

Mitra Sandesh

February 1, 2023

I CAN & I WILL

Just like in management they say you must take a risk if you want to win, the willingness to take the raises hope in your mind. Hope is an emotional and mental state that helps in maintaining a positive attitude during cancer treatment with enforced determination and enhanced coping.

“ *Hope is the most vital ingredient in the Will to Live - Amar Bhaskar* ”



Dr Swaroop's Corner

MD Radiation Oncology, DM Medical Oncology, MRCP SCE Medical Oncology

LEARN & KNOW

Cervix Cancer: A preventable Malady

Cervical cancer originates in the cervix, the lower part of the uterus that connects to the vagina. It is caused by the human papillomavirus (HPV), a sexually transmitted infection.

Symptoms of cervical cancer can include abnormal vaginal bleeding, pain, and vaginal discharge. However, these symptoms are often not present in the early stages of the disease. Regular cervical cancer screenings, such as Pap smears and HPV tests, enable early detection and treatment.

Treatment options for cervical cancer include surgery, radiotherapy, and chemotherapy. The type of treatment chosen depends on the stage of the cancer. Early stage cervical cancer can often be cured with surgery alone, while advanced stages require a combination of chemotherapy and radiotherapy.

Cervical cancer is largely preventable with proper screening and vaccination. Prevention measures include getting vaccinated against HPV and practicing safe sex. Early detection through cervical cancer screenings increases the likelihood of a cure manifold.

Tarangini 2023

Performing Arts for a Cause



Mitra CanCare Foundation launched **Tarangini**, Performing Arts for a Cause, and the first show in the series was held on Friday, **January 20, 2023** from 6:00PM to 9:00PM at Prabhat Kaladwaraka, **Koramangala Club**.

Tarangini is an initiative to feature upcoming and established artists performing Arts of Indian Heritage. The program consisted of, graceful **Kathak Recital** by **Nishi Ratnam** and Students followed by a mesmerizing **Jugalbandi** of Sitar and Bansuri by Vidushi **Anupama Bhagwat** and Pandit **Pravin Godkhindi**.

The event started with lamp lighting and melodious invocation song. The Kathak Recital was embellished by Tabla played by Shri **Biswajit Paul**, Sarangi played by Shri **Sarfaraaz Khan** and vocals by Shri **Keerthan Holla**.

After a snacks break started the spellbound Jugalbandhi by eminent artists Vidushi **Anupama Bhagwat** on Sitar and Pandit **Pravin Godkhindi** on flute, accompanied by **Yaswant Vaishnav** on Tabla.

The 200 plus audience consisted of special invitees, donors and art lovers who bought tickets online.

The event was sponsored by **Life Insurance Corporation of India** and **The Bangalore Press**, supported by **Lotus Diagnostic Center**, the **Koramangala Club** and the **CMR University**.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.



Note

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Invocation Song



Lamp Lighting



Inaugural Speech



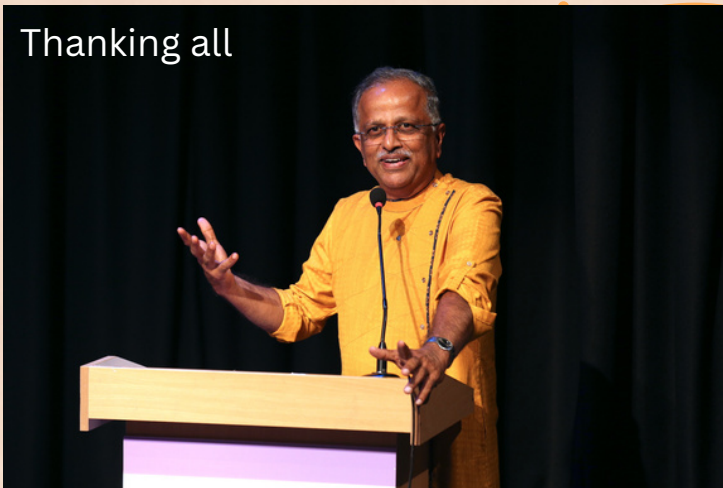
Kathak Recital



Jugalbandhi



Thanking all



Team of volunteers



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