker S2S Surgery Observership Programme was arranged by Dr. Koppiker in collaboration with Stryker at Jehangir Hospital

A two-day Stryker S2S Surgery Observership Programme featuring live demonstrations of breast oncoplastic surgeries was arranged by Dr. Koppiker in collaboration with Stryker on the 17th-18th of July 2025 at Jehangir Hospital, Pune. Surgeons from all over India visited to train and learn from Dr. Koppiker. The programme included live demonstrations of breast oncoplastic surgeries along with scientific interactions, providing a valuable learning experience for all participants.



PCCM's Hands on Bio-banking Workshop 'Essentials in Biobanking and Workflow' was held on July 4th, 5th 2025

In 2018, Prashanti Cancer Care Mission (PCCM) established Pune's very first and comprehensive breast biobank to address the distinct nature of breast cancer in Indian patients. The biobank currently holds over 2000 FFPE tumour samples along with comprehensive clinical data from consented patients.

To build capacity in cancer biobanking, Prashanti Cancer Care Mission organized a two-day workshop that brought together clinicians, researchers, and healthcare professionals from across India.

Participants explored both theoretical and practical aspects of biobank operations—from ethical and legal compliance to hands-on training in FF and FFPE sample processing and storage. With expert-led sessions, real-time demos, and interactive case discussions, the workshop empowered attendees to implement high-quality, standardized biobanking protocols at their institutions.

Here are some testimonials from participants who attended the workshop.::

<https://prashanticancercare.org/research/bio-bank/biobank-workshop/biobanking-workshop-testimonials/>



Volume 2, Issue 2 of the Breast Global Journal is now available online.

We are delighted to share that the Breast Global Journal's Volume 2, Issue 2 is now available online. BreastGlobal journal is open-access with no submission fees, and authors retain full copyright. Affiliated with Wolters Kluwer and bearing its own ISSN, the journal offers a respected platform for advancing breast cancer research and clinical practice.

Explore the latest issue here: <https://journals.lww.com/bgjr/pages/currenttoc.aspx>

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.

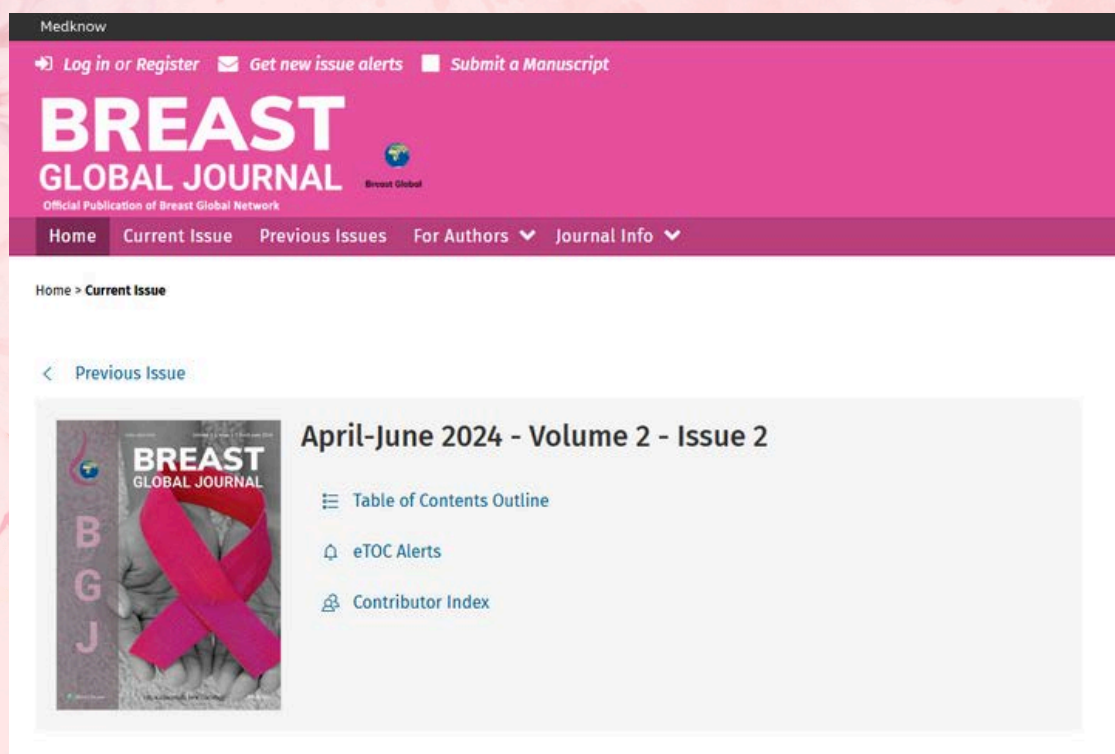
The journal features a distinguished editorial board and has already released four issues. BreastGlobal Journal is currently accepting submissions for future editions, and manuscripts can be submitted through the provided link.

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>



ISOS Announces 4-Part ISOS Hands-on Oncoplastic Workshop Series, Module 2 | Workshop 1

Following the success of Module 1 of the 4-Part ISOS Hands-on Oncoplastic Workshop Series, which covered a wide range of oncoplastic techniques from basic to advanced, including both implant and autologous breast reconstructions, Chapter 2 is set to provide an even more engaging and skill-enhancing experience.

ISOS Hands-on Oncoplasty Workshop Module 2, Session 1:
Essential in Oncoplastic Techniques- II, Basics in Oncoplasty: A Stepwise Introduction to Level 2 & 3 techniques & Axilla Management

Dates: 23rd & 24th August 2025

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

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

Contact Mr. Aditya Kamthe: 9665033955

Glimpses from Past Workshops



Upcoming Workshop

INTERNATIONAL SCHOOL OF ONCOPLASTIC SURGERY
International School of Oncoplastic Surgery (ISOS)
Introduces a 4-Part Hands-On Oncoplastic Series | Module

Hands-on Oncoplasty Workshop
Module 2 | Workshop 1

Essentials in Oncoplastic
Techniques -II
Basics in Oncoplasty: A
Stepwise Introduction to
Level 2 & 3 techniques &
Axilla Management



Following the success of Module 1 of the 4-Part ISOS Hands-on Oncoplastic Workshop Series, which covered a wide range of oncoplastic techniques from basic to advanced, including both implant and autologous breast reconstructions, Chapter 2 is set to provide an even more engaging and skill-enhancing experience.

23rd -24th August
2025

- SATURDAY : 8:00 AM TO 5:30 PM
- SUNDAY : 9:00 AM TO 2:30 PM

Scan Here to
send enquiry



CLICK HERE

REGISTRATION INCLUDES

- Course Material
- Lunch and Refreshments
- Certificate of Participation
- Networking Opportunity

9665033955 :
Program Coordinator

obs.koppiker@gmail.com

www.breastoncoplasty.org

PCCM's Genetic Workshop titled: Integrating Research and Clinic in Oncogenetics: A Data Science Bootcamp, will be held on 12-13 September 2025, in Pune.

Prashanti Cancer Care Mission (PCCM) is delighted to announce its upcoming Genetic Workshop titled: Integrating Research and Clinic in Oncogenetics: A Data Science Bootcamp, scheduled for 12-13 September 2025, in Pune.

This unique workshop is designed for clinicians, researchers, students, and healthcare professionals to gain practical insights into the genetic basis of breast cancer, with a special emphasis on the role of data science and clinical data in shaping precision oncology.

Workshop Highlights:

- Step-by-Step Walkthrough: Implementing a Genetic Testing Workflow in Oncology Practice
- Academic Workshop: Hands-on Training with cBioPortal
- Interactive Session: Patient Counseling & Clinical Management of High-Risk Individuals
- Research Integration: Clinical Data Collection and Analysis
- Applied Learning: Cancer Risk Assessment Tools

Click to send enquiry: <https://forms.gle/UTKfEgZMGSZKxYFPA>

Prashanti Cancer Care Mission
Reaching out with excellence





Integrating Research and Clinic in Oncogenetics: A Data Science Bootcamp

Empowering Health through Precision

This workshop is designed for clinicians, researchers, students and healthcare professionals to gain practical insights into the genetic underpinnings of breast cancer, with an added emphasis on the role of data science and clinical data in oncogenetics. Participants will explore key concepts in hereditary breast cancer, including risk assessment. The workshop will also introduce participants to techniques for integrating genomic data with electronic health records (EHRs) to support decision-making in precision oncology.

- Step-by-Step Walkthrough: Implementing a Genetic Testing Workflow in Oncology Practice
- Academic Workshop: cBioportal
- Interactive Discussion: Patient Counseling and Clinical Management of High-Risk Individuals
- Research Integration: Clinical Data Collection and Analysis
- Applied Learning: Cancer Risk Assessment Tools

Scan Here to send enquiry



CLICK HERE

12 - 13
SEPTEMBER 2025
PCCM, PUNE



Prashanti Cancer Care Mission
Reaching out with excellence



WORLD'S FAVOURITE INDIAN



BAAJA



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

Dr. Koppiker's article on, 'Understanding Axillary Management in Breast Cancer' was featured in the July 2025 issue of the Femina Magazine

ASK THE EXPERT

Orchids
BREAST HEALTH
—BY JEHANGIR HOSPITAL—
—Prashanti Cancer Care Mission—



UNDERSTANDING AXILLARY MANAGEMENT IN BREAST CANCER



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

Modern breast cancer care goes beyond just excising the tumour; it emphasises preserving quality of life through minimally invasive, targeted approaches that reduce post-operative discomfort and support a faster, smoother recovery.

At Orchid's Breast Health by Jehangir Hospital and Prashanti Cancer Care Mission, our mission is to offer the most advanced, patient-centered care, ensuring that every woman receives not just the best treatment, but also the best chance at a full, healthy life.

In this article, we'll walk you through a simple, question-and-answer style guide to axillary management in breast cancer, helping you understand the key techniques and decisions involved in treating this important area.

WHAT IS NODE-POSITIVE BREAST CANCER?

Node-positive breast cancer means that cancer cells have spread from the breast to one or more nearby lymph nodes, most commonly those in the underarm (axillary nodes). This finding is crucial for staging and determining the most appropriate treatment plan. It's important to remember that node-positive breast cancer is still treatable, and many patients go on to live full, healthy lives with the right combination of therapies.

WHY DO LYMPH NODES MATTER IN BREAST CANCER MANAGEMENT?

Lymph nodes are an essential part of our immune system and are present throughout the body. They act as the body's first line of defense. When cancer develops in a specific area, the nearby lymph nodes attempt to contain it and

prevent it from spreading further.

In breast cancer, one of the common pathways for cancer to spread is through the lymphatic system. The lymph nodes in the underarm, known as axillary lymph nodes, serve as key filters. In fact, about 25% of the breast's lymph drains into these nodes, making them the most likely first site of spread. By checking if these lymph nodes are involved, we can determine how far the cancer has progressed and decide on the most appropriate treatment approach.

WHAT ARE AXILLARY LYMPH NODES, AND HOW ARE THEY EXAMINED?

Axillary lymph nodes (ALNs) are located in the underarm (axilla) and serve as the primary drainage for the breast. Each armpit may contain approximately 60 to 80 lymph nodes. In breast cancer, these nodes are the most commonly assessed to check for the spread of disease. Axillary lymph nodes can be examined through:

- Clinical examination
- Ultrasound imaging of the axilla
- Biopsy, if any nodes appear suspicious. This may involve fine-needle aspiration cytology (FNAC) or a true-cut biopsy to evaluate them histopathologically for signs of metastasis.

WHAT HAPPENS IF BREAST CANCER HAS ALREADY SPREAD TO THE LYMPH NODES?

If breast cancer has metastasized (spread) to the lymph nodes, we still aim to control it effectively. The extent of lymph node involvement guides decisions about the type and extent of axillary surgery. If no lymph node involvement is found, surgery is often

limited to removing just the sentinel lymph nodes—the first few nodes where cancer is most likely to spread. However, if cancer is detected in the nodes, it may require broader treatment, including more extensive surgery and additional therapies like chemotherapy and radiation therapy.

Even when cancer is found in the nodes, modern approaches allow us to reduce the extent of surgery.

IS REMOVING LYMPH NODES RISKY?

Like all surgeries, lymph node removal carries risks. The main concern is lymphedema, a swelling of the arm caused by fluid buildup. This happens when lymph flow is disrupted.

To reduce this risk, doctors now use a more targeted approach called sentinel lymph node biopsy. This involves removing only a few key lymph nodes to check if cancer has spread. If these sentinel nodes are negative or even if just one or two are positive in certain cases—surgeons refrain from axillary dissection to reduce the complications of lymphedema.

Orchid Breast Health by Jehangir Hospital
and Prashanti Cancer Care Mission
32 Sassoon Road, Pune 411001
For appointments pls call
020 - 66811126/25656110
Dr. Koppiker's website: https://orchidhealth.in/about_dr_koppiker



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 257 patients, along with 178 fresh frozen surgery samples, have been collected and stored at IISER.
 - PCCM is actively preparing for its upcoming Workshop:
 - Essentials in Biobanking: Ethics and Workflow, A hands-on biobanking workshop covering key ethical and operational aspects took place on 4th & 5th July 2025
 - ISOS Hands-on Oncoplasty Workshop Module 2, Workshop 1 to be held on 23rd-24th August 2025
 - Integrating Research and Clinic for Oncogenetics: A workshop focused on establishing effective cancer genetic practices.
Date: 13th-14th September 2025
 - PCCM-CTCR successfully completed its 12 lecture series of the RT-PCR Module 3 with its last lecture on the 10th of July 2025.
 - The LoI for "Translational Research using GenomeIndia Data" Grant call titled "Determining genotypic evidence for individuals with breast cancer phenotype – Implications for therapeutic regimens by Dr. Koppiker has been accepted for full proposal submission
 - Dr. Sneha Joshi's Grant to DBT India titled 'Comprehensive Evaluation of Chemotherapy-Induced Peripheral Neuropathy (CIPN) in Indian Breast Cancer Patients: Development of a CIPN Risk Prediction Scale Integrating Clinical, Cognitive, Psychosocial, and Biological Assessments, with an Additional Focus on Gut Microbiome Association' has been invited for full proposal submission.
 - Dr. Rupa Mishra's grant application to LTMT under Institutional Research Grant Scheme, titled 'Understanding Genomic Determinants of Response to Neoadjuvant Systemic Therapy in Breast Cancer Subtypes: An Exploratory Approach' has been invited for presentation

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: 49

Biopsy Blocks: **43** Patients

Surgery Blocks: **60** 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.

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

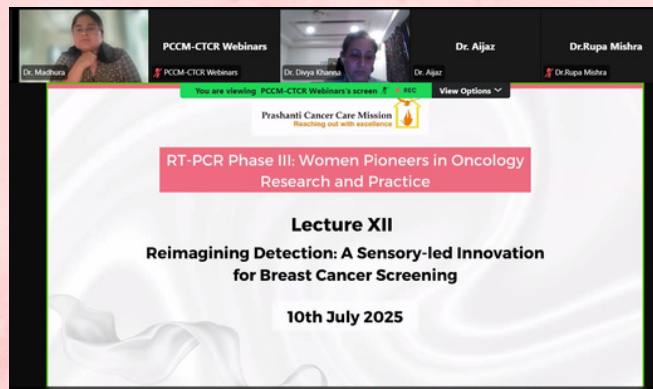
Dr. Madhura Kulkarni (Translational Research Lead at PCCM-CTCR) was invited to speak at BVDU Rajiv Gandhi Institute of I.T. and Biotechnology

On the 17th of July 2025, Dr. Madhura Kulkarni was invited to speak at BVDU Rajiv Gandhi Institute of I.T. and Biotechnology on the topic, 'Career Opportunities for Biotechnology Students.' She shared her inspiring journey—from pursuing a PhD to her impactful work in breast cancer research. Her talk offered valuable insights into the challenges and rewards of a research career, leaving the audience truly motivated.



RT-PCR Phase III, Lecture XII titled, "Reimagining Detection: A Sensory-led innovation for Breast Cancer Screening" was held on the 10th of July 2025

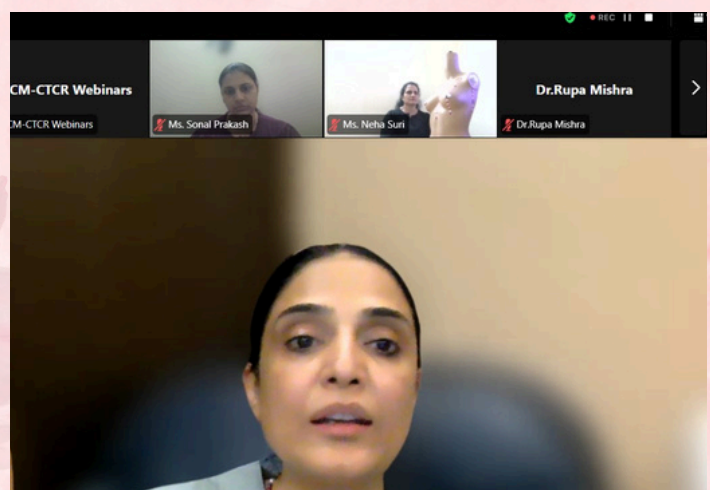
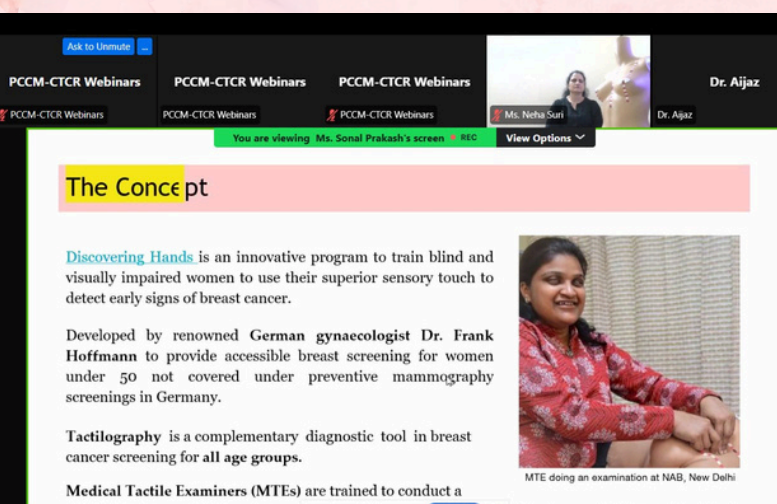
The Research Training Program for Clinicians and Residents (RT-PCR) by CTCR-PCCM is uniquely designed to encourage clinicians to integrate scientific research in their clinical practice and understand the process of scientific enquiry.



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', an advanced 12-week online course, featured 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.

The twelfth and concluding session of the RTPCR Phase III series was held on July 10, 2025, featuring a compelling lecture titled "Reimagining Detection: A Sensory-led Innovation for Breast Cancer Screening."

Led by Dr. Kanchan Kaur, Ms. Sonal Prakash, and Ms. Neha Suri, the session spotlighted the Discovering Hands program—an inspiring initiative that trains visually impaired women to become Medical Tactile Examiners (MTEs). With their heightened sense of touch, MTEs play a transformative role in the early detection of breast cancer, combining medical precision with social inclusion.



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.

Lecture 10th of Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was held on 10th July 2025.

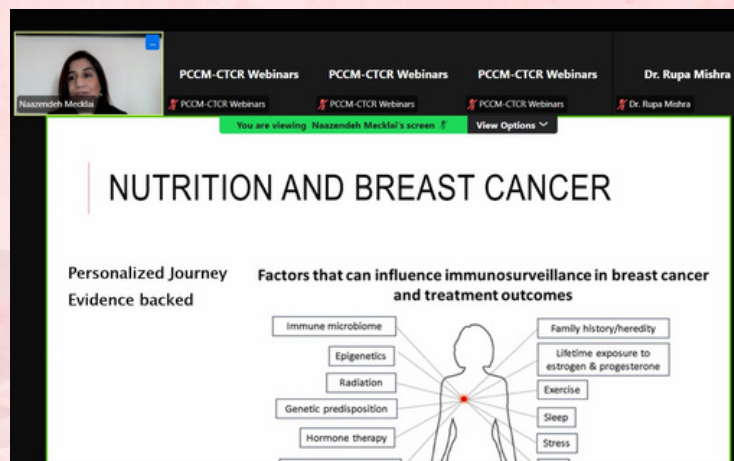
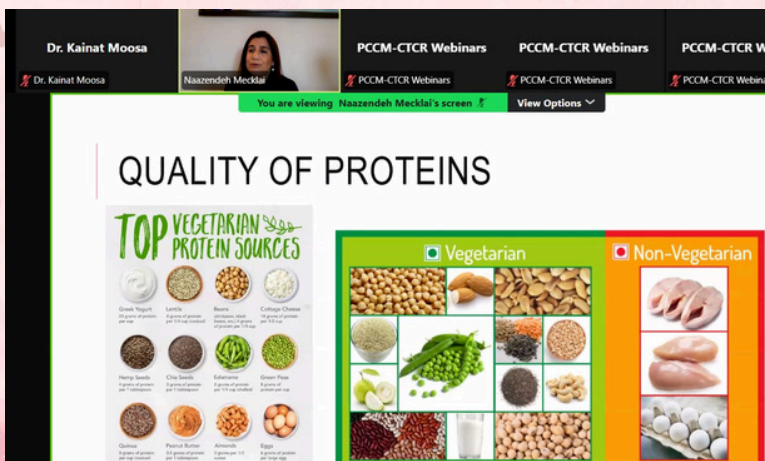
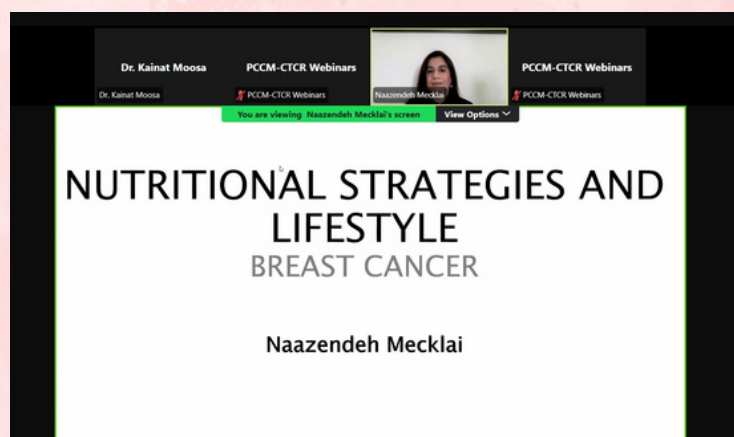
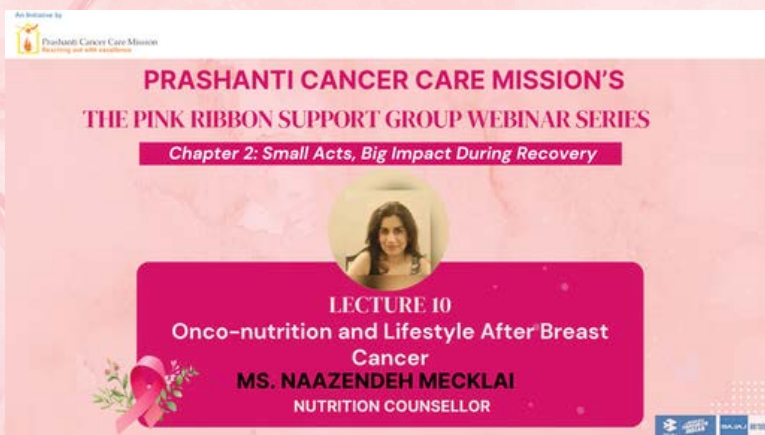
Building on the success of Chapter 1 (Sept 2024–Mar 2025) — where we explored key aspects of survivorship such as mental health, nutrition, yoga, meditation, and genetics — Chapter 2 'Small Acts, Big Impact During Recovery' now turns the spotlight to everyday activities that uplift the spirit and foster healing in meaningful, accessible ways.

On Wednesday, 9th of July 2025, the Pink Ribbon Support Group hosted Lecture 10 of its ongoing webinar series, focusing on the healing power of simple, joyful activities for patients and caregivers.

The session, titled “Onco-Nutrition and Lifestyle After Breast Cancer,” was led by Ms. Naazendeh Mecklai, an expert nutritional counselor, who shared practical insights on post-treatment nutrition and sustainable lifestyle changes to support recovery and long-term wellness.

Click here to register for the Webinar:

[REGISTER NOW](#)



BLOGS

Lifestyle Changes Post Treatment

After a successful exit from the treatment of breast cancer, many a times individuals feel that they won't be able to get back to what they were before the diagnosis, that it's going to be an impossible mission. But, by adopting very simple methods and modifications, the individual can lead a better and healthy life.

Eat a balanced diet

Prioritizing healthy foods, over processed foods have always proven to be beneficial. Choosing healthier options helps immensely to improve quality of life.

Stay active

Being active and exercising regularly, not only improves the post-treatment health but also helps to keep the risk of other diseases at bay.

Get enough sleep

Sleep can help restore the energy post treatment. Studies have shown that a lot of people find it difficult to get a good sleep, especially after a treatment.

Take steps to manage stress

Your state of mind can influence your physical body. That is why mindfulness is recommended, especially for breast cancer survivors. Mindfulness involves being present in a moment with open mind and no judgements.

BLOGS

Palak (Spinach) Moong Soup



INGREDIENTS:

1. ½ cup yellow moong dal
2. 1 cup chopped spinach (washed well)
3. 1 small tomato, chopped
4. ½ tsp grated ginger
5. ½ tsp cumin seeds
6. 1 tsp ghee or olive oil
7. Salt to taste
8. 2.5–3 cups water

HOW TO MAKE:

- Pressure cook moong dal, spinach, tomato, and ginger with water for 3–4 whistles.
- Blend the cooked mix (optional for smooth texture).
- Heat ghee, add cumin seeds, pour in blended soup. Simmer for 2 mins.
- Serve warm.



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
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