

Pratishruti Newsletter



December, 2019

Volume I, Issue 1

Inception

"Pratishruti Cancer and Palliative Trust, Dibrugarh" is a nonprofit foundation which serves in the field of cancer and palliative care. Its objective is to empower the community with a scientific approach to beat and fight cancer. A group of dedicated people comprising of **cancer survivors, family members of affected patients, conscious motivated citizens of all walks of life including doctors, nurses and paramedics**, came together to give birth to a vision of improving the status of those living with cancer and maintain their quality of life till last breath and beyond by palliative care. With this bold vision as guiding principle- "PRATISHRUTI" was inception on 15th December, 2017.

Vision and Mission

Cancer is the second most common cause of death in India after cardiovascular diseases. This is a disease which is inherently associated with tremendous amount of suffering - physical, mental and social. Understandably, it can not be treated by doctors or hospital alone, but requires care by family, friends and community. According to Indian Council of Medical Research data, India had 14 lakhs Cancer patients in 2012. Also one out of 10 individuals are likely to develop cancer after the age of 75 years. **India lost nearly 6.7 billion USD in 2012 due to cancer**, amounting to 0.36 per cent of the total GDP. Assam has very poor infra-structure for comprehensive cancer care which add to more mortality morbidity and financial stress.

Pratishruti will coordinate, collaborate, support in all aspect of cancer control and offer palliative care to reduce the impact of the disease on survival, function, and quality of life; more specifically for disadvantaged section of society with proper distribution of resources.

Aims & Objectives

- To initiate cancer awareness programmes on risk factors of cancer which may be a part of social practices like chewing of tobacco, smoking, alcohol intake, early marriage etc.
- To remove social stigma/ misconception, fear related to cancer.
- To sensitize the community about various signs, symptoms and means of detection and treatment.
- To take steps for the early detection of cancer such as screening camps
- To provide, palliative care which includes physical, psychosocial, spiritual support for patients with chronic pain, cancer and other life-threatening illness
- To help in supply of palliative drugs, essential medicine and paramedical manpower for caring the patients.
- To disseminate cancer related information including Government schemes, initiatives and regarding various financial benefits to patients and families.
- To organize lectures, conferences, seminars, workshops and other training courses on screening/ palliative care for doctors, nurses and other health workers.
- To sensitize the public to participate in community palliative care.

Editorial Board

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Ongoing Projects

Pratishruti Helpline number

On 15th December 2018, two Dedicated Helpline numbers were introduced (6001830079 & 6001688341). These cancer helpline numbers are second in Assam after Deepsikha Foundation with a ready answering desk. The aim of the helpline number is to provide the easiest way of reaching out to volunteer services of Pratishruti. This includes social, psychological, emotional, financial coordination and treatment support. Patient and Caregiver may call this numbers seeking information about cancer treatment, guidance, doctor appointment, Palliative Care, registration for Home Care etc. We have a panel of Doctors across the cities who are committed to offer free consultation and guidance. Helpline numbers are lifeline numbers to all cancer patients requiring diverse kinds of help. Till today hundreds of calls have been received and guidance provided through this helpline numbers.

Total number of Patients and Family registered	Total Helpline calls
180	> 300

Pratishruti Palliative Home Care Project

Pratishruti Home Care Project is first of its kind initiative in the North East. This started on 15th Dec 2018. The palliative Home visit/consultation/ care is completely free in Dibrugarh and neighbouring districts.

Home-based palliative care services are becoming increasingly popular with care being taken to the doorstep of the patient. Ideally, this is where people are most comfortable at the end of their lives, surrounded by their loved ones. It is also well suited to conditions in India where a family member is usually available and willing to nurse the sick person. Pratishruti Palliative Home Care is a community level project having a vision of complete voluntary participation of the people, for the people, by the people and through the people approach to provide Palliative Care Service at door step.

Pratishruti Palliative Home Care team consists of Doctors, Nurses and Social Workers trained in Palliative Care and are willing to give volunteer service.

Total Home Care Patients	Total Home Care Visits
35	150

Research Project on Psychosocial Assessment of Cancer Patients is going on under Dr. Gayatri Gogoi and Dr. Gourangie Gogoi.





Renowned Assamese film Director of International repute **Mr. Jahnu Baruah** has volunteered to become **BRAND AMBASSADOR** of this humanitarian service.

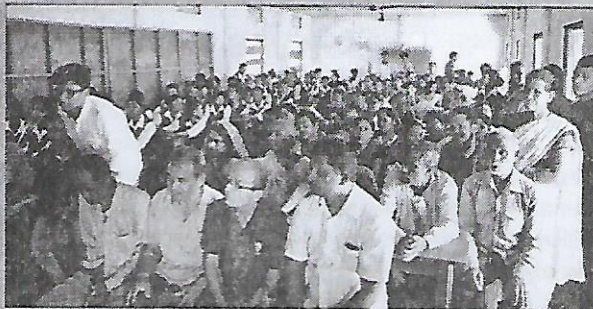


Renowned Oncologist **Dr. Tapan Saikia** conducting consultation in an awareness camp organised by Pratihshuti with Shruti Shilpi Samaj at Dibrugarh.

The Year long Activities

Cancer Screening Camps

In the span of 2 years, PRATISHRUTI along with Assam Medical College and Hospital, Assam Cancer Care Foundation and Non Communicable Disease Program of National Health Mission of Govt. of India was involved in organizing over 35 Cancer Screening Camps in Block PHC and Health Centers in Dibrugarh District. 7 Cancer Screening camps were organized in association with Deepsikha Foundation, Lions Club of Brahmaputra Valley, All Assam Students Union, Dibrugarh Zila Mahila Samiti, Shruti Shilpi Samaj and other NGOs in Dibrugarh. In these camps, around 4000 people were screened. The patients suspected and detected with Cancer in these camps were given proper counselling and guidance for further investigations, treatment and follow up.



Cancer Awareness Programme

Oral, Breast, Cervical, Esophagus, Gall Bladder and other Tobacco related cancer cases are increasing in Assam and the North East. There are many risk factors which are associated with cancer. Importance was also given to Cancer Awareness lectures, rallies by joining hands with other organizations in various colleges, clubs, villages, etc. A Total of 40 Cancer Awareness Programmes were organized by PRATISHRUTI in Dibrugarh District.



Cancer & Palliative Care Support Desk at AMCH

As a part of the project, with the help of The Principal, Assam Medical College & Hospital, a 'Cancer & Palliative Care Support Desk' was started in Cancer Ward of AMCH. A team of Volunteers was available in the support desk to provide all types of help to the cancer patients and their family including management of Bed sores. 330 patients were registered with PRATISHRUTI in AMCH Cancer Ward Help Desk. Due to reasons beyond control the Help Desk in the cancer Ward of AMC had to be discontinued. However, the same services are being continued through our registered office.



Training Programme

Several Palliative Care Training courses were conducted for Doctors, Nurses & Volunteers.

- a) 27th January, 2018 : Symposium on Palliative Care for Volunteers, Nurses and Doctors.
- b) 8th April, 2018 : Palliative Care hands-on Training.
- c) 24th February, 2019 : Orientation and Training in Palliative Care with hands-on Training supported by Department of Radiation Oncology, AMCH; Department of Psychiatry, AMCH & Guwahati Pain and Palliative Care Society.
- d) 9th October, 2019: A Sensitization programme on Palliative Care supported by Lions Club of Brahmaputra Valley.
- e) 20th October, 2019: Cancer Awareness Programme" for ANM, ASHA Supervisors and ASHA Workers supported by Dibrugarh District Health Society.
- f) 18th November, 2019: Seminar on "Role of Women in Palliative Home Care" supported by Dibrugarh Zila Mahila Samiti.

Resources : The core strength

Pratishruti has been providing essential humanitarian palliative and cancer care services to the community by focussing on making its project and services self sustainable. The sustainability of our project can primarily be attributed to 2 major factors.

- Free or unpaid services- consultative services of doctors, on ground and execution services by volunteers / nurses/ other paramedical workers.
- Community support through donor contribution and joint ventures with other supporting organizations.

Pratishruti is also proud to have been invited at the 27th International Conference of Indian Association of Palliative care to be held at Guwahati February 2020 to present its operational model – highlighting the underlying factors for execution of essential services in a unique way.

We believe in community participation in a very assertive way to build a strong foundation through a nominal amount of Rs 100/- per month donation. Our mandate is transparency of transactions, so our donors names and account details will remain in public domain such as website and Newsletter. Till now the total numbers of Benevolent Donors are approximately 300 with an overview as follows :

Donation Amount	Donor's Name
Rs 40,000	Dr. Reema Shamim
Rs 30,000	Dr. Rashmi Ahmed
Rs 25,000	Mrs. Geeta Devi Agarwalla Benudhar Hazarika Memorial Trust
Rs 20,000	Mrs. Leela Dutta
Rs 10,000	Mr. Nirud Changmai, Mr. Lohit Deka, Mr. Prachujya Das
Rs 1200 to Rs 5000	280 donors [names listed in www.pratishruti.org]

Pratishruti Consultant Team

One of the Core strength of Pratishruti Free Services are bestowed on honorary Consultations of Doctors :

Consultant advisory board :

Dr. Rina Ahmed
Dr. Sanjeeb Kakaty
Dr. Pranay Phukan
Dr. Hemonta Dutta

Gynaecology Consultants:

Dr. Dhurjyoti Nandan Das
Dr. Pankaj Deka

Orthopaedic Consultant :

Dr. G. S. Borgohain

Onco-imaging Consultants :

Dr. Rudra Kanta Gogoi
Dr. Pronami Bora
Dr. Deb Kumar Baruah

Radiation Oncology Consultant :

Dr. Gautam Sarma

Surgery & Surgical Oncology Consultants :

Dr. Ramesh Saharia
Dr. Gunabhi Ram Das
Dr. Gaurav Das

Neuro Surgery Consultants :

Dr. Nitu Kr. Das
Dr. Dhruvajyoti Kurmi

Specialist ENT Consultant :

Dr. Foujia S. Hakeem

Dental Surgery Consultant :

Dr. Siddharth Sharma

Specialist Medicine Consultants :

Dr. Pranjal Dutta
Dr. Mriganka Baruah
Dr. Anil Kalita

Medical Oncology Consultants :

Dr. Kunjahari Medhi
Dr. Sumit Goyal

Head and Neck Oncology Consultant :

Dr. Ashok Das

Paediatric Oncology Consultant :

Dr. Jolly Rabha

Nuclear Medicine Consultant :

Dr. Sandeep Taparia

Specialist Haematology Consultant :

Dr. Asif Iqbal

Specialist Psychology Consultant :

Dr. Dhruvajyoti Bhuyan

Community Medicine Consultants :

Dr. Gourangie Gogoi
Dr. Rashmi Ahmed

Palliative Care consultants :

Dr. Pallov Borah
Dr. H K Das
Dr. Kabindra Bhagawati
Dr. Arun Jyoti Deka
Dr. Deepsikha Thengal

Laboratory Medicine Consultants :

Dr. Mondita Borgohain
Dr. Malabika Saikia
Dr. Anupam Sarma

Supporting Organizations

Praishruti believes in networking with like minded organizations to make a better impact of its services. To overcome the tremendous challenges in the areas of cancer care and support, joining hands with other professionals, non professional organizations, government and non government organizations is a feasible option for betterment of services and to reach out to larger, needy and weaker sections of society.

- State Bank of India
(Administrative Branch, Dibrugarh)
- Deepsikha Foundation
- District Health Society
- Milan Jyoti Sangha
- Dibrugarh Zila Mahila Samiti
- All Assam Students' Union
- Lions Club of Brahmaputra Valley
- MGM Hospitals (Cancer treatment and consultation)
- Aziz Diagnostic & Polyclinic (Palliative OPD Consultation)
- Sruti Shilpi Samaj
- B. Barooah Cancer Institute Guwahati (BBCI)
- Guwahati Pain & Palliative Care Society
- Matrix Polyclinic & Advance Diagnostic Centre, Sivasagar
- Dibrugarh Hanumanbax Surajmal Kanoi College
- Nucleomed Imaging and Diagnostic, Guwahati
- Health City, Guwahati
- Indian Medical Association (IMA), Dibrugarh
- Red Cross Society, Margherita Sub-District Branch
- Association of Oncology of North East India (AONEI)
- Media Partners
 - ⊗ Prag News Assam
 - ⊗ Amar Asom
 - ⊗ Asom Aditya
 - ⊗ Dibrugarh Press Club
 - ⊗ Greater Dibrugarh Press Club

New Announcement for 2019-2020

State Level Cancer Care / Awareness Campaign :

Pratishruti initiated a State Level Cancer Care / Awareness campaign which was formally flagged off on 20th October, 2019, with a "Cancer Awareness Programme." It was to train ANM, ASHA workers and ASHA supervisors with focus on Awareness on Cancer, Breast Cancer and Cancer Care. This programme was supported by Dibrugarh District Health Society. The aim of the programme is to make awareness on common cancers in Assam, risk factors, early diagnosis by cancer screening process for those without a disease, cancer care basics such as diagnostics, types of treatment for those with disease and undergoing treatment and palliative care for advance stage of cancer. It would be conducted in different places of Assam with our supporting organizations and media partners, which will cover the free consultation of patients of that particular locality by our panel of experts. To enhance the impact of the program Rallies, Awareness walks, runs or interactive programs and meetings will be organized using educative materials, lectures and through media. Cancer Screening programme will also be organized.



Pratishruti Awards and Honours

Foundation Day Celebration is traditionally observed by honouring exemplary and distinguished services and contribution of individuals and organizations towards Cancer treatment support and Palliative Care. The awards and recipients are as follows –

Dr Heramba Kr Bharali Memorial Award for Outstanding service in cancer Care

2017: Dr. Gayatri Gogoi
2018: Dr. Amal Ch Kataki
2019: Dr. Chidananda Bhuyan

Dr Prahlad Kr Baruah Memorial Award For Dedicated Service In Palliative Care

2017: Dr. Dinesh Ch Goswami
2018: Dr. Minoti Borthakur
2019: Mr. Hari Prasad Borah

Ashwini Charan Choudhury Memorial Award For Pioneer in Cancer Social Service

2017: Mr. Debasish Sarma
2018: G. L. Agarwalla
2019: Mr. Homen Borgohain

Atul Ch Sonowal Memorial Award For Pratishruti Best Volunteer

2018: Mr. Himmat Choudhury
2019: Smt. Deepali Saikia

D K Gogoi Shastri Memorial Award For Leadership in Palliative Home Care

2019: Palliative Care Unit, BCCI, Guwahati

Pratishruti Internal Category Awards for Best Contribution in the year 2019

These awards are given to acknowledge significant contribution by Pratishruti Members. This is also to inspire members to contribute to the growth of Pratishruti in the future.

A. The Most Contributing Consultant 2019

- Dr. Rina Ahmed
- Dr. G. S. Borgohain
- Dr. Siddhartha Sarma
- Dr. Gautam Sarma

B. The Most Contributing Nurse 2019

- Mrs. Dalimi Gogoi

C. The Most Resourceful Member 2019

- Mrs. Manjula Agarwal

D. Pratishruti Leading Public Mobilizer 2019

- Mr. Niranjan Bagaria

E. Pratishruti Award for Palliative Home Care 2019

- Mr. Wazir Bin Qutub

F. Pratishruti Award for most consistently supporting organization

- DHSK College



Words of appreciation by Eminent Personalities

"Understanding cancer is still a goal yet to be realised. The efforts towards this is still in progress with full earnestness. While these efforts to win one of the dreaded and ancient diseases shall be successful one day, what is required with a sense of urgency and importance is an understanding of the devastated mind, gripping fear, acute pain and hopelessness that cripple the cancer patients. Pratishruti is a humble initiative towards improving the quality of the lives of cancer patients through this humane understanding.

As we celebrate the second Foundation Day of Pratishruti, I congratulate every one volunteering in this effort"

DR ALAK K. BURAGOHAIN

Chairperson, Academics, Royal Global University
Eminent Researcher

"Let people's commitment to humanity and human dignity continue to flourish through Pratishruti. I wish hearty greetings to everyone involved in its 2nd anniversary."

DR DINESH CH. GOSWAMI, M.D.
Founder Secretary
Guwahati Pain and Palliative Care Society

"Pratishruti Cancer and Palliative Trust, Dibrugarh has made significant contribution by establishing cancer care support group for the economically weaker section of the society. I believe it is a very good operational model which will continue to help them grow as an organization from strength to strength to provide service to cancer affected families."

DR A C KATAKI, M.D.(HONS.)
Director,
B Borooah Cancer Institute
Guwahati

In the field of Cancer Care and cancer consciousness, in North East India, "Pratishruti Cancer and Palliative Trust, Dibrugarh" has immensely contributed and brought hope to the length and breadth of our society. I convey my best wishes and blessings to this organization on its Foundation Day.

DR. MINOTI BARTHAKUR
Cancer Survivor and Cancer Counsellor

PRATISHRUTI CANCER AND PALLIATIVE TRUST, Synonymous with Promise and Commitment is like an oasis in a journey in the scorching heat across a dreary desert. May they grow from strength to strength and continue to Resonate and Reverberate the battle cry against Cancer in the days to come. God bless.....

MR DEBASHISH SARMA (ACS)
Chairman Deepsikha Foundation



ADVISORY BOARD

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Prof. Dr. Nagen Saikia

Advisors:

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Mr. Rituparna Baruah (MLA)
Mr. Amiya Hazarika
Dr. Dinesh Ch Goswami
Dr. Amal Chandra Katakai
Dr. Santanu Kumar Sarma
Dr. Ananda Bormudoi
Mr. Cheniram Borah

EXECUTIVE COMMITTEE

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Dr. Alak Kumar Buragohain

Vice President:

Dr. Rina Ahmed
Mrs. Deepali Saikia
Mr. Debasish Pujari

Secretary:

Ms. Panna Bharali
M: 94354 76027

Addl. Secretary and Honorary Programme Director

Dr. Gayatri Gogoi

Joint-Secretary:

Dr. Gourangie Gogoi
Mr. Wazir Bin Qutub
Mr. Ratan Hazarika

Treasurer:

Mrs. Manjula Agarwal
M: 94351 31964

Asst. Treasurer:

Mr. Himmat Choudhury

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Dr. Momi Neog
Dr. Siddhartha Sarmah
Dr. Fouzia S. Hakeem
Mr. Niranjana Bagaria
Mr. Partha Pratim Bhuyan
Mrs. Dalimi Gogoi
Mrs. Ashmita Kalita

PALLIATIVE CARE

Convenor

Dr. G. S. Borgohain

Nodal Officer

Dr. Deepsikha Thengal

Nursing Team

1. Ms. Kobita Rajwar
2. Ms. Dimpee Keot
3. Ms. Sangita Kurmi
4. Ms. Tripti Lodh
5. Mrs. Rupali Baruah

Volunteers

1. Mrs. Moushumi Gogoi
2. Mrs. Karabi Hazarika
3. Mrs. Musfi Rahman Hazarika
4. Mr. Simanta Phukan
5. Mr. Nilutpal Sarmah
6. Mr. Bivash Malakar

AMCH Support Team

1. Dr. Jibon Gogoi – Patron
2. Mrs. Dipika Dutta Bordoloi
3. Mr. Sautam Roy
4. Ms. Sibani Biswakarma
5. Ms. Priyanka Das

Guwahati Support Team

1. Mr. Ajoy Dutta
2. Mrs. Aditi Baruah
3. Ms. Himashree Devi
4. Ms. Nikita Talukdar
5. Mrs. Monmoromi Mahanta
6. Mr. Tarun Sonowal

BANK ACCOUNT DETAILS

Name : Pratishruti Cancer and
Palliative Trust, Dibrugarh
Bank : United Bank of India
Branch : Boiragimath, Dibrugarh
Account No : 2042050000985
IFSC : UTB10BOTR21

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