

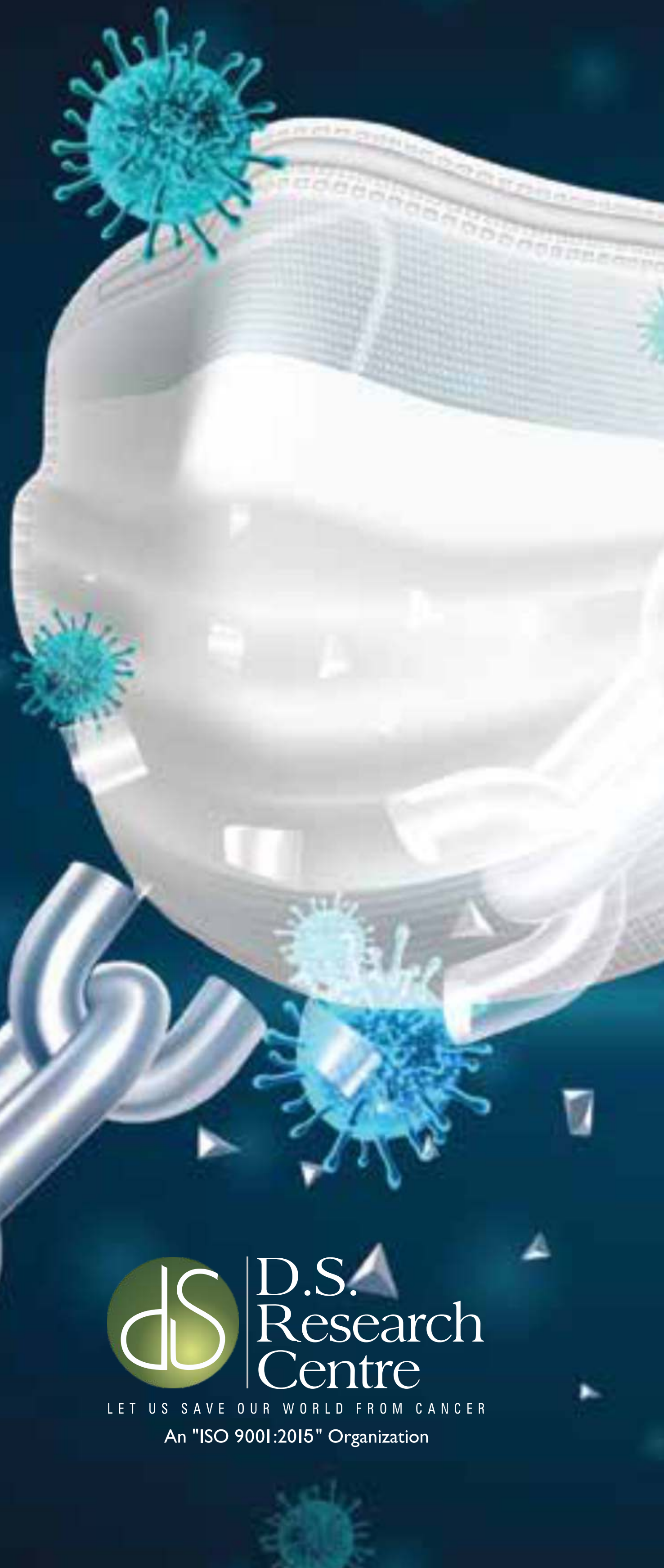


DS
FOUNDATION
Energizing Minds, Enhancing Lives

ds TIMES

VOLUME XIII • ISSUE 10 • APR-JUN 2021

Covid 19
What people with
Cancer
should know



D.S.
Research
Centre

LET US SAVE OUR WORLD FROM CANCER
An "ISO 9001:2015" Organization

E D I T O R I A L



IMPACT OF **COVID-19** ON **CANCER PATIENTS**

At present, once we know that COVID-19 pandemic will not be over in the following months, there is a need for a proper balance between medical attention to the SARS-CoV-2 patients and regular attention to other patients.

It is known that cancer patients have weakened immune status that makes them more prone to infections. Studies show that cancer patients who have COVID-19 can worsen their clinical conditions. Leukemia, lymphomas, and multiple myeloma are cancers that directly affect the immune system, besides patients with lung cancer may worsen their clinical condition due to the affinity of the SARS-CoV-2 virus for lung cells. In summary, the COVID-19 pandemic has affected hospital care in all areas, notably, patients with cancer seem to be both more likely to be diagnosed with COVID-19 and have more severe symptoms. In this scenario, medicos need to weigh up the balance of risks versus benefits carefully when planning normally routine cancer treatments and follow-up appointments.

We have tried to find this balance in our all center during the second wave, where the decrease in new referrals is not as dramatically lower as during the first wave. The vaccine is the new mantra after COVID-appropriate behaviour of mask, distancing and sanitising.

Ashok Kumar Trivedi

Ashok K. Trivedi

Chief Mentor

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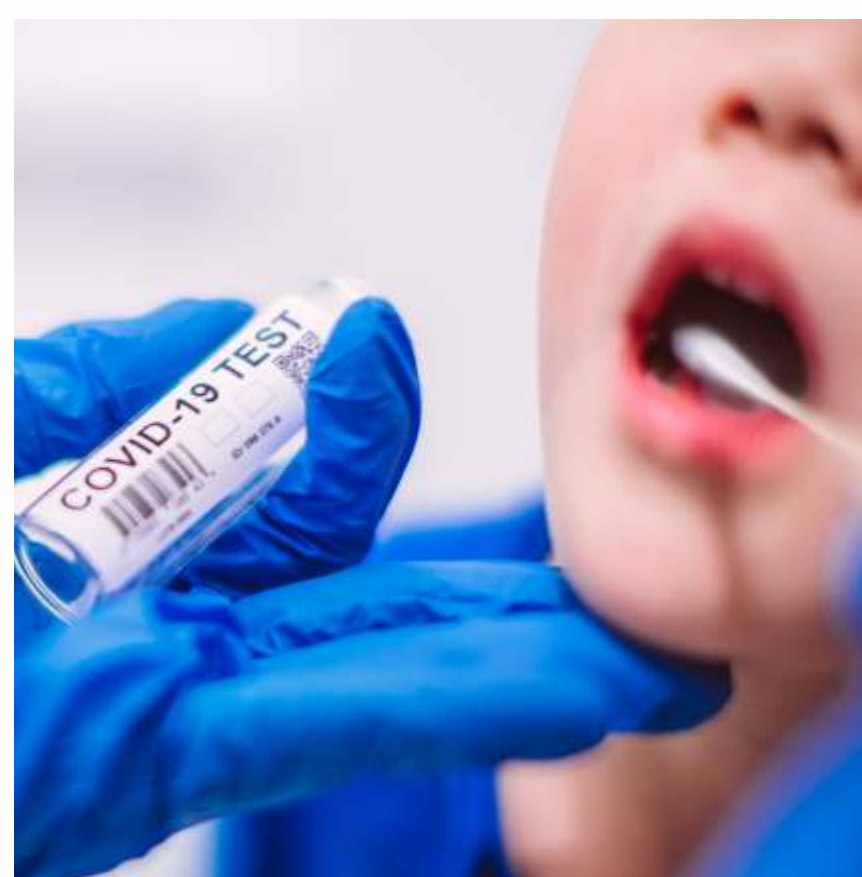
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Ayurvedic Perspective - How to prevent from Covid 19 in **CANCER**



DR. MEGHA CHAFEKAR
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Everyone knows very well about COVID 19 Worldwide. It's a viral mode of transmission. Best protection is Prevention. Along with mask, safe distance, sanitization, vaccination, enhancing the immunity is the best way to prevent from COVID 19. Anyone can be caught with COVID 19 infection but Cancer patients are in higher risk as already immunocompromised. So immunity should be strong.

TIPS TO **BOOST IMMUNITY**

- Follow the Rutucharya under the guidance of Ayurveda consultant
- Maintain a healthy lifestyle, healthy easily digestible diet, adequate sleep
- Mitigate stress
- Always have positive attitude



- As per the Ayurveda in COVID19 , take care of Kapha dosha, increase lung capacity
- Drink herbal kadha
- Gandusha/Kavala (Oil Pooling) -1 tablespoon of sesame or coconut or mustard oil mix with water
- Gargle with warm water with pinch of salt and turmeric
- Nasya –Application of coconut or sesame oil or put 2 – 2 drops of oil in each nostril
- Daily Pranayam, Yogasana, mediation, deep breathing exercises, walk, exercises
- Dhupana– Fumigation of house every evening with antimicrobials such as Neem leaf powder, sarshapa, guggul, bhimsen camphor, ghee

In home also all members should take precautions for self and cancer patient. Do not come in direct contact with others but be connected with family and friend via email, phone . Encourage hobbies like reading books ,listening music and positive attitude for mental health.

A timely medication of Cancer has to follow as advised and do time to time follow up with doctors. If suffering with any new symptoms , don't ignore it. Consult doctor as early as possible. Otherwise can do video consultation as well. No self medications.

Be aware of all COVID 19 symptoms to act early and prevent with herbal treatments

If follow all precaution can definitely win fight against COVID 19





COVID and cancer

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Hospital (Thane), Cardinal Gracias Hospital (Vasai)



The severe acute respiratory syndrome coronavirus 2, which leads to coronavirus disease (COVID-19) was first reported in Wuhan, China in December 2019.¹ The COVID-19 pandemic has badly affected health-care systems, subsequently impacting non-COVID patient management in its wake.

The diagnosis and management of cancer is time sensitive; thus, it is substantially affected by Covid 19 pandemic. Initially, when Covid-19 cases were increasing in March 2020, many recommendations for cancer care were like knee jerk reactions. Initial guidelines for cancer care suggested to stop all chemotherapies, whether curative or

palliative. When it was realised that the Covid-19 pandemic was not going to end in the near future, recommendations suggested chemotherapy in curative settings, but to avoid intensive chemotherapies.

As we continue to face the brunt of the pandemic, latest set of recommendations have now included chemotherapies even in palliative settings. So, in due course, all cancer directed therapies have restarted as before. There is no doubt that covid 19 has increased mortality in oncology patients, as compared to the general population.



During the initial phases, we lost many cancer patients due to delay in diagnosis or compromising intensive therapies. Due to paucity of beds in many hospitals due to covid, many cancer patients could not be admitted leading to delay in care or suboptimal care. Many patients who would have had a little extra time with palliative therapy, died without any treatment. After more than a year of Covid-19 pandemic, we have learnt to treat oncology patients with due precautions.

Now with the availability of vaccines, new dilemma has started about vaccination in cancer patients. At present, all cancer patients, except post stem cell transplant, must be vaccinated as a priority.

The COVID-19 pandemic has disrupted the delivery of oncology services not only in India but also across the globe. The long-term negative impact of stopping cancer screening, delay in cancer diagnosis leading to advanced stages and logistic disruptions in treatment, is likely to be substantial.²

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CANCER PATIENTS AND COVID-19



DR. MRIGANKA MISHRA
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HOW CANCER PATIENTS ARE AT RISK OF COVID-19

- Due to reduced immunity that results from certain treatments like chemotherapy, immunotherapy, and radiotherapy which reduces the production of white blood cells that form a part of the immune system and fight infections.
- Some cancers directly affect the immune system like lymphoma or leukaemia.
- Regular access to hospital services, close interactions with healthcare workers

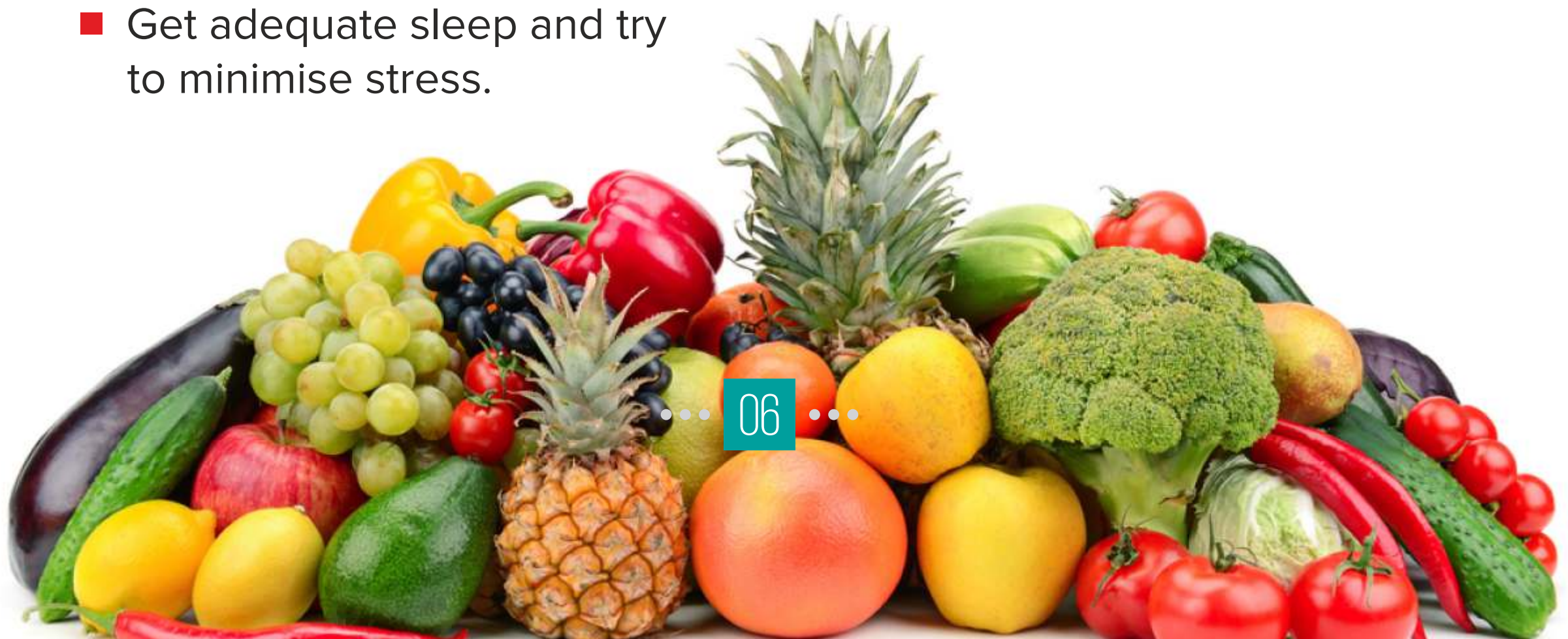


PREVENTIVE MEASURES

- Stay home and avoid travelling except for necessary situations like medical emergencies.
- Wear double mask.
- Follow strict Physical distancing.
- After coming from outside ensure that hands are sanitized and clothes changed.
- Maintain hand hygiene.
- Continue your treatment unless otherwise advised by your Physician.
- Tele-consultation for stable patients if possible.

HOW TO ENHANCE IMMUNITY

- Get vaccinated at turn after consulting your physician.
- Eat a balanced diet prepared with seasonal vegetables and fruits suitable to ones digestion capacity.
- Stay physically active through various forms of exercises and yoga.
- Look after mental well-being by means of meditation and mind relaxing activities.
- Regularly practice breathing exercises (pranayama) which will aid in recovering lung infection and reinstate saturation level.
- Adequate sunlight exposure for Vitamin-D metabolism.
- Inclusion of Vitamin-C rich fruits like Amla, lemon, in everyday meal.
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.
- Drink warm water, fruit juice, soups throughout the day to maintain hydration.
- Intake of Ayurveda rasayan such as Guduchi, Ashwagandha, Yasthi, Tulsi.
- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
- Get adequate sleep and try to minimise stress.



DSRC VARANASI JOURNEY

In the year 1988, the holy city of Varanasi was about to witness the emergence of a revolution in the health care and treatment of one of the deadliest diseases of the century, Cancer. The founding members of DSRC started this mission "Let us save our world from Cancer" at Lane No. 8 of Ravindrapuri Colony, Varanasi. Accompanied with 8-10 members, it was a humble beginning to serve humanity and save society from the curse of cancer.



It was not long when they understood the role of inspiring a cancer patient and what it does in their treatment. Nothing inspires anyone other than a victory. Hence, in the year 1997, they started working on a book that will be scientific yet inspirational. "Cancer Haarne Laga Hai" or "Cancer is Curable Now," a one of its kind book, was published in the year 1998 where the case study of numerous cancer patients who were treated from DSRC was documented.



With the increasing number of cancer patients all over the world and those who benefited at DSRC, in the year 1999, what started as a small setup in lane number 8, was extended and then shifted completely to Lane No. 10, Ravindrapuri Colony. The size of our team increased and so did our DS family. Since then, we are located here and is visited by many patients in need of help




DSRC Varanasi's upgraded Clinic was inaugurated on: 10 November 2011(inception day). The new setup enabled us to serve lot more patients, with better facilities, and are now helped not just with their medicines but also with small modifications in their lifestyle and nutrition.

Our present team consists of me, Sunil Singh as the CIC of DSRC Varanasi, Dr. Sanjay Srivastava (Ayurvedacharya), Dr. Rashmi Singh (Ayurvedacharya), Ms. Manjari Bajpayi (Dietitian) and are backed by dedicated team members who believe in our mission and vision.




SUNIL SINGH
CIC, DSRC VARANASI



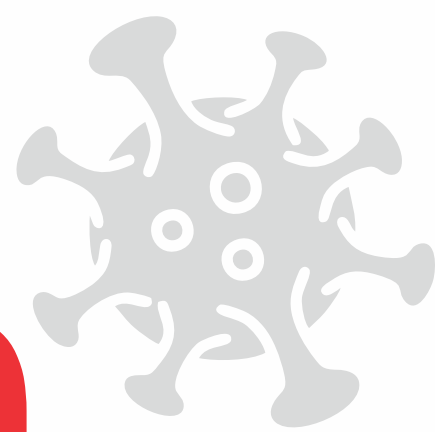
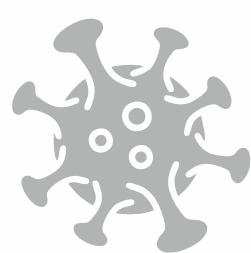
COVID impact on CANCER PATIENTS

One of the smallest accidental wildlife viruses has spiralled and disrupted the planet and India is no exception. Unfortunately, after our first wave with multiple peaks, which varied according to time, mobility, population density and migration, argumentative Indians still want to rebel against the virus. It's time we all came together to fight the sinister ravages of this tricky ever-changing RNA virus, which is slow mutating compared to its flu counterparts, but leaves a bad aftermath.



It's time we all came together to fight the sinister ravages of this tricky ever-changing RNA virus, . . .

COVID and cancer



In the last one year, we have seen COVID infecting mostly older age group, but now even the young and children are getting infected in the second wave probably due to the new mutant variant. Cancer being a known immuno-compromised state thus poses a risk factor. Moreover, issue with cancer is unawareness, late presentation and lack of timely treatment which has made cancer as one of the most dreaded diseases. With COVID scare in public - restrictions due to lockdown and prevention protocols, it has posed as a major roadblock in active management in needy cancer patients. This has left common public and also the care giver confused about the right approach in cancer care in this pandemic era.

Effect of COVID on CANCER management

Cancer is a disease that is known of stage progression if left untreated. Also, cure from cancer treatment largely depends on the stage that the patient presents. Thus cancer is a disease where we cannot hold treatment fearing a possible infection which may or may not affect the individual depending on exposure risk and on the contrary may also not be symptomatic or life threatening even if infected, in all cases. At the same time in an already infected case, individual's capacity to fight infection in immune-compromised state created with cancer therapy and the risk of cancer progression outcome on survival if treatment delayed, is something that has to be weighed with caution.



Lessons learnt and precautions for future

The vaccine is the new mantra after COVID-appropriate behaviour of mask, distancing and sanitising. . . .

To summarise, it should be known that COVID is here to stay. State, care givers and individuals in public have their own important role to play. First and the foremost role is of an individual to take all steps to avoid spread of Covid infection by social distancing, face masks and frequent hand-washing. Specific to cancer patients do understand that cancer growth will not stop so we cannot neglect this disease, be it a pandemic or no pandemic. Timely detection of symptoms, consultation by specialists be it physical with all Covid precautions or better by a virtual mode can at least help detect urgency, stage and then prioritize treatment to see if it can be delayed or needs urgent start. Once diagnosed, care givers take all due precaution to decide appropriate treatments where routine management can be slightly modified with non invasive and less toxic therapies given priority.

The vaccine is the new mantra after COVID-appropriate behaviour of mask, distancing and sanitising. The vaccine's primary goal is to protect the most vulnerable from death and severe diseases. Vaccines confer protection from disease but not necessarily infection. So post vaccine, even after full doses, we need to mask, avoid crowds and poorly ventilated spaces, distance and sanitise. We shouldn't unmask while speaking, try to avoid crowds when eating. We need to use safer masking strategies like doubling up, using mask braces, ensuring that it is tight and well fitting. There has to be zero tolerance for violators of COVID norms, behaviour and protocols and we need to have a single-minded determination to conquer this nasty virus. We need to clear the virus from our environment using mind and body strategies and build a strong COVID-free India.



SAY **NO** TO **WRONG FOOD HABIT, COVID.**



Ms. Nabaruna Ganguly
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D.S. Research Centre, Kolkata

After 2nd wave, we all, more or less know what to do during this pandemic session to stay immune-strong. We have now already adopted New Normal habit after this covid-19 pandemic hit us mercilessly.

As we all know, in **D. S. RESEARCH CENTRE**, we work for cancer patient's health, betterment & recovery, now we all need to know what are the **Big Nos** in dietary habit now a days & Why. Because we should not put ourselves in any emergency medical condition that required immediate hospitalization or emergency medical help which

are now at a stake. Now a days another deadly pandemic arrives after covid-19 in mainly post covid patient is **black fungus or mucormycosis**. As some cancer patients need to have immuno-suppressant medications (like steroid) or therapy (like chemotherapy) sometimes for their treatment purpose & many of them has co-morbidity like diabetes, so we all need to stay alert.

But don't panic at all, for all of this facts & news, as our medicine from DSRC help our patient to be immunologically super strong.

Basically we need to follow neutropenic diet, hygiene & basic food safety guidelines. Things we need to know, to stay healthy & strong by saying

NO to any raw food, like salads, vegetable juices, canned fruit juice. Choose only homemade freshly prepared fruit juices.



NO to any spicy food or deep fried foods to keep gut healthy. Diarrhea due to wrong food consumption, may lead you towards hospitalization.

NO to any moldy, uncooked food i.e. fruit or veggies like tomato, capsicum egg, which we usually consume raw or semi

cooked. Always wash fruits & veggies properly under running Luke warm water before cutting. Sterile

lots of protein & fluid which is **not right suggestion** for you. That may lead you to severe health complications. Always consult your doctor & dietitian for right amount nutrient intake suggestion for your betterment.

Last but not the least you have to take care of your co-morbidities like hypertension, diabetes, hypo & hyper thyroidism etc. As these are important deciding factor for your



your knives, chopping board properly with soapy hot water. Choose only seasonal & fresh fruits & veggies. Do not keep cooked food uncovered, always consume freshly cooked food. Say

NO to any thin skinned fruit, which may cause you non-Covid infections.

As, in this pandemic situation, we all are receiving suggestions regarding diet & medication for better immune system & panicking a lot for the situation, but say NO to any unauthorized source of information related diet & medication, as only your doctor & dietitian knows your present health condition & only they can advise you regarding the same, properly. For example, if you are suffering from kidney problem, & you are advised to limit your protein & fluid intake as per your medical condition, but there are many messages that convey to build up immune system, you have to take

health, so don't ignore any medical advice from your doctor regarding the same. Monitor regularly, to stay healthy inside out. Monitor your weight, daily activity is also important for the same.

Stay at home, wear mask, follow hygiene guidelines properly, follow healthy diet which is tailor-made for you, and follow proper medication which is prescribed only for you. But if required emergency medical help, do not hesitate for the same, cause neglecting that may harm you more. Don't panic, keep your nerve calm by meditating.

When you are immunologically super strong, covid-19 or mucormycosis will not able to harm you at all.





GUWAHATI, KAMRUP'S MR. JITENDRA MOHAN GOSWAMI. Well over 50 years of age, he is living happily with his family. He does all his daily chores by himself and is completely self-dependent. A few years back when the deadly fangs of cancer engulfed him, those days haunt him like nightmares today.

Interview of

MR. JITENDRA MOHAN GOSWAMI

Guwahati, Assam, India

Type of Cancer- Larynx Cancer

LIVING ON FOR 15 YEARS NOW.

DSRC- Hello Sir, How are you? Tell us about your experience when you were diagnosed with cancer?

Mr. Goswami- Hello, I am well and good...thank you.

The year was 2005 when I suddenly realised little bit problem while I was eating and even finding difficulty in swallowing the food as well. When I consulted with an ENT in Guwahati, he has doubted about it and referred me to APOLLO hospital for further treatment. I consulted a specialist there in APOLLO and he advised 'endoscopy' and eventually reports showed that cancer has attacked me. 'LARYNX CANCER' to be precise in medical terms. Coming to treatment the expert advised for chemotherapy and radiation which I have completed successfully.

DSRC- When did you hear about us?

Mr. Goswami- I came to know about DSRC from newspaper advertisement in the year 2002. This advertisement completely transformed the rest of my life.

I went to DSRC Guwahati branch after completing chemotherapy, in the year 2005, which was then located at Chenikuthi and there I explained all my problems to AYURVEDACHARYA, present there. Talking to him I got so much of self belief and confidence that my sufferings will come to an end very soon only in DSRC. So when ayurvedacharyya advised me to start the treatment of ancient ayurvedic based nutrient energy treatment, I did not think twice and started the treatment. Miraculously within few days, my weakness subsided and my confidence increased considerably. The pain that used to trouble me while eating also decreased as well. Again I started doing small works at home and as per advice, used to do regular checkups. Even the reports were pretty positive and I could feel about defeating the dreadful disease day by day.

DSRC- WOW, that's amazing! How are you doing now after 15 years today?

Mr. Goswami- Today, I am completely fine and leading a normal life. I am staying happily with my family and also contribute wholeheartedly towards daily works. I go to D. S. Research Centre alone by myself and interacting with the doctors there gives a huge boost to my self confidence and morale. I even suggest other cancer sufferers to visit DSRC and they also seem to be doing pretty good.

The best part of treatment period for the last 10 years is that, I never had to visit any other place for any additional treatment. In fact, I never felt the urge to do so.

DSRC- Thank you for your time and we wish you all the best in future!

Mr. Goswami- Thank you DSRC, for giving me new phase of life...

COPE CANCER & COVID



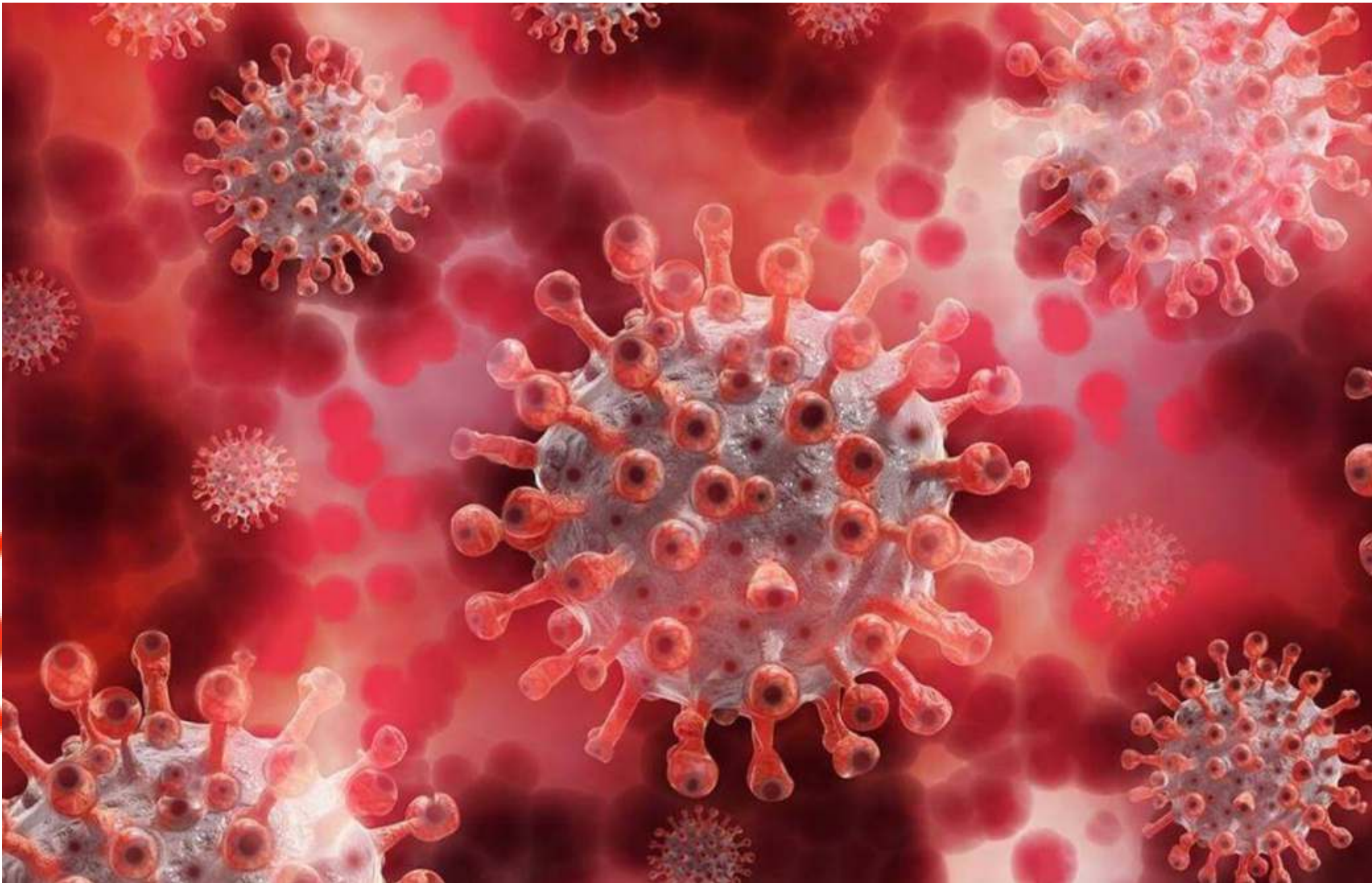
Ms. YASMEEN KHANAM
M Sc. in Nutrition & Dietetics,
Clinical Dietitian,
DSRC Hyderabad

The covid-19 pandemic has forced to delay or cancel certain medical procedure in response to surge in patients with covid-19. Which has made treating cancer and being treated for cancer more difficult.

Cancer treatments, like chemotherapy, weakens the immune system, putting the patient at the risk of infections, becoming ill and facing complications from covid-19. Also those patients with blood-related cancers such as leukaemia, lymphoma or multiple myeloma, which directly affects cells of the immune system. For the most, symptoms of covid-19 can be the same in cancer patients as in the general populations, but the only exception might be those patients who are treated with steroids or other such medications which can suppress the development of fever.



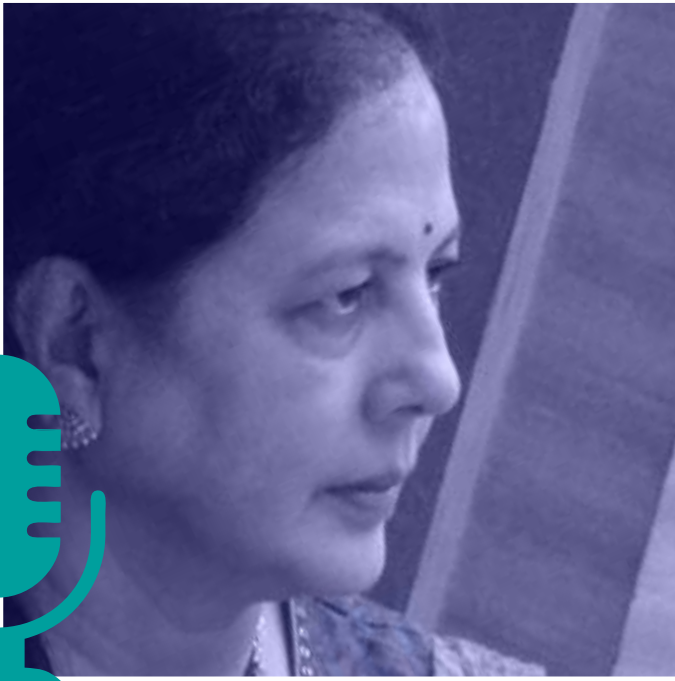
So in cancer and covid-19 the immune system has to be strong enough to fight off the illness. Patients in both cases has to consume a diet that boosts the “**immunity**”.



“Immunity” - this word has gained huge popularity in this pandemic. There has been lots of information circulating in social media that looked at different foods to lower the risk of the coronavirus. However, you should know that there is no single food or supplement that can help us keep the coronavirus at a bay. But having a healthy, varied and balanced diet is important in supporting our immune function and many other nutrients influence the body's ability to fight infections. Nutrients like proteins, vitamin C, vitamin D and zinc mainly contribute to building strong immunity.

Other lifestyle factors such as physical activity and sleep may also affect immunity. So it's a good idea to stay physically active and to sleep well.





Mrs. Jyoti Rao at the age of 48 yrs was diagnosed with Ovary Cancer. She is from Baroda. It's more than 10 years now, she is enjoying every single day of her life & marking benchmark for other cancer sufferers by giving positive encouragement.

Interview of

MRS. JYOTI RAO for D.S. TIMES

GREETING FROM
D.S. Research Centre!

DSRC: - Hello Madam, How are you? Let us know about your experience when you were diagnosed with Cancer

Jyoti ji :- I am doing good; Thank you. I was shaken and thought that it's an announcement of death.

DSRC: - How did you come to know about D.S. Research Centre

Jyoti ji :- One of my uncles recommended. Now my uncle Dr. M S Padbidri is no more but I will always be obliged for what he did for me. I also asked myself "why me" but later on thought that perhaps god has chosen me for this disease because I had the strength to fight it. I took each day as a miracle.

DSRC: - How D.S. Research treatment help you to overcome with this disease

Jyoti Ji :- The medicines gave me fast results and relief. It also helped to reduce the side effects of allopathy treatment. My recovery was faster. Following proper medication with diet will definitely help anyone to overcome this disease. After starting D.S. Research Centre medicines, I underwent a surgery within one month. My biopsy reports showed "NIL" for "Malignancy". Doctors were surprised to see my progress.

DSRC: - Life after cancer, what is your opinion on it

Jyoti Ji :- When my doctor told me to enjoy as all my reports were good, I was so happy that I felt like shouting at the top of my voice. I felt like a free bird. I started giving time to myself. I am keeping myself engaged in trekking, gardening, tutoring children & many other house hold activities.

DSRC: - It's more than 10 years now, what is your mantra to keep yourself so motivated

Jyoti Ji :- My mantra is, this life is a boon for me and I will enjoy it to the fullest. Apart from medicines most important is "Positive Thinking" & do not let this affect your daily routine works. "Do not weep", Take it as a Challenge & you will able to face any problem in your life

DSRC: - If you wish to give any message to other Cancer sufferers

Jyoti ji :- My message to all cancer survivors is, never lose hope. If you keep a positive attitude then you will win half the battle.

I am thankful to D.S. Research Centre for this NEW LIFE which is much more precious to me.

Thank you so much for your valuable time & keep always inspiring to us.

Traditional Learning & E-Learning



The thought of skipping college and studying from home has always sounded exciting-until you consider the logistics. How feasible is it to take a class at home while spending time with the family instead of traveling far to attend college? Though e-learning is not a new phenomenon, the outbreak of Covid-19 and the country going under lockdown shifted the whole education system into a virtual model.

Now the question of which teaching methodology is better, virtual school or traditional school, is always puzzling. Traditional classroom teaching methodologies are well-tested and the environment most of us grew up in, but they have some significant limitations. Virtual classrooms, on the other hand, are new, high-tech, and experimental.

So, let's dig a little bit deeper into these educational methodologies.

What Is Brick and Mortar Education?

Brick and mortar is the traditional way to attend college, with students coming to campus and attending class in physical classrooms. Being the most dominant form of pursuing an education, brick-and-mortar colleges allow students to interact with one another and discuss with teachers face-to-face. Probably this is what keeps this form of traditional learning still so much in demand, as students can communicate with others or ask questions personally to the lecturer. They feel more responsible regarding their exams, every deadline that comes their way, and commits to regular attendance.

What Is Online Learning?

Online learning is known as the education that takes place over the Internet. Often referred to as "e-Learning" or "distance learning," - online learning involves the umbrella term for any learning that takes place across distance and not in a traditional classroom. Colleges nowadays use LMS (Learning Management Systems) such as Zoom, Moodle, Blackboard, or similar software to replace classes. Assignments are submitted online, discussions are in a forum format, and emailing professors is very prompt. Lessons can be completed around your schedule without leaving home or having to relocate, depending on the rain, snow, or sunshine.

A Comparison:

Traditional classrooms have an advantage when it comes to discipline and motivation. The structured schedule of attending classes and routine face-to-face interactions with instructors helps students develop social skills, discipline, and routine. In contrast, an online classroom allows you a flexible schedule as one can study from anywhere. While an instructor in a traditional classroom can act as your mentor and guide, social interaction in online courses is mainly through discussion boards or video chat. Another crucial difference is the cost, with online courses being cheaper than traditional courses.

Synopsis:

Learning is a phenomenal process to enrich our knowledge, so may it be Traditional / Conventional classes or Virtual classes. The educational values are much more essential in whichever way it is preached, as education is the platform that makes it possible to defeat all barriers.



“The more that you read, the more things you will know, the more that you learn, the more places you'll go.”

– Dr. Seuss



"I do not long for kingdom, nor happiness or wealth, I only pray that all the suffering living beings be free of diseases"

Old Ancient India was a land of sages and seers as well as a land of scholars and scientists. Research has shown that from making the best steel in the world to teaching the world to count, India was actively contributing to the field of science and technology centuries long before modern laboratories were set up. Many theories and techniques discovered by the ancient Indians have created and strengthened the fundamentals of modern science and technology. While some of these groundbreaking contributions have been acknowledged, some are still unknown to most, but their work was sufficiently world-changing .



Life Lessons from the legacy of a Visionary Scientist.



A skilled teacher, a far-sighted visionary scientist , a revolutionary , and philosopher, all these words fall short to describe the personality of **AGRANI-the motivating leader- Prof. Shiva Shankar Trivedi**, With limited resources the task he has achieved in the field of cancer treatment is unparalleled. Began from scratch under his guidance today DSRC has become one of the leading cancer institute in India where innumerable cancer sufferers get a second lease of life.

He always says "There is abundant talent in India and it needs to be utilized effectively and efficiently. I strongly feel that it is the duty of every parent and teacher to encourage students to think innovatively. The eagerness and spirit of scientific temperament should be developed in students. The task is accomplishable if you all strive for it. The goal is certainly not far away."

He was a scientist in a true sense, had a strong belief in Ancient Indian sciences, his insight was to incorporate modern advances in the educational system without compromising with potential of Indian systems of medicine. In his honour, D.S. FOUNDATION, established to promote hope and happiness in masses, share their memories, visions and learnings every year on April 26th.

Forever in our thoughts...

Across India in all our centres we remember Guruji through felicitation and paying our tribute to the great soul.

Keep us blessing always...

Be Aware Be Prepared



Dr. Richa Trivedi
M.B.B.S. Consultant,
D. S. Research Centre

Since past year, our world is facing the brutality of pandemic and there are no answers available to whether someone will be infected by it or not and it raises the misery of humanity by multiple folds. With decreased immunity the chances of infection by Covid-19 and the severity of the disease are way ahead than that of a person with better immunity.

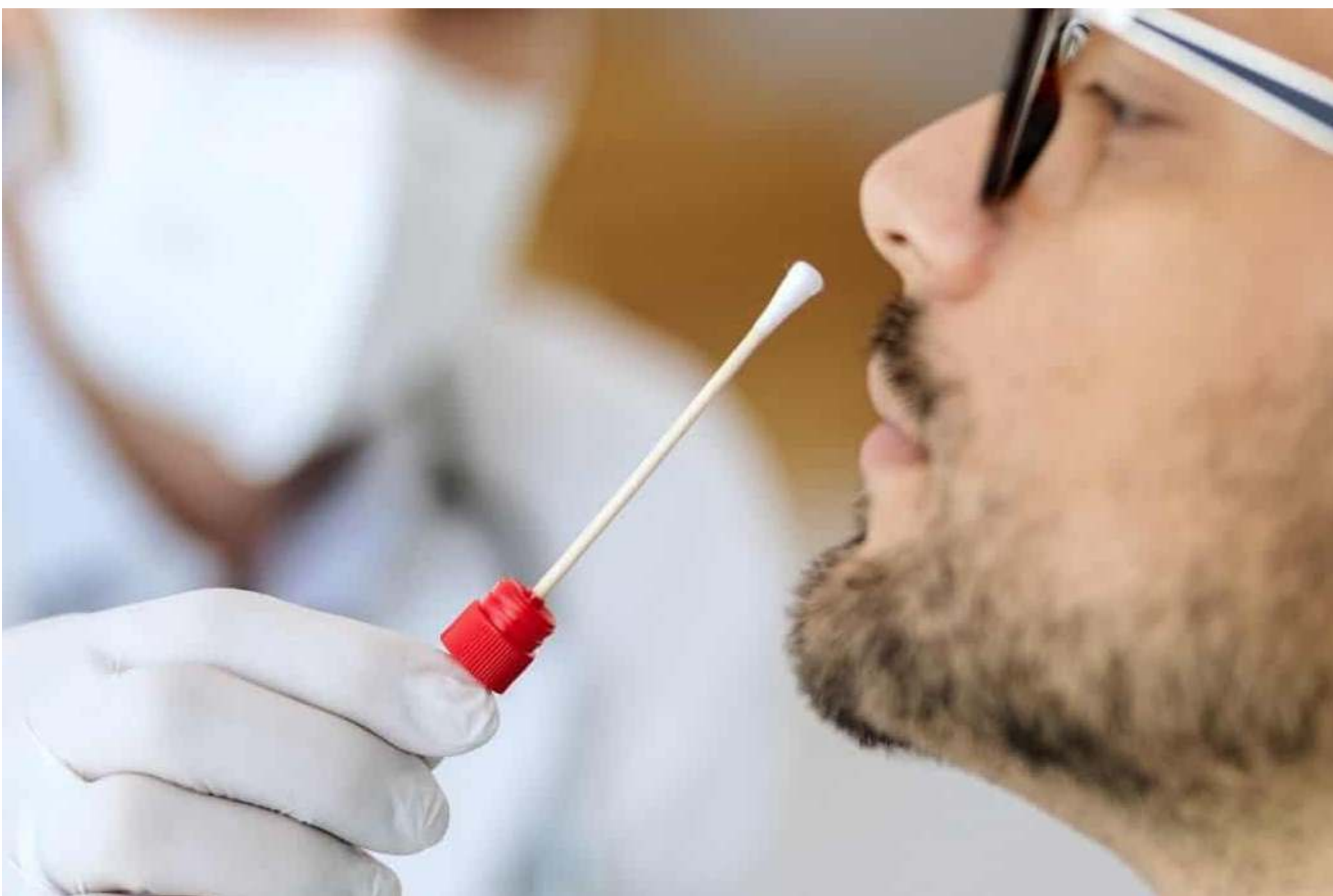
Cancer patients are at higher risk of getting this infection predisposing to the fact, cancer will compromise the immunity but does it mean every cancer patients are at higher risk of getting this infection.

There are various factors along with cancer where we need to be more cautious about and should prepare accordingly. Simply, our Immune System is a defense mechanism that fights against anything that can harm our body and its compromised state increases the chances of getting infection. Causes for the same might be the disease or the treatment procedures itself including chemotherapy, radiation, stem cell transplant e.t.c.



Along with this there are various other factors which increases the risk-

- Lung Cancer patient are at more higher risk of developing a severe form of infection then patients with other organ involvement, as their lungs are already compromised.
- Next is Blood Cancer patients. Blood is the medium with which the immunity mobilizes their cells to fight the infections. As the patients of of blood cancers have decreased immunity due to impaired blood cell formation, they are also at higher risk.
- General health condition of patient is one of the major factors. Again, if there are other ailments like Diabetes, Hypertension, Kidney failure, Asthma e.t.c. we need to be more concerned.
- Patients on active treatment, receiving chemotherapy, radiation...are again at more risk of getting infected by corona virus and its consequences.



PRECAUTIONARY MEASURES

whether hospital visit is necessary or online consultancy will suffice.

- In case a cancer patient develops any symptoms related to respiratory infection including cough, fever, chills, headache, body ache a doctor should be consulted, and Covid-19 RT PCR Test be considered.
- Everyone, patient, or patient family members should follow the standard guidelines developed for COVID 19.
- Last but not least take nutritious diet regularly, include fresh and healthy homemade food, add vitamins C, D, Zinc, keep yourself hydrated & try to follow healthy lifestyle.



As part of our mission to make cancer 'less frightening by enlightening', DSRC regularly hosts webinars that brings experts and valuable updates to a screen near you. Our webinars address timely and relevant topics like on developments in cancer and oncology diagnosis, prevention, and treatment through these curated webinars. As the race toward a cure for cancer continues, advances in cancer research are constantly revealed as innovation in the field of oncology progresses. All webinars are open to individuals diagnosed with cancer, caregivers, advocates, and health care professionals. We archive each webinar so that members can access the content on demand. Some webinars are for members only and login and registration is required.

www.dsresearchcentre.com

WEBINAR
LIVING BETTER AFTER CANCER
30TH JUNE, 2021
3-30 pm to 4-30 pm

KEY POINTS
How cancer redefines identity.
How it affects our surrounding whether our friends or relatives.
Equations of work & perspective in life.

SPEAKERS
Dr. Shikha Das
Dr. Megha Chatterjee
Dr. Swasthi Prasad

MODERATOR
Mr. Vinay Tripathi

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CANCER WEBINAR SERIES
UNDERSTANDING & MANAGING PAIN
15TH MAY 2021
3:30 PM ONWARDS

SPEAKERS
Dr. Shikha Das
Dr. Divya S
Dr. Shradha Rai

MODERATOR
Mr. Vinay Tripathi

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IMMUNITY AND CANCER
27TH JAN, 2021
3:30 PM ONWARDS

QUEST SPEAKER
Dr. H. Jayaraman

SPEAKERS
Dr. Rashmi Singh
Dr. J.S.P. Dhanraj
Dr. Shikha Das

HOSTED BY
Mr. Vinay Tripathi

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COVID-19
What People with Cancer Should Know..!
29TH MAY, 2021 (Saturday)
12:30 PM ONWARDS

SPEAKERS
Dr. Rashmi Singh
Dr. Suresh Kumar
Dr. Ganesh J. S. S.

HOSTED BY
Mr. Vinay Tripathi

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CELEBRATING BIRTHDAYS

VOLUME XIII • ISSUE 10
APR-JUN 2021



Suendra Nath Pandey
01-May



Ashok Kumar Pandey
01-May



Pradeep Kumar Jha
15-May



Dhanjanjay Kumar Singh
01-Apr



Awadhesh Kumar Dwivedi
10-Jun



Suvarna Addy
18-Jun



Dr. J.P Dwivedi
21-Jun



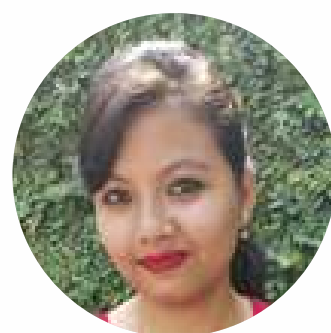
Shashi Bhusan Singh
25-Jun



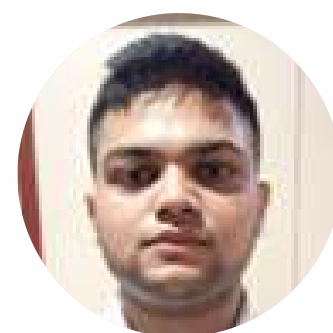
Ajoy Deka
8-MAY



Nikhil Tiwari
20-May



Preety Sharma
16-JUNE



Mondeep Pathak
05-May



Parmita Saha
19-APRIL



Dr. Archana Kori
13-Apr



Dr. Shibangi Das
20-Apr



Deepshikha Champati
02-May



Vijayalakshmi
13-May



Kallol Biswas
14-May



Kunal Gade
15-May



Aparna Dharne
19-May



Pankaj N. Trivedi
29-May

HAPPY
Birthday



Ms. Jyoti Rao

M.Sc. Clinical Nutrition & Dietetics. (Dietitian)
D.S. Research Centre,
Mumbai

MIXED DAL DHOKLA

INGREDIENTS

- Mixed dal, powdered (Urad, chana, moong, masoor & tuvar) - 1 cup
- Yogurt - 1/2 cup
- Salt to taste
- Turmeric powder - 1/4 tsp
- Roasted coriander powder - 1 tbsp
- Garam masala powder - 1 tsp
- Ginger-green chillies paste - 1 tsp
- Oil - 1 tbsp
- Sugar - 1 tsp
- Lemon juice - 1 tsp
- Tempering -
 - Oil - 1 tsp
 - Mustard seeds - 1 tsp
 - Sprig curry leaves - 1
 - Green chilli, chopped - 1
 - Sesame seeds - 1/2 tsp
 - Coriander leaves, chopped - 1-2 tbsp

DIRECTIONS

- ▶ **Step 1** Dry roast the powdered dal for 2 minutes or till you get a good aroma coming through. Set aside to cool down.

- ▶ **Step 2** In a bowl, mix together all the above-mentioned ingredients with required quantity of water to form a batter of pouring consistency.
- ▶ **Step 3** Keep aside for 30 minutes. You may add more water if needed.
- ▶ **Step 4** Pour into a greased steel container or plate and steam for 15-20 minutes.
- ▶ **Step 5** Set aside to cool down.
- ▶ **Step 6** Cut into desired shapes.
- ▶ **Step 7** Heat oil in a pan and temper with mustard seeds. After it stops spluttering, add sesame seeds, curry leaves, and green chillies. Saute for a few seconds and add 1/4 cup water.
- ▶ **Step 8** Switch off the flame and pour this tempering over the steamed dhoklas.
- ▶ **Step 9** Garnish with coriander leaves. Serve with green chutney.

Total Serving: - 1

- Mixed dal dhokla is an amazing dish with good amount of protein and carbohydrates along with good amount of fibers.
- The process of Fermentation helps to increase the bio-availability of nutrients.
- The Process of steaming makes it more healthy.
- This amazing recipes can be included by all.



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