

Pratishruti

প্রতিশ্রুতি

Newsletter

মুখপত্র



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Received Award of Appreciation for outstanding contribution in the field of Palliative Care in the state of Assam, 27 March, 2021 by BBCCI, Guwahati.

Good show Pratishruti... Great show volunteers

■ Dr. K.V. Ganpathy

*The Course Chair and a Central Council Member,
Indian Association of Palliative Care (IAPC)*

On Friday, the 17th of September, a sleepy & quite Dibrugarh, woke up to kickstart one of the biggest events - off line workshop on the psychosocial aspects in palliative care. The workshop was a blend of both advocacy & capacity building. The workshop was spearheaded by Pratishruti cancer & Palliative Trust under the aegis of Indian Association of Palliative care.

This workshop was a sequel to the 2day online sessions on Palliative care *(Contd. to Page -4)*

Pratishruti in the Fourth Year

■ Panna Bharali,

Secretary, Pratishruti

Pratishruti was immensely busy in its fourth year inspite of all restrictions for troubling second wave of Covid 19 pandemic. We were engaged in care of cancer patients & families along with palliative care to Covid patients in distress.

Cancer Awareness Programme: Five cancer Awareness Programme was conducted at Dibrugarh, Morigaon, Teok, Majuli and Dhemaji covering almost 1500 people and another 10 meetings were *(Contd. to Page -5)*

Editorial

How Society Takes Care of its Sick People

■ Dr. Gayatri Gogoi

“How society takes care of its ‘Sick people’ is an important parameter to judge just how civilized they are”. This is an absolutely true statement by Padmashree Awardee Dr. Ravi Kannan, Director of Cachar Cancer Hospital in Silchar, Assam. Cachar cancer Hospital run by a Trust from the contributions of society which completely transformed the cancer care through a holistic approach for the most needy, unaffordable and inaccessible public. No one should be deprived of care even if they can't afford *(Contd. to Page -11)*

Message from President

■ Alak Kr. Buragohain

Pratishruti Cancer & Palliative Trust

The last two years have been challenging in many unprecedented ways, impacting every sphere of human activity and life. The pandemic has claimed the lives of millions and left many completely devastated-physically, mentally and economically. For the health care sector, the impact of COVID 19 is colossal. But then, history shall record the courage, commitment and sacrifice of the millions of COVID warriors for their unstinted support at this trying time.

The pandemic has added new dimensions to people who are involved with extending palliative care and support to people suffering from diseases like cancer and other debilitating ailments. At Pratishruti, all our fellow workers, donors and supporters have been rendering yeoman's services to the needy cancer patients in this disruptive time. More importantly, my colleagues have been doing extraordinary work in support of those people who have issues of comorbidity. I am moved by their hard work, sacrifices and deep sense of empathy. I take great pride in their work and express my sincere gratitude to one and all. We are also indebted to all our donors and to our fellow workers from other organizations for their unstinted support. We hope, together we shall be able to overcome this trying time in the history of humanity.

Pratishruti State level Cancer Awareness Campaign

■ **Asmita Kalita**

Executive Member, Volunteer, Dibrugarh

Pratishruti Cancer and Palliative Trust, Dibrugarh has been emphasizing on spreading awareness regarding Cancer and against the stigmas prevailing in our society from the very initial days. With this aim it started a year long program of awareness on 20th October 2020 for which popular actress of Assamese cinema, a true artist Smti Barsha Rani Bishaya became our "Save Lives" Brand Ambassador.

Due to the situation emerging because of the Covid19 pandemic Pratishruti couldn't organise as many Awareness Camps as it wanted to in the year 2020. But amidst the second wave of Covid19 in the year 2021 it organised 5 Awareness Camps in various places of Assam.

On 9th January, 2021 an Awareness meeting was organised

in Dhemaji in association with Dhemaji Dist Administration where renowned doctors from AMCH, Dibrugarh participated as resource persons.

On the occasion of World Cancer day an Awareness meeting was organised at Majuli on 4th of February, 2021 by Pratishruti Cancer and Palliative Trust in association with Majuli Dist administration and Jengraimukh College.

As the Covid19 situation became worse and locked down was declared after February we had to wait for sometimes but soon after the situations became normal Pratishruti again started its mission and on 24th October, 2021 an Awareness meeting was held at Jokai which was jointly organised by Pratishruti and Swayam Project of IMA WDW (*Contd to Page -7*)



Training Programme for Pratishruti Volunteers

■ **Dr. Deepsikha Thengal**

Nodal Officer, Palliative Home Care

Pratishruti Cancer and Palliative Trust successfully conducted a sixteen hour module certificate training course of the Indian Association of Palliative Care (IAPC) for the volunteers of Pratishruti. Mr K.V. Ganpathy, central council member of the IAPC was the Course Chairperson. The course was conducted through both online and offline sessions. The online training sessions were conducted on 4th and 5th September 2021. One offline training session was conducted in Dibrugarh and another in Guwahati on 17th & 28th September 2021, respectively. The course empowered 60 volunteers associated with the Trust. Expert faculties of national and international repute delivered their lectures through interactive sessions, throwing light on various issues like caring of patients with life-limiting illness, essentials of counselling, social issues in palliative care, management of pain, nursing perspectives and comfort measures in palliative care, psychosocial and spiritual issues in palliative care, and various other important topics related to the field of palliative care. It was a very successful training course and volunteers gave the feedback that it was one of the most informative training programmes they have ever attended.

Personally, I feel the training sessions were very engaging with lot of scope for interactions and the real case reflections helped the participants to relate the various topics and thus have a better understanding.

Palliative Care and Home Visit

Dr. G. S. Borgohain

Convener

Pratishruti Palliative Care

Scenario I : A 35year brilliant college teacher is suspected to have a Brain Tumour. He goes to Tata Memorial Hospital, Mumbai. After thorough examination and investigations, the doctors declare that he is suffering from Glioblastoma - a malignant Brain Tumour. The disease is in the stage IV. Doctors say that no cure is medically possible at this stage. He is advised to go back home and take Palliative Care.

Scenario II: A 60year lady is diagnosed with stage III Breast Cancer. Surgery was done and was

a success. Further investigations were done which confirmed presence of certain receptors in her breast tissue. Accordingly further treatment was planned. 6 weeks after surgery 4 cycles of chemotherapy then radiotherapy and finally Targeted Therapy with Biological Drugs depending on the receptors present. Unfortunately, she developed severe drug reactions and complications with the first dose of chemotherapy. She was unable to complete her chemotherapy. The patient therefore, could not proceed further to (*Contd. to Page - 11*)



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Comments from Eminent Personalities

PRATISHRUTI : A COMMITMENT

■ Dr. C. Bhuyan

As the name signifies, Pratishruti has a commitment to the Society. Based at Dibrugarh, the organisation of some committed people has been rendering yeoman's service to the needy in the entire North Eastern Region of India. Their basic aim was to serve in the field of Palliative Care in Cancer. However anyone working in such a field would soon realise that there are many other people

not affected by Cancer but has other maladies which this organisation can address. Pratishruti was of help to many people during the COVID-19 pandemic. Dr Gayatri Gogoi also took up scientific studies about the pattern of the COVID in upper Assam and published those in Media for public awareness and in Scientific forums for References.

I am aware of the activities of this Philanthropic organisation for a couple of years

now.

They have taken up the task of CANCER AWARENESS amongst public in right earnest. It is praiseworthy that they have organised such camps in areas like Morigaon, Teok, Majuli in addition to doing so in Dibrugarh and Tinsukia Districts.

I have my Best Wishes to 'PRATISHRUTI' and also to it's 'KANDARI'- Panna Bharali, Dr. Gayatri, Mrs. Agarwal, A. Buragohain and all.

■ Dr. Arun Deka

*HOD Pain & Palliative Care Unit
State Cancer Institute, Guwahati*

It gave me utmost pleasure and satisfaction for being the part of the Foundation Day celebration of Pratishruti in the year, 2020.

I am very humble and feel honored to share some of my views regarding Palliative Care in Assam and North East to create awareness

among the people across the state.

I appreciate your untiring effort and dedication to improve the quality of life of the terminally ill patients as far as practicable.

We have a long way to go in the field of Palliative Care to bring awareness upto the last man in the community.

Jayatu Palliative Care
Jayatu Pratishruti.

■ Dr. Lopamudra Das Roy

Founder & President, Breast Cancer Hub – <http://www.breastcancerhub.org/>

It is my immense privilege to congratulate Pratishruti Cancer and Palliative Trust for their great work towards Cancer Care, executed under the expert guidance of Dr. Gayatri Gogoi, Ms. Panna Bharali, Dr. Gourangie Gogoi,

Mrs. Dipali Saikia, and each & every esteem member & Cancer Advocates of Pratishruti. I was so moved when I met the amazing, dedicated team on 20th July 2018 and was enormously touched by their tremendous efforts towards the Cancer patients & society. My best wishes to Pratishruti and keep up your incredible work.

Feedback from Patient & Family Member

Priti Deka Baruah

Student and Patient, Dibrugarh University

I was very seriously ill six months ago, and then nobody was able to diagnosis my disease at Dibrugarh. I was going to one doctor to the next doctor surgery medicine Dentistry everywhere. It was a terrible and horrifying experience of continuously having new new symptoms which made every doctor very worry about me. Initially I was though positive but gradually worried due to deterioration of my health including my family members and my friends. But luckily enough my friends came in touch

with Pratishruti Cancer and Palliative Trust. Dr Gayatri Gogoi madam, who spoke to Dr. Asif Iqbal about my shifting to BBCI. Panna baideu and others who also coordinated my transfer from Assam Medical College & Hospital to BBCI. They coordinated such a way and Gayatri Madam briefed about my condition and her suspicion of probable diagnosis Burkitts Lymphoma. That helped and I was immediately admitted in BBCI and my treatment started immediately because I was in an extremely serious condition. (Cont. to Page-4)

Key Financial Highlights

■ Manjula Agarwal

Treasurer, Pratishruti

Pratishruti Cancer and Palliative Trust, Dibrugarh has been providing indispensable cancer and palliative care services in the State of Assam. This has been possible only due to our 500 + charitable donors who have relentlessly supported our causes. Donor contributions is the primary source of sustainability of our organization. The valuable contribution from our donors is both monetary and non-monetary. We have a lot of active donors who are participating in all activities of Pratishruti.

Pratishruti had conducted a COVID Monitoring Project in association with the District Administration wherein the project was funded by the Brahmaputra Cracker Polymer Limited (BCPL), Dibrugarh. We monitored around 15,000 COVID positive Home Isolation patients as part of this project with the help of 60 of our volunteers. We would like to express our deep gratitude to the BCPL for its support.

A Guwahati based organisation-Borkotoky Prayash extended support to Pratishruti by donating an amount of Rupees One Lakh. This amount is being given as direct financial assistance to the needy Cancer patients.

Dr. G. S. Borgohain and Dr. Pranay Phukan have donated the IASCAP Foundation Hand Books on Cancer (Breast, Lung, Cervical, Head & Neck, Brain, Blood, Stomach etc). We are thankful for their contribution. (Contd. to Page -10)

Pratishruti : An Endless Journey

■ Aditi Baruah

Executive Member, Volunteer, Guwahati

Pratishruti a Trust providing assistance to the cancer patients and helping them with Palliative Care. I am really fortunate to be associated with such a Trust that allows me to be with people, helping them and providing them with mental support. I believe this is an endless process and I am still learning. After I joined Pratishruti, my first experience was to guide the cancer patients registered with Pratishruti to B. Barooah Cancer Institute and help them out. After meeting the patient at the hospital campus, I guided them and helped them in contacting with the hospital authority. I learned from the conversation that their members had initially helped her in their fight against the disease, although they are now alone in this long journey. It is important to note that both financial support as well as mental support are very important for the patient. Upon meeting them, many of my questions regarding cancer were addressed.

I realized the significance of a volunteer of Pratishruti that day. As a volunteer, I was really happy that I was able to support a patient. The patient was now completely healthy. From time to time they go to B. (Contd. to Page-10)

Feedback from Patient

Panna baideu and other team members of Pratishruti who remained in constant touch with me. During this entire period they have been guiding me and my family members.

I believe because of Pratishruti Cancer and Palliative Trust who helped me guided me for the proper treatment, I am alive today. So I thank all the doctors who treated me at BBCI very successfully and I thank Pratishruti Cancer and Palliative Trust for giving all kinds of supports which was required at the time of crisis.

Bonti Borah

Attendant, Dibrugarh

June 4, 2020 was the day I never expected to face. My husband Rajib Mahanta was diagnosed with deadly Glioblastoma Multiform (WHO Grade IV). That day changed our life completely. Doctors declared about very poor prognosis of the disease and from the month of December of that year all his treatments were to be stopped as nothing was going to save his life.

Gradually his life became miserable with all the pain and other side effects of the disease like memory loss etc. I could do nothing but pray to God for lessening his pain. I kept no stone unturned to lessen his pain and give him a standard living till his last breath; but all were in vain as I couldn't help him by anyway.

But God was with me and my prayers were answered and I got an opportunity to come in touch with Pratishruti Cancer and Palliative Trust, Dibrugarh to help me in lessening my husband's pain and miseries. Panna Bharali, secretary of Pratishruti and joint secretary Wazir Bin Qutub and Dr. G. S. Borgohain sir came to me as my saviours.

With the help and guidance of Pratishruti I was able to give my husband a painless and dignified life till his last breath and I am so thankful to Pratishruti for it. As the name says Pratishruti means Promise..and if the promise is made by Pratishruti it is made to be kept not to be broken.

Pratishruti has taught me to see Cancer as a disease not as a messenger of death. It made me a better person.. taught me to think and feel about the pain of others. That is the reason that I myself decided to become a volunteer of Pratishruti and to help others to come out from their pain and miseries.



Mr. Biswajit Phukan, ADC, Dibrugarh at 16 hrs Volunteer Training Progm in Dibrugarh on 17-09-2021.

Good show Pratishruti... Great show volunteers

held on September 4/5th - the first of its kind in Assam, North East India., inaugurated by the President of IAPC Dr Sushma Bhatnagar followed by the encouraging address of Dr Tapan Saikia. Medical Oncologist & Research Director.

The session was curated for the understanding of sixty volunteers of Pratishruti who have been doing exceptional patient support work, particularly during the covid times.

The offline session started at 9 am on 17th in the presence of eminent dignitaries viz., Mr Biswajit Phukan-Deputy Commissioner, Health, Dr Pranay Phukan -Associate Professor - OBGY, Dr. Reeta Bora Phukan-Paediatrician, (Assam Medical College & Hospital) and Dr. Prabin Kumar Thakur - General Medicine.

Dr. G. S. Borgohain started the

Nursing staff of Assam Medical College.

Dr. K. V. Ganpathy summarised the insights & learning from these cases for the volunteers.

This was followed by a session on Handling Difficult Communications by Dr. Ganpathy. The sessions highlighted volunteers role in identifying denial, anger & collusions and importance of addressing these emotions using SPIKES model, the need to pick up the cues and alert the psychologists/psychiatrist of the hospital.

Thereafter Dr Borgohain spoke about Pain Management in a simple & lucid manner. The pre-lunch session ended on a powerful sharing of a case by Ms. Bonti Bora. The sharing brought out the pitfalls of collusion through this real-life case.



day by welcoming the participants, app 35 Volunteers and about 5 Nursing staff and the managing committee members of Pratishruti, who had assembled from Dibrugarh, Sivasagar, Jorhat, Golaghat, Dhemaji etc. and who participated in the entire sessions enthusiastically.

Following this, Dr Gayatri Gogoi the main force behind Pratishruti, welcomed Dr KV Ganpathy, Central Council Member of IAPC to briefly introduce the genesis of Palliative care to the Chief Guest and to the audience.

Subsequently the Chief Guest ADC, Dibrugarh in his address, appreciated the palliative care service providers in general. and highlighted the importance of such an initiative.

Thereafter, the actual sessions started with insightful presentation of two short cases by Dr. Deepshika Thengal & Ms. Panna Bharali, followed by impactful presentation on Nursing care by Dalimi Gogoi, Kabita Rajowar which showcased some excellent work done by the

Post lunch, there was a dedicated session on psychological issues of patients with advanced cancer, Coping mechanisms, and Personality & illness. Once again Dr Ganpathy emphasized how addressing these issues can contribute to improving the QOL. Dr Kaveri Bora, psychiatrist from AMCH, moderated the session effectively.

The day was concluded with distribution of certificates to participants & Faculty members.

Dr. Gayatri mentioned that, over a period of time, further workshop will be organised to cover the volunteer strength of 350.

And most importantly, not to forget the efforts put in by the Management committee members, Ms Manjula Agarwal, Panna Bharali, Padum Poona Baruah and Wazir Bin Kutub for high quality administrative support which majorly contributed to success of the workshop.

(N.B. : This Article was previously published in IAPC Newsletter)

পেলিয়েটিভ কেয়াৰ : এক সামাজিক দায়িত্ব

■ ডাঃ দীনেশ চন্দ্ৰ গোস্বামী
সম্পাদক, গুৱাহাটী পেইন এণ্ড
পেলিয়েটিভ কেয়াৰ হ'চাইটি

পেলিয়েটিভ কেয়াৰ বা উপশমী পৰিচৰ্যা ব্যৱস্থাপনা আদিম যুগৰ পৰাই প্ৰচলিত আছিল যদিও বৈজ্ঞানিক দৃষ্টিকোণৰ সংযোজন ঘটিল চিচিলি চৌন্দাৰ্চৰ (লণ্ডন) একক প্ৰচেষ্টাত ১৯৬৭ চনৰ পৰা। তথাপি এই সেৱা সমগ্ৰ চিকিৎসা পদ্ধতি (Holistic Medicine) হৈয়ে থাকিল। বিশ্বই আদিৰ ল'লে চিচিলি চৌন্দাৰ্চৰ 'টোটেলে কনচেপ্ট অৱ পেইন' (১৯৭৮), যি যুগে যুগে মানৱ সমাজৰ বিষ-যন্ত্ৰণা নিৰাময়ৰ দিক্ নিৰ্ণয়কাৰী হৈ থাকিব। কেপাৰ কেয়াৰৰ যোগেদি আত্মপ্ৰকাশ কৰা উপশমী পৰিচৰ্যাৰ পৰিধি পৰৱৰ্তী সময়ত আন বহুতো ৰোগলৈ সম্প্ৰসাৰিত হৈছে। কৰ'না মহামাৰীৰ প্ৰথম টোত প্ৰতিশ্ৰুতি ট্ৰাষ্টৰ স্বেচ্ছাসেৱকে লোৱা উল্লেখনীয় পদক্ষেপ আপোনাৰ নিশ্চয় মনত আছে। য'ত যন্ত্ৰণা থাকে তাতে উপশমী পৰিচৰ্যা প্ৰাসংগিক। পৰিসংখ্যা মতে অসমত ছয় লাখ ৰোগী তথা পৰিয়ালত উপশমী পৰিচৰ্যাৰ প্ৰয়োজন। নিশ্চয়কে আমি প্ৰয়োজনীয়তা পূৰ্ব পৰা নাই, মানুহে কষ্ট-যন্ত্ৰণাত মৃত্যুবৰণ কৰি আছে।

জন্ম-মৃত্যু এটা প্ৰাকৃতিক প্ৰক্ৰিয়া যদিও চিকিৎসা বিজ্ঞানৰ চমকপ্ৰদ সাফল্যই অৱধাৰিতভাৱে মৃত্যুত অধিক যান্ত্ৰিকতা আনিলে, মৃত্যু হেৰাই যাব খোজা মৰ্দ্য পুনৰুদ্ধাৰৰ প্ৰচেষ্টাই এক অৰ্থত উপশমী পৰিচৰ্যা। সেয়ে ই এতিয়াও ব্যতিক্ৰম বহুজনৰ দৃষ্টিত। সমসাময়িক সমাজখনো ভিন্ন ধৰণে মৃত্যুক এৰাই চলাৰ চিন্তাৰে পৰিচালিত। পথ দুৰ্ঘটনা, অনাকাঙ্ক্ষিত মৃত্যুক প্ৰতিৰোধ কৰিবলৈ 'তীব্ৰগতি-স্বৰ্গগতি' ধৰণৰ বাৰ্তাৰে চৰকাৰীভাৱে সংস্কাৰৰ প্ৰয়াস কৰিছে। আকাঙ্ক্ষিত মৃত্যু (বাৰ্ধক্য, ক্ৰনিক হাৰ্ট, কেপাৰ, বৃক্ক, লিভাৰ, হাৰ্ভফাৰ্ড, নাৰ্ভৰ ৰোগী) লৈ নজৰ দিব কোনে। প্ৰচলিত চিকিৎসা গুণীৰ সীমা অতিক্ৰমি যোৱা বিষয়বোৰত সমাজ ব্যৱস্থা আৰু প্ৰচলিত ৰীতি-নীতিয়ে অগ্ৰাধিকাৰ পায়। এনেবোৰ বিষয়ত ৰোগীৰ মতামত লোৱাটো সময়োচিত আৰু ব্যৱহাৰৰ উপযোগী দিহা-পৰামৰ্শহে দিব পাৰি। ব্যক্তি বিশেষৰ স্থিতি প্ৰায়েই ব্যৱহাৰৰ উপযোগী হোৱাতকৈ হতাশজনক হোৱাহে দেখা যায়, ফলত ৰোগগ্ৰস্ততা বৃদ্ধি পায়। আনহাতে, সমাজেই বলি হৈ আহিছে ব্যক্তিবিশেষ বা সমষ্টিৰ ক্ৰমবৰ্ধমান সামাজিক বিশৃংখলতা, হিংসা, উৎপীড়ন, বাগীয়াল বস্ত্ৰৰ অধিক প্ৰচলন, সম্পৰ্কৰ অৱক্ষয়ৰ বাবে। অৱশ্যাস্তাৰী মৃত্যু অস্বীকাৰ কৰি ৰোগী, পৰিয়াল বিভ্ৰান্ত হৈ থাকে। বহুতে মৃত্যু কেনেকৈ শিল্প হ'ব পাৰে তেনে প্ৰশ্নৰ অৱতাৰণাও কৰে। সুপৰিকল্পিত জীৱন-যাপনেই হ'ল মৃত্যুৰ শিল্পকৰ্ম। এনে শিল্পকৰ্মৰ বাবে সমাজক পথ দেখুৱাব লাগিব সমাজেই। ইয়াৰ বাবে লাগিব স্বেচ্ছাসেৱকৰ অবিৰত

ভাৱ-বিনিময়। চৌদিশে ত্ৰাসৰ সৃষ্টি কৰা ক'ৰ'না মহামাৰীয়েও আনিব পৰা নাই সমাজৰ মৃত্যু সম্পৰ্কিত সজাগতা। ফলশ্ৰুতিত জীৱন-যাপনৰ পৰিৱেশ আৰু মান নিষ্কামী হৈয়ে আছে। নাই জ্যেষ্ঠ কিম্বা ৰুগ্নজনৰ প্ৰতি সহমৰ্মিতা, নাই নৈতিকতা, নাই পৰিৱেশ সংৰক্ষণ, আছে মাথো বস্ত্ৰবাদী প্ৰতিযোগিতা।

ইতিহাসে কয়, মানুহে মানুহৰ বাবে থিয় দিবই লাগিব। জাত-পাত, ধৰ্মীয় গাঁঠনিৰ উদ্ভট। উপশমী পৰিচৰ্যাৰ দৰ্শনেই হ'ল - 'You matter because you are you and you matter to the last moment of your life (Cicaly Saunders)'। এই দাৰ্শনিক সাৰোগত কৰি যিসকল স্বেচ্ছাসেৱক আগবাঢ়ি আহিছে, তেখেতসকলে ৰোগীৰ লগতে সমাজকো উদ্বুদ্ধ কৰিব লাগিব মৃত্যু সজাগতা। বৰ্তমান যুগত নাবালক সকলক যেনেকৈ সুস্থ যৌনতা শিক্ষা অপৰিহাৰ্য হৈ পৰিছে, বস্ত্ৰবাদী সমাজখনকো মৃত্যুৰ সজাগতাৰ শিক্ষা দিয়াটো অতি প্ৰয়োজনীয় হৈ পৰিছে। বিষয়টো স্কুল-কলেজৰ পাঠ্যক্ৰমত অনতিপলমে অন্তৰ্ভুক্ত

হোৱাটো বাঞ্ছনীয়। মৃত্যুৰ সজাগতাইহে মানৱ সমাজক হিতাহিত জ্ঞান দিবলৈ যে সমৰ্থ হ'ব সেইটো নিঃসন্দেহে ক'ব পাৰি। স্বাস্থ্য সেৱাৰ নিচিনা গণমুখী সেৱাই সাফল্য লাভ কৰিব যদিহে ব্যক্তি আৰু সমাজ সম্পূৰ্ণৰূপে এনে ব্যৱস্থাৰ অংশীদাৰ হয়। মানুহে অন্তঃকৰণে বুজি উঠিব 'মোৰ স্বাস্থ্য মোৰ হাতত আৰু সমাজৰ স্বাস্থ্য আমাৰ হাতত'। সেয়েহে উপশমী পৰিচৰ্যা পেচাদাৰী সকলতকৈ স্বেচ্ছাসেৱকৰ অৱদান অপৰিসীম হৈ ৰ'ব। সমূহীয়া প্ৰচেষ্টাৰে অনাগত দিনত উপশমী পৰিচৰ্যাই সমাজৰ সুস্বাস্থ্যৰ বাটকটীয়া হওক।

১৯৯৯ চনতে অসমত খোপনি লোৱা উপশমী পৰিচৰ্যা মন্থৰ গতিৰে আগবাঢ়িছে। ব্যতিক্ৰমী প্ৰয়াস হোৱাৰ বাবে সমাজৰ বাবে সহজে উপজীবি নোহোৱাটো স্বাভাৱিক। 'গা এৰাই চলা মনোভাৱ, নিজৰ হ'লে দেখা যাব' দৃষ্টিভংগীৰ বাবে কষ্ট-যন্ত্ৰণাৰ পৰা সামাজিক সুৰক্ষা দিয়া ব্যৱস্থাপনাই সাফল্য লাভ কৰা নাই, বিষয়টো বহু চৰ্চিত হ'ব লাগে। উপশমী পৰিচৰ্যা চৰকাৰী-

বেচৰকাৰী সকলো স্তৰতে উপলব্ধ হ'ব লাগে। প্ৰাথমিক স্বাস্থ্যসেৱাত সংলগ্ন কৰাৰো প্ৰয়োজন আছে। উপশমী পৰিচৰ্যা সম্পৰ্কীয় ভ্ৰান্ত-ধাৰণা কিছুখিনি ৰাইজৰ জ্ঞাতাৰ্থে উপস্থাপন কৰা হ'ল।

(১) পেলিয়েটিভ কেয়াৰ মানে মৃত্যুক নুসূচায়, মৃত্যুৰ আগৰ জীৱিত কালৰ কথাহে কয়।

(২) সকলো ৰোগ নিৰাময় কৰিব নোৱাৰি, কিন্তু এইটো নহয় যে ভাল নোহোৱা ৰোগীসকলৰ বাবে একো কৰিব নোৱাৰি।

(৩) জীৱনৰ শেষ পৰ্যায়ৰ পৰিচৰ্যা সম্বন্ধে আলোচনা পৰিহাৰ কৰি চলিব নালাগে, গতিকে এনে আলোচনাৰ বাবে মানসিকভাৱে প্ৰস্তুত হওক।

(৪) পেলিয়েটিভ কেয়াৰৰ বিশেষজ্ঞলৈ পঠোৱা মানে মৃত্যু যে আসন্ন সেয়া নুসূচায়।

(৫) পেলিয়েটিভ কেয়াৰৰ গুৰুত্ব দিনক দিনে বাঢ়ি আহিছে।

(৬) পেলিয়েটিভ কেয়াৰ আধুনিক চিকিৎসা বিজ্ঞানৰ অংগ বিশেষ। পৃথিবীৰ উচ্চ পৰ্যায়ৰ প্ৰতিষ্ঠানবোৰো এই সেৱাৰ প্ৰতি দায়বদ্ধ। ■

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Pratishruti in the Fourth Year

conducted online.

Training Programme : On 9th January, 2021 a Self-Breast Examination Training Programme was conducted at the Health City Hospital, Guwahati. A 16-hour Volunteers Training Programme in Palliative Care under the Volunteer Certificate Course of Indian Association of Palliative Care (IAPC) was conducted virtually on 4th and 5th September, 2021. Offline programme of the same training was conducted on 17th and 28th September, 2021 at Dibrugarh and Guwahati respectively. 60 Volunteers participated in this training programme.

Interim Programme: Internship Programme on Cancer and Palliative Care was introduced from January 2021. This is a three month certificate course. So far 21 students completed this course.

Home Visits: Pratishruti team provided Palliative Home Care to about 20 patients during the year 2021

Help Line: 150 cases were registered through our two helpline numbers. 1300-1400 calls were made during this year through these Help Lines.

Covid Vaccination Camp for persons with Co - morbidity: Seven Covid Vaccination Camps for the persons with co- morbidities were conducted in association with the District Administration and District Health Society of Dibrugarh. 445 persons with co-morbidity at Maruwari Arogya Bhawan Hospital.

Monitoring of Home Isolation and Contact Tracing of Covid positive patients in Dibrugarh : During the second wave of the Covid Pandemic Pratishruti successfully monitored more than 15,000 Home Isolation people of Dibrugarh District with the help of District Administration, District Police, District Health Society of Dibrugarh.

Meetings : Two Executive Body meetings were held online and two General Body meetings were conducted physically at Pratishruti Office and 11 sub-committee meetings were also held during the year.

Achievements-Pratishruti received the Award of Appreciation from the B Borooah Cancer Institute (BBCI, Guwahati for Outstanding Contribution in the Field of Palliative Care in the State of Assam on 27th March, 2021

We also observed the Cancer Survivor's Day on 19th June, 2021 virtually.

Internship Programme on Cancer and Palliative Care: An Overview

■ Lukima Boroowa

Nutrition & Diet Consultant, Pratishruti
Being pioneer in cancer and palliative care in the upper-Assam, Pratishruti Cancer and palliative Trust, Dibrugarh, has added another feather in its cap by launching its Internship Programme on Cancer and Palliative Care for the undergraduate and the postgraduate students with the aim of creating awareness and sensitizing about cancer awareness. The internship programme was started with just one intern in the year 2021 which in-

creased to seventeen in third batches. This is a three-month certificate course that covers both the theory and the practical aspects. Of late, we are offering the course through a hybrid mode due to the current prevailing situation of COVID 19 pandemic. This mode of teaching enables us to enroll the interested internees from all over Assam. Practical classes were arranged offline for the internees from both Upper Assam and Lower Assam separately. Motivated by the internship programme, many of them also volun-

teered to participate in the recently organized Volunteer Training Programme under the aegis of the Indian Association of Palliative Care (IAPC), Mumbai and Pratishruti. Now, some of them are helping us in organizing Cancer Awareness Programme in different parts of Assam.

Please note that, interested persons may contact the Student Coordinator for enrolling in this programme in the following e-mail ID :

lukimaboroowa@gmail.com



Dr. Tapan Saikia

Dr. Iqbal Bahar

Dr. Arun Deka

Dr. Hemonta Dutta

Pallav Gopal Jha, IAS

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. Heremba Kr. Bharali Memorial Award for Outstanding Service in Cancer Care

2017 : Dr. Gayatri Gogoi
2018 : Dr. Amal Ch. Kataki
2019 : Dr. Chidananda Bhuyan
2020 : Dr. Tapan Saikia
2021 : Dr. Ravi Kannan

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
2020 : Pain & Palliative Care Unit, Sate Cancer Institute, Guwahati
2021 : Dr. Aroop Roy Burman

Ashwini Charan Choudhury Memorial Award For Pioneer in Cancer Social Service

2017 : Mr. Debasish Sarma
2018 : Late. G. L. Agarwalla
2019 : Late Homen Borgohain
2020 : Makon Bala Dutta Memorial Children's Cancer Trust, Dibrugarh
2021: Mr. Pallav Gopal Jha, IAS (D.C. Dibrugarh)

Atul Ch. Sonowal Memorial Award For Pratishruti Best Volunteer

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

Pratishruti Internal Category Awards for Best Contribution in the year 2021

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.

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

2019 : Palliative Care Unit, BCCI, Guwahati
2020 : Palliative Home Care Unit, Cachar Cancer Hospital & Research Centre, Silchar
2021 : Digboi Pain & Palliative Care Society

A. The Most Contributing Consultant -2021

• Dr. Pranay Phukan • Dr. Gaurav Das
• Dr. Anil Kalita • Dr. Pranjal Dutta
• Dr. Deepshikha Thengal

B. Pratishruti Resourceful Member-2021

• Mrs. Karabi Hazarika
• Mrs. Dipika Dutta Bordoloi

C. Pratishruti Outstanding Community Mobilizer-2021

• Mr. Padum Poona Baruah

D. Pratishruti Best Palliative Volunteer -2021

• Mrs. Aditi Baruah

E. The Best Supporting Organization-2021

• Milan Jyoti Sangha, Dibrugarh

F. Pratishruti Donor of the Year-2021

• Dr. Surajit Borkotokey

G. Pratishruti Contributing Nurse-2021

• Junu Chutia Dihingia, Kabita Rajowar

H. Pratishruti Special Media Award-2021

• Monmoromi Mahanta

I. Pratishruti Special Felicitations-2021

• Dr. Lopamudra Das Roy, • Mr. Cheniram Borah,
• Kunjalata Medhi

About Pratishruti Awards

Pratishruti Cancer and Palliative Trust, Dibrugarh confers 4 distinguished Awards every year on its Foundation day to honour outstanding contribution of individuals and organizations particularly in the field of cancer treatment and support with a voluntary angle. The Awards are in the name of 4 different significant personalities of Dibrugarh partially donated by their respective family members.

1. Dr. Heramba Kr. Bharali Memorial Award

2. Dr. Prahlad Kumar Baruah Memorial Award

3. Late Ashwini Charan Choudhury Memorial Award

4. Late D. K. Gogoi Shastri Memorial Award for Leadership in Palliative Home Care

1. Dr. Heramba Kr. Bharali Memorial Award is for a doctor who exclusively works in the area of cancer treatment, support or research. His approach should be of more patient and society centric with evidence of humanitarian perspective then of a successful career. He is expected to be a pioneer in creating more opportunities or a better caring atmosphere and inspiring for traumatized section of society.

Dr. Heramba Kr. Bharali was retired Joint Director of Health Services, Dibrugarh. He had witnessed the pain and trauma of the deadly disease Cancer as both of his wife and elder daughter died of the Cancer and his younger daughter had been suffering from Cancer for last six years. In spite of all the pain he suffered in his personal life he was not scattered but was determined to help the people suffering from Cancer and seeing the dreadful consequences of lack of knowledge about the disease he emphasized on the need of awareness as well as Palliative care in Assam and with this aim he approached the then Authority of the Health Department and AMCH to take initiatives to establish a Palliative Care Unit in AMCH, Dibrugarh.

He left for his heavenly about in 2016 suffering from Pressure Stroke and in memory of this great personality Pratishruti cancer and Palliative Trust started presenting an Award namely Dr. Heramba Kr. Bharali memorial Award for outstanding service in Cancer Care from 2017.

2. Dr. Prahlad Kumar Baruah Memorial Award is for a person or organization who is exclusively working in the area of Palliative care. Palliative care is a very new concept in general and services rendered to patients and community are very meager. Those who are putting untiring effort to start, spread the awareness and creating services and facilities for uncared and neglected population to be encouraged and appreciated.

Dr. Prahlad Kr. Baruah was a noted educationalist, critic, short story writer, children writer and life philosopher of Assam.

He was born on 28th February in Deodubi village of Sivasagar district. After completing his Master's Degree from Dibrugarh University he served in many colleges as lecturer. He received the PhD degree in 1983 and joined department of Assamese, Dibrugarh University as lecturer and retired from the university as Professor in 2007. During his life time Dr. Baruah published 17 books on literary criticism, 7 collections of short stories, 3 children literature and 10 books on life philosophy. He also edited 7 books, many magazines and was the editor of "Assam Sahitya Sabha Patrika" for two terms. Dr. Baruah suffered from cancer from 2008 and took his last breath on 24 August, 2011. During his ailment Dr. Baruah remained very strong mentally and continued his writings even till his last days. As he was a source of constant inspiration for many, his family has been conferring an award, "Dr. Prahlad Kr. Baruah Memorial Award for Dedicated Service in Palliative Care", since 2017. This year also Pratishruti Foundation is going to confer the award on the foundation day of the organization. So, on behalf of the family of Dr. Prahlad Kr. Baruah, I offer my best wishes to Pratishruti Foundation for the grand success of the function.

3. Late Ashwini Charan Choudhury Memorial Award for monumental contribution in the field of social support for cancer afflicted families or society at large. The initiative/ such ideas and program which lead to generation of services, infrastructure, financial facilities to facilitate the treatment, recovery and continuous spectrum of care to be taken for consideration. This could be a person of non medical background or an organization. The work will be acknowledged as Inspiring Award on social work for cancer

Ashwini Charan Chowdhury was a very easygoing person with a pleasant personality. He has always been taking initiatives for development of Dibrugarh city.

He was born on 1914 at Baihata Chariali of Kamrup district. He passed HSLC from Cotton Collegiate School in the year 1932 and passed ISC in the year 1934, thereafter he came to Dibrugarh and get himself associated with various develop-

ment works of Dibrugarh. He was the pioneer in establishing various educational institutes including Dibru College, Graham Bazar Boys' School, Graham Bazar girls' School, Khowang College, Dr. Rohinikanta Baruah Law College etc. He was also associated with many welfare organizations in Dibrugarh. He also contributed towards the literary world of Assam with 6 books and many articles on different topics. He had been also appointed as Chairperson of Dibrugarh Municipal Board. He died on 11 December, 1996.

Pratishruti Cancer and Palliative Trust, Dibrugarh has been presenting this award since 2017 on the occasion of the Foundation Day of the organization.

4. Late D.K.Gogoi Shastri Memorial Award for Leadership in Palliative Home Care.

An state level award for Leadership in Palliative Home Care is declared by Pratishruti in month of September 2019 after the Donor family formally proposed for the same. The name of the Award will be Dinesh Kr Gogoi Shastri memorial Award for Leadership in providing palliative care at home and end of life care thereby maximizing community involvement and minimizing cost of care. It is the best model of palliative care which generates physical/ psychosocial/ spiritual comfort for patient and family and also prepare a family for death as a natural respectable end of life. The Award can be given as state level selection to a person or organization

Late Dinesh Kr. Gogoi Shastri was a teacher in Dhemaji Boys Higher Secondary School in Sanskrit subject but he was proficient in science, mathematics, designing of scientific models, paintings equally. He was a firm believer of honesty sincerity and hard work. 'The service to man is service to God' was his principle and so he was always available to help friends neighbors, villagers. He wanted to live a good active life and wanted good dignified death. He was morally bold enough to give an advanced directive to his family about his end of life care in the event of his serious episode of stroke. The family followed his wishes in the eventuality and left for heavenly abode peacefully in the midst of his family at home.

Contd. from Page-2

Pratishruti State level Cancer Awareness Campaign

in association with Jokai Provab Gusthi and Jokai Gaon Panchayat supported by Assam Medical College & Hospital, Association of Oncologists of NE India and Dibrugarh District Health Society.

After Jokai at Morigaon an Awareness meeting was held on 30th October, 2021 which was organised by Department of Economics and IQAC, Morigaon College in collaboration with Pratishruti Cancer and Palliative Trust. It was a huge success with almost 400 audience. Pratishruti's Save Lives Ambassador Barsha Rani Bishaya was also present in that occasion.

On 9th November, 2021 this year's last Awareness meeting was held at Teok, 9 No Boloma Gaon Panchayat which was jointly organised by Nand Ghar (Vedanta), Pratishruti Cancer and Palliative Trust, Dibrugarh and Hindustan Latex Family Planning Promotion Trust in association with Swayam Project of IMA WDW and Association of Oncologists of NE India in which Pratishruti's Save Lives Ambassador Barsha Rani Bishaya was also present. She in her speech talked about her experience in association with Pratishruti Cancer and Palliative Trust. She felt proud about her association with Pratishruti.

Pratishruti Consultant Team

One of the Core strength of Pratishruti Free Services are bestowed on to honorary Consultation of Doctors

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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 professional, 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 the society.

- Dr. B. Barooah Cancer Institute, Guwahati (BBCI)
- Dibrugarh University
- AMCH, Dibrugarh
- State Bank of India (Administrative Office, Dibrugarh)
- Assam Police
- Deepsikha Foundation
- District Health Society, DBR
- Milan Jyoti Sangha
- Dibrugarh Zila Mahila Samiti
- MGM Hospitals (Cancer treatment and consultation)
- Sruti Shilpi Samaj, Dibrugarh
- Anayan : The Habit, DBR
- Guwahati Pain & Palliative Care Society
- DHSK College, Dibrugarh
- Nucleomed Imaging and Diagnostic, Guwahati
- Health City Hospital, Guwahati
- Indian Medical Association (IMA), Assam, State Branch
- Red Cross Society, Margherita Sub-Dist. Branch
- Association of Oncology of North East India (AONEI)
- Medicare Diagnostics & Hospital, Dibrugarh
- H.M. Hospital & Diagnostic Centre, Dibrugarh
- Media Partners
 - ✂ Prag News Assam
 - ✂ Pratidin Times
 - ✂ Amar Asom
 - ✂ Asom Aditya
 - ✂ Dibrugarh Press Club
 - ✂ Greater Dibrugarh Press Club

Screening and Awareness of Oral Cancer

■ Dr. Foujia S. Hakeem

Executive Member, Pratishruti

Cancer refers to any one of a large number of diseases characterized by the development of abnormal cells that divide uncontrollably and have the ability to infiltrate and destroy normal body tissue. Cancer often has the ability to spread throughout your body. Cancer is the second leading cause of death in the world.

The fact that only 5-10% of all cancer cases are due to genetic defects. 90-95% is due to environment and lifestyle changes which contribute in the formation of cancer. Screening is looking for cancers before a person has any symptoms. This can help find cancer at an early stage. When abnormal tissue or cancer is found early, it may be easier to treat. By the time symptoms appear, cancer may have begun to spread. This is important to remember that your doctor does not necessarily think you have cancer if he or she suggests a screening test.

Screening tests are given when you have no cancer symptoms.

Did you know that oral cancer screening can be as quick as brushing your teeth? As noted by the Mouth Cancer Foundation, a comprehensive screening takes less than two minutes! The definition of mouth cancer is - Any cancer in mouth (oral cavity). The screening covers your oral cavity and connected tissues, which can even be in the throat, sinuses, pharynx and larynx. An oral cancer screening can reassure you that there are no apparent prob-

lems or trigger early treatment if there are. The term "Oral Cancer Screening" is interchangeable with "Mouth Cancer Screening".

What can oral pre-cancers look like?

White spot with sharply defined borders from the normal tissue

Red spots with sharply defined borders from the normal tissue

Ulcers (open sores) that do not heal in two weeks

Lumps or bumps growing out of the tissue

High risk areas (places where most oral cancers develop)

1. Sides and under surface of tongue

2. Floor of mouth (part of the mouth under your tongue where the tongue rests)

3. Soft palate and back of throat

What causes oral pre-cancer and cancer?

Smoking tobacco, smokeless tobacco, heavy alcohol consumption. Smoking tobacco and drinking alcohol beverage at the same time increases the risk even more.

Certain types of Human Papilloma Virus (HPV), particular type 16, have been shown to cause cancers more commonly in oropharynx (soft palate, back of throat, back of tongue).

However, oral cancer can develop in people with no known risk factors, so everyone should monitor their mouth.

What can you do to prevent oral pre-cancer and cancer?

Stop all factors causing cancer

Have an oral cancer screening performed by an oral health professional once a year

Vaccinate to prevent Human Papilloma



Virus infection (prevent oropharynx cancer)
Self Oral Cancer Screening

By performing monthly Self Oral Cancer Screening (SOCS), you may be able to identify an early change in your mouth.

Completing this process once a month could save your life!

This is the process of examining your mouth for any signs of oral pre-cancer or cancer

Wash your hand and have a small flashlight handy

Remove any denture or appliances so you can see all tissues in the mirror

Examine the external surface of the lip, pull your lips out and examine the inner surface and your gum. Look at the inside of both of your cheeks with your flashlight, and then feel those areas with your fingers.

Same way examine floor of the mouth, tongue, palate back of the throat.

If you see something or feel something then immediately visit a health professional immediately for evaluation.

The story beyond the curtain: Project Sambhav

Chayanika Hazarika, resident of Akhoibari village Chenijan, Jorhat District, a young mother of a minor girl child faced wrath of the God, when she was detected with breast cancer in 2015. The result of her tests were advised to Chayanika and Chayanika was advised for proper treatment and counselled by Dr Gayatri Gogoi, Assistant professor AMC and honorary project director of Pratishruti Cancer & Palliative Trust. She was bewildered, and ultimately decided not to go ahead with cancer treatment. Her husband decided for not continuing her cancer treatment, which she was compelled to abide by. Thereafter Panna Bharali Secretary of Pratishruti started counseling Chayanika and her husband. At last citing her own example and many others she succeeded to persuade her and Chayanika agreed to treat her dreadly disease and ultimately she was operated successfully at AMC. Pratishruti treasurer Manjula Agarwalla helped her financially in this crucial period. "At that time, Pratishruti Cancer and Palliative Trust was not in existence. Dr Gayatri Gogoi, Mrs Manjula Aggarwal and Miss Panna Bharali helped Chayanika personally as their kind heart felt strongly to do something for the poor cancer patients. "However the problems came to her life in various forms, this time her husband's family started pressurizing her husband to marry another woman, as Chayanika became a cancer patient and a burden in their evil eyes. Again with the help of Police administration of the District and other organisations the matter was suppressed and came to an end. "As time passes away as usual, Chayanika became mother of another child, the financial hardship of the family increased day by day. Adding fuel to her fire of distress in her life her husband ended his life inviting a suicidal death. "The sky falls in her head with problems of nurturing two minor child, her physical condition, mental and physical torture she had to face from husband's relatives. "The Cancer is dreadly, but the unbearable attitude, behaviour and mental tortures shown/done by some of her relatives and some part of society is more dreadful then the disease. On the otherhand the financial hardship in nurturing her kids created havoc in her day to day life. The physical condition of her children became

miserable due to malnutrition specially in the lockdown period. "In the meantime Pratishruti started thinking about probable ways to help the kids of cancer patients, who have no such means of income. As a result a project namely 'PROJECT SAMBHAV' was started with an aim of offering integrated help for medical, nutritional and educational assistance to such kids.

Chayanika's two kids were selected at the beginning. Pratishruti's benevolent and kind hearted donor Mrs Sthiti Deka from USA offered to be the first contributor of the project and wishes to help the kids for one year at the beginning. Pratishruti's another active and very jubilant volunteer Ahir Bhairab alongwith Ankur Saikia took the lead in the process of assisting Chayanika's kids. They visited her several times, helped her in opening a bank account, arranged to enter her name in government schemes like Aroonuday, supplied items like clothes, food items etc. Unfortunately till that time Chayanika was not linked to any Government welfare schemes. Mrs Manjula Aggarwal also sent financial aid from Dibrugarh. The first two months financial aid from Mrs Sthiti Deka are handed over to Chayanika. "We are sincerely grateful to Mrs Sthiti for her kindness and her cheerful attitude towards the needy children and assisting through Project Sambhav. We are also thankful to Mrs Manjula Aggarwalla, Miss Panna Bharali, Mr Ahir Bhairab and Mr Ankur Saikia for their active participation physically, mentally financially to make the first step of Project Sambhav successful. It will not be wise if we don't took the name and thanks Dr Gayatri Gogoi for carving out such a beautiful and practically fruitful project and guiding the team time to time. We hope the project become a great success with everyone's true effort and contribution. There are many more ,who lost their parents or whose parents became unable to earn for their livelihood. If any kind hearted donor wants to offer financial help to any one of such children for their support in procuring daily needs, dietary requirements, educational and medical needs, they may contact Pratishruti through mail. Mail address of Pratishruti is: pratishruti.dibrugarh1@gmail.com.

Padum Poona Baruah *Executive Member*

Cancer cervix: What should we know?

■ **Dr. Pranay Phukan**
MD, FICOG
AMCH, Dibrugarh

Cervical Cancer is the second most common form of cancer in Indian Women next to breast. Cervical cancer affects the cells of the cervix, the lower part of the uterus. It is caused by the human papillomavirus (HPV), generally transmitted through sexual contact. The body's immune system prevents the HPV virus from causing any severe harm. However, the virus can survive for many years, and in some women, it can cause cells of the cervix to become cancerous. Cervical cancer forms 16.5% of the total cancer cases in Indian women in India, with 96,922 new cases registered in 2018 alone.

Some Risk Factors :

Most women who get cervical cancer are between the ages of 20 and 50. If you're a smoker, you have double the chance of getting cervical cancer. Tobacco by products can start the cell changes that make cancer develop. Other things that increase your chances of getting cervical cancer include long-term use of the birth control pill, three or more full-term pregnancies, poor people, weakened immune system, pregnancy at early stage, multiple sex partners, sex workers, poor hygiene etc

Women in India are often diagnosed too late

Cancer of the cervix is one of the few cancers that's almost

totally preventable. The rate of death from this disease has dropped by more than half in the past few decades in advanced countries. Many women have HPV in their bodies but it doesn't always cause the disease. So all women with HPV and don't develop cervical cancer. Now vaccines are available in which target some of the riskiest strains of HPV. And gynaecologists perform Pap smears, which can detect almost all cervical cancers. That's why it's important to consult doctors for Pap or HPV test which can find abnormal cells in the cervix before the cancer starts. In India, many women seek treatment only after cancer has already advanced, making treatment and recovery difficult. Unlike women in developed countries who have regular screening programmes that catch cervical cancer early, women in India do not take part in regular screenings.

Early-stage cervical cancer rarely has symptoms. Some women do not know anything is wrong until the cancer is in advanced stage. They might have irregular vaginal bleeding or discharge, or pain. Fortunately, screening tests can detect cervical cancer very early. Moreover, cervical cancer is slow-growing. It usually takes a few years for a normal cervical cell to turn into a cancer-

ous one. Finding and treating pre-cancerous cells is the best way to prevent cervical cancer.

The Pap Test :

A Pap test is the first line of defence against cervical cancer. During a pelvic exam, the gynaecologist will take a sample of the cervical cells to look for ones that could become cancer. Those precancerous cells might never become a problem. But it's best to find out and get rid of them to be safe. If the Pap test is abnormal the doctor will do more tests to look more closely at the cervix and remove more tissue from your cervix for a biopsy. Identifying precancerous cells will allow treatment to prevent them from becoming cancer.

There are a number of ways the doctor can treat the precancerous cells. Usually, they can physically remove the tissue with a cone biopsy or destroy it with electro-surgery, laser treatment or cryosurgery (freezing).

If the Pap test shows cancerous cells, the doctor will do more tests to figure out what stage the cancer. Surgery, radiation and chemotherapy are the treatment options, and the success rate will depend on how early the cancer was caught.

It's important to get a Pap test regularly. Doctors recommend that starting at age 21, women should get a Pap test every 3 years until age 65. Between 30 and 65 years old, one can add a test for high-risk HPV and extend the screening for every 5 years. Or it should

be continued testing every 3 years with just a Pap smear. If the woman is older than that, she may be able to stop testing if she did not have any abnormal Pap smears during routine screening.

HPV Test :

The HPV test is used in combination with the Pap test helps to detect cervical cancer effectively. As previously said more sexual partners the woman has and the earlier she starts having sex, the more likely she is to get HPV and cervical cancer. Low-risk HPV types cause genital warts, while high-risk types of HPV, like HPV 16 and 18, cause cervical as well as vulvar, vaginal, penile, and mouth and throat cancers.

The HPV Vaccine :

There are more than 100 kinds of HPV, but two of them (types 16 and 18) cause more than half of all cervical cancers. The HPV vaccine targets them. The ideal time to get the HPV vaccine is before the woman is sexually active. Vaccines available for children starting as young as 9 years old. Experts recommend boys, girls, and women get the HPV vaccine between ages 11 to 26 to protect them from getting HPV.

If the women of our country become aware of the disease, if they go for regular screening tests as discussed above, if Government extends more effective national screening programs to the women, India too would be able to prevent this dreaded cancer in the near future. ■

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Pratishruti : An Endless

Barooah Cancer Institute in Guwahati for health check-up. Later, many patients coming to Guwahati from different parts of Assam were able to get necessary medical advice. In addition to this, as a Pratishruti volunteer, I also helped various patients in sourcing blood from authorized blood donors.

Later on, during the first wave of COVID 19, we helped to monitor the spread of the COVID 19 virus in parts of Assam. We were able to monitor several patients in quarantine. During this time, doctors were contacted for telemedicine for the temporary treatment of all cancer patients. During the first phase of the pandemic, the programme sought to provide physical and mental well-being to the patients. We have organized various awareness programmes in Guwahati and Morigaon. By participating in such awareness meetings, we have been trying our best to eradicate the confusion and superstition about cancer among the people. Also, Pratishruti from time to time has been giving awards to various personalities working in the field of cancer and palliative care. It is a great pleasure to be a part of such Trust. I feel in the present time, we need more such people in the Trust like Pratishruti.

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Key Financial Highlights

Contributions by our donors for the year 2020-2021

<u>Donor's Name</u>	<u>Donation Amount</u>
Borkotoky Prayash	Rs. 1,00,000/-
Smti Stithi Deka	Rs. 63,200/-
Shri Suresh Agarwal	Rs. 50,000/-
Smti Geeta Devi Agarwalla	Rs. 30,000/-
Shri Leela Dutta	Rs. 20,000/-
Shri Narshing Pawar	Rs. 10,000/-
Smti Sonali Garodia	Rs. 10,000/-

All our donors are listed on our website : www.pratishruti.org. We are also sharing our Bank details in page 12.

Pratishruti would like to express its heartfelt gratitude to all its benevolent donors - thank you for your generosity and confidence in our mission. We hope to continue supporting cancer and palliative care patients together with you all.

We would like to sincerely thank all the Pratishruti doctors for sparing their valuable time to render free services to the needy. This is indeed a great service to humanity.

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How Society Takes Care of its Sick People

they can't afford the cost of treatment and this is the principle they are following. This societal driven institution is showing exemplary care for its sick people and they proved themselves to be more civilized than others by adopting unprecedented vision of equitable access to cancer care for North East and surrounding regions.

The Right to Health or Health for All are still the captivating phrases. Rural India is deprived of it for numerous reasons. People are dying without care especially in diseases where expensive and advanced modern treatment is concerned and these treatments are needed for life long. This comprehensive cancer care involves the full spectrum of it starting from prevention, early detection by screening, prompt evidence based treatment, survivorship, palliative care, end of life care, bereavement and rehabilitation. Currently most of cancer care is centered around hospitals and provided by Health professionals, arranging mostly treatment and diagnosis. These facilities are located around in cities and urban locations for example in Guwahati, Assam. Silchar is an exception of being the remote area with these facilities majorly because of the magnanimous effort by the general public. Factual truth is that a larger proportion of care actually can be provided by community via generating awareness, taking part in screening, providing psychosocial care to affected families, being involved in palliative and end of life care. This potential area is not getting the required focus either from policy makers or from the public itself. Evidence based data shows that 50% of reduction of mortality can be achieved by proactive measures at community level.

The year 2021 is exceptional in a Global perspective as well as for Pratishruti cancer and Palliative Trust amid covid 19 pandemic. We had to work in a very extraordinary situation by taking care of distressed patients and their families during this time. During the second wave, Pratishruti worked with Dibrugarh District administration to monitor 15,000 covid positive people in Home isolation and contact tracing by 60 volunteers of

Pratishruti similar to what we did in Kamrup metro and Dhemaji back in 2020. It was a new particular kind of palliative care of psychosocial and physical wellbeing through a remote monitoring model. Moreover this support extended to assist vaccination of comorbid persons on priority basis when vaccine production and supply was limited in Dibrugarh.

Pratishruti has been in an actively dynamic form for the last 4 years because of 'Extra ordinary work of volunteers, generous donors, hardworking doctors' together making it a powerful force. This force is to alleviate sufferings by offering helping hands to the helpless, clueless and cancer affected families. The Patrons lead by the President of Pratishruti and all advisors are always ready to provide guidance and help in all spares of activities. Pratishruti is strongly backed by society across the state due to its service to people with sincerity and dedication in spite of the limited capacity of the organization. Many apex organizations like Indian Association of Palliative Care, Association of Oncologists

of North East India, Indian Medical Association Assam State Branch, Dr. Bhubaneswar Barooah Cancer Institute, Assam Medical College, Guwahati Pain and Palliative Care have been consistently supporting Pratishruti by means of training the human resource and extending help through expertise. A large numbers of socio scientific organizations have been offering logistic support such as State Bank of India, Brahmaputra Polymer and Petrochemicals Ltd, Milon Jyoti Sangha, Dibrugarh University, Royal Global University, Assam Science Society, Deepsikha Foundation, Dibrugarh Jila Mahila samiti to name a few.

Our 'Save Lives' Ambassador Barasha Rani Bishaya has been deeply involved to the cause of Cancer Awareness Campaign across the state. The optimistic side of the journey is that many Donors who are already shining in their own professional field have been doing a fabulous job by taking the lead to support cancer and palliative program in their own local institution or district such as Paragjyoti Mahanta of Morigan and Ahir Bhirab of

Jorhat. The yearly progress report is published here by our Secretary, Panna Bharali.

It is indeed a cherishing moment at the juncture of completing 4 years of service to the society, by the society due to exceptional motivation by Pratishruti team to the cause of cancer care. The mission of making the impossible possible, the inaccessible to accessible, unaffordable to affordable through advocacy and through community involvement has finally been accomplished. The availability of palliative care is dismally low in our state and hence our aim is to put our all round effort to enhance this coverage to gift a dignified living and better death that each person deserve. The North East Region is now the Cancer Capital of India according to latest Cancer Registry data published by ICMR. So we have to prepare ourselves to play bigger roles in the community and also lend help cancer hospitals, health organizations and the government for achieving comprehensive care for larger inclusive service for the public.

Wishing each and every one in the Pratishruti family and friends a Very Happy Near 2022 and powerful days ahead.

Long Live Pratishruti Cancer and Palliative Trust.

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Palliative Care and Home Visit

radiotherapy and targeted biological therapy as planned. Ultimately, she was referred to palliative care for management of her symptoms - mainly pain and other issues.

The family members of these two patients contacted us through our Helpline Number and sought our help. Our team visited them at their respective homes. The team thoroughly assessed both patients and their families- particularly the caregivers. For the physical symptoms of the individual patient like pain, constipation, etc. appropriate medicines were given. Advice and demonstration were given on how to turn the patient frequently in bed to prevent bed Sore and to detect early signs of bed sore.

Lots of counselling was needed to allay the psychological aspect of the patient. In fact, more effort was necessary to reassure the immediate care giver.

Our team consisted of doctors, nurses, and volunteers. We have found the volunteers to be the most important part of this team in coordinating the work and home visit. We build up a rapport with the family members and care givers. In time the care givers became the 4th member of our palliative home care team.

As human being we all are born to die one day. This is a fact of life. Everybody has the wish and the right to die in a dignified manner, peacefully, contented, without pain and misery. Majority of us would prefer to die at our home surrounded by the immediate family members and the dear ones.

Palliative care is a concept of "Total Care" to the patient and the family members of a patient

of cancer or similar diseases when medical cure is long longer possible. Palliative care offers all round comfort - physical pain, psychological and social issues, spiritual issues of the patient and their families.

In our few years of limited experience, we have realized that this is possible to a large extent. Even after death of a patient we are often asked for help like arranging an ambulance to take the body of the person to parental home for the last rites as per the wish of the patient. During the COVID lockdown that was not easy. But we managed to do it.

The WHO recognizes palliative care as an integral and essential part of the comprehensive care for cancer, HIV, and similar health conditions. Worldwide most cancers are diagnosed when the disease is already in the advanced stage and is incurable. The only realistic treatment option is pain relief and palliative care. Every country has an obligation to ensure palliative care to the needy people. This is considered a fundamental right of a citizen. Unknown to most of us there is a Human Rights Watch which surveys and determines if there is any violation of this right. For the limited period of time, they are alive and with us, these cancer patients have equal right to live a quality life without pain and misery as other people. We just cannot deny them.

Let us therefore join our hands and strengthen palliative care. Presently less than one percent of the population requiring palliative care has any access to it. This is abysmally low, and we take pride in ourselves to be members of civilized society!! Let us remember-"Together everyone can achieve more".



All Members of Pratishruti, Awardees & Dignitaries of 3rd Foundation Day Programme on 20th Dec, 2020 at Kanoi College, Dibrugarh

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Prof. Dr. Nagen Saikia

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Mr. Prasanta Phukan (MLA)
Mr. Rituparna Baruah (Ex-MLA)
Mr. Amiya Hazarika
Dr. Dinesh Ch. Goswami
Dr. Amal Chandra Kataki
Dr. Santanu Kumar Sarma
Mr. Cheniram Borah

EXECUTIVE COMMITTEE

President:

Alak Kumar Buragohain

Vice President:

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

Secretary:

Miss Panna Bharali
M: 94354 76027

Addl. Secretary and Hony. Programme Director

Dr. Gayatri Gogoi

Joint Secretary:

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

Treasurer:

Mrs. Manjula Agarwal
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Asst. Treasurer:

Mr. Himmat Choudhury

Executive Members

Dr. G. S. Borgohain
(Convenor, Palliative Care)
Dr. Deepsikha Thengal
(Nodal Officer, Palliative Care)
Dr. Foujia S. Hakeem
Mr. Padum Poona Baruah
Mrs. Aditi Baruah
Mrs. Dalimi Gogoi
Mrs. Ashmita Kalita
Mrs. Moushumi Borgohain Gogoi

Nursing Members

1. Mrs. Junu Chutia Dihingia
2. Ms. Kobita Rajowar
3. Ms. Dimpee Keot
4. Ms. Sangita Kurmi
5. Miss. Tripti Lodh
5. Mrs. Makhani Bora

General Members & Volunteers

1. Mrs. Karabi Hazarika
2. Mrs. Musfi Rahman Hazarika
3. Mr. Simanta Phukan
4. Mr. Partha Pratim Bhuyan
5. Mr. Vishal Kumar Sonar
6. Mr. Bivash Malakar
7. Mrs. Dipika Dutta Bordoloi
8. Mrs. Sibani Biswakarma
9. Mrs. Munmi Phukan

Guwahati Volunteers

1. Mr. Ajoy Dutta
2. Ms. Himashree Devi
3. Mrs. Monmoromi Mahanta
4. Mr. Tarun Sonowal
5. Mrs. Roonjyoti Hazarika Bora
6. Mrs. Seema Devi Haque
7. Mr. Sandeep Kashyap
8. Miss. Pranami Sarmah
9. Dr. Himanshu Talukdar
10. Mrs. Anjana Tamuli
11. Nawab Md. Siddique
12. Mrs. Shabina Yesmin

DISTRICT WISE VOLUNTEERS

Sivasagar : Ahir Bhoirob, Dipjyoti Gowala, Anindita Gogoi.
Golaghat : Jyotimoy Nath, Purushottam Basumatary, Amritjyoti Bora,
Sonitpur : Abhijit Singha Roy, Dr. Subhasankar Singha Roy, Aniruddha Das,
Lakhimpur : Priyanshi Dutta, Pranjit Dowarah, Tulumoni Borgohain,
Hojai : Azar Uddin, Manoj Das,
Majuli : Jutika Nath,
Jorhat: Jyotibikash Bora, Shraddha Neog, Angelina Bordoloi,
Nagaon : Tridib Bhuyan, Gautam Gaurav Saha, Bongaigaon: Saddam Hussain,
Dhemaji : Labanya Lahan, Biju bora Dutta, Jayashree Gogoi, Rewati Buragohain, Sewali Chetia, Memon Ahmed, Tirtha Thakuri, Pintu Devnath, Montujit Dutta
Barpeta : Pallab Kalita,
Nalbari : Hemen Goswami,
Morigaon : Parag Jyoti Mahanta, Raktim Kumar Nath, Saradashree Choudhury, Kasmiri Devi, Monika Deka.
Udalguri : Khargeswar Deka,
Karimganj : Subhra Chandra Malakar.

OUR BANK ACCOUNT DETAILS

A/c Name : Pratishruti Cancer and Palliative Trust, Dibrugarh
Bank : Punjab National Bank
Branch : Boiragimoth, Dibrugarh
Account No. : 2042050000985
IFSC : PUNBO204220
MICR Code : 786024514

PRATISHRUTI HELPLINE NO.

Mobile : **6001830079**
6001688341

Pratishruti Cancer And Palliative Trust, Milan Nagar, J Bye Lane, Dibrugarh, Assam 786003

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