

# THE SPARROW

## PG. 2

- The Story of a Beautiful Soul
- Play Therapy

## PG. 3

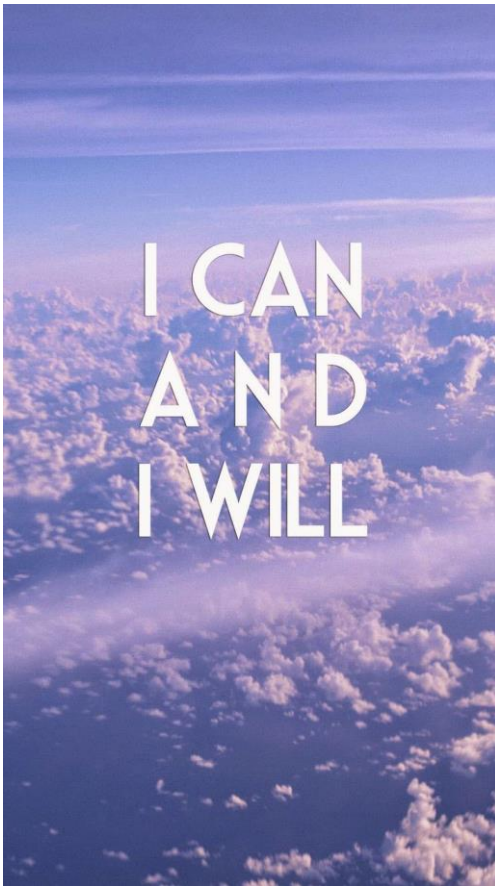
- Cervical Cancer Elimination Day
- Pallium India Workshop

## PG. 4

- Aravanaippu Activity
- Monthly Activities



CERVICAL  
CANCER  
AWARENESS MONTH



## THE STORY OF A BEAUTIFUL SOUL

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Uma Maheshwari longed to have a child. Unfortunately, she was diagnosed with Ca.Ovary stage II and underwent surgery to remove the tumor. With her dream of having a baby shattered, she went through emotional trauma. She was in complete distress and denial of her condition. But her primary caregiver, her husband, was with her in every step of her treatment, supporting her in any way he could. He, together with the team of counsellors from CCF helped her to cope with her emotional distress.

Advised to undergo a few cycles of chemotherapy, and Uma visited multiple hospital. After each chemotherapy session, she was weak, she went through hypoglycemia and anemia. But what made her extremely anxious was worry about the recurrence of the tumor after a few years.

Uma had counselling and taught relaxation techniques which helped her gain confidence and think of other option like adoption. Now, Uma has completed her Chemotherapy with more confident. She is very thankful to Dr. Baskar and the Counsellors from CCF, without them she could not have fought this battle and recovered her self-confidence.



## PLAY THERAPY

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Play therapy is a form of therapy used primarily for children. Because children may not be able to process their own emotions or articulate problems to parents or other adults. A trained therapist can use playtime to observe and gain insights into a child's problems. The therapist can then help the child explore emotions and deal with unresolved trauma. Through play, children can learn new coping mechanisms and how to redirect inappropriate behaviors.

Some of the potential benefits of play therapy are:

- Developing coping strategies and creative problem-solving skills
- Self-respect, empathy, stronger social skills
- Stronger family relationships



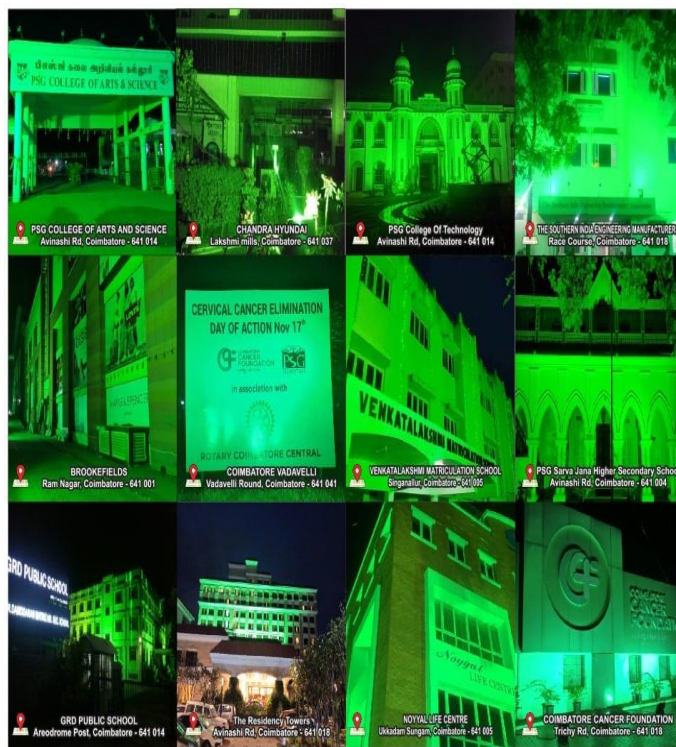


## CERVICAL CANCER ELIMINATION DAY

CCF aims to provide good quality of life to patients and to their families, to create a cancer free community with outreach campaigns impacting at all levels. To mark the occasion of Cervical Cancer Elimination Day of Action, 10 landmarks in Coimbatore were illuminated in the colour 'Teal'. These landmarks included PSG Technology, PSG College of Arts and Science, PSG Sarva Jana School, Brookfield Mall, North Coimbatore Flyover Park, SIEMA building at Race Course, The Southern India Engineering Manufacturers and Vadavelli Round.etc.

CCF works towards a Cervical Cancer Free Coimbatore.

**“Vaccinate girls. Screen mothers and let’s end cervical cancer”**



## PALLIUM INDIA WORKSHOP

To enrich and increase awareness about palliative care to the society, Coimbatore Cancer Foundation has adopted a village in Coimbatore (Kardivavid) and provides free palliative care to its families. Coimbatore Cancer Foundation along with PSG Hospitals started 'Santham'- a palliative and hospice care unit. As creating awareness among health care professionals helps to provide a better quality of life for the patient's and to their families, CCF collaborated with PSG Hospitals and Pallium India conducted a workshop on "Sensitisation program in Palliative Care".

This training program was held on 19th and 20<sup>th</sup> of November 2021 at PSG Hospitals, Coimbatore, to train the doctors, nurses, social workers, and other medical and paramedical professionals about palliative care. More than seventy participants actively participated in every session. Dr. Balaji (Managing Trustee, CCF), Dr. Roop, Ms. Smriti (Director, Pallium India) and other dignitaries shared their own experiences in palliative care and were an integral part of this successful training program. Through several lectures and role plays conducted by the Director, Doctors and Nurses of Pallium India, the participants were sensitized about palliative care, pain assessment, home care, end of life and many other areas which would help them to add value to life.







## ARAVANIPPU ACTIVITY

Cervical Cancer Elimination day is never complete without Awareness. To this end, Team Aravanaippu reached out to approximately 35 daily wage workers and organized by our star volunteers, the camp was held at one of our Aravanaippu beneficiary residential spaces in Karidivavi.

Women were advised to do pap smears and be on the lookout for abnormal cells before they have a chance to become pre-cancerous or cancerous. The role of HPV vaccine in protecting against cervical cancer was highlighted. Prevention, screening, early detection, diagnosis and treatment holds the key to reduce mortality rate from cervical cancer. Get informed **#Get screened #Get vaccinated**





## MONTHLY ACTIVITIES

### Support Group Meeting

For the month of November, CCF conducted the support group meeting at PSG hospital on the 9<sup>th</sup> of November 2021 from 11am to 12 noon. We started the support group to bring awareness, educating the patient and caregivers. The meeting focused on diet, physiotherapy and relaxation techniques. The panel of discussion was with the consultants, Dr. Pandian Baker Rao, Dr. Madhulika, Dr. Benson Benjamin and Dr. HarshaSingh. The session was interactive. Patients and caregivers asked questions related to cancer and treatment process. The meeting was organized and facilitated by Ms. Priyadarshini and Mrs. Saraswathi, Palliative Care Counsellors. Ms. Shruthi, Ms. Devadharshini and Mr. Martin supported the meeting



### Inters field work

The students from Hindustan College who came for the internship, completed their one month program. They presented a case report about their CCF experience, their learning in the palliative care and about health care support work.



### Orientation for MSW Students

On 17th November 2021, Ms. Shruthi, our psycho-oncologist took an orientation class for the first year MSW students of Hindustan Arts and Science College. The session included 30 girls, 25 boys and two members of the faculty. Sessions on Cancer, types, causal and risk factors, treatment, prevention, mental health of cancer patients were taken. Cervical Cancer elimination was conducted by CCF, so awareness on cervical Cancer was included in the session.



## **Patient Statistics**

The CCF team counselled sixty-three new patients and reviewed one hundred and eighty-five patients. The Aravanaipu program serviced three new patients and twenty-seven review cases. The number of patients lost to cancer this month is eight and we extended our bereavement care to their families.

## **Fund Support**

The CCF team extended treatment support of ₹ 85,000 to the patients of PSG Hospital, ₹ 70,000 to GKNM hospital, ₹70,000 to Ganga Medical Centre and Hospital, ₹ 50,000 to Bethal Hospital Pvt Ltd, and ₹50,000 to Aadhi Cancer Clinic.

