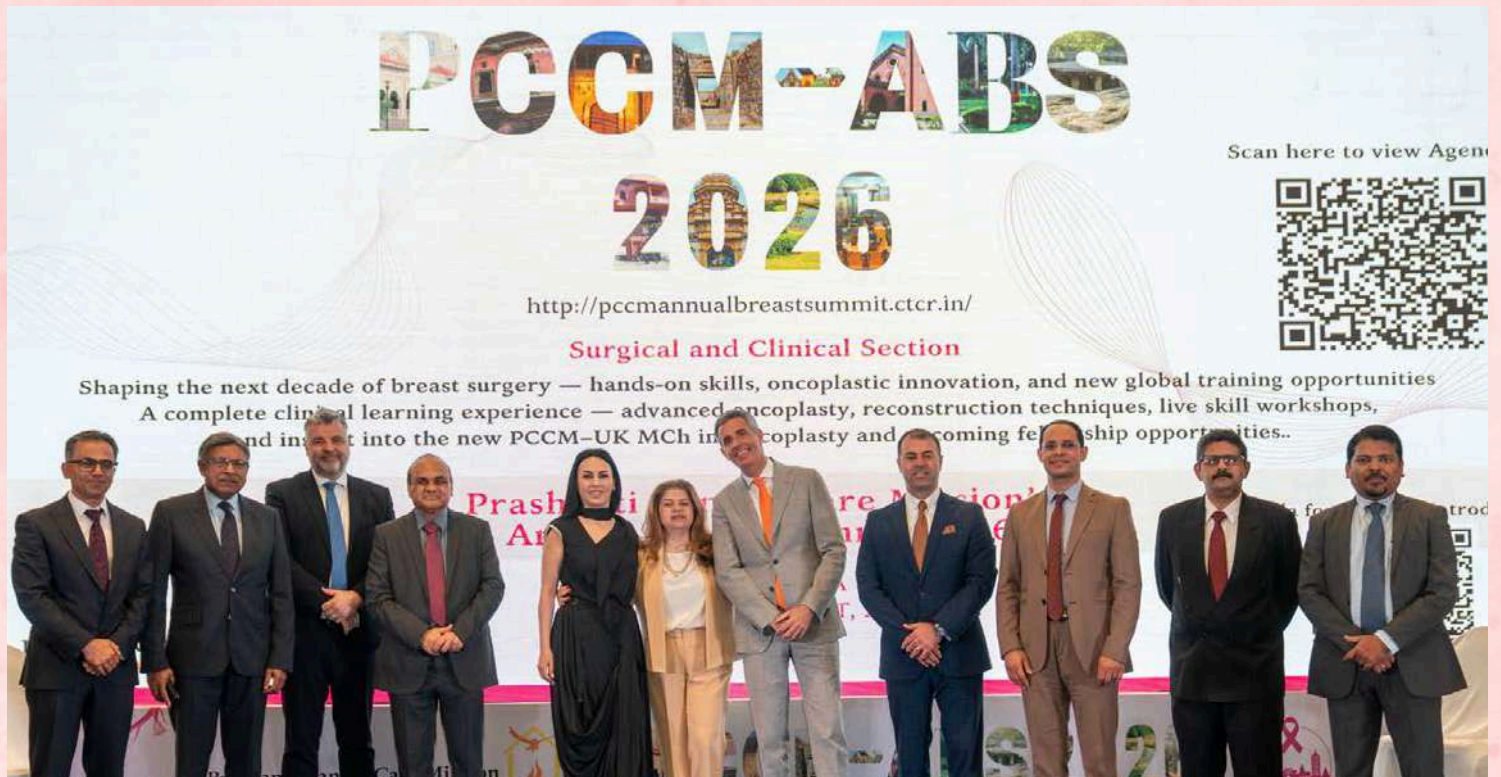




FEBRUARY 2026 | VOLUME 11 | ISSUE 108

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter



Event of the Month

Prashanti Cancer Care Mission's Annual Breast Summit 2026 (PCCM-ABS 2026)

January 30 – February 1, 2026

Prashanti Cancer Care Mission successfully hosted the Annual Breast Summit 2026 (PCCM-ABS 2026), held from January 30 to February 1, 2026, at the Corinthians Resort, Pune, India. The summit brought together an exceptional gathering of national and international faculty, breast cancer clinicians, researchers, and healthcare professionals.

The summit served as a vibrant platform for in-depth, practice-focused discussions on contemporary and evolving approaches to breast cancer management.

A detailed overview of the scientific sessions, faculty contributions, and key outcomes is presented in the subsequent pages.

TESTIMONIALS FROM PATIENTS HELPED BY PRASHANTI CANCER CARE MISSION THROUGH DIAGNOSTICS, SURGERIES, CHEMOTHERAPY, RADIATION, AND PHARMACY SERVICES

Komal Akshay Vanarse

Dear Dr. Kopiikar and Prashanti Care Mission,

I would like to express my heartfelt gratitude for the care, support, and compassion you have been providing me throughout my cancer treatment. As I continue my chemotherapy, your guidance and reassurance have given me strength and hope during this challenging phase of my life.

My sincere thanks to Dr. Kopiikar for your expertise, patience, and constant encouragement. Your dedication has helped me face each step of this journey with more confidence and courage.

I am also deeply thankful to Prashanti Care Mission for the financial support you continue to extend. Your efforts to ease the financial burden of my treatment have brought immense relief to me and my family. Your kindness and generosity mean more than words can express.

To all the staff involved in my care, thank you for your counseling, support, and the warmth you show every day. Your compassion makes this difficult journey a little easier to bear.

With sincere appreciation -
Komal Akshay Vanarse



**TESTIMONIALS FROM PATIENTS HELPED BY PRASHANTI
CANCER CARE MISSION THROUGH DIAGNOSTICS, SURGERIES,
CHEMOTHERAPY, RADIATION, AND PHARMACY SERVICES**

Renuka Sadashiv Wagh

Dear Dr. Koppikar and Prashanti Care Mission,

I would like to express my deepest gratitude for the incredible support you have given me throughout my cancer treatment. Your medical expertise, financial assistance, and compassionate care have made an immeasurable difference in my journey.

My heartfelt thanks to Dr. Koppikar for your guidance, skill, and reassurance at every step. I am truly grateful for the confidence and hope you provided during such a difficult time.

I also extend my sincere appreciation to Prashanti Care Mission for the financial help that eased a major burden for me and my family. Your generosity and kindness gave me the strength to focus on healing.

To all the staff involved in my care—thank you for your patience, counseling, and constant support. Your dedication and empathy have meant more than words can express.

With heartfelt appreciation -

Renuka Sadashiv Wagh.

PCCM APPEALS FOR SUPPORT AND DONATIONS TO HELP TREAT THE PENDING LIST OF UNAFFORDABLE BREAST CANCER PATIENTS


Pending list of patients below


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.

DONATE 

01.		Komal Vanarse (36 Yrs) has stage III breast cancer. She is a homemaker with two kids- a son and daughter studying in school. Her husband works as a helper at a construction site.	
		Treatment	Amount (In Rs.)
		Chemotherapy	4,50,887
		Diagnostics and OPD Charges	55,659
		Radiation	1,80,000
		Surgery	2,58,000
	Total	9,44,546	
Komal Vanarse (36 Yrs)			

02.		Saima Naaz (43 years) has stage II breast cancer. She is a homemaker, and her husband is unemployed. She has 3 children studying in school. She is supported by her brother for the family's financial needs. Her brother too has his own family to support, limiting his support to the patient.	
		Treatment	Amount (In Rs.)
		Chemotherapy	1,50,251
		Diagnostics and OPD Charges	32,025
		Radiation	000
		Surgery	000
	Total	1,82,276	
Saima Naaz (43 Yrs)			

FREE COUNSELLING SERVICES AT ORCHIDS BREAST HEALTH SO FAR

Onco-Psychology Counselling - 483



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 Kogilwatta, Senegotti
Boggot Road, Pune,
Maharashtra 411006

Onco-Genetic Counselling- 521



Onco - Genetic Counselling
Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic, we have BCC1 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 <45 yrs
- Family History of Cancer
- Recurrent
- TRAC
- 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 5pm)

Visit us at:
12 Kogilwatta, Senegotti
Boggot Road, Pune,
Maharashtra 411006

Dr. Kapilraj | Breast Cancer Doctor in Pune | Orchids Breast Health (OrchidsHealth.in)
A 600-284545, 284545, 284545 | contact@orchidsbreasthealth.com | info@orchidsbreasthealth.com

Nutrition Counselling-553



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 Kogilwatta, Senegotti
Boggot Road, Pune,
Maharashtra 411006

Dr. Kapilraj | Breast Cancer Doctor in Pune | Orchids Breast Health (OrchidsHealth.in)
A 600-28455, 28455, 28455 | contact@orchidsbreasthealth.com | info@orchidsbreasthealth.com

Preventive clinic services-125



RISK REDUCTION CLINIC FOR BREAST CANCER

EXERCISE REGULARLY
KEEP YOUR WEIGHT STABLE
EAT HEALTHY FOOD
WATCH OUT FOR CHANGES TO YOUR BODY
DO FOR A MAMMOGRAM

BREAST FEED
DON'T SMOK
LIMIT ALCOHOL CONSUMPTION
LIMIT EXPOSURE TO POLLUTION
LIMIT YOUR ACTUAL CONCEPTS

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.

Prashanti Cancer Care Mission
Reaching out with compassion
www.ccr.in

PCCM provided 28 Freeships/Major Concession on diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in January 2026.



Mammography



Sonography



Biopsy



Surgery



Chemotherapy



Onco-pharmacy

DAY 1- CLINICAL VERTICAL | PCCM-ABS 2026



PCCM-ABS 2026 commenced on an inspiring note under the leadership of Dr. C. B. Koppiker, Conference Chair, with seamlessly run parallel Clinical-Surgical and Research sessions that brought together science, innovation, and hands-on expertise under one roof.

Day 1 Clinical Sessions focused on building strong surgical foundations through technical masterclasses, plenary lectures, and hands-on workshops in oncoplastic breast surgery. Key topics included therapeutic mastoplasty, region-based breast conservation, perforator and local flaps, lipomodelling, and implant-based reconstruction. The emphasis throughout remained on precision surgery, innovation, and patient-centred outcomes, setting the tone for a comprehensive clinical learning experience.

The conference featured over 70 national & international faculty members and welcomed more than 300 delegates, enriched by the presence of a distinguished international faculty who brought valuable global perspectives. International experts included Dr. Zoltan Mátrai (Qatar), Dr. Nicola Rocco (Italy), Prof. Jana de Boniface (Sweden), Dr. Stephen McCulley (UK), Dr. Farid Meybodi (Sydney), Prof. Jerome Pereira (UK), Prof. Maher Hassan (Egypt), Dr. Anas Aburuman, Prof. Thorsten Kühn (Germany), and Dr. Hagigat Valiyeva (Azerbaijan).

See Captured Moments Here: [\[Link\]](#)

Follow us on LinkedIn: [in](#)

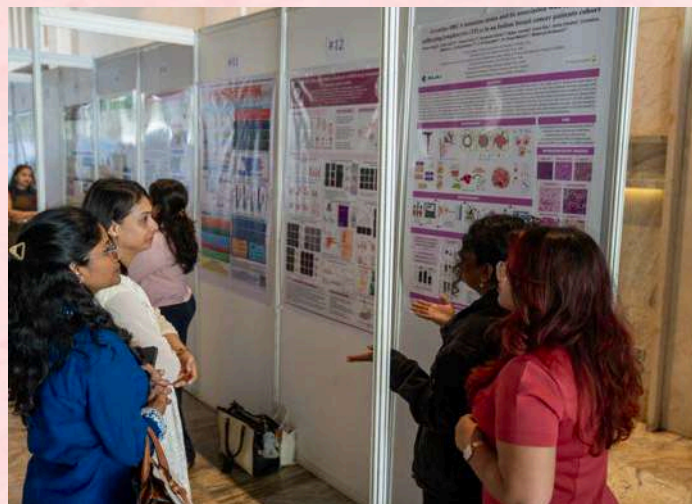
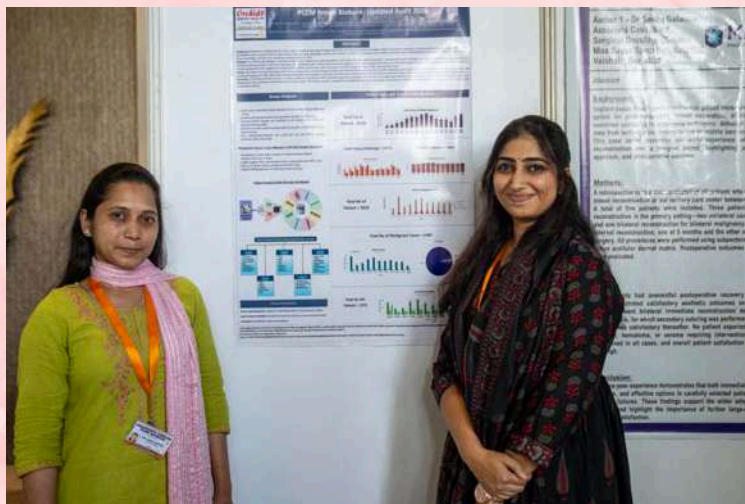
DAY 1- CLINICAL VERTICAL | PCCM-ABS 2026





The day commenced with a traditional diya-lighting ceremony and brought real-world complexity to the forefront through MDT-style case discussions and expert panels. Key themes included neoadjuvant strategies, axillary management, de-escalation across surgery, systemic therapy, and radiation, as well as challenges in multicentric and multifocal breast cancers. Evidence-driven debates highlighted how personalised, multidisciplinary care is shaping modern breast oncology practice. The day also featured poster presentations, providing a platform for clinicians & researchers to showcase emerging data and innovative ideas.

POSTER SESSION | PCCM-ABS 2026



DAY 2- CONVOCAATION & GALA EVENING | PCCM-ABS 2026



The conclusion of Day 2 was marked by a Convocation Ceremony held on 31st January 2026, during which successful graduates were formally awarded their valid degree certificates from the University of East Anglia (UEA), UK. The ceremony celebrated academic achievement and the continued commitment to excellence in oncoplastic breast education.

The evening concluded with a Gala Dinner, where national and international faculty and participants came together in a relaxed setting. The event featured light music, dance, and a sumptuous dinner, offering opportunities for informal interaction, meaningful conversations, and moments of camaraderie beyond the conference halls.

DAY 3- CLINICAL VERTICAL | PCCM-ABS 2026



Day 3 centred on advanced surgical concepts and future directions in breast surgery. Sessions included fluorescence-guided surgery, detailed surgical video case discussions, and region-based oncoplastic solutions for complex defects. Keynote lectures addressed post-NACT axillary management and evolving training models, bringing the workshop to a close with a strong emphasis on skill refinement, innovation, and capacity building.

FEBRUARY 2026 | VOLUME 11| ISSUE 108

DAY 3- CLINICAL VERTICAL | PCCM-ABS 2026



RESEARCH VERTICAL | PCCM-ABS 2026



Running in parallel with the clinical-surgical sessions, the Research Vertical at PCCM-ABS 2026 offered a forward-looking perspective on the future of breast cancer research. Designed to place research at the heart of clinical decision-making, the programme highlighted how meaningful research must evolve directly from real-world clinical questions—an integration that remains both rare and essential in the Indian context.

Sessions spanned the continuum from fundamental biology to translational application, with discussions on tumour heterogeneity, genomic drivers of therapy resistance, biomarkers, and mechanisms of endocrine and CDK4/6 inhibitor resistance. Emerging technologies such as AI-assisted digital pathology, radiomics, and multimodal data analytics were explored as clinically relevant tools for precision oncology.

Key discussions also focused on pathology-led biobanking as a cornerstone of credible translational research, the cancer-gut microbiome axis, and the importance of linking tissue, molecular data, imaging, and outcomes. MDT-style interactions reinforced the principle that clinical complexity should drive research design.

The Research Vertical culminated on Day 3 with capacity-building workshops in bioinformatics, cBioPortal, and biostatistics—aimed at empowering early-career researchers and strengthening India's translational oncology ecosystem.

RESEARCH VERTICAL | PCCM-ABS 2026



DR. KOPPIKER'S ARTICLE WAS FEATURED IN THE 'ASK THE EXPERT' SECTION IN FEMINA JANUARY 2026 ISSUE.

ASK THE EXPERT **Orchids**
BREAST HEALTH
—Orchids Breast Health in Association with—
Prashanti Cancer Care Mission



CARING THROUGH TREATMENT: PRACTICAL SUPPORT FOR BREAST CANCER CAREGIVERS

AS PART OF OUR ONGOING CAREGIVER SUPPORT SERIES



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

Caregivers are often the steady presence behind the scenes in a breast cancer journey. While much of the focus remains on treatment, caregivers quietly manage emotional strain, physical fatigue, and countless everyday responsibilities. As chemotherapy and radiation begin, their role deepens—balancing appointments, side effects, uncertainty, and emotional reassurance. In our previous article on caregiving, we highlighted what caregiver burnout is and shared practical strategies to recognize, prevent, and address it. Building on that foundation, this article focuses on practical ways caregivers can offer meaningful, sustainable support at different stages of treatment—while also caring for themselves.



For those who wish to explore the caregiver experience more deeply, *Together We Heal: A Self-Care Guide for Breast Cancer Caregivers* by Ms. Laleh Busheri is a compassionate and relatable resource. The book blends practical guidance with emotional insight, reminding caregivers that their feelings matter and that they are not alone in this journey. The book is available on Amazon: <https://www.amazon.in/dp/9371640030>

HOW CAN CAREGIVERS HELP BEFORE DIAGNOSIS AND WHILE WAITING FOR TEST RESULTS?

Caregivers can encourage early medical consultation, help organise appointments, and accompany patients

to visits. During the waiting period, calm presence, patient listening, and help with daily routines can ease fear and anxiety.

HOW CAN CAREGIVERS COMMUNICATE EFFECTIVELY WITH THE HEALTHCARE TEAM?

Caregivers can help by keeping notes of symptoms, questions, and concerns to discuss during appointments. Clear communication with doctors and nurses ensures timely support and helps the patient feel more confident and informed.

HOW DO CAREGIVERS SUPPORT DECISIONS AROUND SURGERY?

With multiple surgical choices available today, caregivers can help patients understand options, ask questions during consultations, and support decisions that feel right both medically and personally.

HOW CAN CAREGIVERS HELP DURING CHEMOTHERAPY?

Even with improved treatments, side effects such as tiredness, nausea, hair loss, or reduced immunity may occur. Caregivers can help by keeping track of medications, noticing symptoms, encouraging rest, and reassuring patients that many effects are temporary.

WHAT KIND OF EMOTIONAL SUPPORT MATTERS MOST DURING TREATMENT?

Patients may struggle with fear, frustration, or dependence on others. Simple acts—listening without fixing, offering reassurance, sharing quiet moments, or maintaining small routines—can provide immense comfort.



DR. C.B KOPPIKER

HOW CAN A PATIENT SUPPORT THEIR CAREGIVER AND HELP THEM RETURN TO A SENSE OF NORMALCY?

Patients can play an important role in supporting their caregivers by encouraging balance and independence. Simple steps like accepting help from other family members or friends allows caregivers time for themselves without guilt. Encourage them to meet friends, pursue fitness/yoga or leisure activities, and take breaks for adequate sleep. Small gestures like letting them choose the TV show, preparing their favourite meals, or planning a small treat like a massage, can uplift their spirits.

Caregiving is an act of deep compassion and resilience, but it should not come at the cost of one's own health. While caring for a loved one, caregivers must also recognise their limits, seek support, and make time for rest and self-care—because looking after themselves allows them to care better for others.

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



Dr. Koppiker's article on, 'Caring through Treatment: Practical Support for Breast Cancer Caregivers' was featured in the January 2026 issue of the Femina Magazine

PCCM AT ISBER 2026 | ABSTRACTS SELECTED FOR ORAL PRESENTATIONS



Prashanti Cancer Care Mission (PCCM) is proud to announce that two abstracts from our Biobanking and Translational Research program have been selected for oral presentation at the ISBER 2026 Global Biobanking Congress, to be held in Shenzhen, China.

Ms. Laleh Busheri, CEO, PCCM, will present “Audit Update on Breast Tissue Biobank Set-up from a Single Institutional Cohort in an LMIC,” sharing valuable insights into building and auditing sustainable biobanking infrastructure in low- and middle-income settings.

Dr. Madhura Kulkarni, Translational Research Lead at PCCM, will present “Integrated Image Repository for Breast Tissue Biobank: Enabling Translational Research,” highlighting innovative approaches to strengthening translational research through structured biobank-linked imaging platforms.

The ISBER Global Biobanking Congress, with a legacy of over 25 years, is the world’s leading forum for biobanking education and collaboration, bringing together experts from across the globe to advance best practices in biospecimen science.

This recognition underscores PCCM’s growing contribution to global biobanking standards, translational research, and patient-centred innovation.

PRASHANTI CANCER CARE MISSION'S BREAST GLOBAL JOURNAL

Volume 2, Issue 3 is now available online.

We are delighted to share that our Breast Global Journal's Volume 2, Issue 3 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>



The screenshot displays the Medknow website for the Breast Global Journal. The header includes navigation links: 'Log in or Register', 'Get new issue alerts', and 'Submit a Manuscript'. The main title 'BREAST GLOBAL JOURNAL' is prominently displayed, along with the tagline 'Official Publication of Breast Global Network'. Below the title, there are dropdown menus for 'Home', 'Current Issue', 'Previous Issues', 'For Authors', and 'Journal Info'. The 'Current Issue' section is highlighted, showing the cover of the journal for 'July-September 2024 - Volume 2 - Issue 3'. The cover features a pink ribbon and the text 'BREAST GLOBAL JOURNAL' and 'BGJ'. To the right of the cover, the following information is provided: 'Editor-in-Chief: Prof. Chintamani, Dr. C.B. Koppiker and Dr. Ashutosh Kothari', 'Online ISSN: 2950-1539', and 'Frequency: Four issues per year'. There is also a link for 'eTOC Alert'.

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 323 patients, along with 237 fresh frozen surgery samples, have been collected and stored at IISER.
 - Two abstracts from our Biobanking and Translational Research program have been selected for oral presentation at the ISBER 2026 Global Biobanking Congress, to be held in Shenzhen, China.
1. Audit Update on Breast Tissue Biobank Set-up from a Single Institutional Cohort in an LMIC
 2. Integrated Image Repository for Breast Tissue Biobank: Enabling Translational Research
- Evaluating the Use and Feasibility of Indocyanine Green (ICG) as a Beacon of Precision in Sentinel Node Biopsy for Breast Cancer from an Oncoplastic Practice in India. - Submitted to Cancers
 - Germline BRCA mutation status and its association with tumour infiltrating lymphocytes (TILs) in an Indian - Submitted to Indian Journal of Medical Research breast cancer patients cohort

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: **19**

Biopsy Blocks: **09** Patients

Surgery Blocks: **10** 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.

07 Fresh frozen Biopsy and **08** surgery samples collected this month.

ONGOING PROJECTS AND MANUSCRIPTS:

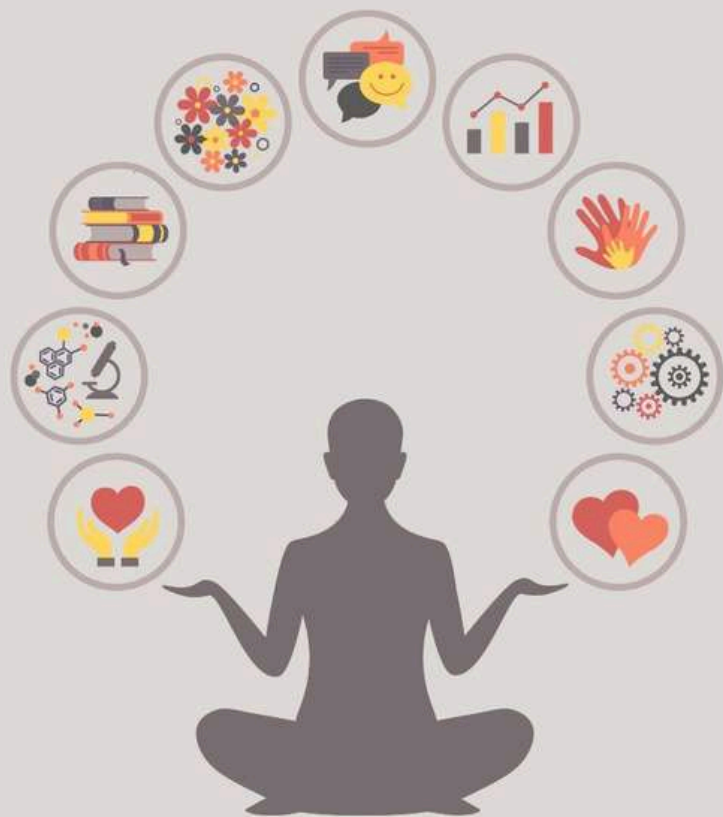
- Advantages of Perforator Flaps in Breast Cancer Surgical Management– A Single Institutional Audit.
- Surgical management of Central Quadrant Tumors – A Single Institutional Audit.
- A single institutional audit of surgical management in Triple Negative Breast Cancers.
- A Cross-Sectional Study Assessing 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.

BLOGS

Spirituality and Coping with Cancer

For many patients, spirituality provides a sense of hope and purpose during treatment. It can help individuals make sense of their illness, reduce feelings of helplessness, and foster acceptance of what cannot be controlled. Practices such as prayer, meditation, chanting, mindfulness, or simply spending time in reflection can create emotional calm and resilience, even in the face of physical suffering.

Holistic cancer care involves addressing spiritual needs as an essential part. Supporting patients in exploring their beliefs, values, and sources of meaning can improve emotional adjustment, reduce distress, and promote a sense of dignity and peace throughout the cancer journey.



A cancer diagnosis often challenges not only the body, but also the mind and spirit. In moments of uncertainty, fear, and vulnerability, many individuals turn to spirituality as a source of comfort, meaning, and strength. Spirituality, whether expressed through religion, faith, personal beliefs, nature, or inner values, can play a powerful role in coping with cancer.

Spirituality is deeply personal. By nurturing the spirit alongside the body and mind, individuals can cope more fully, live more meaningfully, and feel supported through every stage of cancer.



BLOGS

Soft Paneer-Curd Veg Sandwich



Ingredients

- 2 slices whole wheat or soft brown bread
- 2 tbsp fresh paneer (grated or mashed)
- 1 tbsp thick curd
- Finely grated carrot or cucumber
- Pinch of salt
- Optional: pinch of roasted cumin powder

Method

- Mix paneer, curd, vegetables, and salt into a soft spread.
- Spread evenly on bread.
- Serve as is or lightly toast (avoid over-toasting).

Benefits

High protein, easy to chew, mild on the stomach, no heavy spices.



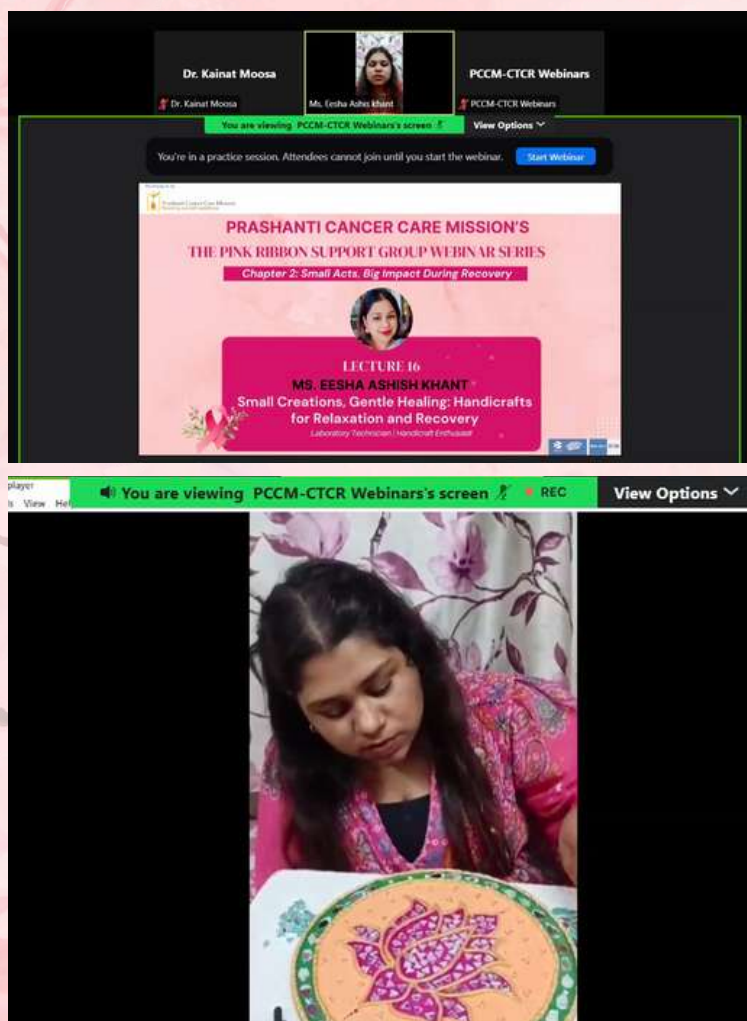
LECTURE 16TH OF PRASHANTI CANCER CARE MISSION'S PINK RIBBON SUPPORT GROUP WEBINAR SERIES WAS HELD ON 14TH JANUARY 2026.

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, 14th of January 2026, the Pink Ribbon Support Group hosted Lecture 16 of its ongoing webinar series, focusing on the healing power of simple, joyful activities for patients and caregivers.

This Pink Ribbon Webinar featured “Small Creations, Gentle Healing: Handicrafts for Relaxation and Recovery” presented by Ms. Eesha Ashish Khant. The session offered participants a meaningful introduction to the principles and practice of music therapy as a supportive tool in cancer care and emotional healing.

Click here to register for the next session :



An initiative by
Prashanti Cancer Care Mission
Reaching out with excellence

PRASHANTI CANCER CARE MISSION'S THE PINK RIBBON SUPPORT GROUP WEBINAR SERIES

Chapter 2: Small Acts, Big Impact During Recovery

LECTURE 16

**Small Creations, Gentle Healing:
Handicrafts for Relaxation and
Recovery**

Ms. Eesha Ashish Khant
Laboratory Technician | Handicraft Enthusiast

After a successful Chapter 1 (September 2024–March 2025) on survivorship, mental health, nutrition, yoga, meditation, and genetics, we invite you to Chapter 2, “Small Acts, Big Impact During Recovery” where we’ll explore simple, empowering activities for patients and caregivers.

WEDNESDAY, 14TH JANUARY 2026
VIA ZOOM 4:00 P.M–5:00 P.M IST
(REGISTER NOW TO ATTEND THE WEBINAR)

CLICK HERE TO REGISTER
FREE WEBINAR

For more information & registration, please call or email
+91-20-25656110 / 91-20-25650269
vcanshare@prashanticancercare.org

www.prashanticancercare.org
www.ctcr.in

***This online series is FREE & open to all. Invite your friends, caregivers, & anyone interested.**

PCCM APPEALS FOR SUPPORT AND DONATIONS TO HELP SAVE LIVES OF 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.

Contact Details: Mr. Aditya Kamthe: +91 9665033955

***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>**

