

**About PRACHI HOPE FOUNDATION** (Patients & Relatives Affected by Cancer Helped & Informed)

Formally launched in Pune on October 18th, 2024, the PRACHI Hope Foundation is a Section 8 charitable company dedicated to transforming cancer care through awareness, prevention, and patient support. Founded on the powerful belief that "*Knowledge & Information Help remove fear about cancer*", the Foundation aims to provide dignity to those navigating the disease.

The urgency of this mission is highlighted by alarming national statistics. Between 1995 and 2010, cancer cases in India doubled from 5 lakh to 10 lakh, with estimated 16 lakh cases by the end of 2025. Furthermore, the lifetime cancer risk has surged from 1 out of 28 individuals in 1995 to a staggering 1 out of 9 in 2025.

To address the strain on India's medical infrastructure, PRACHI Hope Foundation focuses on a threefold mission:

1. **Awareness:** Educating the public on symptoms and prevention through screening camps.
2. **Assistance:** Offering guidance to patients and their families.
3. **Aiding Recovery:** Helping individuals navigate the journey with resilience.

Guided by a Board of Advisors consisting of eminent medical professionals Dr. Anil D'Cruz, Dr. Shripad Banavali, Dr. Mary Ann Muckaden, Dr. Ravi Nayar, Dr. Anushree Vartak and Dr. Prince John, the Foundation is committed to removing the fear surrounding cancer through early detection and comprehensive education.

PRACHI Hope Foundation acknowledges the support of the following :

IT Advisors : Nakul Datar & Ashish Yardi

Legal Advisors : Adv. Dr. Nilima Bhadbhade & Adv. Shrisiddhi Sabne

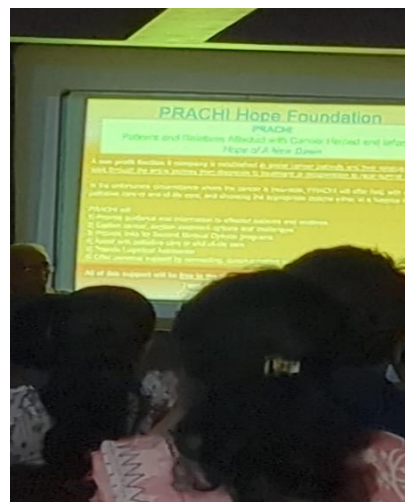
PRACHI Activities so far....

**April 2025**

The PRACHI Hope Foundation commenced its community health initiatives in the city with an awareness programme on April 12, 2025 in collaboration with Deenanath Mangeshkar Hospital (DMH), the event saw a robust turnout of over 75 participants. Dr. Manjusha Ghumare, a preventive medicine consultant at DMH, delivered an insightful lecture on disease prevention.

May, 2025

PRACHI Hope Foundation inaugurated its Goa operations on May 4, 2025, with an insightful seminar on cancer awareness at Thrift Hall. Hosted by the Lions Club of Ponda in collaboration with the Nilima V.G.S. Cancer Foundation, the event featured awareness session by renowned research scientist Dr. Ram Datar.

**May, 2025.**

In a unique blend of tradition and medicine, PRACHI Hope Foundation organized a cancer awareness program in Goa on 31 May 2025 to dismantle the stigma surrounding oncology. Renowned Pune surgeon Dr. Shekhar Kulkarni, dressed in surgical attire paired with a traditional pagadi, mesmerized a packed VHP Hall by performing a 'Kirtan'—a musical discourse—to discuss cancer.



May 2025

PRACHI Hope Foundation, in collaboration with the Rotary Club of Gandhibhavan Kothrud, Aastha Foundation, and Asmita Foundation, organized a breast and cervical cancer screening camp at Kunjirwadi on May 17 2025. The event saw 64 women undergo breast cancer screening, while 18 were tested for HPV.



May 2025

A breast cancer screening camp was organized on May 24 2025. The initiative was a collaborative effort between the PRACHI Hope Foundation, Pune and the Rotary Clubs of Kolhapur - Central and Rotary Clubs of Synergy Passport. The event, supported by the Aastha Breast Cancer Support Group, saw 24 women undergo clinical examinations.

June 2025

Formal launch of PRACHI Hope Foundation, inauguration of PRACHI website and publication of a book about cancer in Marathi

In the presence of noted oncologists, physicians, donors and general public. The website for PRACHI was formally inaugurated by Dr. Anil D'cruz and the book in Marathi was published. This event was marked by a musical concert by Pt. Charudatta Naigaonkar and his colleagues.



October, 2025

PRACHI Hope Foundation organized a comprehensive cancer awareness session at the Marathawada Mitra Mandal Seminar Hall on Wednesday October 4 2025. The event focused on the importance of early detection and lifestyle modifications in combating the rising incidence of the disease with a talk on Cancer by Director of PRACHI HOPE FOUNDATION & research scientist Dr Ram Datar, Dr. Narendra Joshi and Clinical Coordinator of PRACHI HOPE FOUNDATION Dr. Anuradha Patankar

October 2025

PRACHI Hope Foundation, in collaboration with the Tata Memorial Centre (TMC), organized a comprehensive two-day training workshop for volunteers on October 11 and 12, 2025. This workshop conducted at Hotel Shreyas equipped 54 volunteers with the skills necessary to lead cancer awareness sessions and assist in screening camps.





October 2025

PRACHI Hope Foundation organized a comprehensive cancer awareness session on October 27 2025 for 'Mahila Seva Mandal,' an NGO dedicated to the welfare of orphan girls and women. The event was attended by 60 women aged 16-35.



November, 2025

The Department of Preventive Medicine at Deenanath Mangeshkar Hospital & Research Centre hosted a specialized training workshop on Cervical Cancer Screening and Prevention on 16th November 2025. 10 volunteers of PRACHI Hope Foundation were sponsored to attend this workshop.

December 2025

To promote cancer awareness and preventive healthcare, PRACHI Hope Foundation organised a webinar for employees of Persistent Systems on December 10, 2025. The online session was attended by 142 participants from across India. The two-hour webinar was conducted by Dr Harimadhav Vishwanathan, Senior Resident Doctor at Tata Memorial Centre and Dr Ram Datar, Chairman and Director of PRACHI Hope Foundation



February, 2026

PRACHI Hope Foundation, in collaboration with Tata Memorial Centre's Centre for Cancer Epidemiology (TMC-CCE), organized a comprehensive cancer awareness and screening camp at Poladpur on February 20, 2026.

A key highlight of this camp was the sensitization of middle school students regarding the hazards of tobacco through interactive quizzes. In this camp total, 88 individuals were screened by TMC-CCE experts.



March 2026

PRACHI Hope Foundation organised a cancer awareness session on 10-03-2026 for the members of Sneh Seva/ Maitreya charitable trust engaged in Social work. Dr. Ram Datar conducted an effective awareness session highlighting the does and don'ts for cancer prevention. The session was attended by 40 members of the trust. Session conclude with question answer session.

**PRACHI Patient Support Group Holds Successful Inaugural Meeting**

The PRACHI Patient Support Group held its first meeting on 08-03-2026, where eight members discussed cancer treatment, insurance, and caregiving experiences. Participants described the session as "satisfying," emphasizing the value of shared personal journeys. The group unanimously agreed to meet monthly to provide ongoing community support and resource sharing.

STATISTICS

- One woman dies of cervical cancer every 8 minutes in India
- For every 2 women newly diagnosed with breast cancer, one woman dies of it in India.
- As many as 2,500 persons die every day due to tobacco-related diseases in India
- Smoking accounts for 1 in 5 deaths among men and 1 in 20 deaths among women, accounting for an estimated 9,30,000 deaths in 2010

Cancer Statistics in India

- Estimated number of people living with the disease: around 2.5 million
- Every year, new cancer patients registered: Over 7 lakh
- Cancer-related deaths: 5.56 Lakhs

Deaths in the age group between 30-69 years

- Total: 3.95 Lakhs (71% of all cancer related deaths)
- Men: 2.00 Lakhs
- Women: 1.95 Lakhs

Cancers of oral cavity and lungs in males and cervix and breast in females account for over 50% of all cancer deaths in India

The top five cancers in men and women account for 47.2% of all cancers; these cancers can be prevented, screened for and/or detected early and treated at an early stage. This could significantly reduce the death rate from these cancers.

	Men	Women
1	Lip, Oral Cavity	Breast
2	Lung	Cervix
3	Stomach	Colorectum
4	Colorectum	Ovary
5	Pharynx	Lip Oral Cavity

Courtesy : ICMR



A BRIEF ARTICLE BY AN EXPERT

When going gets tough, the tough get going!

A few decades ago, the predictions by the Western media that the HIV-AIDS epidemic would wreak havoc in India were thwarted by the health institutions of our country by taking appropriate steps. Even in the recent COVID storm, due to appropriate measures, we were able to prevent a large number of deaths. Today, a similar challenge has arrived with the increasing number of cancers. It is in the interest of all of us, and in turn, the society and the country, to take responsibility for stemming this tide by responding to government schemes.

Some experts believe that our country has become “the cancer capital”, based on the magnitude of the adverse effects of cancers on the well being of the society.

Reducing the growth rate of cancer patients and increasing the effectiveness of treatment are two ways to change this situation. For this, it is necessary to understand how and why cancer begins, and what can be done to prevent its occurrence. It is also important to understand the diversity of forms of cancer, and the treatment options and the limitations of the different treatment modalities.

Screening for cancers that can be detected in their infancy or at an early stage can reduce the number of cancer patients by thirty to forty percent. A balanced diet, adequate exercise, and stress management can reduce the risk of cancer by more than sixty percent.

Bringing all this information and services to the masses may seem like a hard task due to the refrain caused by the fear and misunderstanding about cancer. *In this moment of decision, let's do the right thing*, let us spread the awareness about cancer, and the confidence that cancer detected early can be treated successfully. *Doing nothing definitely is not an option!*

- Narendra N. Joshi , Ph.D.



WHAT'S NEW

What's new in CANCER RESEARCH?

Advances in precision medicine can now target cancer-causing mutant genes like KRAS and novel PROTAC drugs are developed (PROTACs or Proteolysis Targeting Chimeras are innovative bifunctional small molecules that cause targeted degradation of cancer-causing proteins.)

- Better understanding of immune cells
- Innovative lipid nanoparticle-encapsulated mRNA drugs are developed

What's new in CANCER DIAGNOSTICS?

- Artificial intelligence is revolutionizing diagnostics, with AI-powered software for imaging and novel liquid biopsies enabling earlier, more accurate cancer detection.

What's new in CANCER TREATMENT?

- Advanced immunotherapy drugs for reduced toxicity: Bispecific antibodies and Antibody-Drug Conjugates can deliver targeted chemotherapy
- Expanded options are available for CAR T-cell therapy. CAR-T is a special type of weaponized immune *soldier* cell which is engineered to recognise an identity card of a *criminal* cancer cell, and kill it. This therapy is shown to be useful to treat blood cancers, aggressive brain tumors and other difficult-to-treat cancers.
- Complementary therapies are increasingly integrated with conventional treatments

CANCER SURVIVOR STORY



Smita Damle

My Journey of Resilience

में जिन्दगी का साथ निभाता चला गया...

"I kept going along with life..."

As per Sahir Ludhianwi's words, I was living my life to the fullest. But in a the heart of my heart, a constant worry used to

trouble me. I had witnessed both my daughter and my sister lose their battles with cancer in their thirties. As such, there was a constant fear of whether this disease would reach me too. Naturally, I had started regular check-ups and breast self-examinations.

The year 2022 arrived, and my suspicion turned out to be true. There was a small lump in the breast. After testing, it was diagnosed as cancer. Given the family history of cancer, surgery was the only option for me. Following the doctor's advice, the surgery was performed, and it was decided that no other cancer treatments were necessary afterward. I was happy. I started a routine living each



day to fullest. The next two years went by happily.

However, in **August 2024**, a lump appeared again right next to the previous site. This time, there was a bit of negligence on my part. But that was a mistake. To treat this new lump, I now had to go through the entire cycle of **chemotherapy and radiation**. My battle with cancer began once again.

The Power of the Mind

In this fight, the most important thing is your **mental strength**. You have to build it. You must not give up easily. One must remain constantly positive; you have to do this for yourself. If you want the treatments to have the right effect, you must increase your mental fortitude. It is vital to keep telling yourself: *"I accept this illness, and I am going to tackle it successfully."*

In this difficult journey, your inner strength, family, friends, and encouraging doctors are your true companions. They are helpful in fighting on all fronts—physical, mental, and financial.

Overcoming the Side Effects

Based on my experience, even if you face issues like nausea and loss of appetite during treatment, you can overcome these challenges with a **nutritious diet, regular exercise, yoga, and Pranayama**. Once you accept reality, you can even accept things like losing the hair on your head, eyebrows, and eyelashes. Of course, for that, I had to counsel myself. It is very important to keep thinking positively.

The situation does not change by being afraid of cancer. It is necessary to accept it and face it head-on. For that, following the doctor's advice, proper treatment, right exercise, nutritious food, and a positive attitude are extremely essential. By following this path, I have successfully challenged cancer twice.

Gulzar has said it beautifully:

**'कुछ दरवाजे बंद नहीं हुवा करते
बस हम ही खटखटाना छोड देते है'**

**"Some doors don't actually
close;**

**it's just that we stop knocking
on them."**



QUIZ

Let's answer few simple questions to understand what you know about cancer (This is not a medical test or diagnostic tool)

1.How would you describe cancer?

- ☐ A disease caused by abnormal cell growth
- ☐ An infectious disease
- ☐ A genetic condition only
- ☐ Don't know

2.whom do you think cancer can affect?

- ☐ Only men
- ☐ Only elderly people
- ☐ Only women
- ☐ People with any age

3.Is cancer always fatal?

- ☐ Yes
- ☐ No
- ☐ Not sure

4.Which parts of the body can develop cancer?

- ☐ Almost any organ
- ☐ Only lungs and blood
- ☐ Only digestive organs
- ☐ Not sure

5.Can early detection improve cancer survival?

- ☐ Yes
- ☐ No
- ☐ Not sure

6.Which of the following cancers have you heard of? (Select all that apply)

- ☐ Breast cancer
- ☐ Lung cancer
- ☐ Skin cancer
- ☐ Blood cancer (leukemia)
- ☐ Cervical cancer
- ☐ Prostate cancer
- ☐ Colon cancer
- ☐ Other: _____

7.Which cancer do you believe is the most common?

- ☐ Breast
- ☐ Lung
- ☐ Skin
- ☐ Blood
- ☐ Not sure

**8. Which factors do you think increase cancer risk?**

- ☐ Smoking or tobacco use
- ☐ Alcohol consumption
- ☐ Unhealthy diet
- ☐ Lack of physical activity
- ☐ Exposure to pollution or chemicals
- ☐ Family history
- ☐ Stress
- ☐ All the above

9. Can cancer be inherited?

- ☐ Yes, some types
- ☐ No

10. Which actions may help reduce cancer risk?

- ☐ Eating fruits and vegetables
- ☐ Regular exercise
- ☐ Avoiding alcohol, tobacco
- ☐ Protecting skin from excessive sun
- ☐ Regular health check-ups
- ☐ All the above

11. Do you believe vaccines can help prevent some cancers?

- ☐ Yes
- ☐ No
- ☐ Not sure

OUR DONORS

With heartfelt gratitude, we honour those whose major contributions drive our mission forward

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1. Duwa Sankalan Samvardhan Kendra, an NGO
2. Rotary Club of R.D. Kolhapur- Central
3. Rotary Club of Kolhapur Synergy Passport

Our apologies if inadvertently any errors have crept into the above list.

We acknowledge the donations received from all other well-wishers whose names could not be included in this list due to paucity of space. We look forward to everyone's continuous support in future as well which will enable us to enlarge our horizons.

Total amount donation received Rs. 10.69 lakh (approx.)



HUMBLE APPEAL TO OUR ESTEEMED DONORS

All of PRACHI online and personal services to the cancer patients and caregivers will be provided free of cost. Funds for and cancer awareness campaigns will be raised entirely from donations. We sincerely urge you to make a generous contribution to this philanthropic effort. Your donations are tax-deductible under section 80G of the Income tax act.



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