

Stories of hope



Against Breast Cancer

Have you taken the **Easiest Exam** of your life yet?

We're talking about the **self-breast examination**.

The simplest yet most important exam you will ever take. In just **3 minutes**, you can detect breast cancer early, when it's most **treatable** and even **curable**. No preparation, no stress and a chance to safeguard your future.

Don't let these few minutes pass you by - take this essential step towards a healthier future for you and your family.



TO LEARN MORE ABOUT IT
GO TO **easiestexam.com**
OR SCAN THE CODE

Tahira Kashyap

"Let's step up awareness
about breast cancer"



Issued in public interest.

For educational and informational purposes only and does not constitute providing medical advice.
Always seek the advice of your doctor or other qualified health provider regarding a medical condition.

Preface

Breast cancer affects one in every 29 women in India, making it the most common cancer among Indian women today. Alarming, many of these cases are detected in the later stages, drastically reducing the chances of successful treatment. The key to saving lives lies in early detection, but too often, women shy away from taking that simple life-saving step—a breast self-exam.

At Zydus Lifesciences, we believe that healthcare should be proactive, not reactive. As a trusted leader in affordable breast cancer treatments, we are committed to removing the barriers that prevent women from prioritizing their health. We know that early detection can be a powerful tool in the fight against breast cancer, and sometimes, it all begins with just 3 minutes. That's why we've launched the 'Easiest Exam' campaign—to raise awareness about the critical importance of breast self-examination and to empower women to take charge of their health.

More than an initiative, this campaign is a movement driving real change. We're breaking down the stigma, taboos, and fears that have kept women from taking this vital step. The Easiest Exam is exactly that—a simple, three-minute act that could save lives. Through our patient-first approach, we are here to make self-care accessible, removing both emotional and physical barriers, and encouraging women to embrace early detection with confidence.

Together, we can change the narrative. By taking the Easiest Exam, you're not just protecting your own future—you're setting an example for others. Let's create a world where breast cancer is detected early, treated early, and defeated early.

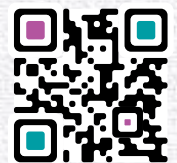
This Coffee Table book containing stories of hope is a tribute to all the women who have bravely fought cancer and triumphed. Their stories inspire, encourage and empower us to fight Breast Cancer from different aspects. We salute the harbingers of hope who are at the very core of this war against breast cancer. This book is dedicated to all of them, who represent hope, courage and never say die spirit. The young artists from Zydus School of Excellence at Godhavi and Vejalpur Campus in Ahmedabad support us with the visual representation and vibrant motif for these stories of hope. #YouInspireUs.

Shaping a Healthier World with Life-changing Discoveries

For over 29 years, we at Zydus, have been committed to science and innovation with a confluence of empathy with innovation, of humanity with science and of legacy with transformation. We are moving ahead as a patient-centric innovation-driven, global lifesciences company dedicated to life.

Our innovations and novel products bridge unmet healthcare needs for treating diseases such as Metabolic dysfunction-Associated Fatty Liver Disease (MAFLD), Metabolic dysfunction-Associated Steato Hepatitis (MASH), Anemia in Chronic Kidney Disease (CKD), Cancer, Rare and Orphan Diseases.

With over 27,000 people spread across 75 countries worldwide we remain committed to empowering people with the freedom to lead healthier and more fulfilled lives.



www.zyduslife.com



Managing Director's Note

A portrait of Dr. Sharvil P. Patel, a man with dark hair, wearing a dark blue suit, white shirt, and a patterned tie. He is standing with his hands clasped in front of him, against a light blue circular background.

Breast cancer remains the most common cancer among women in India with one in every 29 women at risk and over 90,000 annual deaths- largely due to late diagnosis.

The simplicity of a breast self-exam, taking less than three minutes, has the potential to alter the course of lives forever. Through this initiative, we aim to remove the stigma, fears, and hesitations that often surround breast cancer, and encourage open, healthy conversations that can save lives.

At Zydus Lifesciences, we believe early detection saves lives. The 'Easiest Exam' campaign is born out of this conviction. Driven by our unwavering commitment to empower women, the campaign urges women to take charge of their health.

Our 'Easiest Exam' campaign is not just about raising awareness; it's about building a community that supports and empowers. The campaign aims to highlight that the people from all walks of lives need to come together and unite against breast cancer. The family plays a crucial role, and men – husbands, fathers, brothers, sons, or even friends - are key to encouraging regular self-exams for women across all social backgrounds.

Our podcast series plays a key role in this mission, providing a platform where real stories of courage and voice of doctors are amplified. From survivors to caregivers, every voice in this campaign is a testament to the strength of the human spirit and the importance of taking timely action.

The nationwide drive is a humble attempt by Zydus to promote three-minute self-breast exam. This book, close to my heart, features some of those women who have fought and triumphed against breast cancer.

As the largest Indian oncology company, we have been providing access to affordable biosimilars and therapies. We also believe there is a dire need to go beyond this and fight breast cancer from all fronts. Creating awareness, offering companion diagnostics, supporting the community of doctors and specialists, creating support groups and creating a focus on the subject within the community are some of the areas that this initiative focuses upon.

We are proud to stand with the millions of women across India as they take the first step towards protecting their health through the easiest exam they can ever take.

Together, let's continue to raise awareness, foster understanding, and inspire action.

Dr. Sharvil P. Patel



Understanding Breast Cancer

Breast cancer is a deeply personal journey that touches the lives of countless individuals and their families. With each diagnosis, stories of courage, resilience, and hope emerge, reminding us of the strength found in community and awareness.

Breast cancer develops when normal cells in the breast begin to grow uncontrollably, forming a mass or lump known as a tumour. It has stages that indicate how far the disease has spread. At its early stage—often referred to as Stage 1 or 2, cancer cells are contained within a small area of the breast, meaning they haven't spread to large part or too far from origin. If detected in the early stage, it offers a strong chance of successful treatment outcomes and long life without cancer relapsing in later life.

On the other hand, the story takes a more complex turn with invasive breast cancer. Here, cancer cells break free from their original ducts or lobules and invade the surrounding breast tissue. This progression can lead to further complications, as these invasive cells may also spread to nearby lymph nodes or even distant organs such as bones, lungs, liver, brain etc.

Breast cancer is the leading cause of cancer-related deaths among women. It's a stark reminder that vigilance is crucial, as regular screenings can save lives. While it's rare, men can also develop breast cancer, accounting for about 1% of all cases.

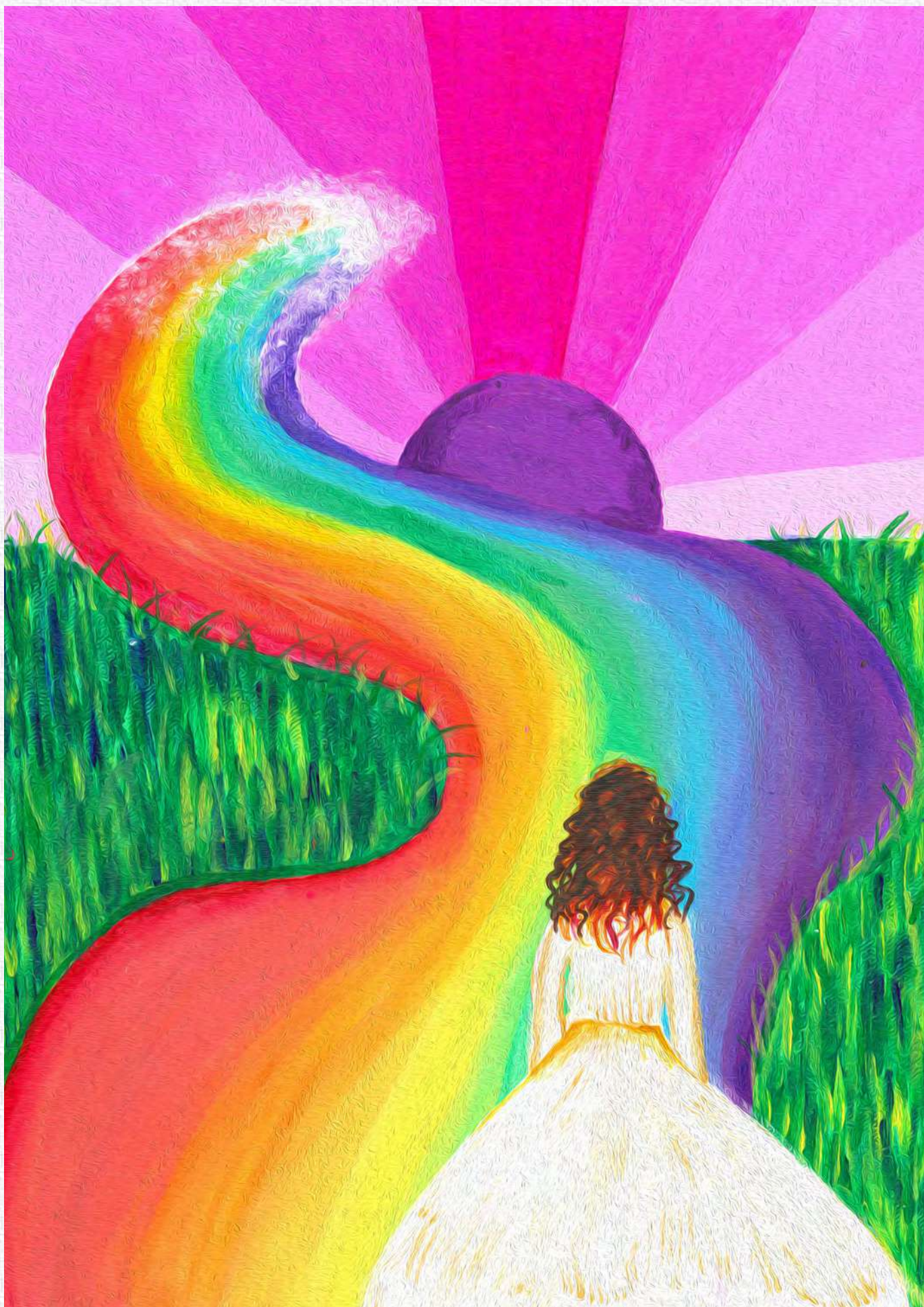
Fortunately, we're seeing incredible advancements in research and treatment options. From targeted therapies to immunotherapy, the landscape of breast cancer care is evolving rapidly. Each day brings us closer to better outcomes and improved quality of life for those affected.

Understanding these facts empowers us all to foster open conversations about breast health. Regular self-examinations and awareness of any changes in the breast can play a pivotal role in early detection. So, whether you're reading this for yourself or a loved one, remember that knowledge is power and it all starts by taking the **#EasiestExam**.



We - doctors, nurses, consultants - are with you in the time of your need. You will overcome the disease with your will and courage.

- Dr. Sudeep Gupta, M.D., D.M.
Director, Tata Memorial Centre



Naysha Sherawala, Class 9
Zydus School of Excellence, Godhavi, Ahmedabad

From Survivor to Savior – Rising from the ashes.

After defeating stage 4 Cancer, Anuradha turned her pain into purpose, touching the lives of thousands.



MRS ANURADHA SAXENA

58 YEARS, , INDORE

The harbinger of hope -
Dr Rakesh Taran

In 2008, my world was turned upside down when I was diagnosed with grade 3 breast cancer. The next eight months were a gruelling period of treatment and uncertainty, but I found a guiding light in Dr. Anupama Negi, the founder of Sangini Cancer Care Society and Rehabilitation Centre. With her unwavering support, I not only survived but found a new purpose in life—helping other women fight this disease. In 2009, I joined Sangini, learning how to navigate the medical network and offer essential support to women battling cancer. I organised workshops for those suffering from lymphedema, and after Dr. Negi's passing in 2011, I stepped into the role of coordinator. In this role, I expanded the organization and provided counselling to over 1,000 women in Indore and beyond. In 2019, I faced a devastating relapse when a tumour was found in my spinal cord. It was another uphill battle, but with the love and support of my family and medical team, I overcame it. Throughout these challenges, I have remained dedicated to helping others, building strong relationships with Dr Rakesh Taran and surgeon, and ensuring that every woman diagnosed with cancer receives the care, attention, and emotional support she deserves.

Cancer challenges you in ways you never imagined, but it also teaches you to find strength in your darkest moments. Early detection, timely treatment, and emotional support are key. Surround yourself with the right people—compassionate doctors, supportive family members, and a community that uplifts. Each battle reminds you that hope is a powerful ally. My journey is a testament to this truth, and I urge every woman to prioritise her health, get regular check-ups, and never lose hope.



Dishen Patel, Class 10
Zydus School of Excellence, Godhavi, Ahmedabad

Fighting boldly, living happily.

After beating cancer at 19, Anushka highlights to live in the present and face challenges with courage.



ANUSHKA SHAH
23 YEARS, UTTARAKHAND

The harbinger of hope -
Dr. Pankaj Goyal

At the age of 19, I was diagnosed with first-stage cancer, a revelation that left me genuinely shocked. I couldn't comprehend how or why this had happened to me. Thankfully, my parents were my greatest source of strength, especially my mother, who stood by me like a rock. My oncologist and friends also played vital roles in my journey. Before cancer, my life revolved around fun, studies, job aspirations, and thoughts of marriage. But suddenly, everything shifted. My life revolved around hospitals and surgeries, teaching me just how fragile and precious life truly is. This experience propelled me to embrace each moment with double the enthusiasm. Today, I explore more and enjoy life fully, never holding back. I remind myself to make the most of every opportunity, living in the present with a heart brimming with gratitude. Life is undeniably filled with challenges, but cancer stands out as one of the most perplexing and complicated. I believe my willpower played a crucial role in my fight against it. Having overcome cancer, I now feel equipped to tackle anything that comes my way; every other problem seems small by comparison. Whenever I share my journey, I stress the importance of listening to your body. If something feels off, don't dismiss it—seek professional help. Ignoring health issues won't make them disappear. Remember, every problem has a solution.

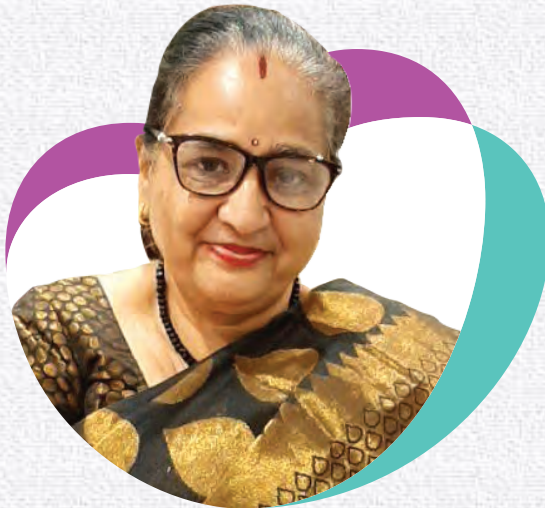
Stay strong-willed, have faith in yourself, and know that you can conquer whatever comes your way.



Jignesh Patel, Art Teacher
Zydus School of Excellence, Vejalpur, Ahmedabad

A battle fought with family and faith.

With the correct support, Aman overcame the toughest physical and emotional challenges.



AMAN KAD

66 YEARS, NEW DELHI

The harbinger of hope -
Dr Parveen Jain

At the age of 63, I was diagnosed with breast cancer under the care of Dr. Parveen Jain. When I noticed changes in my body, I sought medical advice, and soon after, I received the news that no one ever wants to hear. The psychological pressure was overwhelming, but my family's unwavering support became the beacon of light that carried me through the darkest days. Every treatment session felt like a battle, but I wasn't fighting it alone. The compassionate and dedicated medical staff at Aakash Hospital stood by me, offering hope and encouragement at every turn. My family, alongside the hospital staff, constantly shared stories of survival, each one was a ray of hope. But the journey wasn't easy. Losing my hair, undergoing a mastectomy, and facing the physical changes brought on by chemotherapy were difficult to bear. Anxiety, fatigue, nausea, and challenges like magnesium and RBC level drops became regular parts of my life. Yet, amidst all the hardship, I found a new appreciation for life. I learned to never take a single moment for granted and to cherish every day with a renewed sense of gratitude.

To anyone facing cancer, my message is simple: stay positive and trust in your family, your doctors, and whatever higher power you believe in. The road ahead may seem daunting, especially at first, but it does get better. Your health is your greatest treasure—everything else pales in comparison. And remember, even on the darkest days, there is always hope. Every tough day you face is still better than having no day at all. Don't carry the burden alone—share your fears with loved ones and seek support. You don't have to go through this journey by yourself.



Naiya Patel, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

Early Detection: The Key to Beating Breast Cancer.

Alpana Pathak's journey shows that with self-care, family support, and a positive mindset, hope can triumph over cancer.



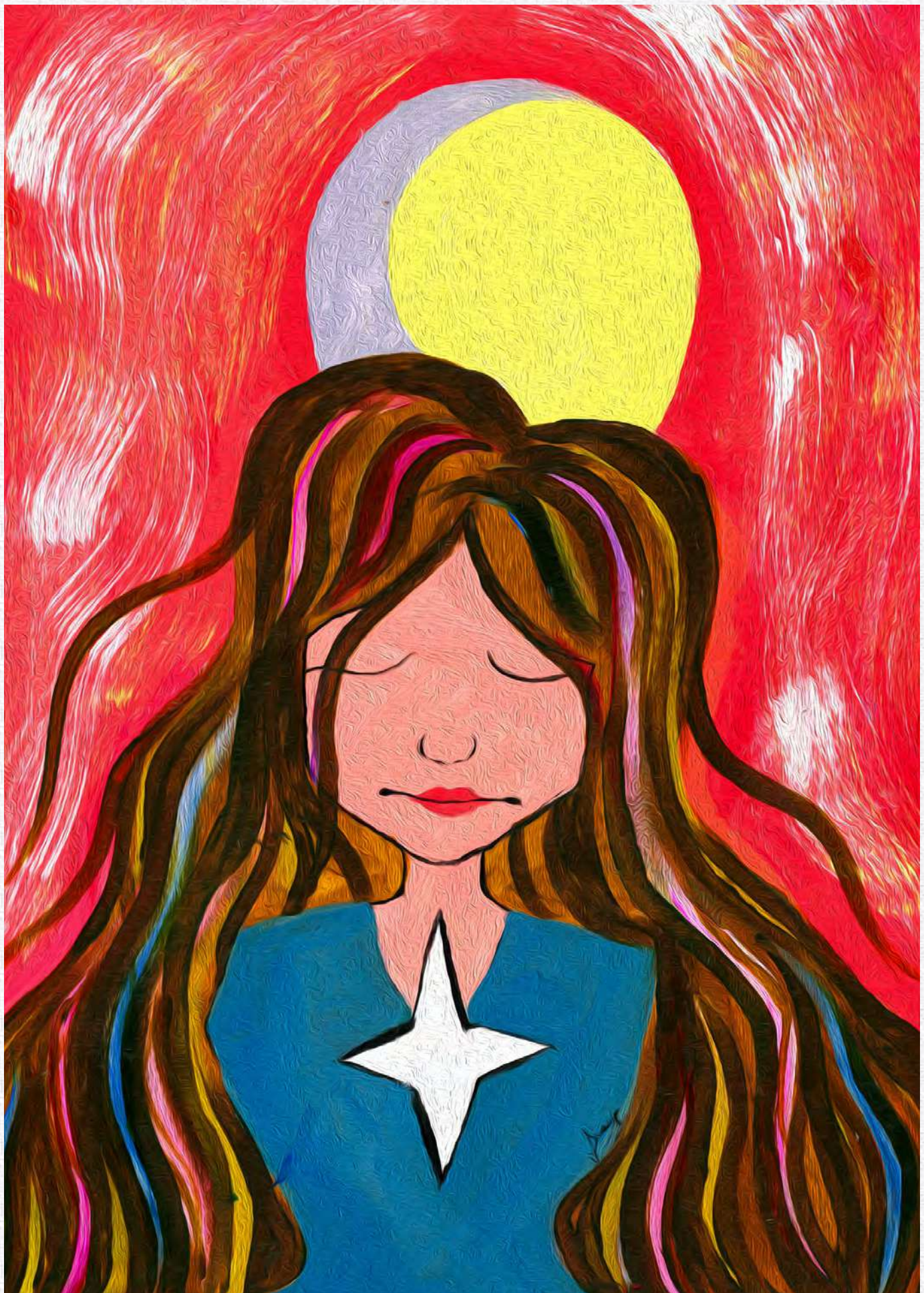
ALPANA PATHAK

41 YEARS, RANCHI

The harbinger of hope -
Dr Satish Sharma

In 2017, at the age of 32, I was seven months pregnant with my second child when I was diagnosed with stage 2 breast cancer. It started with changes in my breast—heaviness and discolouration—that prompted me to consult my doctors. The diagnosis hit like a storm, but my family, especially my husband, remained strong by me. My doctors advised waiting until I was eight months pregnant before starting treatment. After delivering my son, I immediately began my cancer treatment journey, undergoing surgery and chemotherapy in Bangalore. It was an incredibly challenging time, as I had to be away from my newborn and older son, relying on video calls to stay connected. My elder sister stepped in to care for my baby, allowing me to focus on my recovery. Despite the difficult journey, the cancer returned in 2021 as nodes in my neck and again in 2023, when it spread to my bones. Each recurrence made the fight harder, but the unwavering support of my husband, family, and doctors—Dr. Saurabh, Dr. Vijay, and Dr. Satish—kept me going. Their constant encouragement and belief in my strength helped me persevere. Through this journey, I've learned that health is the greatest gift we can give ourselves and our loved ones. Women often prioritise their families over themselves, but my experience with cancer taught me the importance of self-care. Today, a balanced diet and regular exercise are part of my daily routine.

I urge others to stay positive, trust their doctors, and never lose hope—because with the right mindset, cancer can be beaten.



Ananya Dadhania, Class 9
Zydus School of Excellence, Godhavi, Ahmedabad

Overcoming Cancer with Strength and Hope.

Bhargavi's story shows the power of early detection and mental strength in overcoming Cancer.



BHARGAVI JOSHI

35 YEARS, PALANPUR

The harbinger of hope -
Dr Gaurang Modi

In February 2019, I was diagnosed with cancer in my right breast. It all began when I felt a lump, prompting my husband and me to rush to the hospital. After a mammogram, Dr. Gaurang Modi recommended a biopsy. Deep down, I knew before the official diagnosis that I had cancer, but I refused to let it break me. I've always been a fighter, and I mentally prepared myself to face this challenge with a smile. My family, however, was devastated, especially since my son was only five years old. They cried upon hearing the news, but I stayed strong for them. After the initial shock, my family rallied around me, with my husband becoming my greatest source of strength and support. Navigating through cancer treatment wasn't easy, but I remained determined to fight. My doctors were incredible, and with the love of my family, I knew I could get through it. After surviving cancer, I always tell others not to let the word "cancer" scare them. Stay mentally strong and fight with all your heart. When I hear that someone has cancer, I make it a point to reach out and encourage them to stay positive. I also urge women to perform regular self-examinations while bathing or changing clothes. Early detection can make all the difference. If something feels suspicious, don't hesitate to see a doctor.

Remember, cancer is not the end—it's a challenge, and with the right mindset, you can overcome it.



Pahal Patel, Class 8
Zydus School of Excellence, Godhavi, Ahmedabad

Early Detection, Lifelong Resilience.

With the power of early diagnosis and unwavering support, Nirmala transformed her cancer journey into a story of hope.



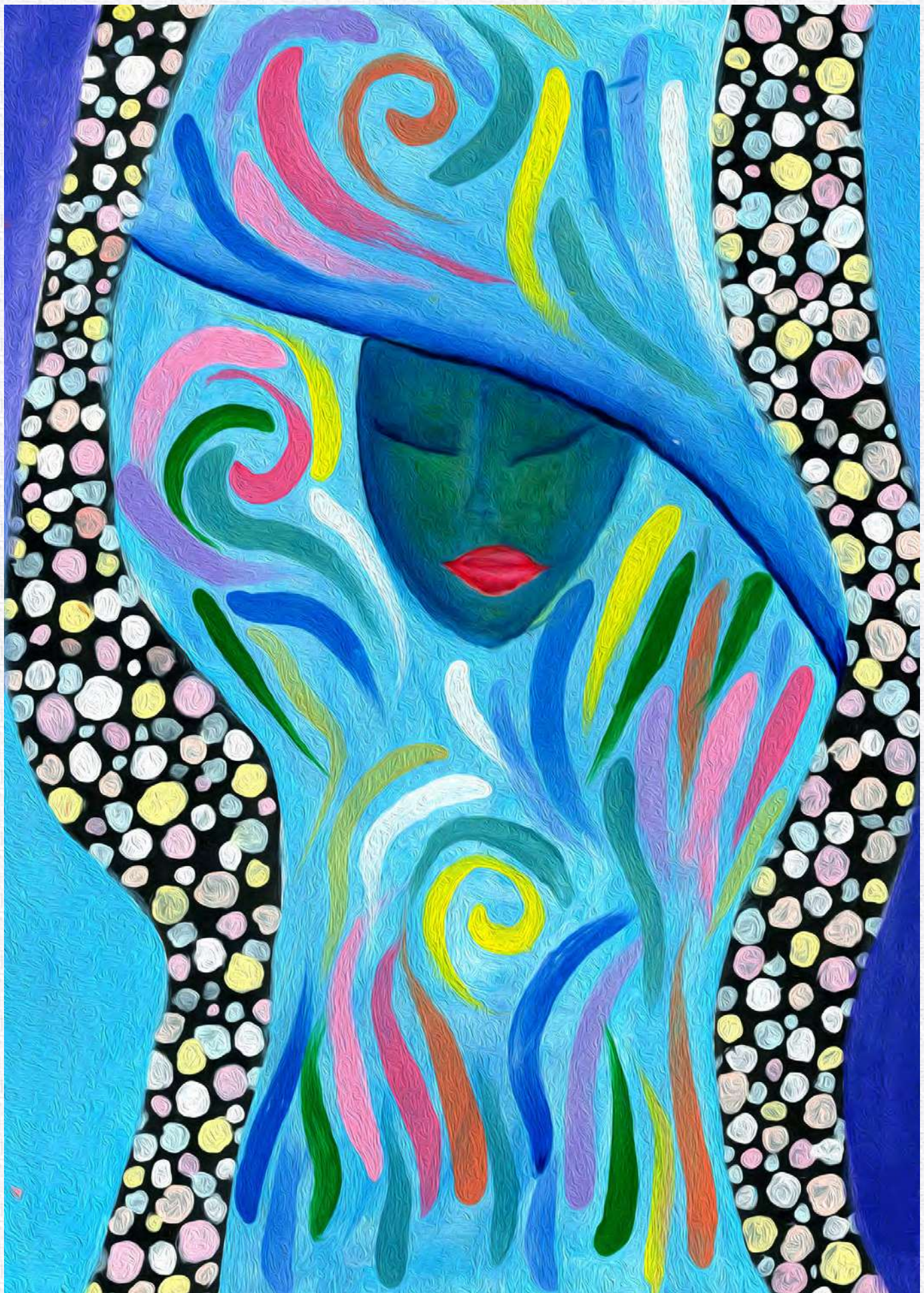
BHIMARAJU NIRMALA

59 YEARS, HYDERABAD

The harbinger of hope -
Dr Praveen K Dadireddy

During a routine check-up, I was advised to have a mammogram. The results came back as BI-RADS 3, suggesting cancer was unlikely. Relieved, I initially ignored my doctor's advice to consult a breast surgeon, especially since I had no family history of the disease. However, a persistent gut feeling eventually led me to Dr. Praveen Dadireddy, a renowned breast oncoplastic surgeon. He recommended a biopsy, and at the age of 58, I was diagnosed with Grade I breast cancer. Dr. Praveen's calm and reassuring demeanor helped ease my fears, reminding me that the cancer wasn't life-threatening. His confidence gave me the strength to face the situation head-on. After the initial disbelief, my family and I accepted the reality and geared up for the journey ahead. I underwent a lumpectomy, followed by chemotherapy, radiation, and targeted therapy. Under the care of Dr. Praveen, Dr. AVS Suresh, and Dr. Mallik Singaraju, my treatment progressed smoothly, with minimal side effects. Throughout my treatment, I maintained my daily routine and continued working. My family, especially my husband, stood by me, offering unwavering support and care. Dr. Praveen's words, reminding me to share the burden of my pain with my loved ones, gave me great comfort. His compassion, along with constant encouragement, transformed me from merely surviving to becoming a cancer warrior.

I strongly urge all women to undergo regular screenings. Early detection saved my life, and it can save yours too. While cancer is a prolonged battle, with the right support, a healthy lifestyle, and hope, it's a battle you can win. Today, I'm living 80% of my normal life and am confident I will soon be back to 100%.



Sanvi Kavani, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

A Story of Mental Strength and Resilience.

With unwavering resilience, Divya Bajaj embraced her cancer journey, finding strength in family, mental fortitude, and the power of community.



DIVYA BAJAJ

37 YEARS, AHMEDABAD

The harbinger of hope -
Dr D G Vijay

I was 34 when I was diagnosed with breast cancer, and my daughter was just 1.5 years old. I had recently weaned her off breastfeeding when my father delivered the news. Surprisingly, I felt an inner strength rise within me. I've always believed that mental resilience can help overcome any challenge. When the diagnosis was confirmed, I knew that staying strong wasn't just for myself but also for my family—my husband, parents, and brother. If I faltered, they would too. The days between my biopsy and receiving the results gave me time to prepare mentally. I realised that anyone faced with a cancer diagnosis has the inner strength to confront it—it truly is mind over matter. My motivation was clear: I wanted to watch my daughter grow and be there for her, and that vision kept me going each day. Meditation and visualisation became powerful tools in my journey. A strong mind is half the battle won. I also made it a priority to seek mental health support, attending counselling sessions to stay grounded. Don't hesitate to ask for help, whether during or after treatment—leaning on others is not a sign of weakness but of wisdom. Connecting with others who had walked the same path was a blessing. Their experiences and support gave me courage, reminding me that I wasn't alone.

This journey taught me that you don't just survive cancer—you can thrive through it. God bless.



Avi Dwivedi, Class 10
Zydus School of Excellence, Vejalpur, Ahmedabad

I'm a survivor, a caregiver, and now a counsellor to many battling cancer.

Cancer tested me, but it never defined me.



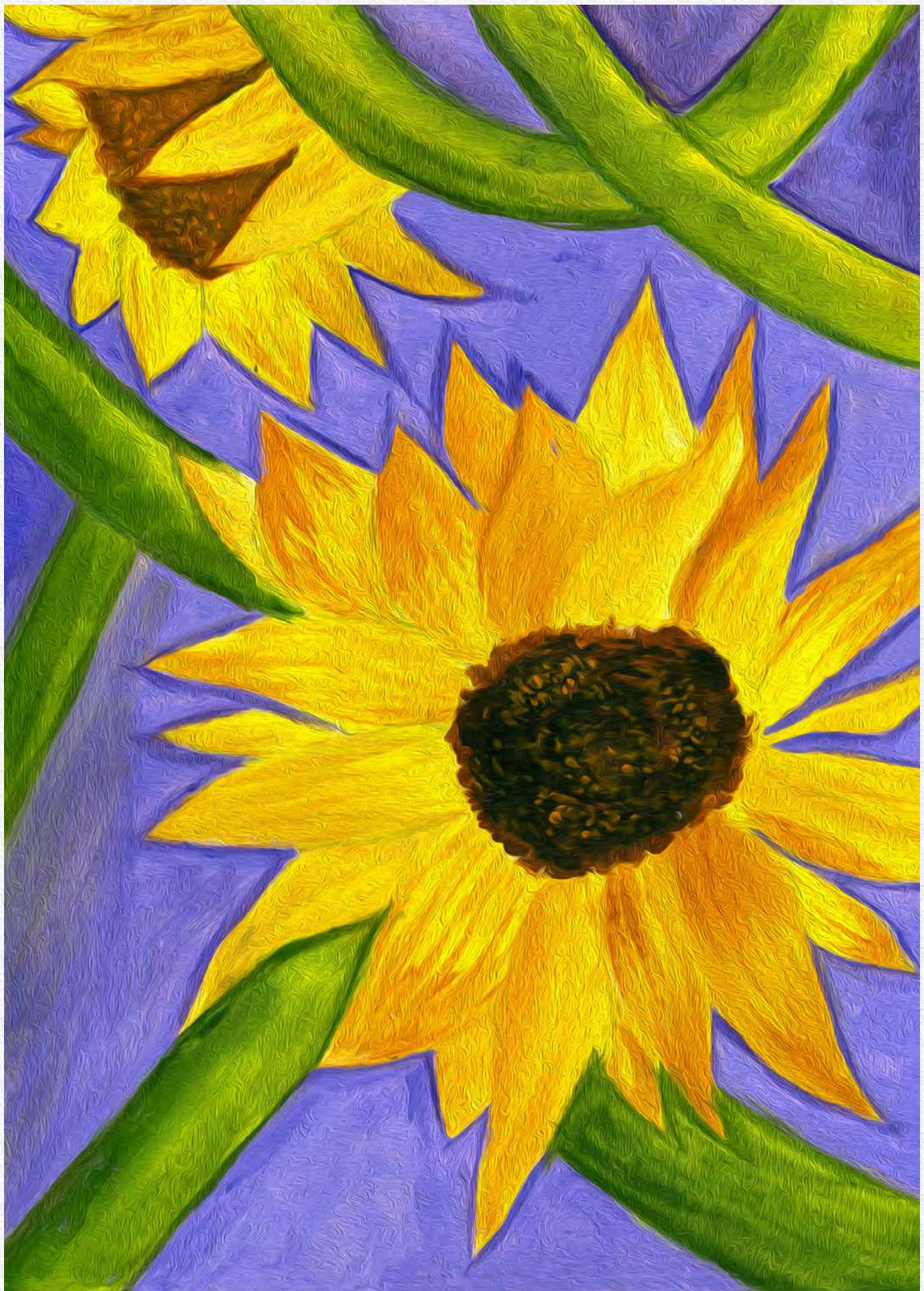
DIMPLE BAWA

43 YEARS , NEW DELHI

The harbinger of hope -
Dr Vinod Raina

In April 2013, when I was 32, I got an accidental hit on my left breast. I thought it would heal, but after a week, the pain persisted. I went through a series of tests—breast ultrasound, FNAC, biopsy—and was diagnosed with stage 3B triple-negative breast cancer. Over half of my left breast was affected. My journey started with six cycles of chemotherapy, followed by a mastectomy and 25 sessions of radiation. Emotionally, it was a storm, but I chose to be strong. I accepted the challenge life had thrown at me, building my mental and physical strength. My family and friends became my greatest support. I met survivors, doctors, and healers, learning everything I could about the disease. Self-love, hope, and a healthy outlook were my anchors through it all. Cancer taught me to live with purpose, appreciate each moment, and connect deeply with people around me. Today, I approach life with hope and faith, taking one step at a time, knowing that I can make a difference in someone's life.

To those newly diagnosed: equip yourself with knowledge, face your fears, and stay strong. Cancer is just another challenge—like diabetes or hypertension. Regular check-ups and early detection save lives, so don't be afraid to talk openly about it. If I can do it, you can too!



Pia Patel, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

The power of early detection, staying busy, and having faith.

Read how through support and resilience, Deval overcame Cancer and found new strength in life.



DEVAL HARIYA

36 YEARS, MUMBAI

The harbinger of hope -
Dr Boman Dhabhar

Two years ago, at the age of 34, I was diagnosed with cancer. It all began with intense stomach pain that disrupted my sleep. After several hours of discomfort, I decided to check for a lump and found one. Panicked, I rushed to my family doctor, who promptly conducted tests, including a mammogram and FNAC. A week later, following additional scans and blood tests, I underwent surgery with the exceptional care of Dr. Boman Dhabhar, my oncologist. Initially, I was devastated. Having recently lost an uncle to stage 4 cancer, I feared the worst. However, my family became my rock, consistently reminding me that early detection gave me every chance to beat it. The support I received from my extended family, friends, and colleagues was incredible. On a particularly low day, I called my boss, whose words of encouragement uplifted my spirits immensely. Staying busy with work and maintaining a positive outlook during treatment helped me navigate through the tough days of chemotherapy. Cancer has taught me the true value of life. I've become more humble, stronger, and more open to helping others. I encourage everyone to face cancer with courage, seek guidance from your doctors, and don't hesitate to reach out for support, whether through counselling or conversations with survivors.

Above all, stay busy, pursue your hobbies, and maintain connections. Regular checkups are essential, no matter how healthy you feel, and keeping a positive mindset is key to fighting this disease.



Atmaja Shukla, Class 9
Zydus School of Excellence, Vejalpur, Ahmedabad

Early Detection: A Path to Overcoming Breast Cancer.

Deanne Mendonsa Bhadech's journey is one of courage, resilience, and hope.



DEANNE MENDONSA BHADECH

35 YEARS, MUMBAI

The harbinger of hope -
Dr Imran Shaikh

At the age of 35, I was diagnosed with breast cancer. It all began with a lump in my breast, prompting me to seek medical attention. I consulted Dr. Mandar Nadkarni, who, after conducting further tests, confirmed my diagnosis. Hearing the news was heartbreaking. I was confused and struggled to understand how I could develop such a disease at a young age. The fear and embarrassment of sharing this news with my family and friends weighed heavily on me. However, with the unwavering support of my doctors, Dr. Imran Nisar Sheikh and Dr. Mandar Nadkarni, and the love of my family, I decided to face this battle head-on. Outwardly, I wore a brave face, but internally, it was a constant struggle to maintain a positive outlook. The turning point came when I realised that with the advanced healthcare and medical treatments available today, I could fight this disease and not let it derail my dreams. The treatment was gruelling, marked by changes in my body, mood swings, hair loss, and weight gain. Through it all, my family was my rock, providing both physical and emotional support. My work also gave me a sense of purpose; immersing myself in it helped me stay motivated. Cancer may have posed a challenge, but I refused to let it defeat me. Today, I view life with renewed hope.

To every woman out there, I want to say: a diagnosis isn't the end. With early detection, timely treatment, and inner strength, you can overcome anything. Stay strong, love yourself, and remember—this is just a temporary challenge.



Rishin Shah, Class 9
Zydus School of Excellence, Vejalpur, Ahmedabad

Early Detection is the Key to Winning the Battle Against Breast Cancer.

A journey of strength, resilience, and hope -
how Durga turned early diagnosis into a story of survival.



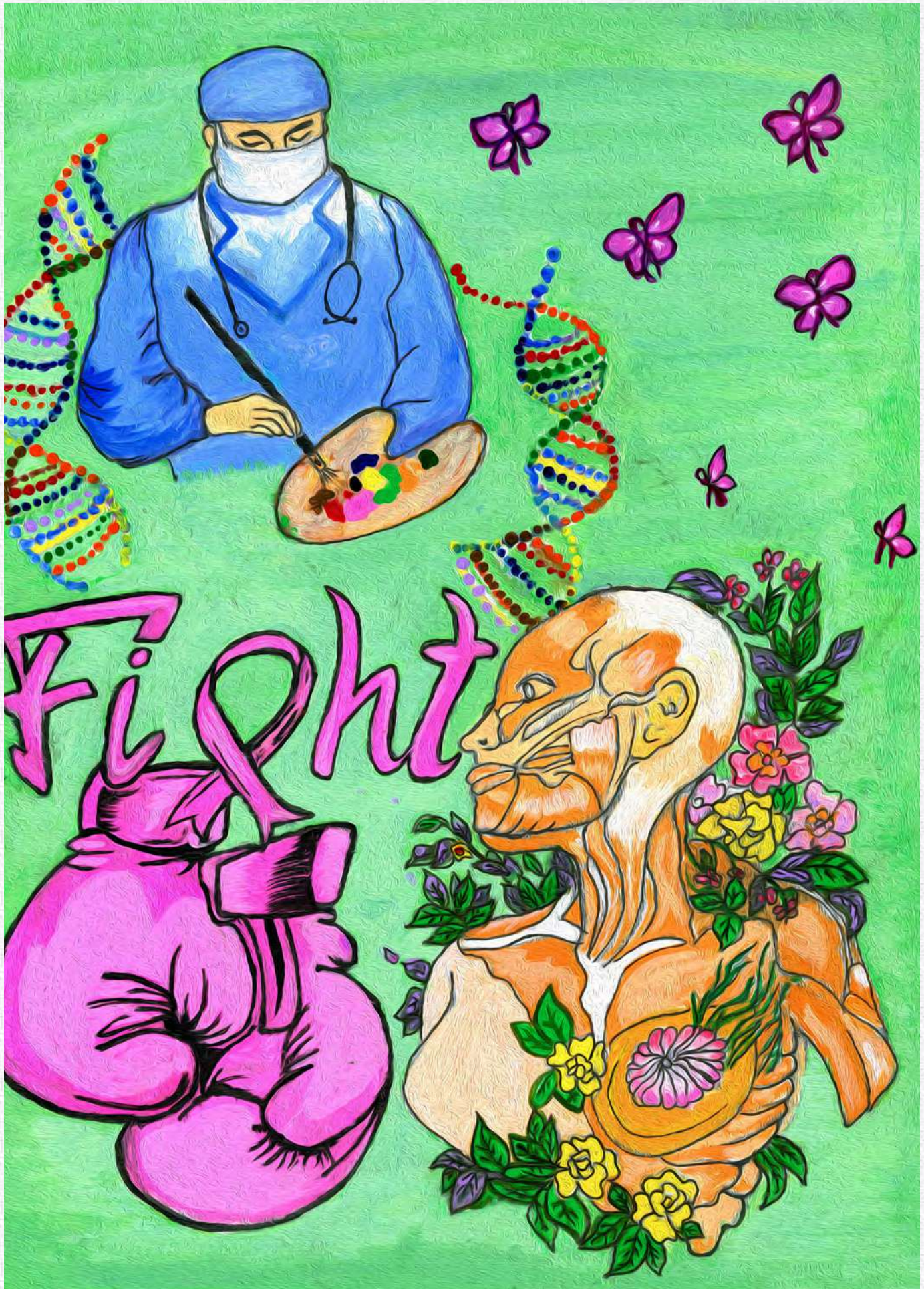
DURGA GOPAL

72 YEARS, DELHI

The harbinger of hope -
Dr P S Dattatreya

In 2010, I discovered a lump in my right breast, leading to surgery and a month of radiation before I could get back to work. When I heard the news of my cancer diagnosis, I was devastated. It took me some time to come to terms with it. On a brighter note, I experienced no side effects from the treatment, allowing me to return to work relatively quickly after finishing radiation. I remained on medication for over 6.5 years. However, in February 2017, I faced another diagnosis—this time, cancer in my left breast. It was stage IV because the cancer had spread to my lymph nodes. I immediately moved to Hyderabad, where Dr. P.S. Dattatreya at Omega Hospital became my mentor and oncologist. He explained to me about stage IV cancer in detail and explained the treatment plan with clarity. I was put on chemotherapy and oral medication, and within 1.5 months, the cancer cells had disappeared. As a precautionary measure, my left breast was removed. Its been over seven years now, I'm grateful that my body is free of cancer cells. Still, I continue to visit the hospital every 21 days for maintenance medications.

Through my journey with cancer, I have come to understand that it is a ferocious disease, the emperor of catastrophes. However, I firmly believe that with early detection, it is curable. I often share with my fellow survivors that stage 1, 2, and 3 cancers are treatable. I encourage them to have the determination and spirit to fight this disease. Additionally, I urge all women to perform regular breast self-exams, as they are crucial for early detection.



Shiji Johnson, Educator
Zydus School of Excellence, Godhavi, Ahmedabad

Overcoming Cancer, Embracing Life

Deepa's story of survival teaches us the power of awareness, action, and courage in the face of cancer.



DEEPA GUPTA

41 YEARS, MUMBAI

The harbinger of hope -
Dr Sushmita Rath

In 2022, I was diagnosed with stage 1 breast cancer. I felt lumps in my breast, though they caused no pain. Yet, I had a feeling something was wrong, so I rushed to the hospital. Sadly, a month passed with no clarity from the doctors. It was then that I turned to Tata Hospital, where within a few days, the diagnosis of cancer was confirmed.

Though I had suspected the possibility, hearing it out loud filled me with fear. My sister was by my side, reassuring me that it was common and treatable. At Tata Hospital, I saw children with cancer, too young to even comprehend their illness, and that gave me the perspective to face my situation with strength. With unwavering support from my doctors, nurses, and the Women's Cancer Initiative (WCI), who also aided me financially, I took my first steps toward recovery. My sister and husband remained my pillars of support.

I underwent 12 chemo sessions before surgery, followed by six more rounds of chemotherapy and targeted therapy. Today, I am cancer-free, and I look back with immense gratitude.

Cancer is not something to be feared in silence. Speak up, get checked, and confront it head-on. The pain is inevitable, but your strength will guide you through it. Each of us has a reason behind our struggles—find the lesson, learn from it, and always be aware of your health. Talk about it openly and encourage others to do the same. Life is fleeting, so live it fully, with kindness and love for those around you.



Saaninee Shah, Class 11
Zydus School of Excellence, Godhavi, Ahmedabad

A Mother's Fight, A Family's Strength!

With faith in her family and determination in her heart, Deepthi overcame the toughest battle of her life.



DEEPTHI HARISH

44 YEARS, BANGALORE

The harbinger of hope -
Dr Sandhya Apachu

In 2019, while getting ready for a temple visit, I noticed something unusual—a small lump in my breast as I draped my sari. Alarmed, I consulted a gynaecologist, and after a mammogram and biopsy, I received the devastating diagnosis of grade 2 or 3 cancer that had spread to my lymph nodes. This news left my family and me shattered, especially since my daughter was only two years old. I underwent immediate surgery but faced a difficult decision regarding treatment. I chose to avoid chemotherapy and opted for alternative therapies instead. Unfortunately, eight months later, the cancer recurred and spread to my vertebral column, liver, and shoulder bones. This forced me to undergo chemotherapy and radiation. The treatment was gruelling, with severe side effects. However, my daughter's strength and unwavering support fuelled my hope. For two months, I battled both physical and emotional pain, but with the encouragement of my family and husband, I gradually regained my willpower. The toughest part was navigating this journey during the COVID-19 pandemic, but I pushed through. This experience has transformed me, and today, I find myself more spiritually aligned and grateful for life. I share my story with as many people as possible, emphasising that cancer is not something to fear or hide. Regular mammograms and health check-ups are crucial; unfortunately, many women in India feel uncomfortable about these procedures, but they can be life-saving.

Never give up—fight with grace and keep your spirits high. It's far better to live fully and face challenges head-on than to suffer in silence. Always stay positive and take control of your health.



Riya Mistry, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

A Story of Strength and Purpose.

With resilience and purpose, Dr. Kamal Deep Peter emerged stronger from her battle with cancer, now empowering others with hope and awareness



DR. KAMAL DEEP PETER

64 YEARS, BENGALURU

The harbinger of hope -
Dr. Jayanti Thumsi

On February 24th, 2013, my life took an unexpected turn when I was diagnosed with breast cancer. Fear and uncertainty initially overwhelmed me, but I quickly made the decision to face the disease head-on. After a lumpectomy, 8 rounds of chemotherapy, and 33 radiation sessions, I emerged stronger than before, driven by a determination to make a difference. My experience deepened my belief that no one should face cancer alone. Together with surgical oncologist Dr. Jayanti Thumsi, I co-founded STHREE, a support group committed to helping breast cancer patients navigate their journey with hope and confidence. Now, 11 years after my diagnosis, I recognise the critical importance of early detection, raising awareness, and advocating for healthy lifestyles. I urge women to prioritise their health—perform regular breast self-examinations, schedule annual mammograms, and maintain a healthy weight. Beyond spreading awareness, I emphasise the power of a positive mindset and the necessity of a strong support system during treatment.

My personal transformation post-cancer is proof that life's darkest moments can lead to profound growth and new-found purpose. Today, I stand as a survivor, a professional, and a source of hope for others.



Subarna Das, Art Facilitator
Zydus School of Excellence, Godhavi, Ahmedabad

Early detection saves lives-don't hesitate to share your concerns

A testament of positive mindfulness and family support



DR. SHAILAJA NAIR

66 YEARS, AHMEDABAD

The harbinger of hope -
Dr Shashank Pandya

Diagnosed with breast cancer at 51, I received care from Dr. Shashank Pandya at GCRI, Ahmedabad. My diagnosis followed pain, and a black spot found during a self-examination. After a mammogram, I was shocked to learn I had stage 2 breast cancer, especially after losing my husband a year earlier. Despite the fear and uncertainty, my strength came from my family, colleagues, and my loyal dog, Robot. Their unwavering support, along with my medical team, helped me navigate this challenging journey. This experience shifted my perspective on life, teaching me to cherish small moments and prioritise my health through daily walks and mindful eating.

Take it one day at a time, ask questions, and seek support. Early detection saves lives—don't hesitate to share your concerns. Treatment can be tough, but each step brings you closer to recovery. Stay positive; you are stronger than you think!



Vedanshi Donga, Class 8
Zydus School of Excellence, Godhavi, Ahmedabad

Twice Tested, Twice Triumphant.

Ekta's journey through breast cancer highlights the power of love, medical care, and unshakable hope.



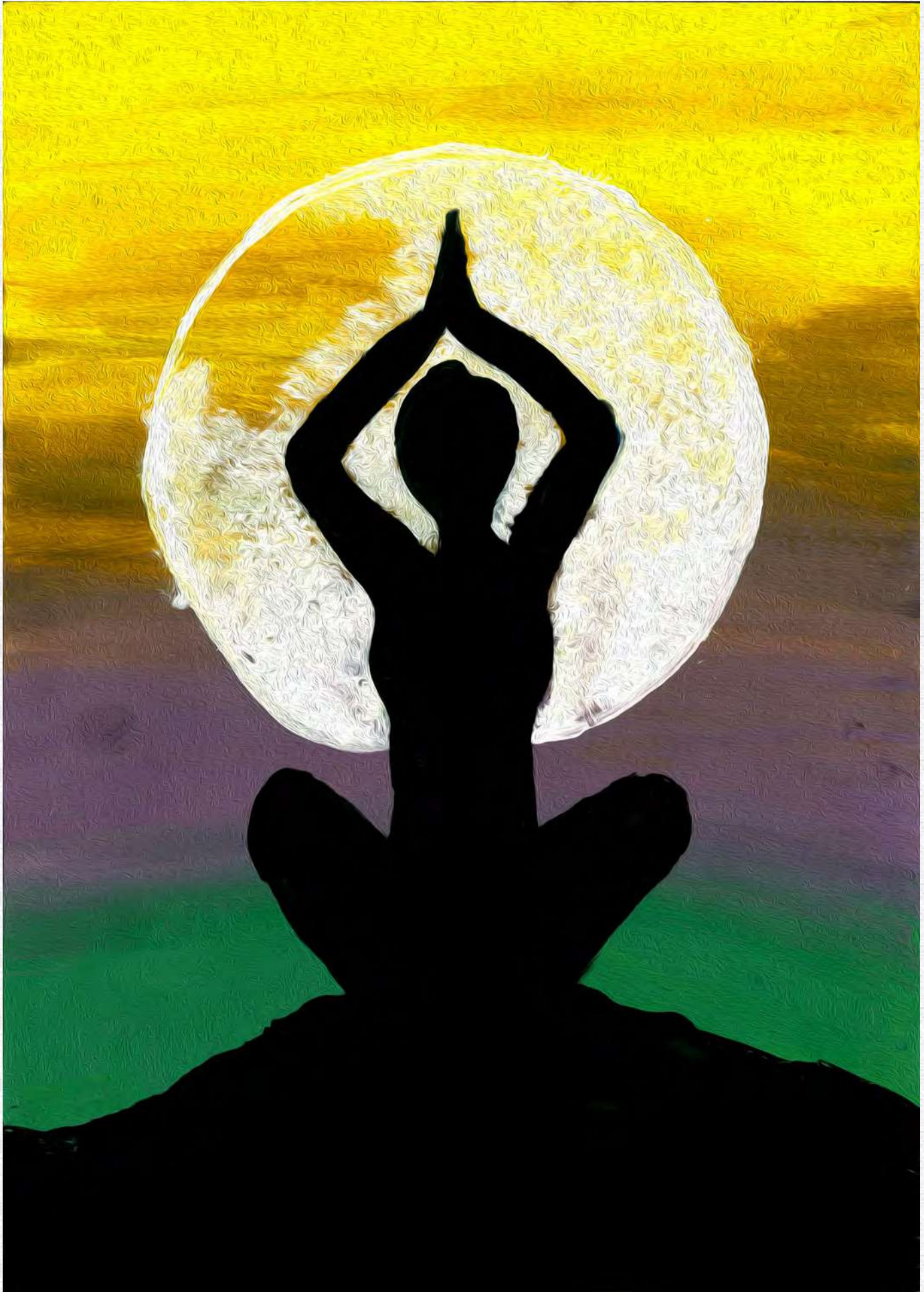
EKTA SHARMA

47 YEARS, JAIPUR

The harbinger of hope -
Dr Ajay yadav

I was first diagnosed with breast cancer at the age of 39, and the news shook me to my core. But with the support of my family and my doctor, Dr. Abhishek Pareek, I faced it head-on. After undergoing treatment, life moved forward, but at the age of 46, cancer struck again. This time, under the care of Dr. Ajay Yadav, I found myself ready to fight once more. The lump I discovered during a self-examination led to a series of tests—sonography, mammography, and biopsy—which confirmed my worst fears. It was heartbreaking, but I leaned on the strength of my family and my medical team to get through it. Both times, my family and Dr. Yadav were my pillars of support. Their unwavering faith in me, along with the kindness and expertise of my doctors, gave me the courage to keep fighting. Cancer changes you—it makes you confront life's fragility, but it also teaches you to cherish every moment. Now, I live with a renewed sense of purpose and gratitude, determined to make the most of every day.

To anyone diagnosed with breast cancer, my message is simple: never lose hope! The journey may be difficult, but with the right treatment and the support of your loved ones, you can overcome it. Be open and honest with your doctors because transparency helps them provide the best care possible. And most importantly, stay positive. Regular screening and self-awareness are vital. Cancer may test your strength, but it also reminds you of the value of life. Embrace each day, and never stop believing in your ability to persevere.



Dhyani Sampat, Class 8
Zydus School of Excellence, Vejalpur, Ahmedabad

Faith, Family, and Fearlessness

Garima's journey through aggressive cancer proves that a positive mindset can change everything.



GARIMA SINDWANI

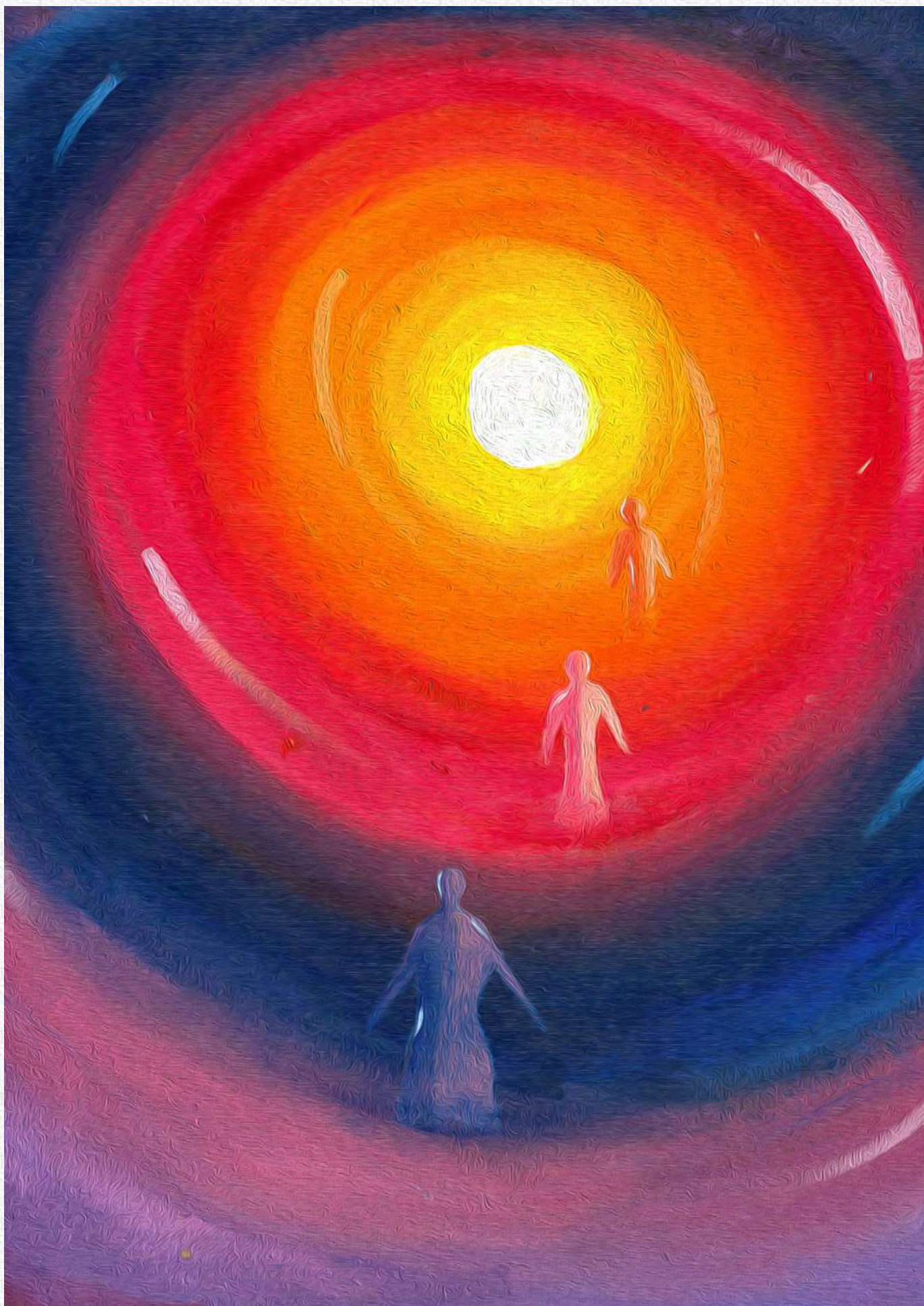
34 YEARS, DELHI

The harbinger of hope -
Dr. Ullas Batra

Last year, at 33, I was diagnosed with stage 2 cancer. It was aggressive, and the news came as a complete shock. I had been so sure the tests would come back negative. But soon I made up my mind to fight and win this battle. It took time, but gradually I built a positive mindset that made all the difference. My doctor, Dr. Ullas Batra, told me that medication works best when the mind is positive, and I clung to that advice. My belief in God and his grace also helped me throughout this journey, and I felt truly blessed when my final reports came back cancer-free.

My family was my greatest strength. My husband and my five-year-old son were always by my side. Looking at my son gave me hope and the will to get well so that I could watch him grow up. I also had immense support from my office, friends, and colleagues. I continued working through my cancer journey because my job gave me purpose and a sense of normalcy. I never let cancer take that away from me.

Life is unpredictable, and challenges can come your way at any time. It's your will and determination that will see you through. Always keep hope alive. God chooses the strongest people to face such challenges, and you are stronger than you know. Believe in yourself and never let negative thoughts take over. Self-testing and regular check-ups are crucial. Don't take your health for granted! Always act fast, listen to your body, and prioritise your well-being.



Khushi Parikh, Class 11
Zydus School of Excellence, Godhavi, Ahmedabad

A Journey of Strength and Early Detection.

With unwavering courage, Harjit Kaur faced breast cancer and now advocates for early detection



HARJIT KAUR

55 YEARS, BATHINDA

The harbinger of hope -
Dr. Parvinder Singh Sandhu

At 45, my life took a drastic turn. One night, I felt hardness in my breast, and the next morning, I discovered a large, painless lump. I informed my husband, and he arranged a checkup with a surgeon, who conducted a FNAC test that came back negative. However, my daughter's school teacher encouraged me to get a second opinion at Bansal Hospital, where a gun biopsy confirmed breast cancer. In that moment, I closed my eyes and prayed, trusting my journey to God. It took me six hours to share the news with my husband, but despite our tears, I found strength within me to face the treatment. I went to ACI Bathinda and met Dr. Parvinder Sandhu, who guided my treatment journey. After eight cycles of chemotherapy and surgery to remove some nodes, I underwent 17 more cycles of chemotherapy and hormonal therapy. To all women facing a breast cancer diagnosis, I urge you: don't panic. Face it with strength, and avoid unproven remedies.

Today's medical advancements make this disease treatable. Regular self-exams are vital—if you feel a lump or notice any discharge, consult a doctor immediately.

Cancer is a marathon – you can't look at the finish line. You take it moment by moment sometimes breath by breath, other times step by step."

Stay informed but don't let anyone take away your hope. Hope is the power to endure what we think we can't, to heal, to remember to enjoy life, enjoy the little things. Be your own best advocate and keep fighting. It's ok to have bad days, to feel like you want to quit, but remember what or who you are fighting for and continue when the strongest get tired and need to lean on someone else for a bit. We have someone give us a hug and say it's okay.

Never give up hope. There is ALWAYS reason to believe! To all those fighting and surviving every day...this is a new day. We have significantly progressed in the search for a cure. Don't give up hope and keep fighting because there are people you don't even know praying for you, and prayer is enormous! God Bless you and keep you healthy. You were given this life because you are strong enough to live it!!

STRENGTH /strenθ/ noun the ability to do things that need a lot of physical or mental effort

What a beautiful thing it is to be able to start again. I survived. My first oncologist told me when you read about the statistics/prognosis, remember that you are NOT a statistic, you are YOU and you are unique. The prognosis I later read about was not good, so his statement always gave me hope. I have survived over 10 years.

POSITIVITY /pozitiviti/ noun the practice of being or tendency to be positive or optimistic in attitude

The prognosis was 2-3 years. He was right!!

ENDURANCE /ɪn.dʊr.əns/ noun the ability to keep doing something

difficult, unpleasant, or painful for a long time

RESILIENCE /rɪ.zɪl.əns/ noun the capacity to withstand or to recover quickly from difficulties; toughness

"the remarkable resilience of so many institutions"

TENACITY /tɪ.nəs.ɪ.ti/ noun

1. the quality or fact of being able to grip something firmly; grip.
2. the sheer tenacity of the limpet"

HAPPINESS /hæp.i.nəs/ noun the feeling of being happy; a strong feeling such as love or anger, or strong feelings in general.

YOU DETERMINE YOUR STRENGTH

EMOTION /ɪ.məʊ.ʃən/ noun

the feeling of being happy:

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

"Plan for the worst, hope for the best and live for the moment!"

EUPHORIA /juːˈfɔːr.i.ə/ noun extreme happiness, sometimes more than is reasonable in a particular situation

YOU ARE STRONG
YOU ARE ENOUGH

plan for the worst, hope for the best and live for the moment!" "I don't know what tomorrow holds, but I know

PEACE /piːs/ noun WHO holds tomorrow

peaceful, quiet, and without worry: the state of not being interrupted or annoyed by worry, problem, noise, or unwanted actions

HEALING /hiːlɪŋ/ noun

YOU CAN DO IT

the process of becoming well again, especially after a cut or other injury or of making someone well again

SPIRIT /ˈspɪrɪt/ noun the non-physical part of a person which is the seat of emotions and character; the soul.

PERSEVERANCE /pəː.səˈvɪr.əns/ noun

continued effort to do or achieve something, even when this is difficult or takes a long time.

Surviving against all odds with strength and positivity.

Ismat's journey truly shows that Cancer doesn't have to define your fate.



ISMAT KHAN

54 YEARS, KOLKATA

The harbinger of hope -
Dr P N Mohapatra

In 2013, I was diagnosed with metastatic breast cancer in my left breast. The cancer was aggressive, and after undergoing tests such as ultrasound and FNAC, the doctors discovered it had spread throughout my body—to my bones, liver, thyroid, and underarms. The prognosis was bleak; my doctor informed me that I could only survive for six months with chemotherapy and one to two months without it. However, my brother, who was researching cancer in Dublin, and my husband, who worked for a major pharmaceutical company, assembled a team of doctors to help make the best decision for my chemotherapy. Thankfully, I'm still here today, living happily and healthier than ever. My husband and brother were my pillars of strength, ensuring I adhered strictly to the treatment plan while providing the mental support I needed to stay strong. Initially, I lost hope when I learned that the cancer had spread extensively, but I knew I had to fight with all my heart. Chemotherapy transformed me physically, but it also strengthened me mentally, and today, I feel much better. My advice to others facing similar challenges is to never be afraid. Don't listen to negative voices and always trust your doctors. Mental strength, dietary control, and good hygiene are crucial. Don't dwell on cancer; instead, strive to live your life as normally as possible.

Dr. P.N. Mahapatra has been a blessing in my journey, and I am grateful for his constant support and guidance. Now, I live a happy, normal life—cautiously, but with a heart full of hope.



Riva Sindhava, Class 12
Zydus School of Excellence, Vejalpur, Ahmedabad

Never take health for granted, Jayshree

Cancer knocked on my door twice, but I found strength in hope and family.



JAYSHREE MEHTA

67 YEARS, MUMBAI

The harbinger of hope -
Dr Sewanti Limaye

In 2004, a routine check-up revealed a lump in my right breast, and further tests confirmed breast cancer. I underwent surgery at Breach Candy Hospital followed by six cycles of chemotherapy. I changed my lifestyle, focusing on my health with a better diet, exercise, and yoga. Eleven years later, in 2015, cancer returned as a small nodule in my chest, which was surgically removed. Things seemed stable until 2019, when back pain led to a PET scan that showed lesions in my spine. Chemotherapy, radiation, and lapatinib were tried, but I faced severe side effects. I lost hope, but then Ujvira, a new drug, gave me a lifeline. Dr. Sewanti Limaye started me on Ujvira, and despite the challenges, my family encouraged me to keep going. Their love, especially my husband Kiran and my children, gave me strength when I needed it most. Dr. Limaye's compassion reignited my will to live, and now, on my 49th Ujvira cycle, I feel grateful to have come this far.

My journey reminds me to never take health for granted. Early detection can save lives, so always consult a doctor if something feels wrong. With faith and the support of loved ones, any challenge can be overcome.



Jaini Patel, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

Passion becomes a weapon against disease, Jyoti

The journey was tough, but with faith and strength,
I emerged victorious.



JYOTI JOSHI

59 YEARS, JAIPUR

The harbinger of hope -
Dr Ajay Bapna

I had no health problems until my fitness coach noticed a lump in my breast and urged me to meet a doctor. Reluctantly, I went to Dr. Nalini Shah, who suggested a mammogram. To my shock, I was diagnosed with advanced-stage breast cancer. Fear consumed me; I felt like I was facing a raging ocean, unable to survive the waves. But with the support of my doctors and family, I began my treatment—surgery, chemotherapy, and radiation. The journey was challenging, especially when I lost my hair after the second round of chemo. As an announcer for the Rajasthan government, I feared for my career, thinking I could no longer face the world. But my doctors, especially Dr. Ajay Bafna, encouraged me, and I embraced my new look with scarves, continuing to anchor major events. The compliments from people became my strength, a medicine in itself. My hobbies, such as writing and public speaking, kept me going. They gave me the energy to fight and see a future beyond cancer. If you have a passion, it keeps you alive—it becomes your weapon against the disease.

With the right support from family, friends, and doctors, you can overcome even the toughest battles. As Dr. Ajay Bafna says, early detection makes all the difference. Keep fighting and never lose hope.



Manashviba Zala, Class 8
Zydus School of Excellence, Godhavi, Ahmedabad

Fighting with faith and family support!

Lakhwinder's journey highlights how self-care, family support and mental toughness can help win life.



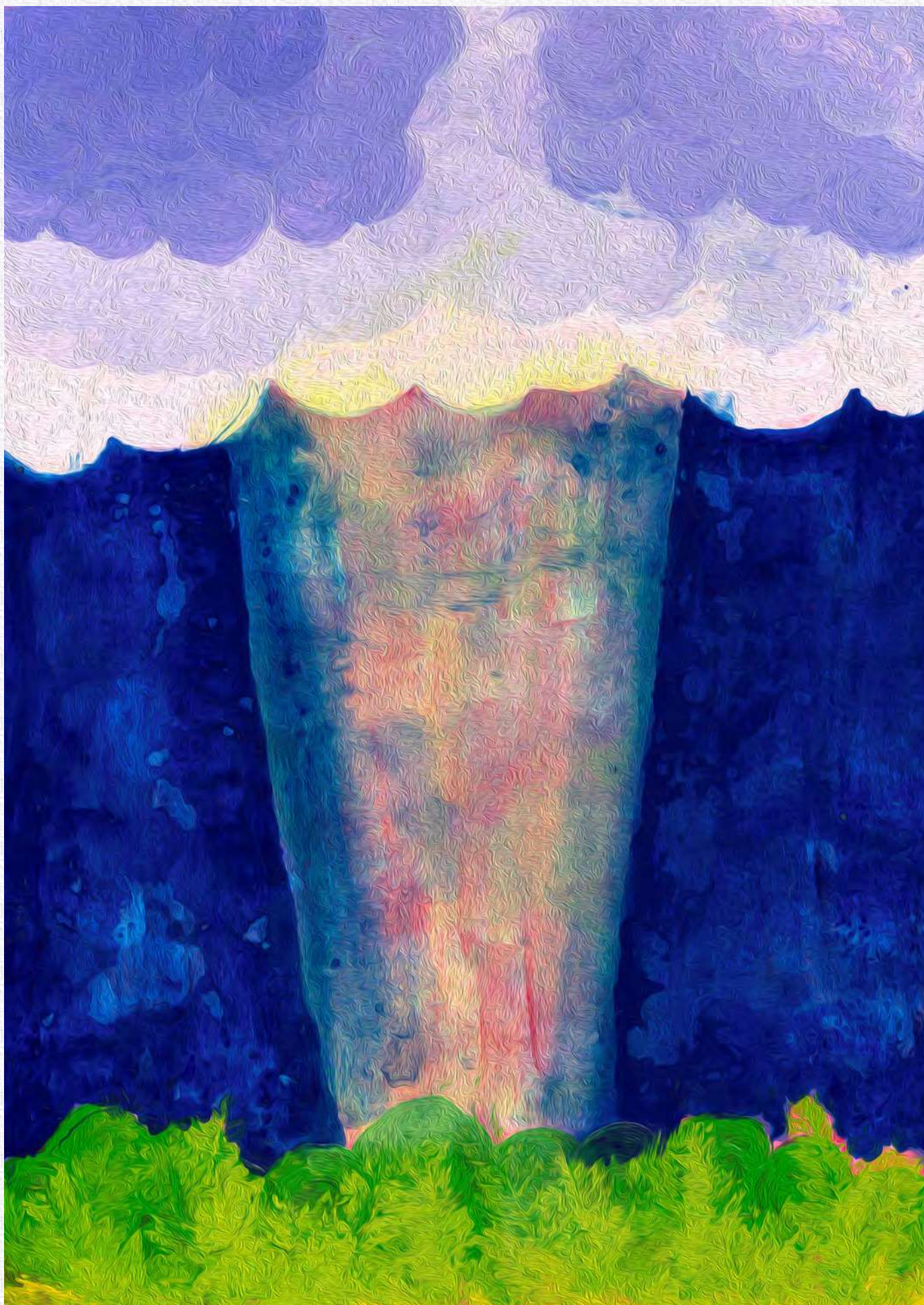
LAKHWINDER KAUR

50 YEARS, GURDASPUR

The harbinger of hope -
Dr. Jagdeep Singh

I am a government school teacher, and four years ago, during the COVID-19 lockdown, I was diagnosed with cancer. We immediately rushed to Ludhiana, where I underwent surgery before being referred to my oncologist, Dr. Jagdeep Singh. He became not only my doctor but also a source of immense support, treating me like family. His constant encouragement instilled in me the belief that cancer wasn't an unbeatable battle. Under his guidance, I felt confident in my ability to overcome it. I approached every chemotherapy session with strength, refusing to let weakness take control of my mind or body. Throughout this journey, my husband and family stood as my pillars of strength, surrounding me with love and unwavering support during the toughest days. It took a year to complete my treatment, and today, I am healthy and living a fulfilling life, grateful for the resilience I discovered within myself and the support of my loved ones. One crucial lesson I learned during this process is the importance of self-examination. My doctor emphasised the significance of early detection, and I now believe that every woman should take 5-7 minutes regularly to check herself. Moreover, I feel it is essential for everyone to undergo annual full-body check-ups, as they can help identify potential health issues before they become serious. Cancer has heightened my awareness of my health, and I am deeply thankful for the incredible support system that helped me through this challenging time.

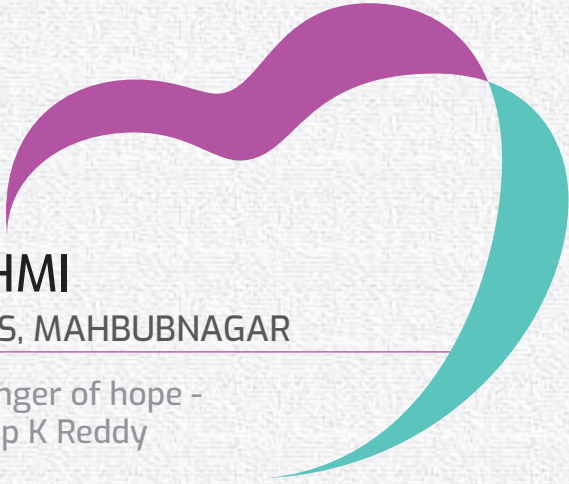
Life after cancer has made me stronger and more appreciative of the care we must give ourselves.



Riva Sindhava K, Class 12
Zydus School of Excellence, Vejalpur, Ahmedabad

Strength in knowledge, power in positivity

With early detection, family support, and a positive outlook, Lakshmi's journey shows the power of awareness and resilience.



LAKSHMI

50 YEARS, MAHBUBNAGAR

The harbinger of hope -
Dr Pradeep K Reddy

At 48, I was diagnosed with breast cancer, but I wasn't afraid. Coming from a family with a history of breast cancer, I knew the importance of self-examination. One day, during a routine self-check, I discovered a lump in my breast. Though the news was unsettling, I had mentally prepared myself for it, knowing what could lie ahead. I met with my doctors immediately to begin treatment, and my family was my greatest support throughout the journey. My husband, children, and close friends rallied around me, ensuring I never felt alone. My doctors, especially Dr. Pradeep K Reddy, provided invaluable guidance, always available to answer my concerns.

The road wasn't without challenges—chemotherapy left me feeling drained, and there were days when my energy was low. But despite the physical toll, I remained strong mentally. I continued managing my household chores and staying active, which helped me recover both physically and emotionally. With time, I regained my strength and returned to feeling healthy again, supported by the love of my family and the expertise of my doctors.



Adreeti Maity, Class 7
Zydus School of Excellence, Vejalpur, Ahmedabad

A Journey of Faith and Resilience

Diagnosed with breast cancer in 2010, Madhumita's story is one of strength, hope, and unwavering faith.



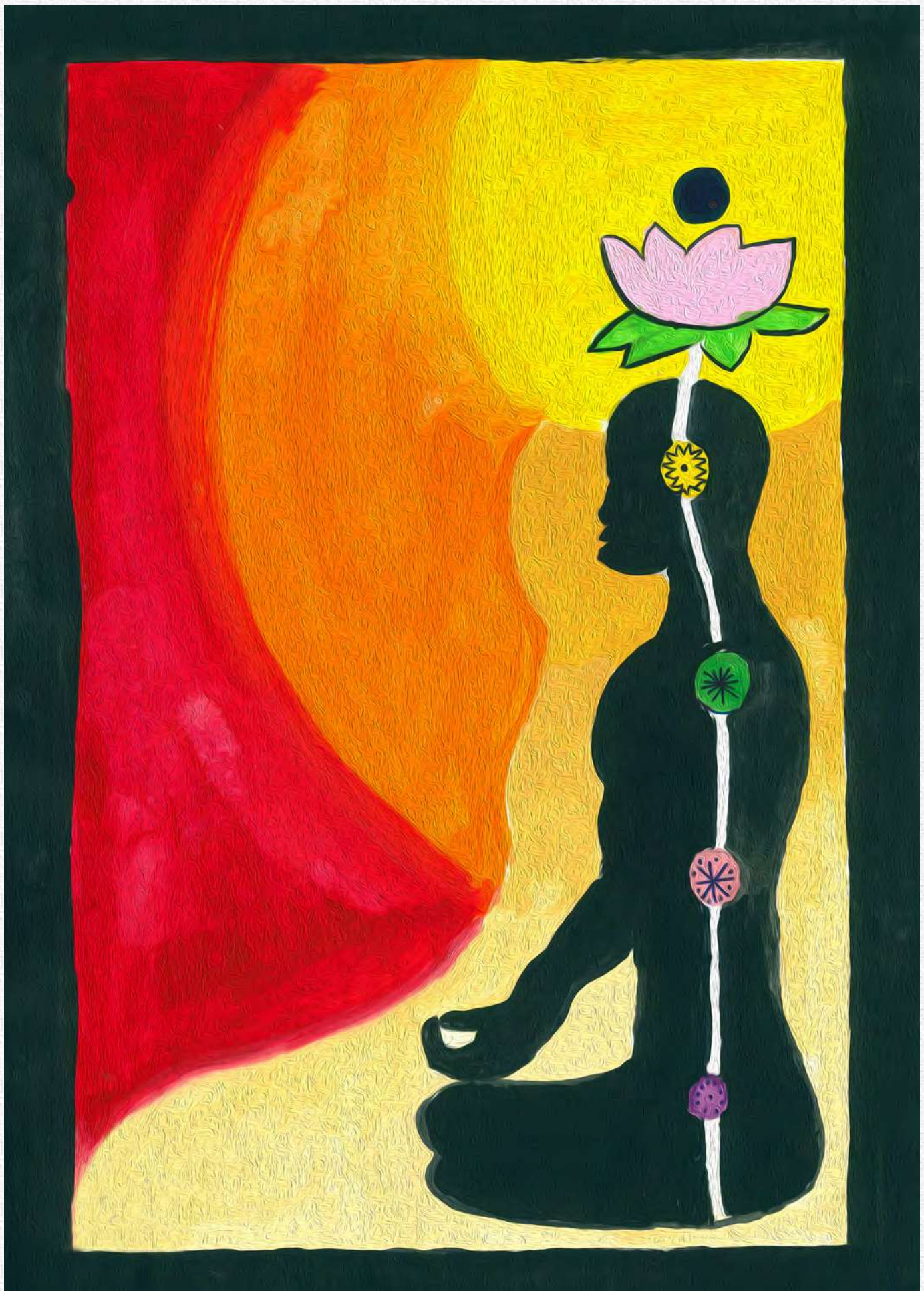
MADHUMITA CHAKRABORTY

59 YEARS, HYDERABAD

The harbinger of hope -
Dr Senthil Rajappa

It was just an ordinary day when I felt a small lump near my right breast, right above the armpit. At first, I thought it was nothing—just hormonal changes. The doctor reassured me after my mammogram came back normal. But something didn't feel right, and when the lump grew, I sought a second opinion. That's when I heard the words that changed everything: grade 3, stage 3 breast cancer. I was shocked. I lived a healthy life, never had any major health issues, and here I was, facing a battle I never imagined. The early days were dark—fear, anxiety, and sleepless nights haunted me. My biggest concern was my family, especially my children. But my husband, mother, and kids were my rock. Dr. Raghuram, my surgeon, with his expertise, and Dr. Senthil J Rajappa helped me through eight sessions of chemotherapy. It wasn't easy—the side effects were brutal, and losing my hair was devastating.

But my faith kept me going, and slowly, life started returning to normal. Today, I'm 12 years cancer-free, and I'm endlessly grateful for this second chance at life. Breast cancer can be beaten. Listen to your body, seek the right medical help, and never lose hope. Your life is worth fighting for.



Saanvi Soni, Class 7
Zydus School of Excellence, Vejalpur, Ahmedabad

Strength Through Uncertainty

Finding hope in the darkest moments.



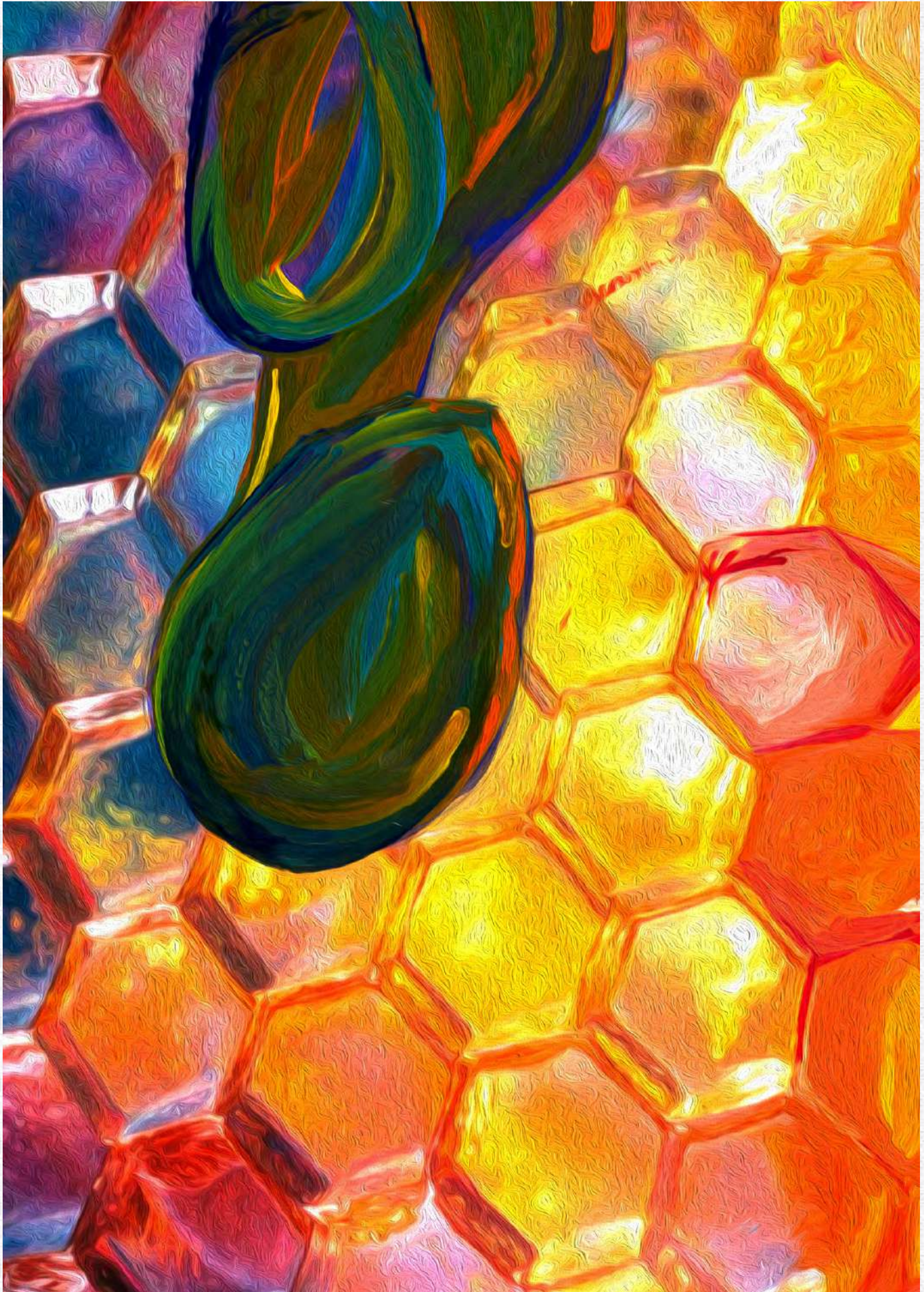
MARCEL

33 YEARS

The harbinger of hope -
Dr Somashekhar S P

My name is Marcel, and I'm 33 years old. I was diagnosed with stage 2 breast cancer last May, just two weeks after getting married. Since I had no family history of cancer, I was completely lost about how to handle the situation. The doctors suggested a mastectomy as part of my treatment, and the thought of it left me devastated. Determined to explore all options, I consulted three other doctors, all of whom also recommended a mastectomy. My husband, however, spoke highly of Dr. Somashekhar, someone he had worked with in the past. Unlike other doctors, Dr. Somashekhar carefully reviewed my reports and assured us that a mastectomy wasn't necessary. He recommended a less invasive surgery to remove the tumour.

Today, I'm on the road to recovery, filled with hope and gratitude, and looking forward to a cancer-free life.



Nandita Pillai, Class 10
Zydus School of Excellence, Vejalpur, Ahmedabad

The power of positivity and perseverance.

Manisha's story reminds us that even after cancer, life can be celebrated fully.



MANISHA VIMAL DARJI

39 YEARS, MUMBAI

The harbinger of hope -
Dr Ashay Karpe

In 2023, I was diagnosed with cancer at the age of 38. It all started after a family holiday in Goa. One evening, while my children were playing, they gently pushed me, but the pain I felt was immense. I couldn't sleep that night, and the next day, I confided in my sister, who took me to meet a doctor. Eventually, I was referred to Dr. Aditi, and after consulting several specialists, I learned that surgery was necessary. The news hit me hard, especially since a family member had previously battled throat cancer and we eventually lost that family member. Despite the initial shock, my family stood by me through everything. Dr. Aditi performed my surgery, and later, Dr. Karpe managed my chemotherapy, providing immense moral support and addressing all my concerns. While I received exceptional medical care, I also faced emotional challenges. Some family members distanced themselves, fearing I might seek financial help, especially since my husband had lost his job at that time. However, my immediate family remained a pillar of strength. They never let me worry about money and encouraged me to focus solely on my recovery. With their unwavering support, I fought through the treatment.

Today, I feel healthy and strong—I even danced for nine days of Garba during Navratri. I firmly believe that God gives us only what we can handle, so it's essential to never lose faith. Follow your treatment diligently and take it seriously. Regular self-examinations are crucial as they could be the first step toward early detection and a better outcome.



Tvisha Champaneri, Class 8
Zydus School of Excellence, Godhavi, Ahmedabad

The right support and mindset can help overcome Cancer.

With great determination and strength, Manju overcame cancer and now encourages others to stay strong and proactive.



MANJU MEGHANI

45 YEARS, MUMBAI

The harbinger of hope -
Dr Nita Nair and Dr Tejinder Singh

About 8-10 years ago, I attended a social event where a doctor emphasised the importance of self-examination for breast lumps. That talk resonated with me, and soon after, I discovered a knot in my breast. For two months, I kept this a secret from my husband, paralysed by fear. Eventually, I connected with Dr. Nita through friends, and I will be forever grateful to her. She guided me through all the necessary tests, but when the results arrived, I broke down. In that moment of despair, I even contemplated ending my life and wrote a note explaining my decision. However, Dr. Nita became my pillar of strength, helping me find hope in the darkest times. She supported me through surgery, chemotherapy, and later, radiation, making each step feel less daunting. My husband was a tremendous support, standing by my side through it all. The doctors' constant encouragement empowered me to push forward, and today, I'm living a wonderful life. I take care of my health and diet, but more importantly, I've rediscovered the joy of living. I believe that fear is the biggest enemy, so I urge everyone not to let it control you. Get checked regularly and don't feel ashamed. Trust your doctors and follow their guidance. With today's advancements in technology, cancer can be treated successfully. I encourage women, even in social gatherings, to get regular mammograms and consult doctors if they have any doubts.

Staying strong is crucial, as mental resilience is key to fighting cancer. Believe in yourself and your ability to overcome.



Yagnik Bhoot, Art Educator
Zydus School of Excellence, Godhavi, Ahmedabad

Cancer is not a death sentence, Mili

Cancer came as a surprise, but it made me stronger, healthier, and more positive.

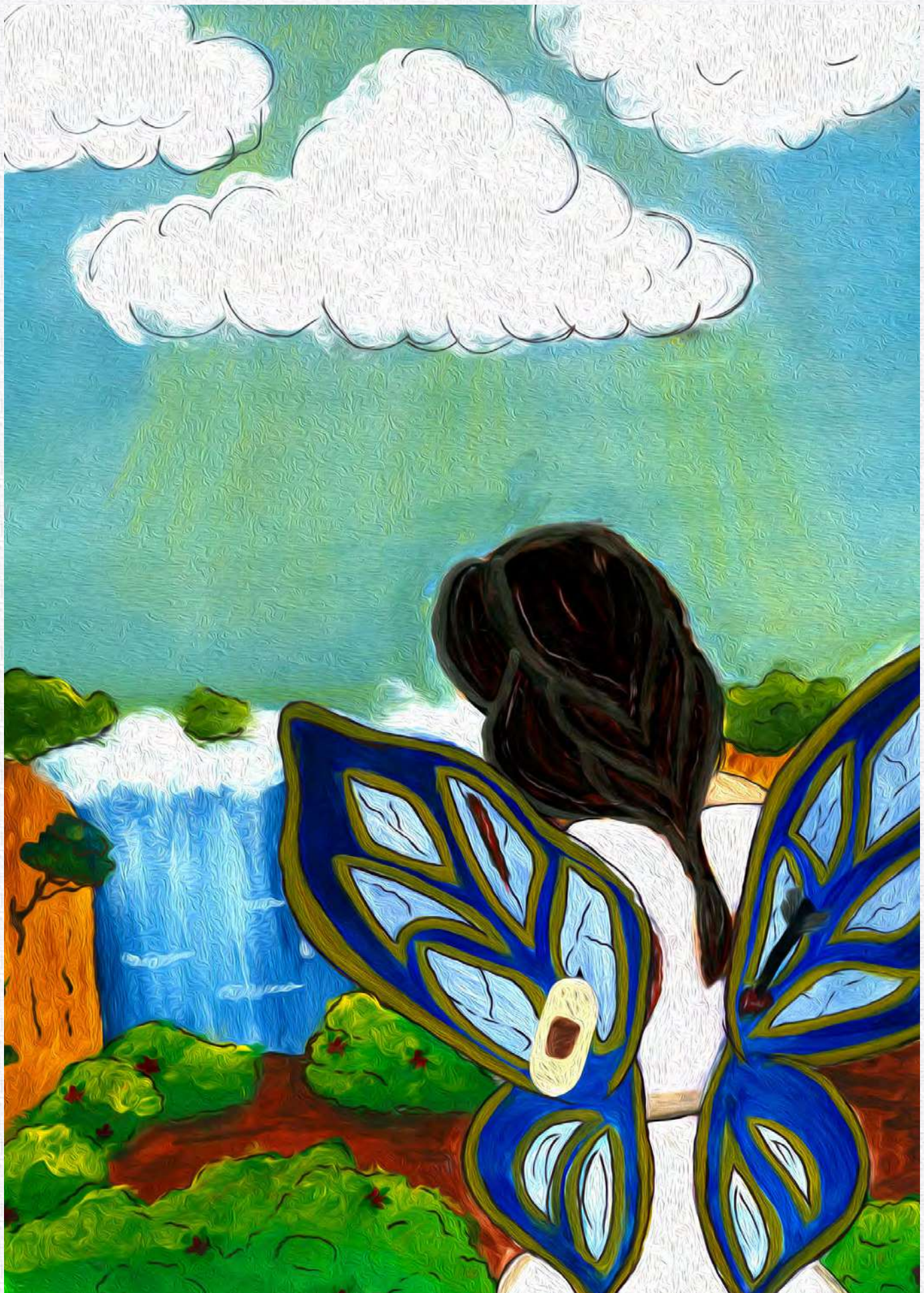


MILI BARUAH
BANGALORE

The harbinger of hope -
Dr. Prasad Narayanan

In my early 30s, just after getting married, I was diagnosed with breast cancer. It was a shock—I couldn't believe it. For a while, I delayed my treatment, overwhelmed by thoughts about my future. But I soon realised that accepting the diagnosis and staying positive was the only way forward. My symptoms were subtle—fatigue, tiredness, and oversleeping—until one day, I found a small lump. I consulted Dr. Poovamma, Dr. Antony Pais, and Dr. Prasad Narayanan, who guided me through the diagnosis and treatment. With the full support of my husband and family, I faced surgery and chemotherapy. The side effects like hair loss and nausea were tough, but my husband was by my side through every moment, making me feel stronger. I started practicing yoga alongside my treatment and, with the encouragement of Dr. Prasad, embraced a healthy lifestyle. Now, 10 years later, I've completed my MSc in yoga and teach it around the world. Cancer taught me that with the right mindset, support, and treatment, you can emerge stronger and happier.

Cancer isn't a death sentence. Early detection and the right treatment make all the difference. Stay positive, trust your doctors, and remember—cancer can make you stronger if you choose the right path.



Radhika Patel, Class 9
Zydus School of Excellence, Vejalpur, Ahmedabad

Cancer is not a taboo, but a life-changing, beautiful journey.

Here's how Nandita's unwavering trust in doctors, family, and faith led to a powerful recovery.



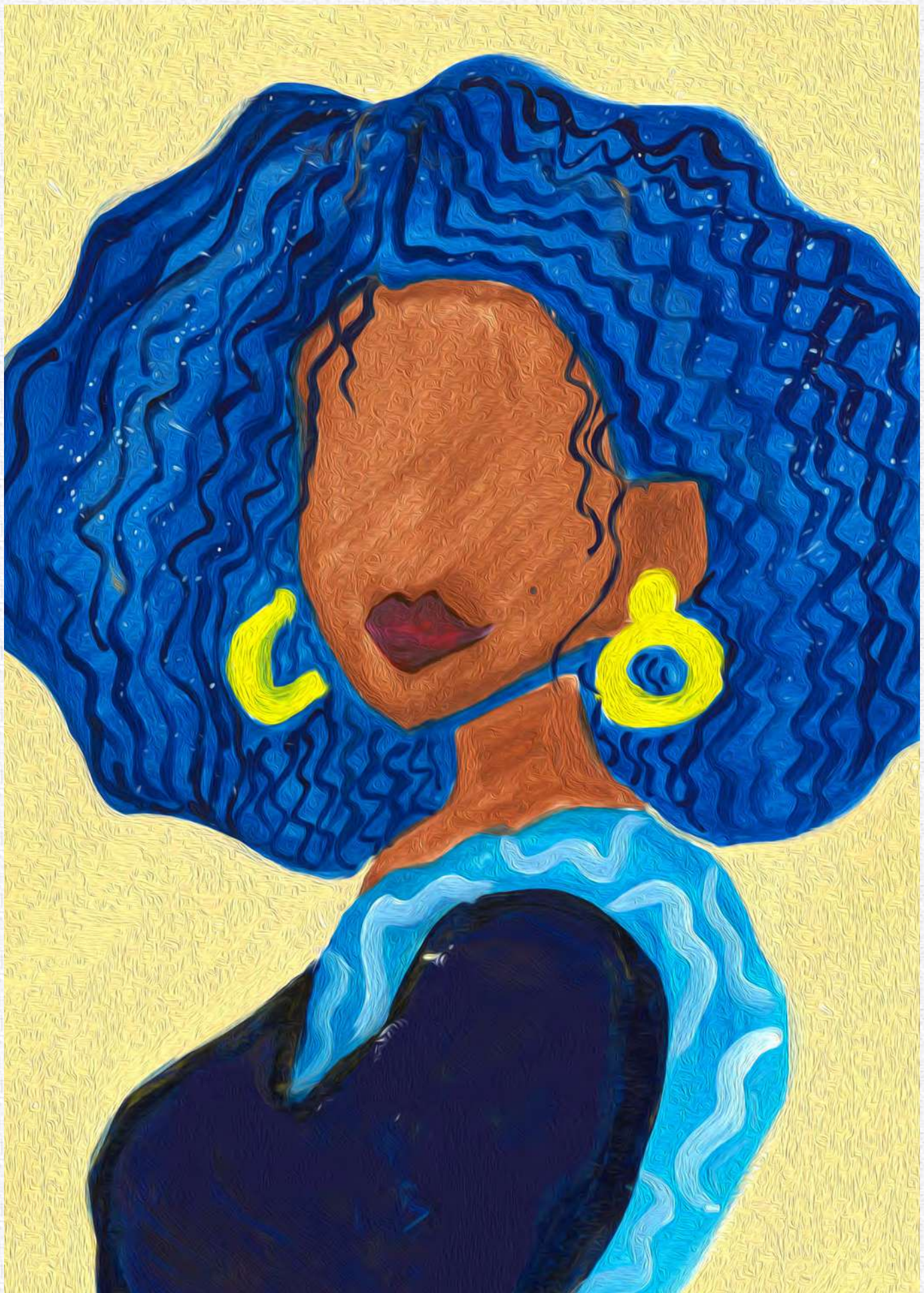
NANDITA

48 YEARS, LUDHIANA

The harbinger of hope -
Dr Davinder Paul

In September 2021, I was diagnosed with stage 3 cancer, and it hit me hard. Being in the pharmaceutical field and always on the go, I never imagined something like this could happen to me. When I read the report, I felt devastated, like the ground beneath me had disappeared. But luckily, I was referred to Dr. Davinder Paul, who became a beacon of hope for me. He patiently explained that cancer was just another phase of life, one that we could tackle with the advancements of modern science and technology. His reassuring words shifted my mindset, and I decided that I was going to fight. Throughout my treatment, I chose to continue working, even during chemotherapy. For 10 days, I would rest, and then for the remaining days, I was back out in the field, working. This routine kept me mentally strong and focused, making my work feel like a form of therapy. My family surrounded me with immense love and care, treating me like a queen every step of the way. Their unwavering support, combined with my doctor's guidance, helped me stay confident, even when I lost my hair. I would cover my head with a scarf and carry on, never letting anyone know I was battling cancer. That experience taught me how much strength lies within us, and how much of life is about perspective.

This journey deepened my spirituality and patience, making me truly appreciate how precious life is. I strongly believe that cancer should not be a taboo subject. In fact, talking about it openly can bring comfort and strength to others. Now, I dedicate my time to counselling cancer patients, spreading positivity and hope. I feel that since God gave me a second chance, it's my responsibility to use it to help others.



Vrinda Bansal, Class 8
Zydus School of Excellence, Vejalpur, Ahmedabad

Early testing, positive approach, and faith - all it takes to fight cancer.

Here's how Nora stood up to Cancer by being resilient and positive.



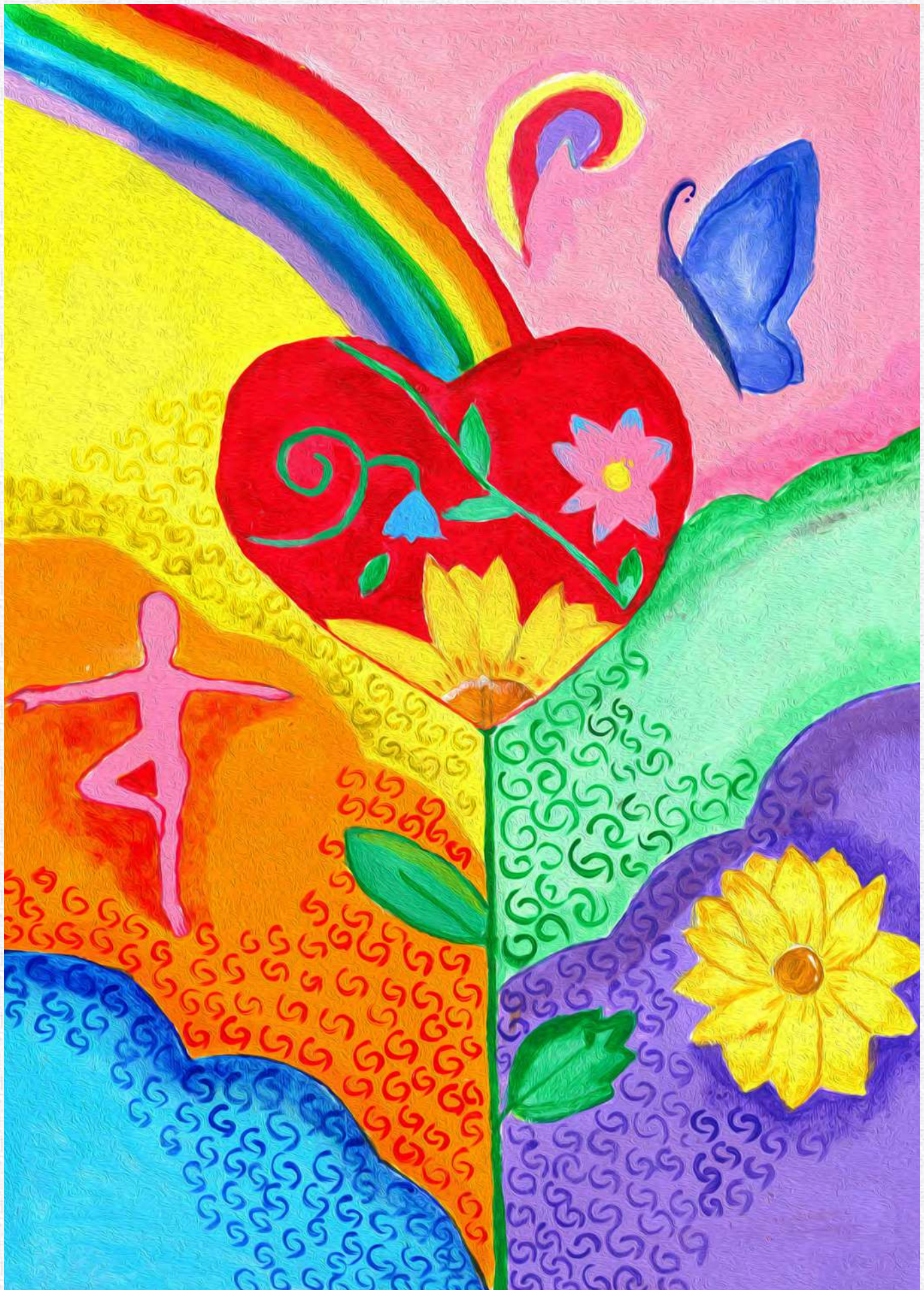
NORA BEATRICE DSOUZA

67 YEARS, BOMBAY

The harbinger of hope -
Dr Shivam Shingla

Thirteen years ago, I was diagnosed with cancer. It all started when my husband, who was about to retire, scheduled a full-body check-up, and I decided to accompany him. During that visit, the doctors discovered something concerning in me. The diagnosis was confirmed after a series of tests, including sonography and mammography. My oncologist, Dr. P. Jagannath, informed me that surgery was necessary. On December 6, 2011, I underwent surgery at Leelavati Hospital. Afterward, Dr. Jagannath referred me to Dr. Advani and his assistant, Dr. Shivam Shingla. My priority was always my health, so I didn't focus on my appearance after surgery or the prospect of losing my hair. Their positivity and encouragement played a vital role in my recovery. When cancer relapsed in 2023, I faced it with the same resilience. My emotional journey was not mine alone; my family, especially my mother and mother-in-law, stood by me. My husband was my greatest support, and I am deeply thankful for his presence during that critical time. He retired that year and was with me through every step of the process.

I have always believed in God, and prayer became my strength. Even when I lost my hair during chemotherapy, I stayed strong. At work, I chose to wear colorful scarves and kept myself busy rather than dwelling on my illness. I truly believe that having faith in God is essential. Even more crucial is getting tested early, as it can make all the difference.



Kavyaa Patel, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

Early detection, strong support circle, medical care- key ingredients to fight cancer.

Pooja confronted breast cancer, inspiring her family to stay hopeful.



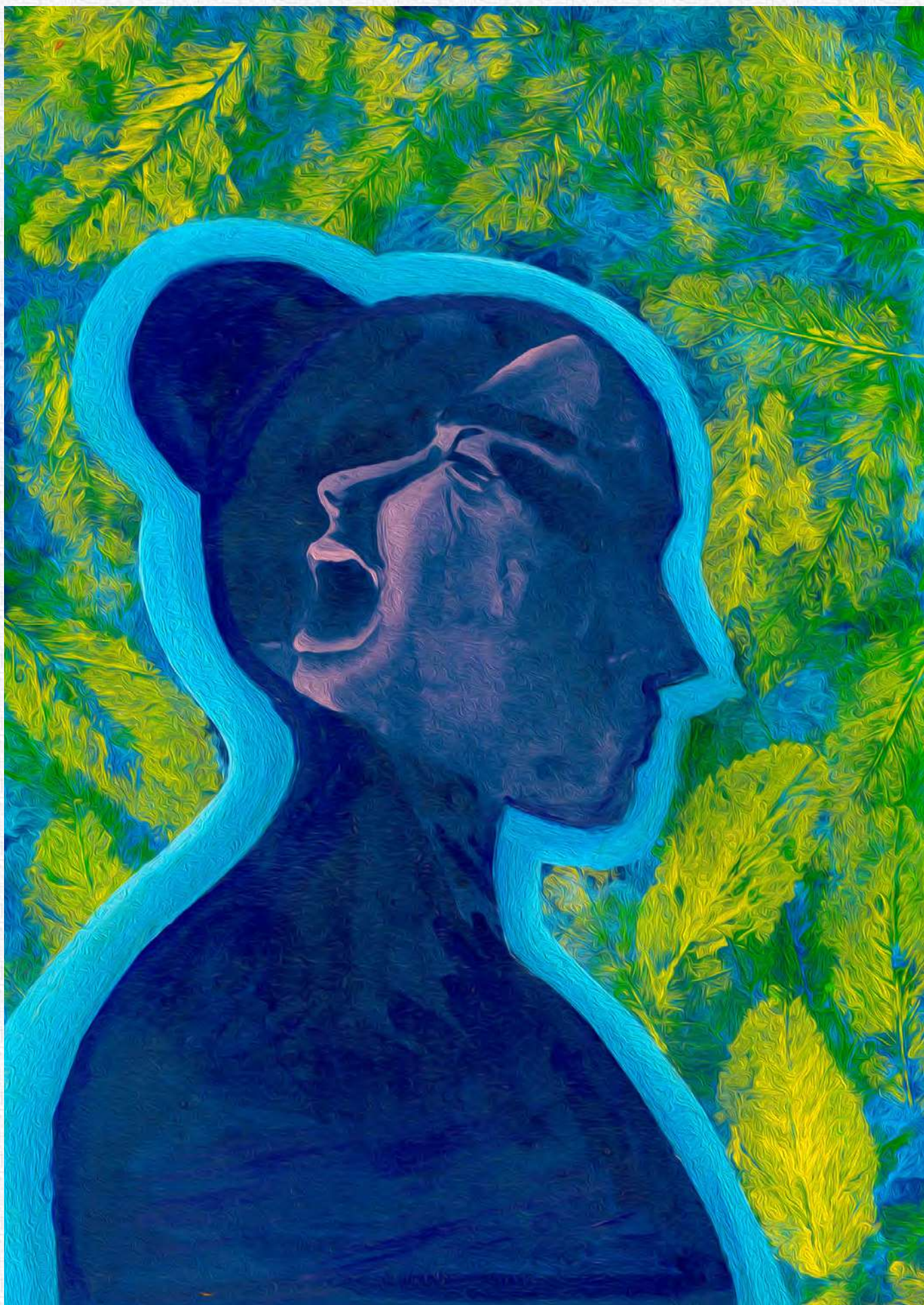
POOJA P T

45 YEARS, KERALA

The harbinger of hope -
Dr N K Warriar

For years, I dedicated myself to patient care at MVR Cancer Centre & Research Institute. In September 2022, my life changed dramatically when I was diagnosed with breast cancer after performing a self-exam prompted by a breast cancer awareness survey. The diagnosis brought shock and anxiety, especially with my son's board exams approaching. However, I focused on maintaining a sense of normalcy, which inspired my family to remain calm and hopeful during my treatment. With the incredible support of my doctors-Dr. Sreedharan, Dr. Dileep Damodaran, and Dr. Vishu Rajan-and the MVR family, I faced every challenge head-on. I even shaved my head confidently and continued working, embracing each step of my healing journey. After surgery and radiation, I returned to work just two weeks post-treatment, and my son excelled in his exams, reflecting the strength and positivity we maintained as a family. This experience taught me that early detection, a strong support system, mental resilience, and self-care are essential in the fight against cancer.

I urge everyone to prioritise their health, trust the process, and spread awareness—because we can all emerge stronger and braver.



Kashvi Shah, Class 10
Zydus School of Excellence, Vejalpur, Ahmedabad

Three battles, one strong heart.

Through three battles with cancer, Preeti's story of courage shows the power of perseverance.



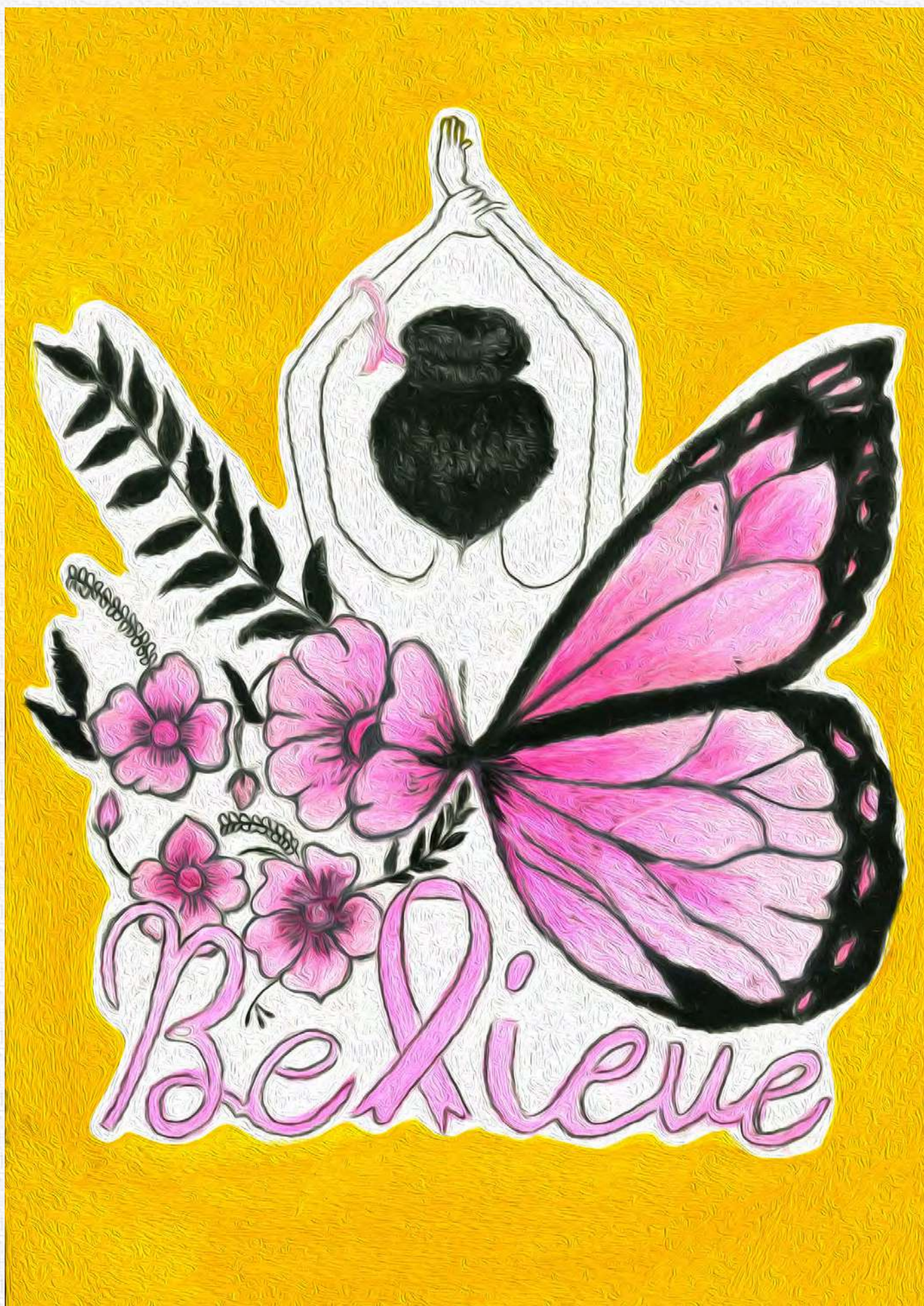
PREETI PUROHIT

56 YEARS, AMBERNATH

The harbinger of hope -
Dr Tejinder Singh & Dr Anil Heroor

My cancer journey spans over 22 years, beginning in 2002 when I was 34. I first felt a lump in my armpit and was diagnosed with cancer in my right breast. Following that, I underwent a mastectomy, chemotherapy, and radiation. With two young children, I stayed strong and focused on surviving. Nine years later, in 2011, I received a second diagnosis, this time in my left breast. This news affected me more emotionally, as my children were now at crucial points in their education. However, I quickly regained my strength and determination. The third diagnosis in 2020, located in the infraclavicular region, was the hardest to accept. Despite taking numerous preventive measures, including surgeries and genetic testing, cancer had returned. Throughout this journey, my doctors, Dr. Anil and Dr. Tejendar Singh, have been my pillars of strength. Their unwavering care and motivation have helped me navigate every phase of my treatment. My family's constant support and my own resilience have been crucial in helping me cope with the ups and downs. After my second diagnosis, I recognised the importance of diet, exercise, and emotional well-being. When cancer relapsed for the third time, I understood that prioritising my emotional health was just as vital as focusing on my physical recovery.

I keep telling anyone I come across that cancer is not a death sentence. Early detection is key, and fear only hinders recovery. Trust your doctors, your treatment, and most importantly, yourself. Life is precious, so cherish it, prioritise your health, and know that you can overcome anything with the right mindset and support.



Utsavi Joshi, Class 7
Zydus School of Excellence, Vejalpur, Ahmedabad

A strong mind and a positive outlook are your best allies.

With prayers, hope and medical expertise, Priscilla faced cancer.



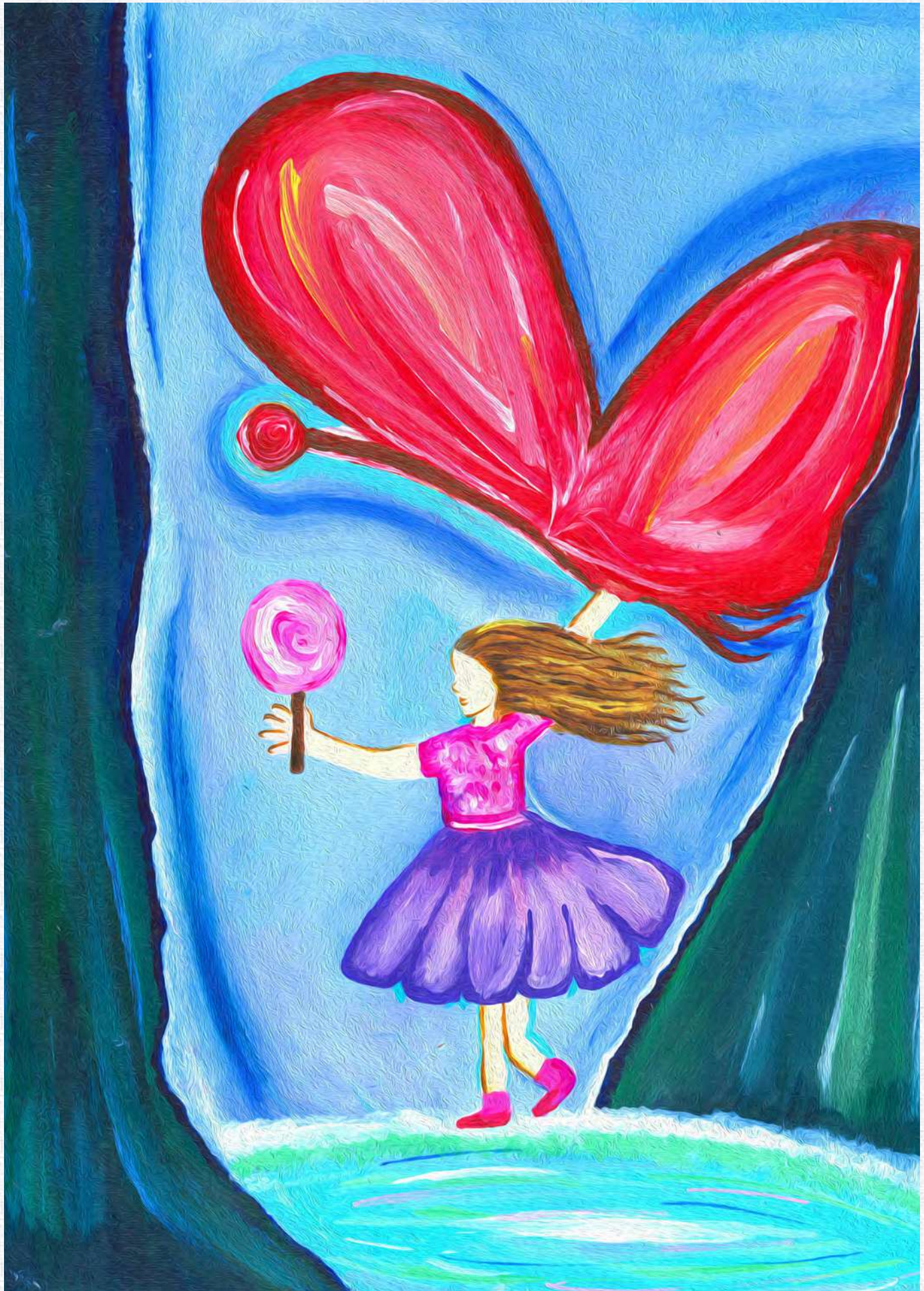
PRISCILLA BALACHANDRAN

64 YEARS, BANGALORE

The harbinger of hope -
Dr Vishwajeeth Pai

In 2023, at the age of 63, I was diagnosed with breast cancer. It all started when I noticed some changes in my left breast. After a mammogram, MRI, and thorough check-up, the diagnosis was confirmed. The news was shocking, but I quickly shifted my focus to finding the right treatment. A relative introduced me to Dr. Krithika Murugan, who became my guiding light throughout the process—from surgery to chemotherapy and radiation. I had surgery in November 2023 and began chemotherapy the following month. I went through 8 cycles of chemo, followed by radiation with Dr. L. Reddy. The journey was challenging, but my doctors prepared me well. They explained everything clearly and calmly, so I never felt overwhelmed. My family was an incredible support system, standing by me every step of the way. As a counsellor working with individuals facing depression, I continued my work online during my treatment, maintaining mental and emotional strength. I never saw cancer as a battle, but rather as a process—one I knew I would come through. To anyone diagnosed with cancer, I always say: stay positive. Cancer is not something to fear. When you have faith, as I did, in God and your doctors, the journey becomes much easier. Surround yourself with supportive, positive people, and don't allow negativity to cloud your mind or life.

Most importantly, get regular check-ups. I discovered my cancer during a routine check-up, and early detection made all the difference. No matter how busy life gets, always prioritise your health.



Sanskriti, Class 9
Zydus School of Excellence, Godhavi, Ahmedabad

A mother's courage in the face of Cancer.

With her daughter as her strength, Priti turned a devastating diagnosis into a journey of hope and survival.



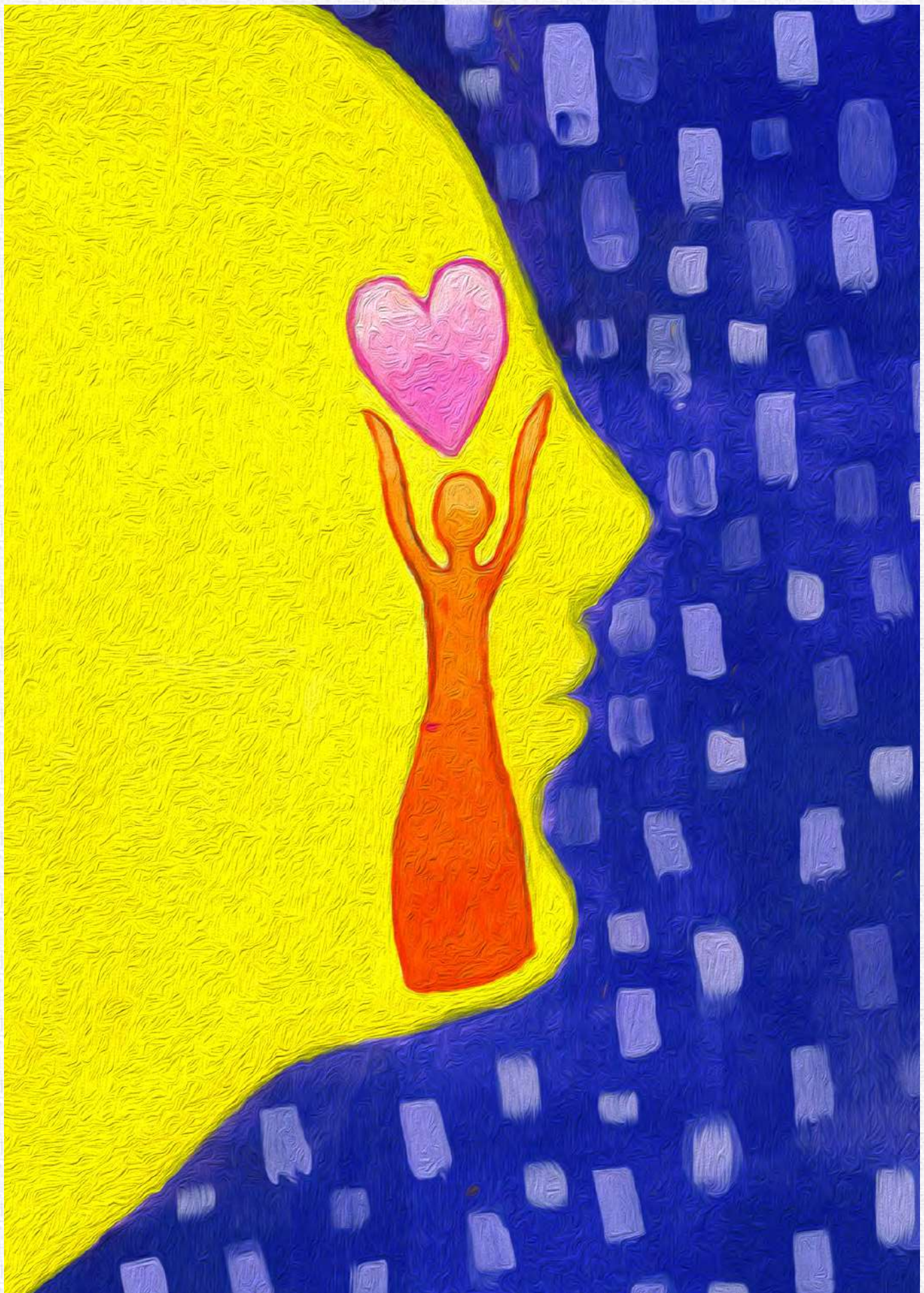
PRITI RAUSHAN

38 YEARS, SURAT

The harbinger of hope -
Dr Kaushal Patel

When my daughter was just three months old, I was diagnosed with breast cancer. The shock was overwhelming, but my husband and I refused to give in. Our little girl became our beacon of hope, giving us the strength to fight. As we began treatment, we discovered the cancer had spread to my bones and pelvic area. I started my treatment at Tata Memorial Hospital, where I found comfort in the friendship of fellow cancer patients. After eight long months of treatment, I was declared cancer-free. But the relief was short-lived, as I was soon diagnosed with brain cancer. This time, it felt as though the ground was slipping from beneath us. Yet my husband stood by me like a rock. He never let me feel defeated, and his unwavering support became the foundation of my strength. Two years ago, I was declared cancer-free once again. Life may be unpredictable, but I've learned to face it with positivity and resilience. Recently, cancer returned to my right breast, but I've come to accept it as part of my journey. My daughter, now eight, remains blissfully unaware of the true reason for my illness, but she continues to be my biggest motivation to keep fighting.

To anyone facing cancer, my advice is simple: make yourself strong. The first battle is against fear—once you conquer that, everything else becomes manageable. Fight your fear, and you'll soon see it disappear. Be so strong that even cancer regrets choosing you. Never give up. Cancer is not the end; we only lose when we give up on ourselves. Trust in the power within you, surround yourself with love, and remember that even the worst day is still better than no day at all.



Safika Shaikh, Class 11
Zydus School of Excellence, Godhavi, Ahmedabad

My Journey to Victory.

Performing regular breast self-examinations can make all the difference.



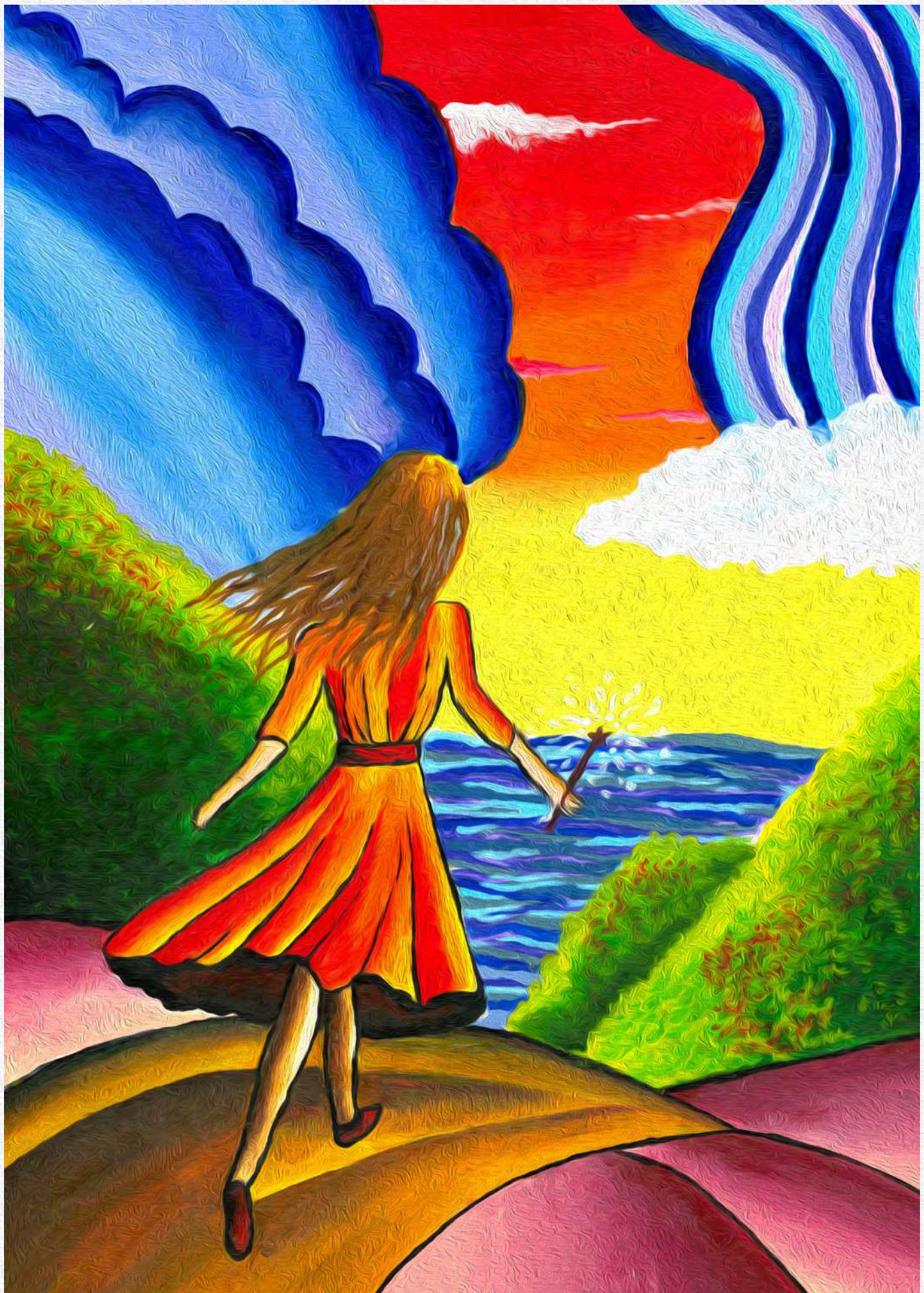
RESHMA SARWAL

70 YEARS, GURGAON

The harbinger of hope -
Dr Priya Tiwari

I was 66 years old when I received the most devastating news of my life—I had been diagnosed with breast cancer. Struggling to come to terms with this reality, I ultimately decided that I would fight back against the disease. My doctor, Dr. Priya Tiwari at Artemis Hospital in Gurgaon, was instrumental in helping me move forward. I was diagnosed with Triple Negative Breast Cancer, one of the most challenging types of cancer with a poor prognosis. However, with determination and Dr. Priya's unwavering support, I overcame it. Fortunately, chemotherapy was not as painful for me as radiation, which made my treatment journey more bearable. Although I have overcome the disease, I still go for yearly checkups, and Dr. Priya is always available to answer my questions and provide guidance. Looking back on my journey, I realize how crucial early detection is. Performing regular breast self-examinations can make all the difference. If you notice any changes, don't wait—visit a doctor immediately.

My faith and resilience guided me through this battle, and I truly believe that anyone can emerge victorious if they stay strong and trust the process.



Dhwani Patel, Class 9
Zydus School of Excellence, Godhavi, Ahmedabad

Navigating to new beginnings

Journey of a young woman who fought breast cancer with willpower and her family support.



RHEA MENON

30 YEARS, UK

The harbinger of hope -
Dr. Arun Warriar, Kochi

"Life is 10% what happens to us and 90% how we react to it." This belief has profoundly guided me in overcoming my breast cancer journey. I'm Rhea Menon, and if my experience inspires even one person, I consider it a success. I was diagnosed with breast cancer in January 2023, just as I was completing my MBA in the UK. Accepting this diagnosis took time, especially because I was young. However, I want others facing similar challenges to know that a positive mindset and strong willpower are powerful tools for overcoming adversity. I am deeply thankful for the incredible team at Aster Medcity in Kochi—especially my oncologists, Dr. Arun Warriar, Dr. Subin, Dr. Jem Kalathil, and Dr. Fahad. Their expertise, combined with the care of the entire medical team, has been invaluable. I'm also grateful for the unwavering support from my parents, brother, and grandmother, who have been my rock throughout this journey. Today, I work at the NHS as a patient care advisor, giving back to the healthcare system that supported me. My message to anyone diagnosed with breast cancer is this: even in dark times, your willpower and mindset can illuminate your path.

So, when life gives you lemons, don't just make lemonade—build a lemon empire and surprise everyone!



Tanvi Sarin, Class 8
Zydus School of Excellence, Vejalpur, Ahmedabad

Confidence in oneself and trust in her doctor restored her normal life after breast cancer.

Self-examine for any lumps and address health concerns without fear.



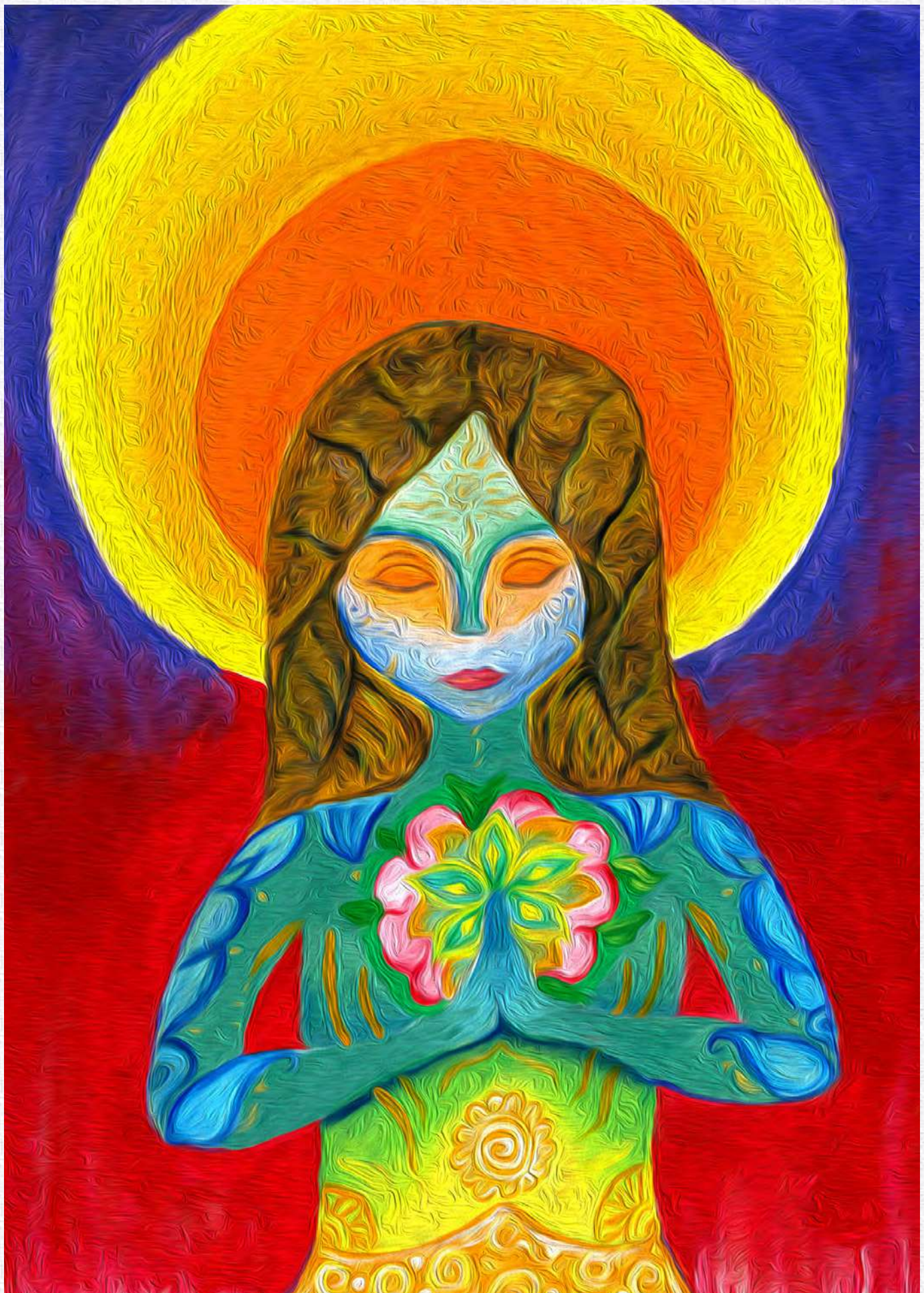
ROJA

32 YEARS, VIZIANAGARAM

The harbinger of hope -
Dr. Satya Srinivas

In 2018, I discovered a lump in my right breast, leading me to a government hospital, where it was removed and tested. The diagnosis confirmed cancer, prompting us to seek treatment at City Cancer Hospital in Vijayawada with Dr. Gopichand. Almost a year later, I found another lump and was diagnosed with stage 3 cancer, resulting in surgery and six chemotherapy sessions. While I felt no fear during my first diagnosis, the emotional toll of the second was significant. With the support of Dr. Satya Srinivas and my family, I made a full recovery and now prioritise regular check-ups. My advice to others is to self-examine for any lumps and address health concerns without fear.

I am grateful to all the doctors for helping me regain my normal life.



Iva Baraiya, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

Hope, care, and quick action make all the difference.

With love, prayers, and medical expertise, Rosaline faced cancer head-on and recovered.



ROSALINE SUMATI

45 YEARS, BANGALORE

The harbinger of hope -
Dr Niti Raizada

In August 2019, I was diagnosed with breast cancer. It all began with a persistent dry cough that medication couldn't cure. One day, while rubbing my chest, I discovered a lump. It felt unusual, so I immediately consulted a gynaecologist. They suggested removing the cyst and sending it for a biopsy, but I wasn't satisfied with that approach. Seeking a second opinion, I underwent further tests and a mammogram. On August 29th, I received the devastating news that I had stage 3 triple-negative breast cancer. My heart sank, especially when I thought of my two daughters, who were then aged 9 and 14. That evening, my family searched for the best doctors in Bangalore and found Dr. Niti Raizada, a specialist in breast cancer. She explained the treatment plan, and the very next day, I began chemotherapy. For six months, I endured the treatment, and I thank God for giving me the strength to get through it all. My doctor was incredibly kind and supportive, visiting me during every chemo session and making the journey more bearable.

I was also blessed with immense support from my family, especially my husband, despite his demanding job, was always by my side. My extended family filled our home with warmth and love, never leaving me alone and keeping my spirits high.

Now, five years later, I'm completely cancer-free, back at work, and living a joyful life. My message to others is to always prioritise early detection, trust your doctors, and never lose hope. Confidence and faith are your strongest allies in this battle.



Jayshree Trivedi, Art - Educator
Zydus School of Excellence, Godhavi, Ahmedabad

Acceptance is the Key.

Roopa's Journey: Finding Strength Through Spirituality and Creativity in the Face of Cancer.



RUPA ANAND

70 YEARS, NEW DELHI

The harbinger of hope -
Dr Nitesh Rohatgi

On July 2, 2020, I discovered a lump in my left breast, launching me into a challenging journey of diagnosis, neo-adjuvant chemotherapy, mastectomy, radiation, and rehabilitation for lymphedema. As a spiritual student of Advaita Vedanta, I accepted my situation and embraced each day, drawing strength from my spiritual understanding that we are much more than our bodies. With the unwavering support of my brilliant medical team, family, and friends, I found clarity and courage throughout my treatment.

I honed my writing skills during this time and published my first book - "To the Edgeless Sky and Back", in July 2024. This collection of poetry chronicles my cancer journey and serves as a source of inspiration for fellow survivors. It is available on amazon.in.



Jayshree Trivedi, Art - Educator
Zydus School of Excellence, Godhavi, Ahmedabad

Early detection is crucial.

Finding Joy in Movies: Her Source of Strength in the Battle Against Breast Cancer.



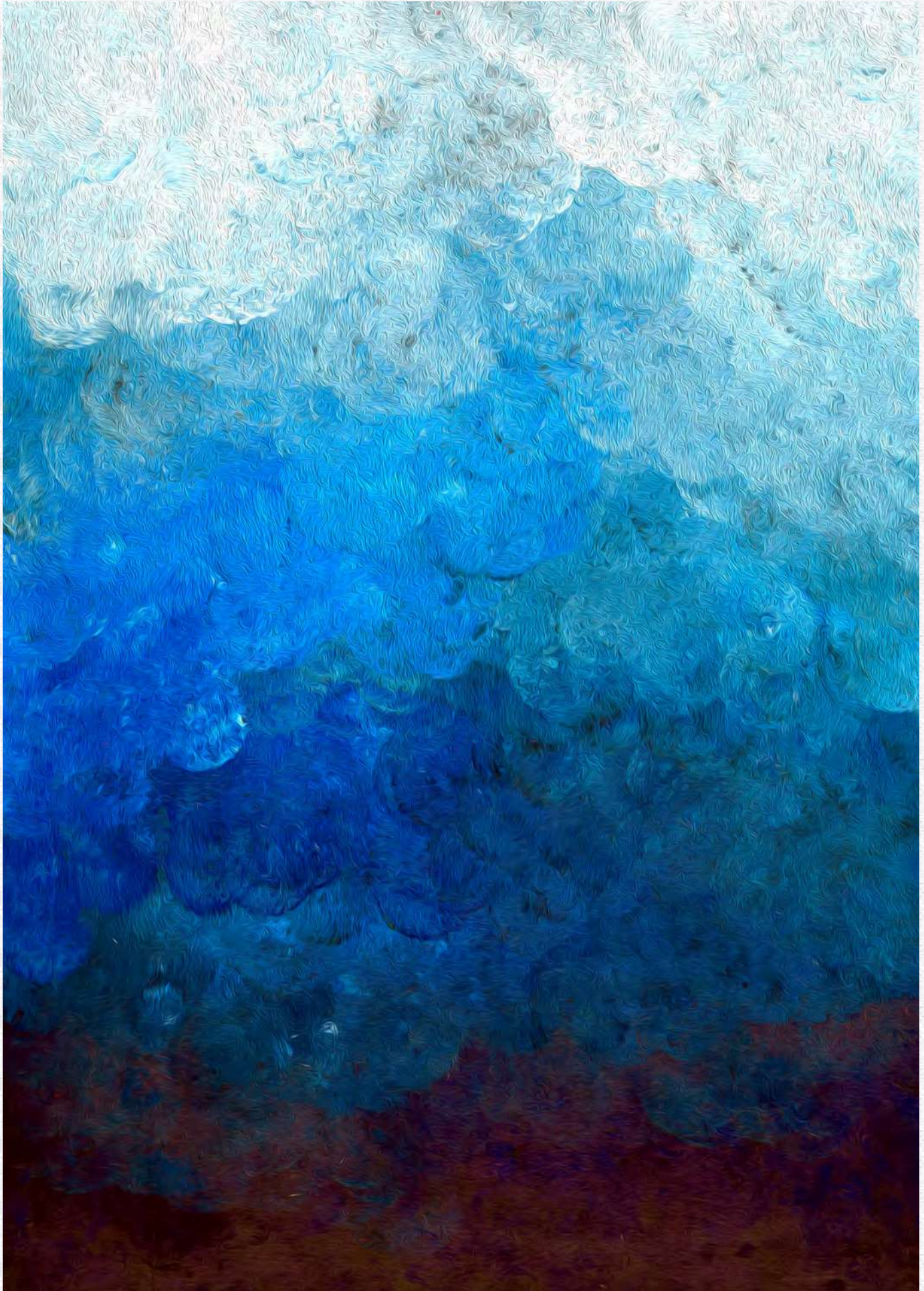
S. CHITRA

60 YEARS, MADURAI

The harbinger of hope -
Dr Krishnakumar Rathnam

It all started with a muscle strain in my right armpit, which led to the discovery of a small tumour in my right breast. A mammogram and biopsy confirmed stage III breast cancer. I promptly consulted Dr. Krishnakumar Rathnam, who recommended a PET scan. After surgery to remove my right breast, I underwent four rounds of chemotherapy followed by radiation treatment. The exceptional care from my medical team made a significant difference in my journey. Despite the challenges, I embraced the experience, capturing moments during my head shave and finding joy in watching divine serials and old movies. The unwavering support from my family and flexible work hours helped me maintain a positive mindset throughout this battle. Today, I stand as a role model, encouraging women to perform regular self-examinations and get mammograms, as early detection is crucial.

I hope to inspire others to face breast cancer with courage. Remember, "break the shyness and give yourself a chance to shine."



Radhika Patel, Class 9
Zydus School of Excellence, Vejalpur, Ahmedabad

Timely intervention and trust are crucial for a quicker recovery.

Faith in doctors and early intervention- two main ingredients to fight cancer.



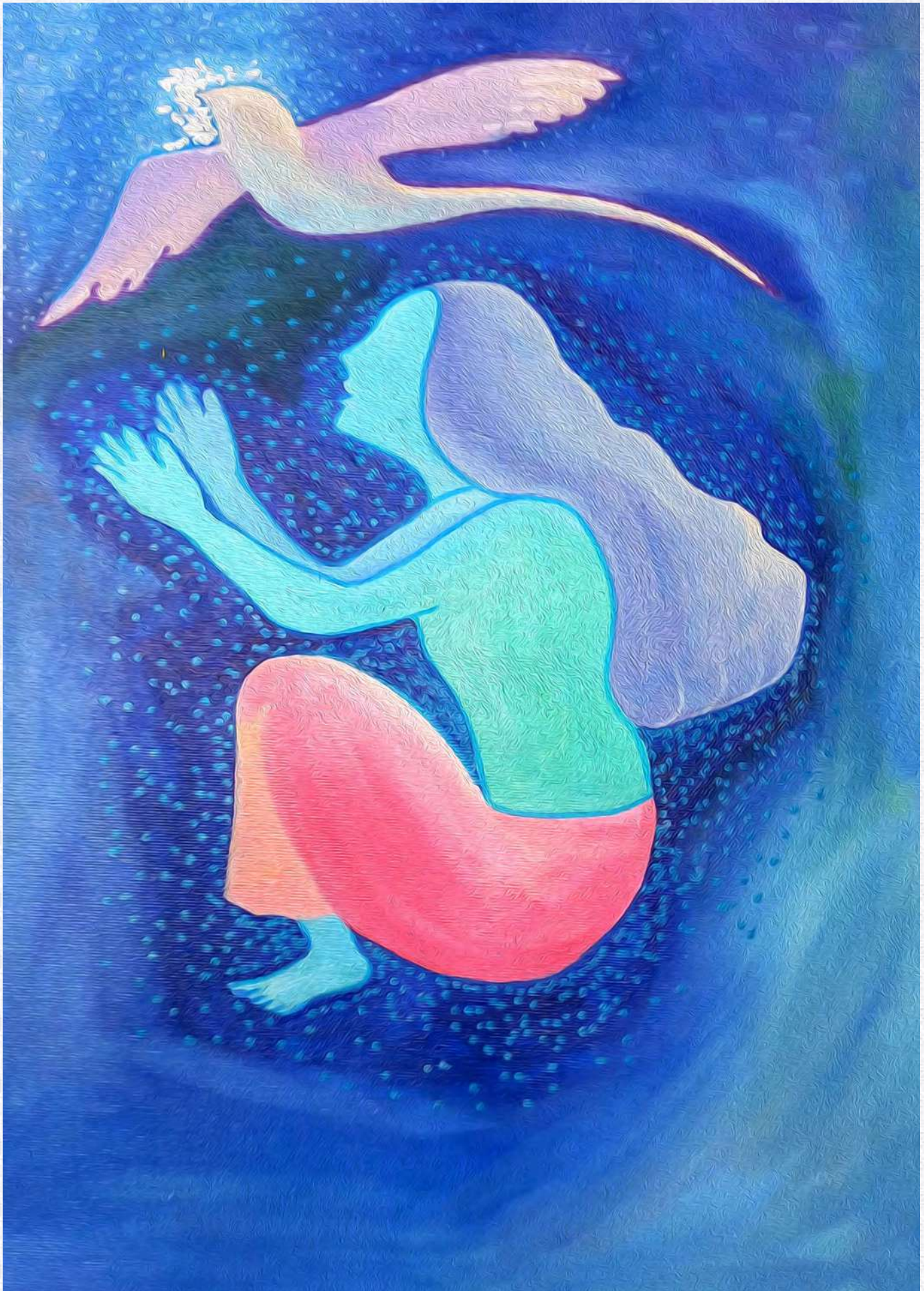
SHARDA MALIK

67 YEARS, DELHI

The harbinger of hope -
Dr Sunil Kumar Gupta

At the age of 41, I was diagnosed with stage 2 cancer in January 1999. I underwent surgery under the care of Dr. A.K. Divan, and following that, my supportive oncologist, Dr. Sunil Gupta, guided me through chemotherapy. Although I was initially reluctant to undergo treatment, Dr. Gupta's encouragement gave me the strength to complete seven sessions of chemotherapy and radiation. After that, I was able to return to my life, and I am immensely grateful for the support from my family and doctors. However, in 2016, the cancer relapsed. This time, it was more complicated, and I had to undergo a mastectomy due to a triple-negative diagnosis. Once again, chemotherapy and radiation became part of my life, but this journey was harder, with complications like fluid discharge. Dr. Gupta, who had become like a brother to me, was there for me day and night. When treatments didn't seem effective, he recommended plastic surgery, which ultimately aided in my recovery. My journey with cancer has taught me many valuable lessons. First and foremost, I believe in the power of immediate action—never delay treatment. Trust your doctors fully, and never hesitate to be completely open with them. Building a strong, consistent relationship with your doctor is key to the healing process. Fear doesn't help; faith and transparency do. With God's blessings and timely medical care, recovery becomes much smoother.

I also advise women never to change doctors' mid-treatment and to act quickly. Timely intervention and trust in your medical team are crucial for a quicker recovery.



Subarna Das, Art Facilitator
Zydus School of Excellence, Godhavi, Ahmedabad

A journey of overcoming breast cancer and lending a helping hand to others.

Sneha encourages others to view cancer as a curable disease and to prioritise their health.



SNEHA ROUTRAY

51 YEARS

The harbinger of hope -
Dr Meenu walia

My life took an unexpected turn when I was diagnosed with breast cancer following a routine check-up. The journey began in 2014, after a family vacation, when I discovered a lump in my breast. Initially dismissing it as a minor issue, I was prompted by my husband to undergo a biopsy, which confirmed the diagnosis. The news left us in shock, but we quickly sought treatment. After a successful surgery and chemotherapy, I found strength in my family and the support of exceptional medical professionals, especially Dr. Meenu Walia at Max Hospital. This experience transformed my perspective on life, helping me realize what truly matters. Motivated to give back, I founded the Grameen Sneh Foundation, dedicated to cancer awareness and support patients in rural areas. Through health camps, I have screened thousands of individuals and helped those unaware of their conditions. Meeting leaders like Dr. APJ Abdul Kalam inspired me to keep fighting and serving my community. Cancer taught me resilience, compassion, and the importance of early detection.

Now, I encourage others to view cancer as a curable disease and to prioritise their health. Remember, you are not alone on this journey.



Aanvi Solanki, Class 8
Zydus School of Excellence, Godhavi, Ahmedabad

A family's strength, a silent fight.

Her family's love and her doctor's care helped Sohita navigate cancer without fear or worry.



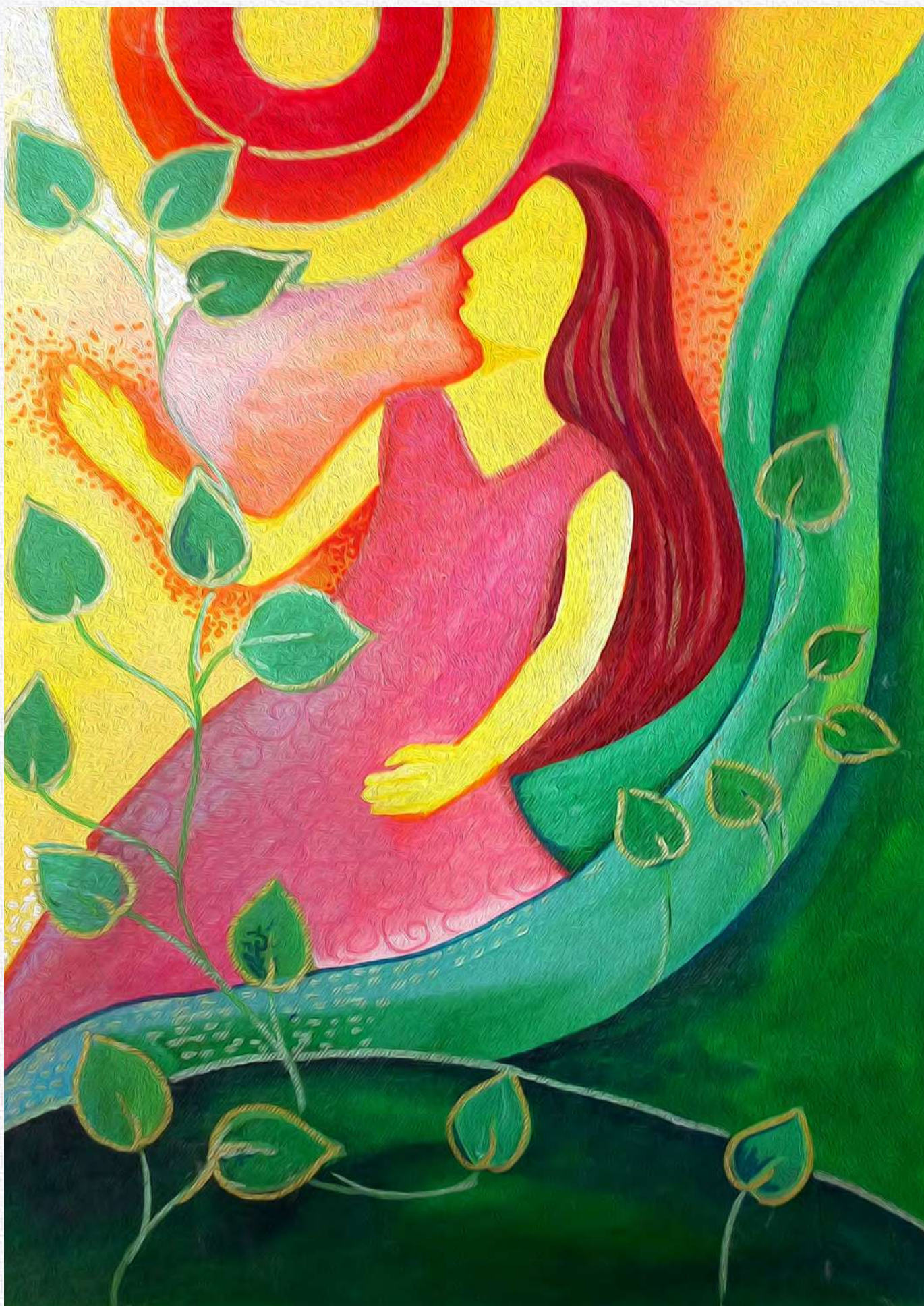
SOHITA PATEL

39 YEARS, AHMEDABAD

The harbinger of hope -
Dr Rushabh Kothari

I was 35 years old when I received the shocking diagnosis of cancer. It all began with some discomfort in my breast. Acting on my neighbour's advice, I visited the doctor and underwent a series of tests, which ultimately revealed the diagnosis. At that time, I didn't fully grasp the implications of what cancer meant. My family, in their protective instinct, shielded me from the harsh truth. My husband would always arrive at the hospital before me to inform the staff and doctors not to discuss the details of my condition with me. As a result, I was taken directly to treatment rooms without interacting with anyone else. I endured chemotherapy and radiation, blissfully unaware of the gravity of my situation. It wasn't until after I recovered that my family sat me down to explain what cancer truly was. That day, I cried, overwhelmed by the realization of how much they had protected and loved me throughout this ordeal. My family—especially my husband, brothers, and their families—stood by me at every step. Even the children in our home—my two kids, along with my nephew and niece—helped to keep the atmosphere light, never allowing me to feel the seriousness of my illness. Dr. Rushabh Kothari was a guiding light during this challenging time; his kindness, care, and support felt almost divine.

To anyone navigating the journey of cancer, I urge you never to let your fears control you. Cancer is no longer something to be terrified of. With today's advancements in technology, treatments have improved significantly, and recovery is much more manageable. Stay positive, and don't allow negative thoughts to interfere with your healing process.



Subarna Das, Art Facilitator
Zydus School of Excellence, Godhavi, Ahmedabad

Against the Odds: A mother's victory.

Battling cancer during pregnancy, Soujanya's strength brought her a healthy baby and a second chance at life.



SOUJANYA

27 YEARS, NIZAMABAD

The harbinger of hope -
Dr Chaitanya Kumar

At 25, I noticed a small lump in my breast. Initially, the doctor advised me to monitor it and suggested that if the lump grew, it would need to be removed. Three months later, when the lump increased in size, I consulted another surgeon, and a decision was made to perform the surgery. At the time, I was six months pregnant with my first child. When the biopsy results came back malignant, fear and uncertainty overwhelmed me. How could I possibly fight breast cancer while expecting my first child? Dr. Chaitanya Kumar reassured me that chemotherapy was possible during pregnancy. He explained everything clearly, comforting me with the knowledge that the treatment would only carry a 5% risk to my baby. Though I had no family history of cancer, and the situation was terrifying, the doctor's guidance and regular check-ups gave me the strength to face the challenge. With my husband's constant support and my family's unwavering encouragement, I went through chemotherapy. Miraculously, I delivered a healthy baby boy through normal delivery after my treatment. Today, my son is three years old, and I am cancer-free, continuing regular follow-ups. I feel incredibly blessed to have survived this journey.

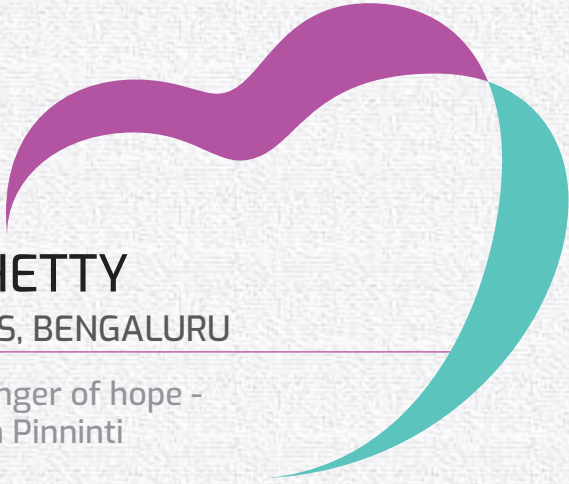
To any woman diagnosed with breast cancer, I urge you not to let your mind dwell on negative outcomes. With modern medical advancements, treatments come with fewer side effects than before. Do not fear the word "cancer"—it is not a death sentence. With your family's support and your inner strength, you can overcome this challenge. Face your treatment with courage, and your story will inspire others to keep fighting and never give up.



Subarna Das, Art Facilitator
Zydus School of Excellence, Godhavi, Ahmedabad

Turning pain into purpose!

Sri's inspiring story reminds us that with determination, every battle has the potential for victory.



SRI SHETTY

40 YEARS, BENGALURU

The harbinger of hope -
Dr Rakesh Pinninti

I am an IT professional and two years ago, at the age of 38, my life changed when I was diagnosed with breast cancer. During a routine self-examination, I noticed that my nipples were inverted. After the diagnosis was confirmed, I was in shock. I had no family history of breast cancer, lived a healthy lifestyle, and couldn't believe this was happening to me. The emotional toll was immense. But my family became my pillar of strength. They stood by me through every step of my treatment, offering unwavering support. Dr. Rakesh Pinninti was also a guiding light, providing me with the reassurance I needed throughout my journey.

I took a year off from work to focus on my treatment. It wasn't easy. Chemotherapy left me drained, and even basic personal and household tasks became difficult. But I refused to give up. I learned to embrace the difficult moments with a positive outlook, knowing that modern treatments offer so much hope.



Manyata Parmar, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

From fear to freedom- an inspiring journey.

Stuti's story reminds us that self-examination and mental strength are the keys to a healthy life.



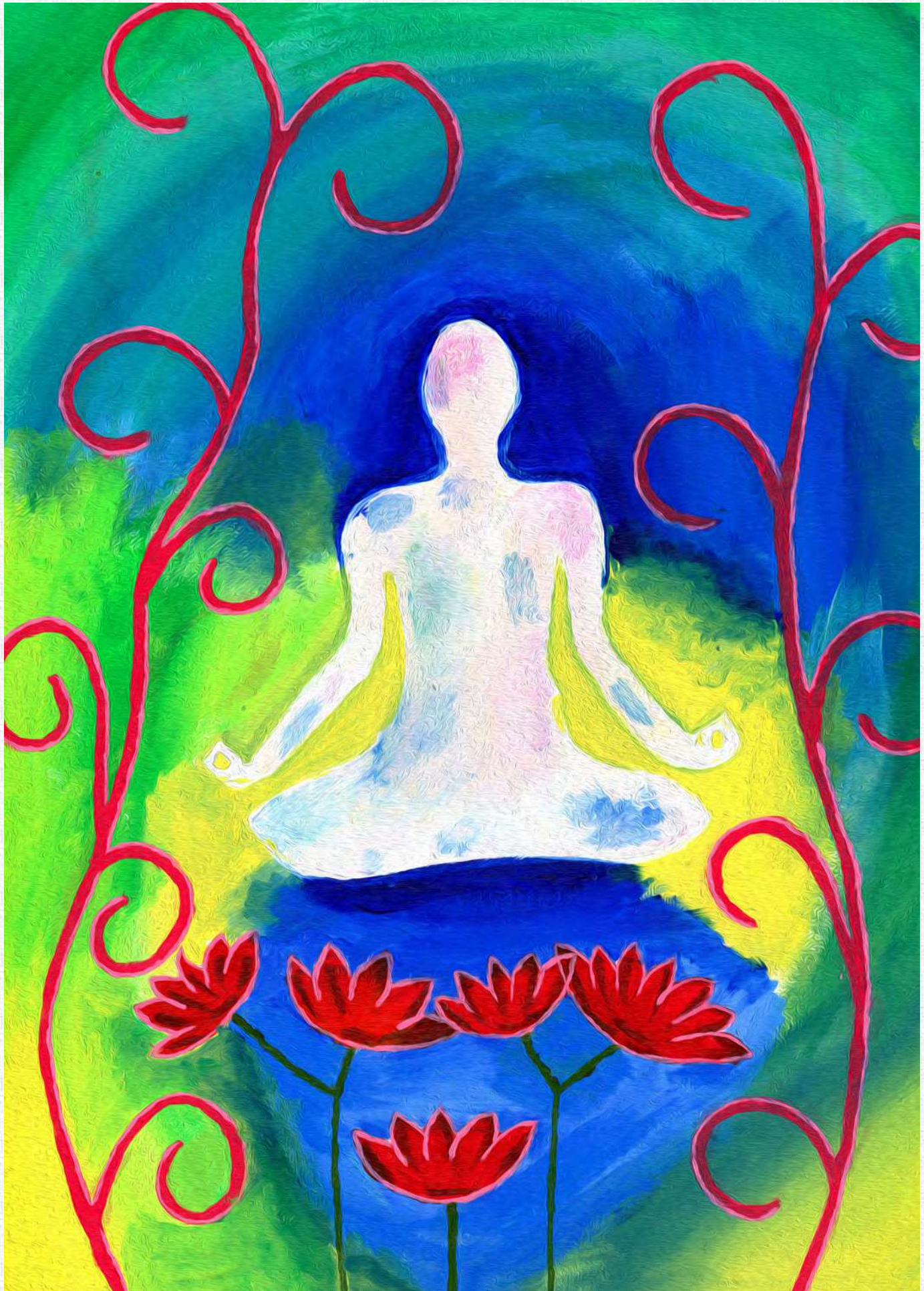
STUTI KAPIL WADHWANI

45 YEARS, DELHI

The harbinger of hope -
Dr Suhail Qureshi

In 2021, I felt a small lump though painless, made me uneasy. At the time, I kept it to myself, as we were preparing for a family vacation. On January 1, 2022, I finally confided in my husband about my concern. Upon returning to Delhi, my worst fears were confirmed: I had cancer. Without delay, I underwent surgery and started chemotherapy. Despite the diagnosis, I never questioned, "Why me?" Instead, I chose to distance myself from the sympathy of others. My doctor recognised this and encouraged me to join a support group, which provided the mental strength I desperately needed. Throughout this journey, my husband, sister, and everyone around me offered unconditional support. I am particularly grateful to my treating doctor, Suhail Qureshi, who guided me every step of the way. However, my biggest challenge was battling my own thoughts. Gradually, I learned to open up emotionally and spiritually, letting go of the trivial frustrations that once upset me and shedding the fear of the future. I now feel much more at peace with myself. My message to everyone is that cancer is not the end of the world. As I often say, don't let Rajesh Khanna's movie Anand define your perspective on life.

Embrace life fully, don't let your thoughts control you, and prioritise your health. Self-examination is crucial—I discovered my cancer this way, and I urge everyone to make it a habit. A simple five-minute routine can change your life, so stay vigilant and proactive about your health.



Bhavika Khachane, Class 6
Zydus School of Excellence, Godhavi, Ahmedabad

Turning fear into strength.

Sumitra's story is a reminder that the right mindset can turn the darkest time into a moment of triumph.



SUMITRA KANWAR

55 YEARS, UDAIPUR

The harbinger of hope -
Dr Ankit Agarwal

One day, while going about my routine in my hometown Udaipur, I felt a small, painless lump in the upper part of my left breast. Concerned, I immediately informed my husband, and we wasted no time seeking medical advice. After a series of tests, my treatment journey began. From the very start, I was determined to stay mentally strong, facing the challenge with a clear and positive mindset. Throughout this difficult time, my husband became my greatest source of strength. He reassured me at every step, reminding me that cancer is not an incurable disease and that with the right treatment, I would recover fully. His unwavering belief in my recovery filled me with confidence, giving me the courage to face each therapy session without fear or anxiety. He lifted my spirits, ensuring that negative thoughts never took root.

I accepted cancer as a challenge, refusing to let it steal my happiness. With my husband's steadfast support, I continued living life with joy and positivity. Today, after undergoing 74 therapies, I am healthy and happy, deeply grateful to Dr. Ankit Agarwal for his crucial role in my treatment and recovery.

Cancer can be defeated with timely treatment, a positive mindset, and the support of loved ones. To anyone facing this illness, my advice is to avoid negativity, stay committed to your treatment, and believe in yourself. Trust your doctors, live with courage, and hold onto hope. Happiness and strength are always within reach.



Aarna Popat, Class 7
Zydus School of Excellence, Godhavi, Ahmedabad

Successful journey from diagnosis to determination.

Supriya's strength and perseverance show us that successful recovery is possible if you have the willpower.



SUPRIYA SHAH

63 YEARS, AHMEDABAD

The harbinger of hope -
Dr Manasi Shah

I am a retired teacher, at the age of 62, was diagnosed with third-stage breast cancer. After COVID, I noticed a decrease in my sensations and had difficulty swallowing food. Eventually, I discovered a lump in my right breast. For a year, I visited various doctors, but they insisted it was just age-related, and I trusted their judgment. Preoccupied with my daughter's wedding, I didn't follow up, even though I sensed something was wrong. After persistent issues, I insisted on a physical examination, which led to a sonogram and a biopsy revealing that cancer had spread to my underarms. Initially, I felt angry with myself for not acting sooner. However, I quickly shifted my focus to the treatment ahead. I began chemotherapy to shrink the tumour before surgery. The chemotherapy was the hardest part of my journey, but once the surgery was completed, everything went smoothly. The 16 rounds of radiation that followed were tolerable, and gradually, my strength returned. Now, after consistent hand exercises and regular workouts, I feel both mentally and physically stronger. I'm back to driving and enjoying outings, although I still tire easily. I am immensely grateful for my family's support, especially my daughter, who travelled from abroad, and for Dr. Manasi's exceptional care and guidance.

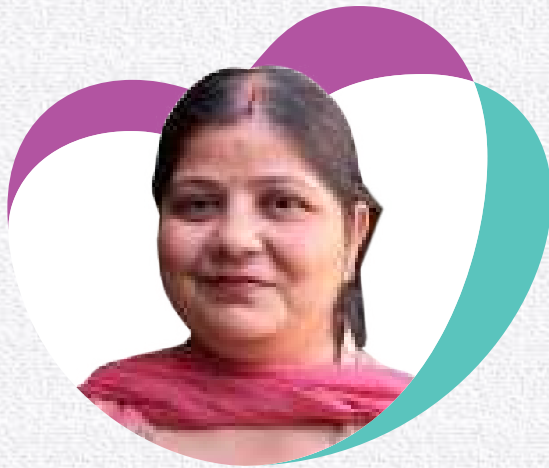
To all the women I meet, I emphasise the importance of health. Trust your instincts because you know your body best. Breast cancer is curable, even at stage 3. Don't fear it; instead, ensure regular checkups and trust the treatment process.



Meenakshi Jaiswal, Art Teacher
Zydus School of Excellence, Vejalpur, Ahmedabad

Beating Breast Cancer with Courage, Care, and Technology.

Tripti's fight against cancer shows the importance of early detection and emotional support.



TRIPTI

41 YEARS, LUDHIANA

The harbinger of hope -
Dr Amit Dhiman

Three years ago, I was diagnosed with breast cancer, and the news left me devastated. I sank into depression, but my husband became my pillar of strength, helping me navigate through the emotional turmoil. After undergoing multiple tests, all confirming the diagnosis, I consulted with my oncologist, Dr. Amit Dhimanji. His support and the way he explained how technology and innovation would help me fight the disease filled me with hope. My treatment spanned for over two and a half years and included surgery, chemotherapy, and radiotherapy. My husband stood by my side for every chemotherapy session, never leaving me alone. Dr. Amit Dhimanji played a crucial role in my recovery. Each time I visited him, I would be in tears, but his positivity and sense of humor always lifted my spirits. He treated me not only medically but also emotionally. Today, I am completely cancer-free. I've learned that cancer is not something to be feared but a challenge to be fought with strength and a positive mindset. Early detection is vital, and I strongly encourage all women to regularly check their breasts for any lumps and consult a doctor if they notice anything unusual. I owe my recovery to the exceptional care I received at Zydus Hospital and to Dr. Amit Dhimanji, whose constant encouragement helped me through this journey.

Lastly, I am truly grateful for my husband's support for his encouragement and positivity that helped me fight Cancer in the right spirit.



Atmaja Shukla, Class 9
Zydus School of Excellence, Vejalpur, Ahmedabad

Usha's Journey: Finding Hope and Strength Amidst Adversity

Diagnosed with breast cancer at just 29, Usha's world turned upside down, but she decided to fight it with courage



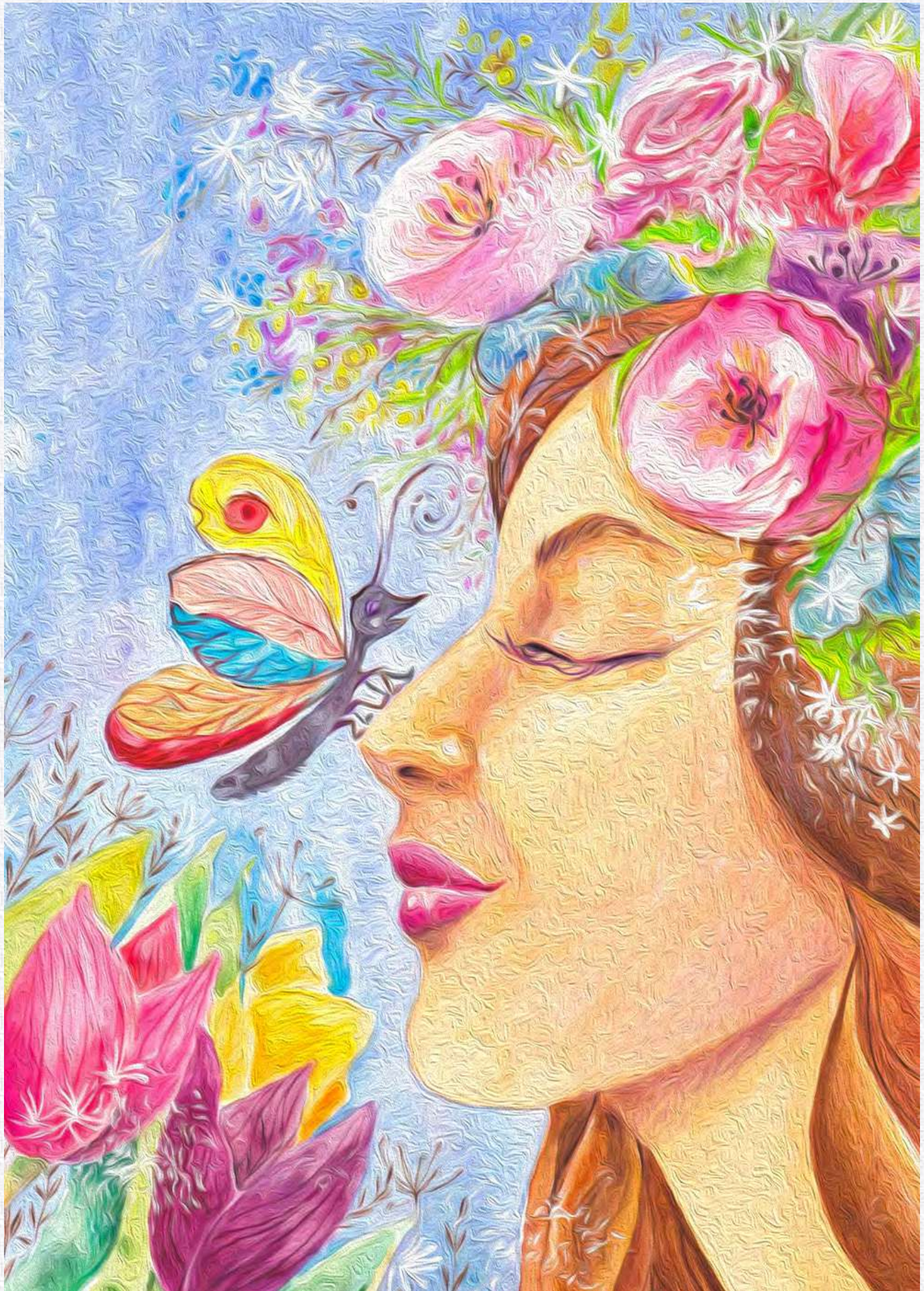
USHA

35 YEARS, BANGALORE

The harbinger of hope -
Dr Suresh Babu

When I stopped breastfeeding my son, just two days later, I found a lump in the upper right quadrant of my breast. Initially, I thought it was a blocked milk duct, so I tried hot compressions, but nothing worked. Concerned, I visited the doctor, who suspected it might be fibroadenoma but recommended an ultrasound for confirmation. That's when things became more serious. The radiologist was concerned and urged me to get a biopsy immediately. I was terrified. When the results came back, it was confirmed—I had a malignant tumour. As a medical transcriptionist, I knew exactly what that meant. The moment I read the report, my heart sank. I felt like my world had turned upside down. My biggest worry was my son, who was only 1.5 years old at the time. Aside from my parents, I didn't have much support, and they could only help so much. Then, I met Dr. Sandeep Nayak, who understood my situation without me needing to explain. He showed me a way forward, considering my financial situation. Soon after, Dr. Suresh Babu handled my chemotherapy. Both doctors, along with my parents and colleagues, became my source of strength during the hardest battle of my life.

To others battling cancer, I advise trust your doctors, stay positive, and love yourself. Life is yours to live, so make every moment count, and never let negativity hold you back.



Zydus School of Excellence, Godhavi, Ahmedabad

Courage in the Face of Adversity: Ramani's Journey with Breast Cancer

With support from her family and Dr. Srikanth Dikkala, Ramani confronted breast cancer with unwavering strength and determination.



RAMANI KUMARI

47 YEARS, VISAKHAPATNAM

The harbinger of hope -
Dr. Srikanth Dikkala

A year ago, I was diagnosed with breast cancer after I noticed a lump and pain in my chest while bathing. I immediately went to my GP, who referred me to Dr. Srikanth Dikkala, a medical oncologist at HCG Hospital, Visakhapatnam. After conducting a scan and biopsy, Dr. Srikanth confirmed the diagnosis of cancer. I felt overwhelmed and worried, thinking it was a very unfortunate situation.

But my family stood by me, offering me confidence and support. They reminded me that cancer treatments have advanced significantly, and my situation was manageable. Dr. Srikanth also played a vital role in helping me stay calm, explaining the treatment options in detail, and ensuring I understood everything. His approach made me feel confident and hopeful.

The first few days after chemotherapy were tough; I felt weak and low. However, within three days, I regained my strength and was able to carry on with my day-to-day activities at home. I advise every woman over 40 to regularly perform self-examinations of their breasts and consult a doctor if they notice any changes.

I consider myself fortunate that my cancer was detected early, at stage one, thanks to the support of Dr. Srikanth and the necessary treatments I underwent. Today, I am healthy, happy, and living a normal life again.

Her journey highlights the transformative power of early detection, expert medical care, and unwavering family support in overcoming breast cancer. Her courage in confronting the diagnosis, her determination through challenging treatments, and her trust in Dr. Srikanth Dikkala's guidance showcase the resilience needed to fight this disease. Her story is a testament to the progress in cancer treatments and the importance of awareness, reminding every woman to prioritize self-examinations and seek timely medical advice.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength Beyond Measure: Lakshmi's Triumph Over Breast Cancer

With unwavering family support and expert care from Dr. Pydi Venkateswar Rao, Lakshmi overcame breast cancer with resilience and hope.



MRS LAKSHMI

82 YEARS, VISAKHAPATNAM

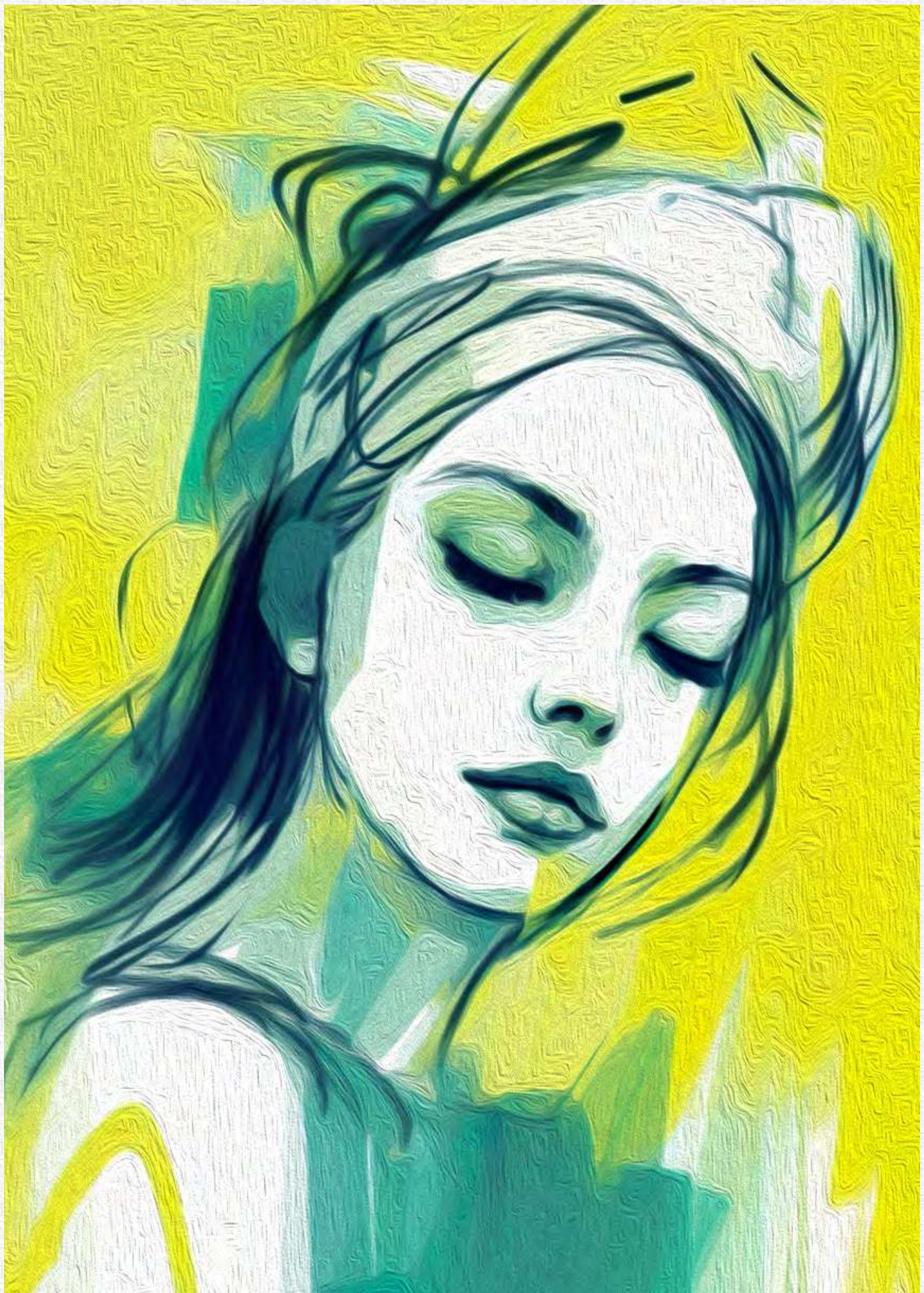
The harbinger of hope -
Dr. Pydi Venkateswar Rao

Two years ago, I discovered a small lump in my chest and consulted a gynecologist, who advised me to see an oncologist. Without delay, my family and I sought the expertise of Dr. Pydi Venkateswar Rao, a medical oncologist at Omega Hospital, Visakhapatnam. Following a PET scan and biopsy, I was diagnosed with breast cancer.

Initially, I felt overwhelmed and worried, but Dr. Pydi provided me with confidence and thoroughly explained the treatment plan, which made me feel at ease and gave me hope. My family became my pillar of strength, offering unwavering support throughout the journey.

I focused on staying strong by eating a high-protein diet, exercising whenever possible, and maintaining resilience. I encourage everyone to perform monthly self-breast examinations and consult a doctor immediately if they notice anything unusual. Early detection offers significant treatment advantages and the opportunity to live a normal, healthy life.

Lakshmi's journey demonstrates the power of early detection, expert medical care, and a supportive family in overcoming breast cancer. Her resilience, proactive approach to treatment, and trust in Dr. Pydi Venkateswar Rao's guidance are a beacon of hope for others. Her story is a reminder that early intervention and a positive mindset can turn challenges into triumphs.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength in Adversity: Mrs. Devoju Neelamma's Triumph Over Breast Cancer

With the steadfast support of her family and the expert care of Dr. Nishith, Mrs. Neelamma overcame breast cancer with courage and determination.



MRS. DEVOJU NEELAMMA

43 YEARS, HYDERABAD, TELANGANA

The harbinger of hope -
Dr. Nishith

At the age of 40, during a regular self-breast examination, I discovered a small lump. Concerned, I sought medical advice and underwent a scan and biopsy, which confirmed the presence of breast cancer. Under the care of Dr. Nishith, I began my treatment journey, starting with a lumpectomy. When lymph node involvement was discovered, I underwent a mastectomy, followed by eight cycles of chemotherapy and 31 sessions of radiation therapy. Initially, the diagnosis was overwhelming, leaving my family and me in shock. However, we prepared ourselves mentally and physically for the journey ahead. The treatment was challenging, especially during the initial cycles of chemotherapy and radiation, where the pain and discomfort were almost unbearable. At times, I felt like giving up, but my family stood by me as my unwavering pillar of strength.

Dr. Nishith's comforting words and constant guidance gave me hope and the courage to keep going. His support, combined with my family's encouragement, helped me endure the most difficult moments of my treatment.

Now, looking back, I am grateful for the strength I found within myself and for the early detection that played a crucial role in my recovery. I encourage every woman to perform regular self-breast examinations, consult their doctor if they notice any abnormalities, and stay committed to follow-ups and treatment plans.

Mrs. Neelamma's story highlights the importance of early detection and the pivotal role of self-breast examinations in identifying breast cancer. Her resilience and trust in her medical team demonstrate that even the most challenging journeys can lead to recovery. Her experience reminds us that a strong support system and expert medical care are invaluable in overcoming breast cancer.



Zydus School of Excellence, Godhavi, Ahmedabad

Hope and Healing: Vaishaliben Popat's Journey Through Breast Cancer

With unwavering family support and expert care from Dr. Babita Hapani, Vaishaliben overcame breast cancer with courage and positivity.



VAISHALIBEN POPAT

39 YEARS, JUNAGADH

The harbinger of hope -
Dr. Babita Hapani

It all started when I felt a small lump in my breast. Concerned, I visited a local gynecologist, who advised me to consult an onco-surgeon. I traveled to Ahmedabad's HCG Hospital, where I met Dr. D.G. Vijay. After conducting all necessary tests, my reports confirmed breast cancer. Dr. Vijay recommended starting with chemotherapy, and that's when I went to Dr. Babita Hapani in Rajkot for treatment.

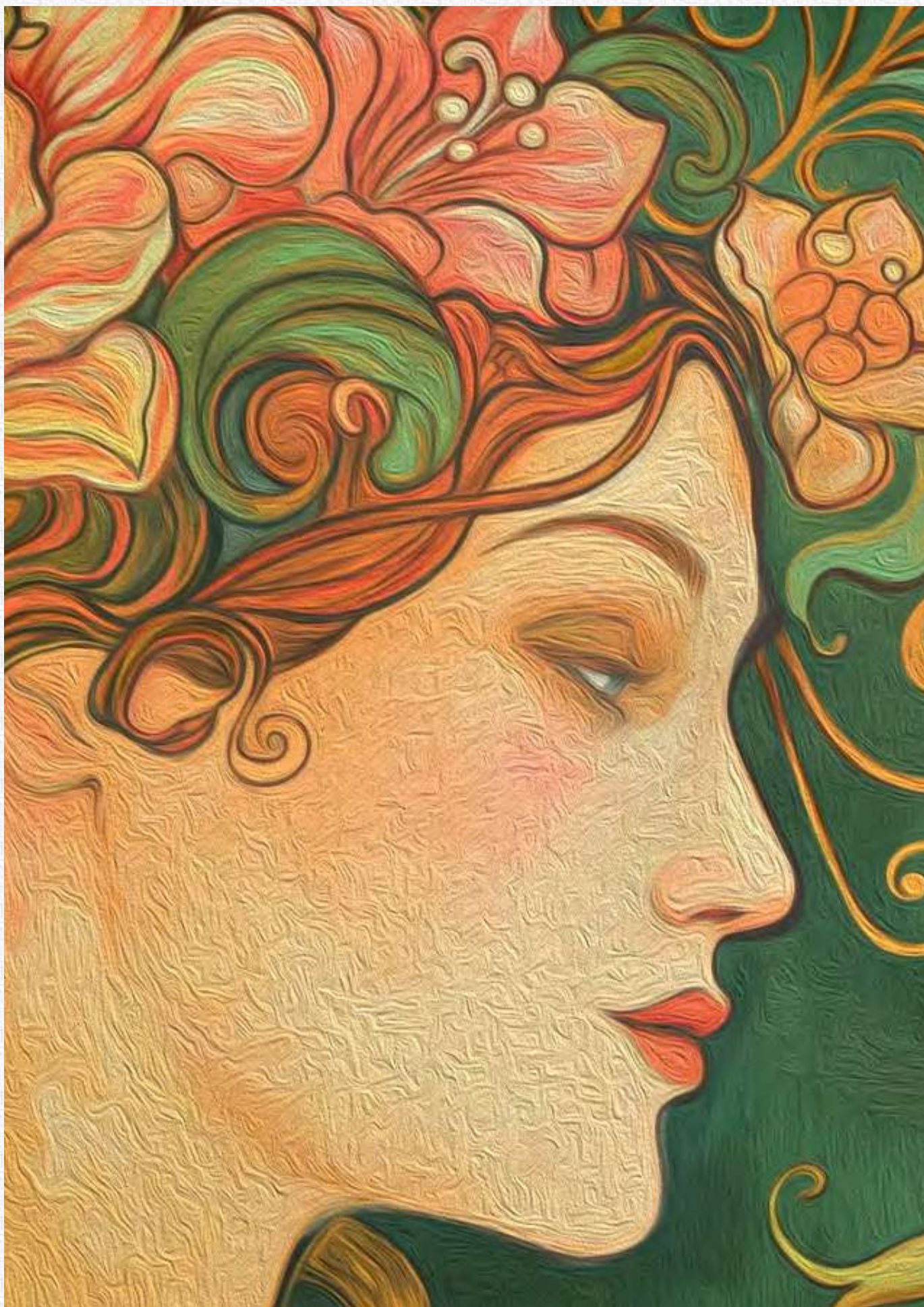
Under Dr. Babita's care, I underwent eight cycles of chemotherapy. Her support was incredible—she treated me with compassion and ensured I never felt overwhelmed by the seriousness of my condition. She kept me motivated throughout the journey, and I'm deeply thankful for her encouragement and kindness.

Following chemotherapy, I underwent surgery in Ahmedabad and completed 15 cycles of radiation therapy at Samanvay Hospital in Junagadh.

At first, I felt apprehensive about the diagnosis and the treatment process, especially coming from a small town. However, my family's emotional and moral support, along with the unwavering guidance of my doctors—particularly Dr. Babita—kept me strong.

Today, I'm living a healthy and happy life, filled with gratitude for the incredible care I received and the resilience I found within myself.

Vaishaliben's journey showcases the importance of early action and the impact of compassionate, expert medical care. Her courage, paired with strong support from her family and doctors, serves as an inspiration for others facing similar challenges. Her story is a reminder that a positive outlook and resilience can help overcome even the toughest battles.



Zydus School of Excellence, Godhavi, Ahmedabad

A Warrior's Journey: Dr. Dharini Thakker's Triumph Over Breast Cancer

With unshakable positivity, family support, and expert care from Dr. Parthiv Mehta and Dr. D.G. Vijay, Dr. Dharini overcame breast cancer with resilience and hope.



DR. DHARINI THAKKER

31 YEARS, BHAVNAGAR

The harbinger of hope -
Dr. Parthiv Mehta and Dr. D.G.Vijay

On March 5, 2023, I was diagnosed with left breast cancer at the age of 30. My treatment, led by Dr. Parthiv Mehta (Onco-Physician), Dr. D.G. Vijay (Onco-Surgeon), and Krushali Rajani (Onco-Dietician), included chemotherapy, surgery, radiation, and targeted therapy. Currently, I am on hormone therapy and living an absolutely normal life despite the initial shock of the diagnosis.

It all began a week before my engagement on March 12, 2023, when I noticed my left nipple was retracted and unresponsive. After feeling a hard lump in my breast, I shared my concerns with my mother and visited a gynecologist. A series of tests confirmed the diagnosis of breast cancer. The news was difficult for my family, especially as my father was undergoing treatment for recurrent larynx cancer.

Upon further tests in Ahmedabad, it was revealed that my cancer was HER2-positive, non-genetic, and had spread to the left axilla. The diagnosis of stage 3 cancer came with its challenges, but I started chemotherapy in Bhavnagar without delay. Following chemotherapy, I underwent a total mastectomy with breast reconstruction using a tram-flap. While recovery post-surgery was initially tough, I regained normal mobility within 12 days. The treatment was completed with radiation and targeted therapy, concluding in February 2024.

Despite facing my own challenges, I now care for my father, who battles recurrent larynx cancer, and my mother, who requires a liver transplant due to cirrhosis. With the guidance of my dietician, I have eliminated sugar entirely from my diet, focusing on healthy eating and regular exercise to maintain my well-being.

Dr. Dharini's journey highlights the power of positivity, resilience, and the importance of a supportive medical and personal network in overcoming breast cancer. Her proactive approach to treatment, dedication to a healthy lifestyle, and ability to balance her responsibilities despite personal challenges serve as a beacon of hope for others facing similar battles.



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Cancer is Beatable: Jyoti Kataria's Story of Strength and Triumph

With unwavering family support and expert care from Dr. Aditi Thanky, Jyoti defeated breast cancer and lives a joyful, healthy life.



JYOTI KATARIA

63 YEARS, RAJKOT

The harbinger of hope -
Dr. Aditi Thanky

In 2009, at the age of 48, I discovered a lump in my left breast. Initially, I thought it was just a normal fat lump and consulted a medical oncologist, who assured me there was nothing to worry about. However, after a year, I decided to seek further evaluation when my doubts grew. A thorough check-up revealed that I had early-stage breast cancer.

I consulted Dr. Aditi Thanky at Sterling Hospital, Rajkot. She advised starting with surgery, followed by radiation therapy. Under her care, I received the treatment I needed, and her support made a world of difference. Dr. Aditi was always there to explain the process, reassure me, and help me stay mentally strong throughout my journey.

My family, especially my husband, was my biggest pillar of emotional support. With their encouragement, I remained confident and focused during the treatment. For me, the experience wasn't as life-altering as it might have been because I had such a strong support system.

Today, I am 63 years old, healthy, and living a joyful life. I believe that cancer is beatable if approached with the right mindset and proper treatment. My advice to others is simple: don't worry about what might happen. Stay mentally strong, follow your doctor's advice diligently, and trust the process.

Jyoti's story is a testament to the importance of early detection, expert medical care, and emotional support in overcoming breast cancer. Her resilience and her family's unwavering encouragement demonstrate that a positive attitude and proper guidance can turn even the toughest challenges into victories.



Zydus School of Excellence, Godhavi, Ahmedabad

Guided by Strength: Mrs. Lilly Maary's Breast Cancer Journey

With the unwavering support of her family and expert care from Dr. Shikar Kumar, Mrs. Lilly Maary overcame breast cancer with resilience and hope.



MRS. LILLY MAARY

56 YEARS, HYDERABAD, TELANGANA

The harbinger of hope -
Dr. Shikar Kumar

At the age of 54, I discovered a lump in my breast and consulted a gynecologist in my area. They advised me to meet an oncologist immediately. After further evaluation, I was diagnosed with stage 2 breast cancer. The news left me feeling panicked and overwhelmed, but my family's support became my pillar of strength during this challenging time.

The journey was not easy, especially during the initial phases of treatment. The first three chemotherapy sessions were particularly tough, leaving me physically and emotionally drained. However, my daughter, who stood by me at every step, and my entire family's care gave me the motivation to keep going.

Dr. Shikar Kumar played a crucial role in my recovery. His humility, care, and constant guidance helped me navigate the difficult days of treatment. He provided not just medical expertise but also emotional reassurance, making the process much more manageable.

The experience had a profound impact on my life. It taught me the importance of early detection, self-care, and maintaining a healthy lifestyle. I encourage everyone to perform regular self-breast examinations, exercise consistently, and avoid unhealthy food habits. Early detection can save lives, and a strong support system can make all the difference.

Mrs. Lilly Maary's journey underscores the importance of early detection, expert medical care, and the power of a loving support system. Her determination, combined with the compassionate care of Dr. Shikar Kumar, demonstrates that with the right mindset and support, overcoming breast cancer is possible. Her story serves as a beacon of hope for others facing similar challenges.



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Beyond Fear: A Story of Strength

Turning diagnosis into determination with faith and hope.



MAGDELINE CASTELINO

70 YEARS, MUMBAI

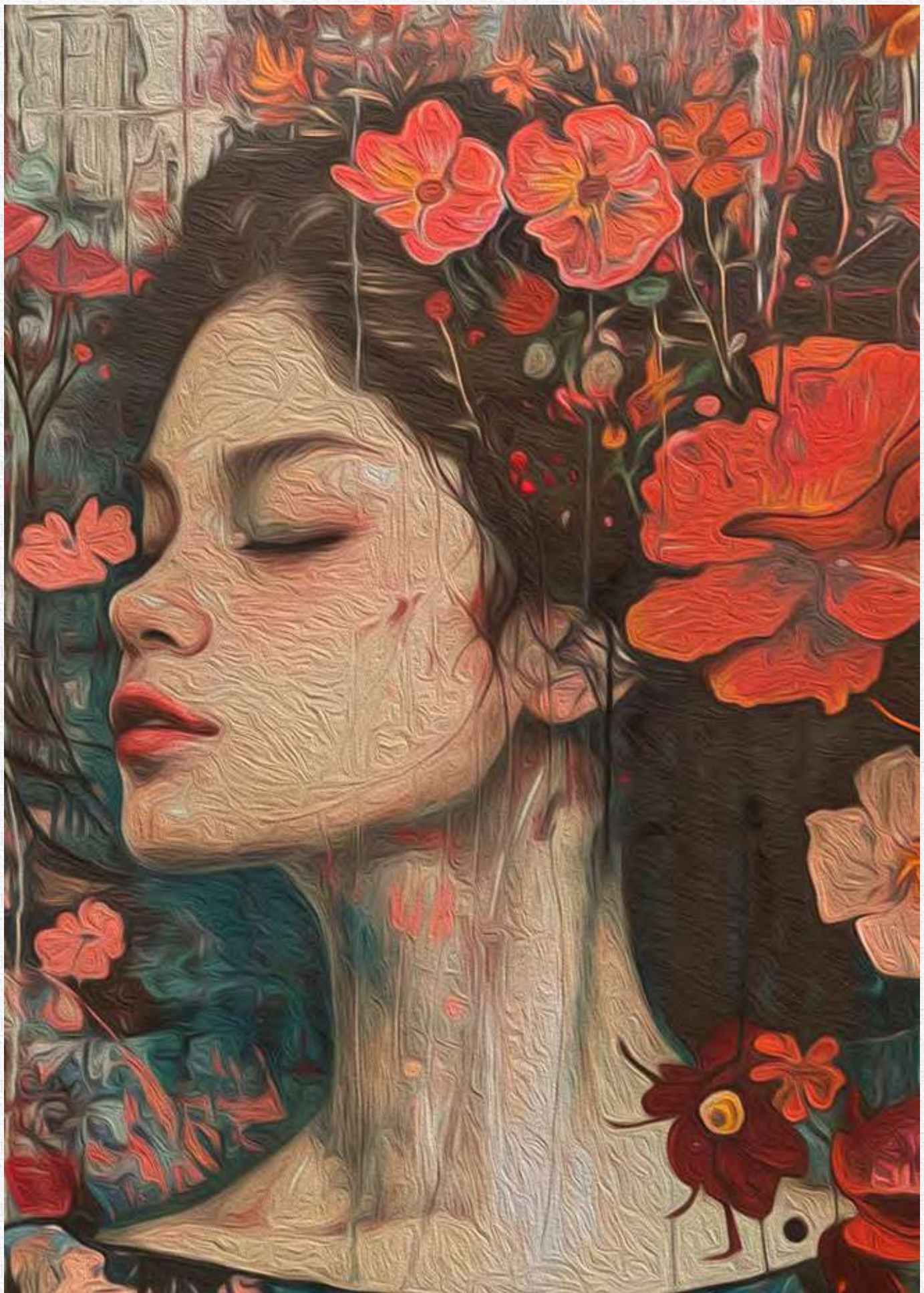
The harbinger of hope -
Dr. Vaibhav Choudhary

My journey began when I noticed an unusual round lump on my breast and a retracted nipple. Concerned, I consulted my family doctor, who recommended diagnostic tests. Though initially not told of the seriousness, I felt something was wrong. I visited Kokilaben Hospital, where the doctor confirmed my worst fear—it was cancer. Since he was unavailable, I was referred to Dr. Vaibhav Choudhary, who began my chemotherapy treatment.

The diagnosis was a shock, but I stayed emotionally composed, trusting the hospital and my doctors. Chemotherapy was tough—I lost weight, my appetite faded, and I often felt physically drained. But my spirit remained strong. My husband stood by me unwaveringly, providing the strength I needed to keep going.

Cancer tests not just your physical endurance but your emotional strength as well. Financial and emotional pressures can feel overwhelming, but I learned that breaking down is never the solution. Rising above despair with positivity and determination is the real battle.

Early detection is vital for survival. Magdeline's journey reminds us of the importance of self-breast examinations and regular health check-ups. Her resilience, trust in her doctors, and the support of her husband highlight the power of positivity and a strong support system in overcoming even the toughest challenges.



Zydus School of Excellence, Godhavi, Ahmedabad

Embracing Life: Nandita Hazarika's Journey Through Breast Cancer

With unwavering family support and expert care, Nandita conquered breast cancer and found new meaning in life.



NANDITA HAZARIKA

64 YEARS, GUWAHATI, ASSAM

The harbinger of hope -
Dr. Sandeep Goel

In October 2019, at the age of 60, I discovered a lump in my breast during a self-examination. Initially, I kept the discovery to myself, dismissing it as unimportant while waiting to retire in December. However, the discomfort grew, and by mid-December, I confided in my husband. Together, we immediately consulted a radiologist friend, who confirmed my fears—it was breast cancer.

The diagnosis was a shock. My first thought was, “Why me?” I had led a healthy, active life. But as I reflected, I realized that I had never questioned the good things in life, so why question this challenge? With faith in God and the guidance of a close friend, my husband and I decided to seek treatment at Kokilaben Dhirubhai Ambani Hospital in Mumbai. Within two days, we flew to Mumbai, where I began my treatment under Dr. Mandar Nadkarni and Dr. Sandeep Goel.

The journey included chemotherapy, surgery, and recovery during the challenging COVID-19 period. While chemotherapy was difficult, my biggest emotional struggle came with hair loss. It was a deeply personal moment, but my son and daughter turned it into a positive experience, helping me embrace the change.

Throughout it all, my husband was my rock, staying with me 24/7. His positivity and unwavering support kept me emotionally strong. My siblings also played a vital role, visiting me at the hospital and lifting my spirits.

The experience changed my perspective on life. I have learned to take life one day at a time and appreciate every moment. Since retiring, I've made it a point to travel, spend time with my grandchild, and embrace the joy in everyday experiences.

Nandita's journey emphasizes the importance of early detection and prompt treatment. Her story serves as a reminder that self-examinations can save lives, and family support can make the toughest challenges bearable. Her resilience and optimism inspire us to face life's adversities with courage.



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From Despair to Hope: Poonam Khosla's Victory Over Cancer

With unwavering faith, family support, and expert care from Dr. Jyoti Wadhwa, Poonam overcame breast cancer and embraced life anew.



POONAM KHOSLA

57 YEARS, AMRITSAR, PUNJAB

The harbinger of hope -
Dr. Jyoti Wadhwa

In 2018, at the age of 52, I was diagnosed with breast cancer. Life had been normal until I noticed sudden swelling in my arms, which led to the devastating diagnosis. With no pre-existing conditions or symptoms, the news came as a shock to me and my family.

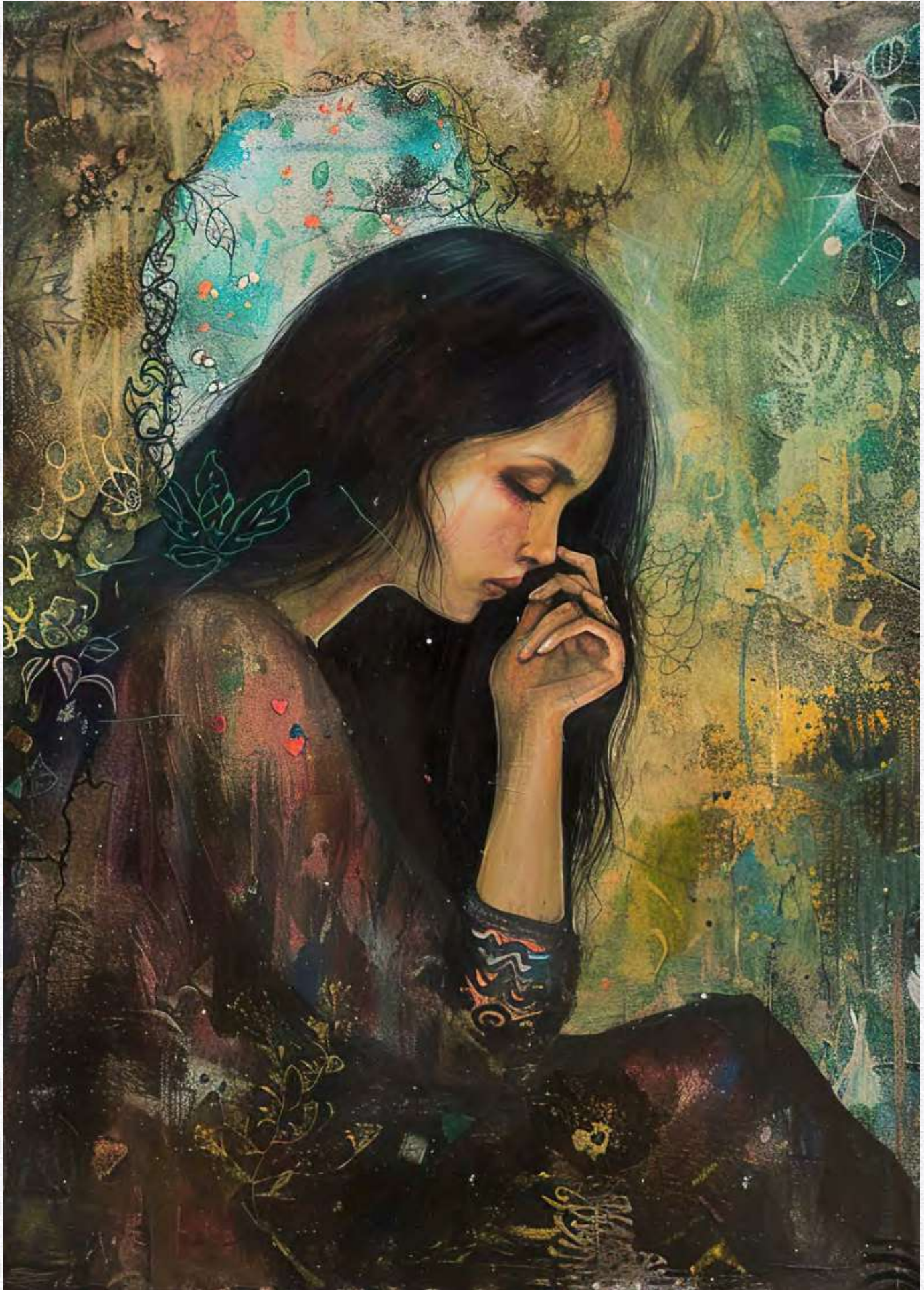
Initially, we sought treatment in Delhi and Mumbai but faced discouragement at every turn. The hope of finding a solution seemed to diminish with each consultation until we discovered Medanta Medicity in Gurugram. There, we met Dr. Jyoti Wadhwa, whose expertise and compassion opened new doors for us. She encouraged me to begin treatment with unwavering faith in both the process and the Almighty.

Under Dr. Wadhwa's care, I embarked on my journey like a determined soldier, facing every challenge head-on. Her professionalism and vast experience were instrumental in my recovery, and today, I am free from the disease.

The diagnosis was an earth-shattering experience, but I braced myself with determination, telling myself, "I will heal!" My family, especially my daughter Radhika, became my strength. Her doting care and emotional support played a crucial role in helping me stay positive and focused during my treatment.

Today, I live a healthy and normal life, guided by a balanced diet, a healthy lifestyle, and regular follow-ups. Dr. Wadhwa's book, 'Diet & Cancer – Mystery, Myth, and Truth,' has been an excellent resource in maintaining my well-being.

Poonam's journey highlights the importance of perseverance, expert medical care, and family support in overcoming cancer. Her positive outlook and trust in Dr. Jyoti Wadhwa's guidance exemplify the power of determination and faith in healing.



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Strength in Resilience: Mrs. Puja Sahney's Breast Cancer Journey

With early detection, expert care, and unshakable determination, Puja turned her diagnosis into triumph.



MRS. PUJA SAHNEY

52 YEARS, BANGKOK AND HYDERABAD

The harbinger of hope -
Dr. MVT Krishnamohan

At the age of 49, during an official trip to Sri Lanka, I noticed a swelling in my shoulder, which I initially attributed to carrying a heavy bag while walking long distances due to a transportation crisis. Despite applying balms, the pain worsened, and I felt a lump in the upper part of my breast. The lump grew rapidly, prompting me to undergo a biopsy, which confirmed breast cancer.

Unsure where to seek help, I searched online and found Basavatarakam Indo American Cancer Hospital & Research Institute in Hyderabad. There, I met Dr. KVVN Raju, my surgical oncologist, and Dr. MVT Krishnamohan, my medical oncologist, who initiated chemotherapy and radiation.

Though the journey was tough, I remained strong at heart and mind. With a sick husband, a school-going son, and elderly parents aged 80, I managed everything with limited support. My mother provided emotional strength, my sister supported me during surgery, and my son helped with recovery at home.

The diagnosis changed my life. I distanced myself from negativity and focused on healing. Despite challenges like digestive issues during treatment, I achieved professional milestones and improved my quality of life. Today, I live a better and fuller life, continuing my treatment with Tamoxifen.

Puja's journey emphasizes the critical importance of early detection and self-examinations in overcoming breast cancer. Her strength, proactive approach, and determination to stay positive amid challenges demonstrate that cancer is a battle that can be won with the right mindset and care.



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Strength in Resilience: Rebeena B's Journey Through Breast Cancer

With unwavering family support and expert care, Rebeena overcame breast cancer and embraced life with renewed hope.



REBEENA B

40 YEARS, KURNOOL, ANDHRA PRADESH

The harbinger of hope -
Dr. K Sudheer Reddy

At the age of 35, I was diagnosed with breast cancer. The journey began when I discovered a lump in my breast after struggling with improper breastfeeding following the birth of my baby. Initially shaken by the diagnosis, I was counseled by my family and doctors who reassured me that breast cancer is just a disease that can be treated with the right approach and regular follow-ups.

My treatment journey included surgery, radiation, and ongoing follow-ups. Throughout this challenging time, my family and friends stood by me as my greatest support system. They made me feel comfortable and empowered, ensuring I had the strength to face each step of the process.

This journey taught me the importance of mental health alongside physical treatment. I encourage others to prioritize counseling and seek help during and after treatment. A strong support system and familiar surroundings are vital to recovery.

Rebeena's journey highlights the critical role of early diagnosis and the importance of self-breast examinations in detecting breast cancer. Her story is a powerful reminder that breast cancer is treatable with timely intervention and a positive mindset.



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Faith and Fortitude: Mrs. Shashi Bhatia's Journey Through Breast Cancer

With the support of her family and expert care, Mrs. Shashi Bhatia faced breast cancer with courage and determination.



MRS. SHASHI BHATIA

76 YEARS, NEW DELHI

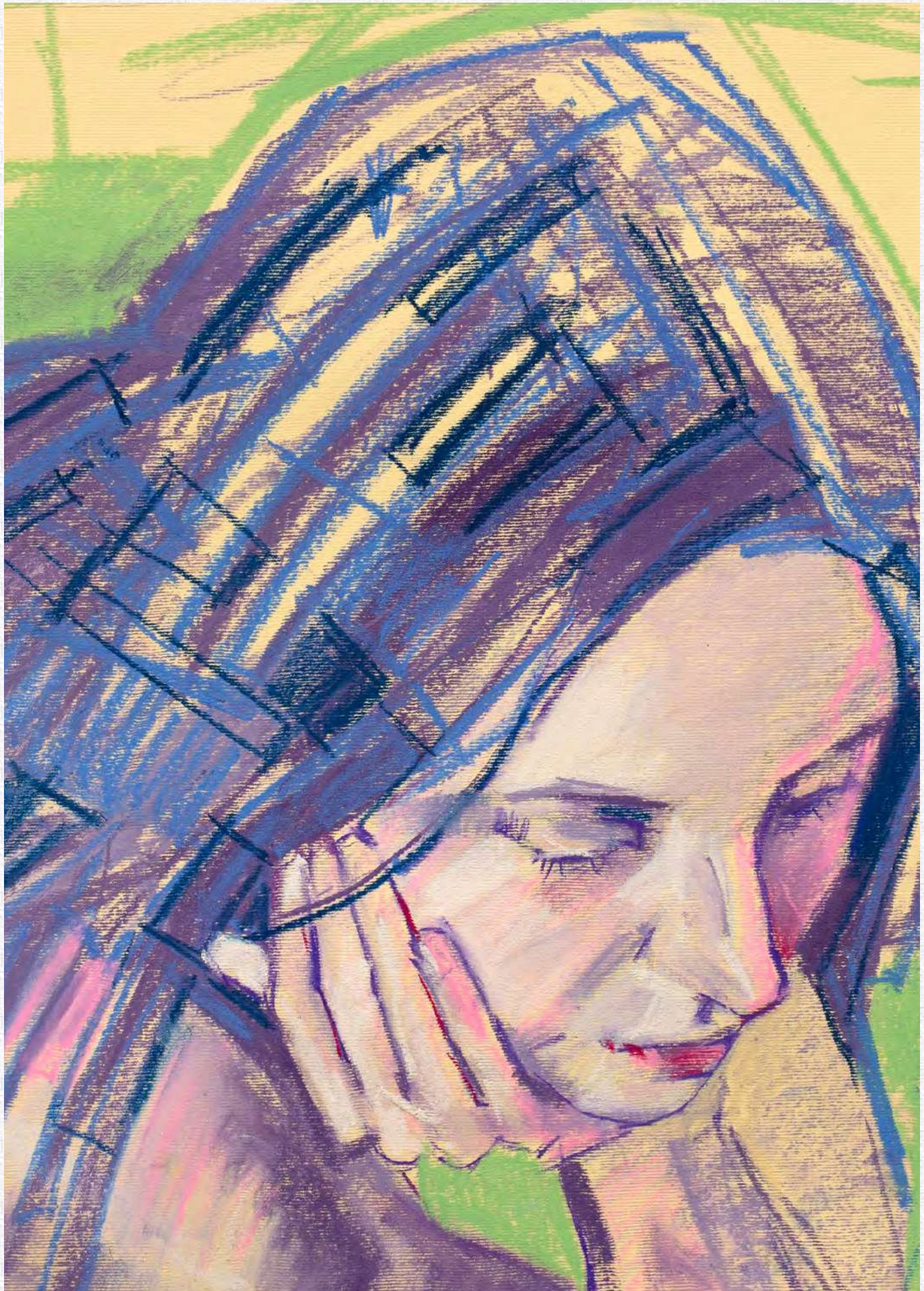
The harbinger of hope -
Dr. Rajiv Kumar and Dr. Garima Dega

During a routine check-up on June 4, 2020, a lump was detected in my left breast. On June 17, 2020, the diagnosis of malignancy was confirmed, and I immediately sought treatment from Dr. Rajiv Kumar and Dr. Garima Dega at the Rajiv Gandhi Cancer Institute, New Delhi. On June 26, 2020, I underwent a successful operation under their skilled care.

My doctors and my family, especially my youngest son, Amit Bhatia, were my greatest pillars of strength throughout this journey. Their unwavering support gave me the courage to face this challenge with positivity and faith.

By nature, I am a brave and optimistic person, with strong morals and full trust in my doctors. To me, cancer is just a part of life that one must accept and face with determination.

Mrs. Bhatia's story highlights the importance of early detection and seeking expert medical care promptly. Her positive attitude and trust in her doctors and family support are a testament to the power of resilience in overcoming challenges.



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Victory Over Breast Cancer: Unnati Chandarana's Journey

With unwavering family support and expert care from Dr. Alpesh Kikani, Unnati embraced her diagnosis and triumphed over cancer.



UNNATI CHANDARANA

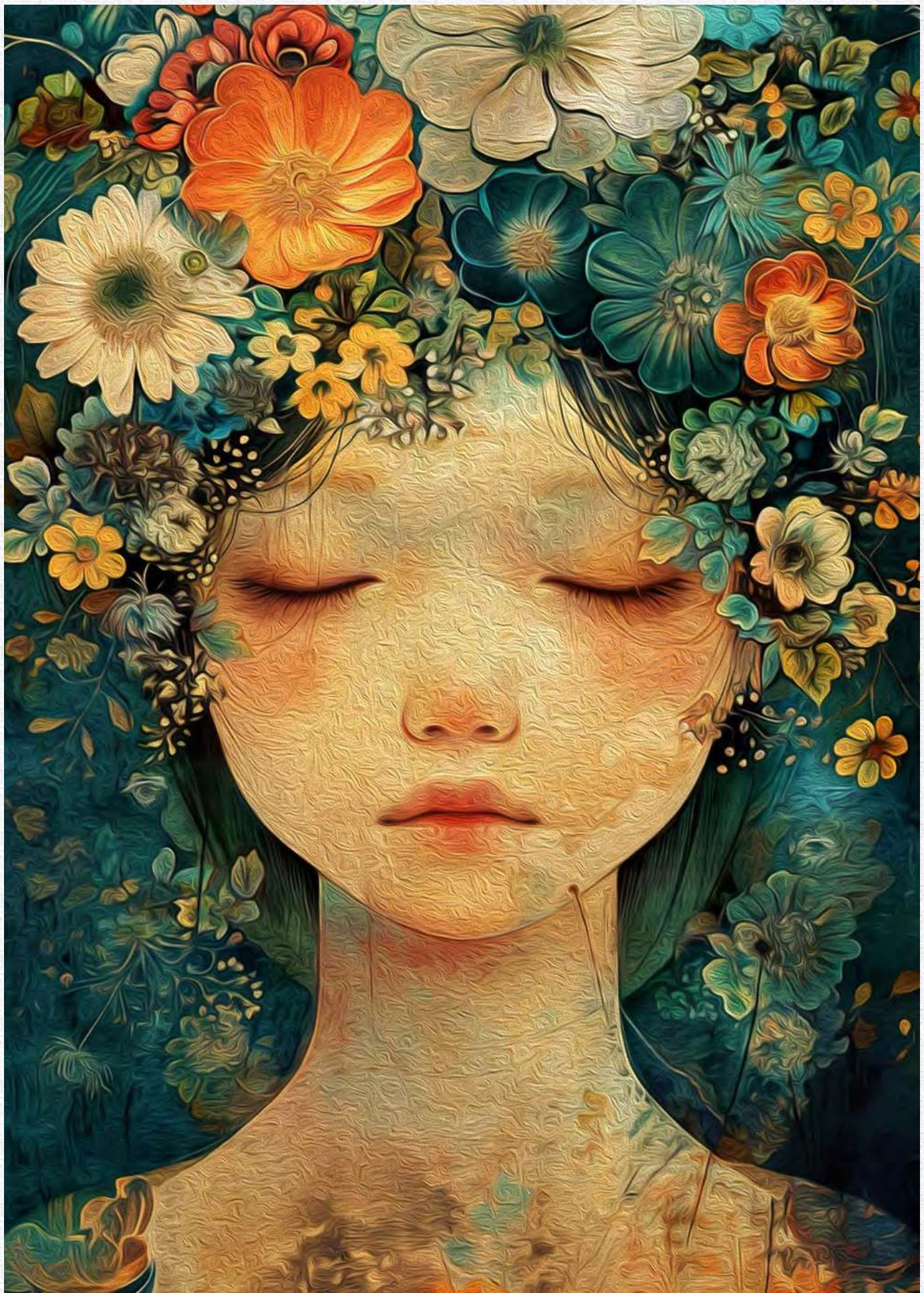
43 YEARS, RAJKOT

The harbinger of hope -
Dr. Alpesh Kikani

In April 2024, I discovered a lump in my breast. Concerned, I reached out to my friend Nimishaben, the wife of Dr. Alpesh Kikani, who promptly helped me get all the necessary tests done. On April 2, 2024, I was diagnosed with breast cancer. My treatment began without delay, and I underwent surgery on April 12, 2024, followed by chemotherapy, which I completed in August 2024 under the expert care of Dr. Alpesh Kikani at Shashwat Hospital.

Throughout this journey, I received incredible emotional and mental support from my family and Dr. Alpesh, which played a crucial role in helping me overcome this challenge. Today, I am healthy and continue to follow up with Dr. Alpesh for routine check-ups.

Unnati's story emphasizes the importance of timely medical attention, expert care, and emotional support in overcoming breast cancer. Her positive mindset and proactive approach highlight that with the right guidance, cancer is manageable and conquerable.



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Confidence and Courage: Renu Dhupia's Triumph Over Breast Cancer

With the support of her family and expert care from Dr. Manoj Mahajan, Renu Dhupia overcame breast cancer with resilience and determination.



RENU DHUPIA

54 YEARS, UDAIPUR

The harbinger of hope -
Dr. Manoj Mahajan

In 2017, at the age of 47, I noticed slight redness in my breast, felt a lump, and observed sticky fluid oozing from the nipple, which also seemed slightly retracted. Concerned, I consulted Dr. Manoj Mahajan on October 26, 2017, and was diagnosed with breast cancer.

On October 27, 2017, I underwent surgery, followed by chemotherapy and radiation as per Dr. Mahajan's advice. Today, in 2024, I am completely healthy and continue to have regular follow-ups with Dr. Mahajan.

After my diagnosis, I treated the disease as any other illness and remained positive. My strong faith in my doctor and the unwavering support of my family helped me stay strong throughout the journey. Even during the COVID-19 pandemic, Dr. Mahajan was always available over the phone, offering guidance and reassurance.

Renu Dhupia's journey demonstrates the power of early detection and timely treatment. Her confidence, positive mindset, and trust in her doctor played a pivotal role in her recovery.



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Strength Beyond Fear

Here's Usha's inspiring journey of resilience and determination in her battle against breast cancer.



USHA HUBLIKAR

67 YEARS, BOMBAY

The harbinger of hope -
Dr. Shalaka Joshi

In October 2019, I was diagnosed with stage three breast cancer. As part of my annual health routine, I had undergone a body check-up in 2018, which indicated a minor concern. However, a follow-up six months later revealed significant changes, prompting me to seek immediate medical attention at Tata Memorial Hospital.

Within fifteen days of the diagnosis, I underwent surgery, followed by chemotherapy and radiation therapy. The journey wasn't easy, especially with the added challenges of the COVID-19 pandemic in 2020. Lockdown restrictions and transport issues made treatment challenging, but Tata Memorial Hospital ensured my care continued seamlessly.

Emotionally, the early days were overwhelming. I lost weight drastically and struggled mentally, but the unwavering support of my family gave me the strength to fight back. Their belief in my recovery helped me regain confidence and maintain a positive outlook.

Today, I am deeply grateful to Tata Memorial Hospital and the Women's Cancer Initiative (WCI) for providing financial and emotional support throughout my journey.

Usha's story is a powerful reminder of the importance of early detection, regular health check-ups, and the right medical care in overcoming breast cancer. Her resilience, support system, and positive mindset show that cancer can be fought and conquered.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength Beyond the Diagnosis: A Teacher's Inspiring Journey Through Breast Cancer

With unwavering support from her family and expert care from Dr. Meenu Walia, she turned her cancer battle into a story of resilience and hope.



MRS RUCHI DHAWAN

55 YEARS, DELHI

The harbinger of hope -
Dr. Meenu Walia

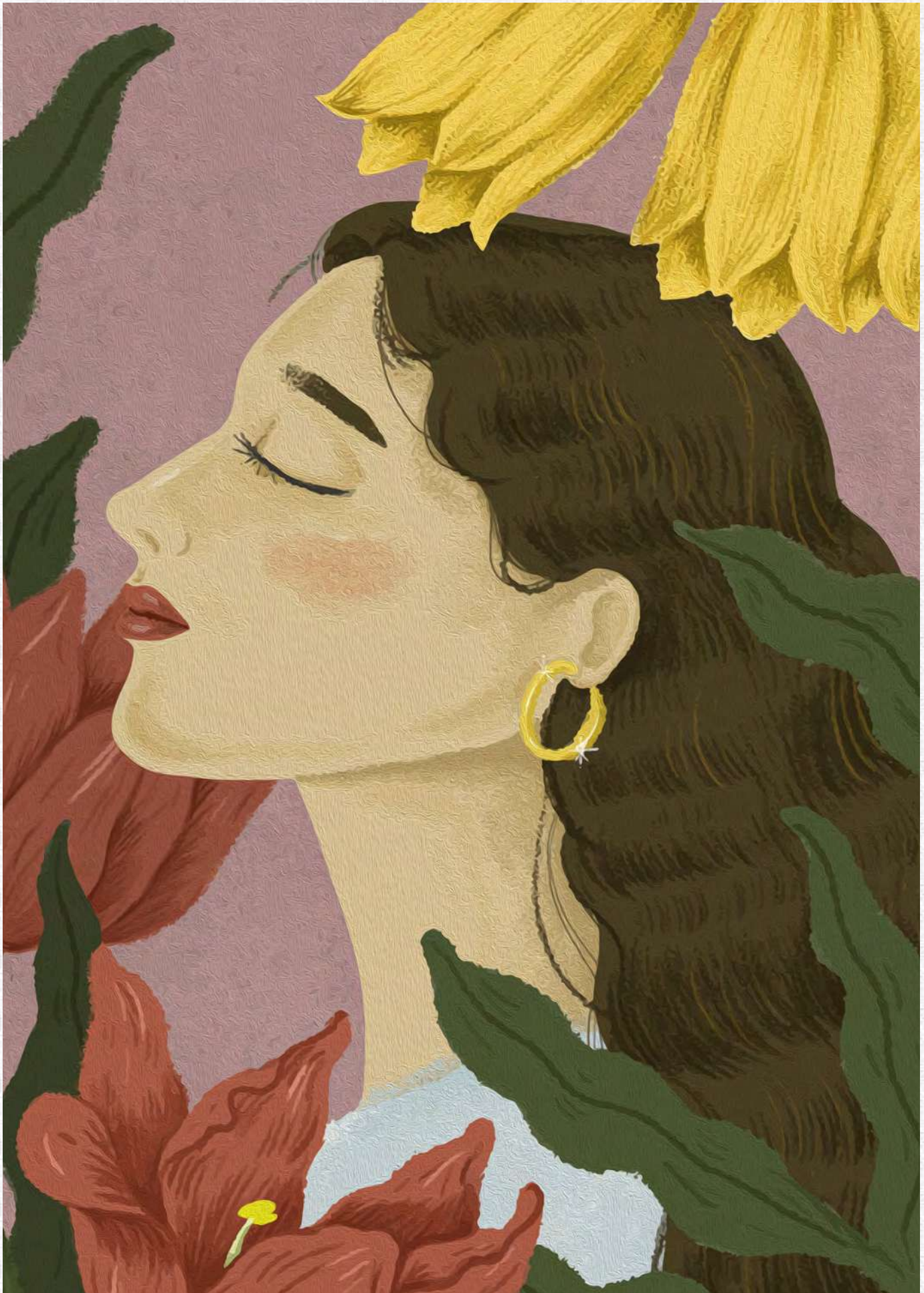
In October 2010, during a rare day off from my duties as a teacher at DPS, I decided to visit my CGHS dispensary for a routine check-up. What began as a casual visit turned into a life-altering diagnosis when a lump in my right breast was detected. A subsequent FNAC test confirmed Stage IV breast cancer.

Hearing the diagnosis was devastating, and while I initially tried to stay composed, the gravity of the situation hit hard. My husband, Dinesh, stood by my side as my pillar of strength, providing both emotional and physical support. His calm demeanor and encouragement gave me the courage to face the challenging treatment journey ahead.

The treatment began with nine cycles of chemotherapy and lasted over a year, followed by oral medications and regular PET-CT scans. In April 2014, the disease reoccurred, and this time, I turned to Dr. Meenu Walia at Max Hospital for guidance. With her expertise, I underwent six additional cycles of chemotherapy. When the cancer returned in 2019, she introduced targeted therapy, which continues to this day.

Through these years, my family has been my greatest source of strength. My husband's unwavering belief in my recovery kept me motivated. He ensured our home environment remained positive and planned memorable trips to places like Himachal, Kashmir, and Leh, proving that "Life is beautiful if you live it beautifully." My sons, Aakarsh and Utkarsh, also stood by me, providing constant love and encouragement, whether through hospital visits or small gestures like planning movie nights or gifting me books.

Mrs. Dhawan's inspiring story underscores the importance of early detection, timely intervention, and the critical role of a supportive family and expert medical care. Her journey reminds us that even in the face of adversity, life can be cherished and celebrated.



Zydus School of Excellence, Godhavi, Ahmedabad

Triumph Over Adversity: Sonia's Unyielding Journey Through Breast Cancer

With the unwavering love of her family and expert care from Dr. Meenu Walia, Sonia emerged stronger, inspiring others with her courage and resilience.



SONIA

39 YEARS, DELHI/NCR

The harbinger of hope -
Dr. Meenu Walia

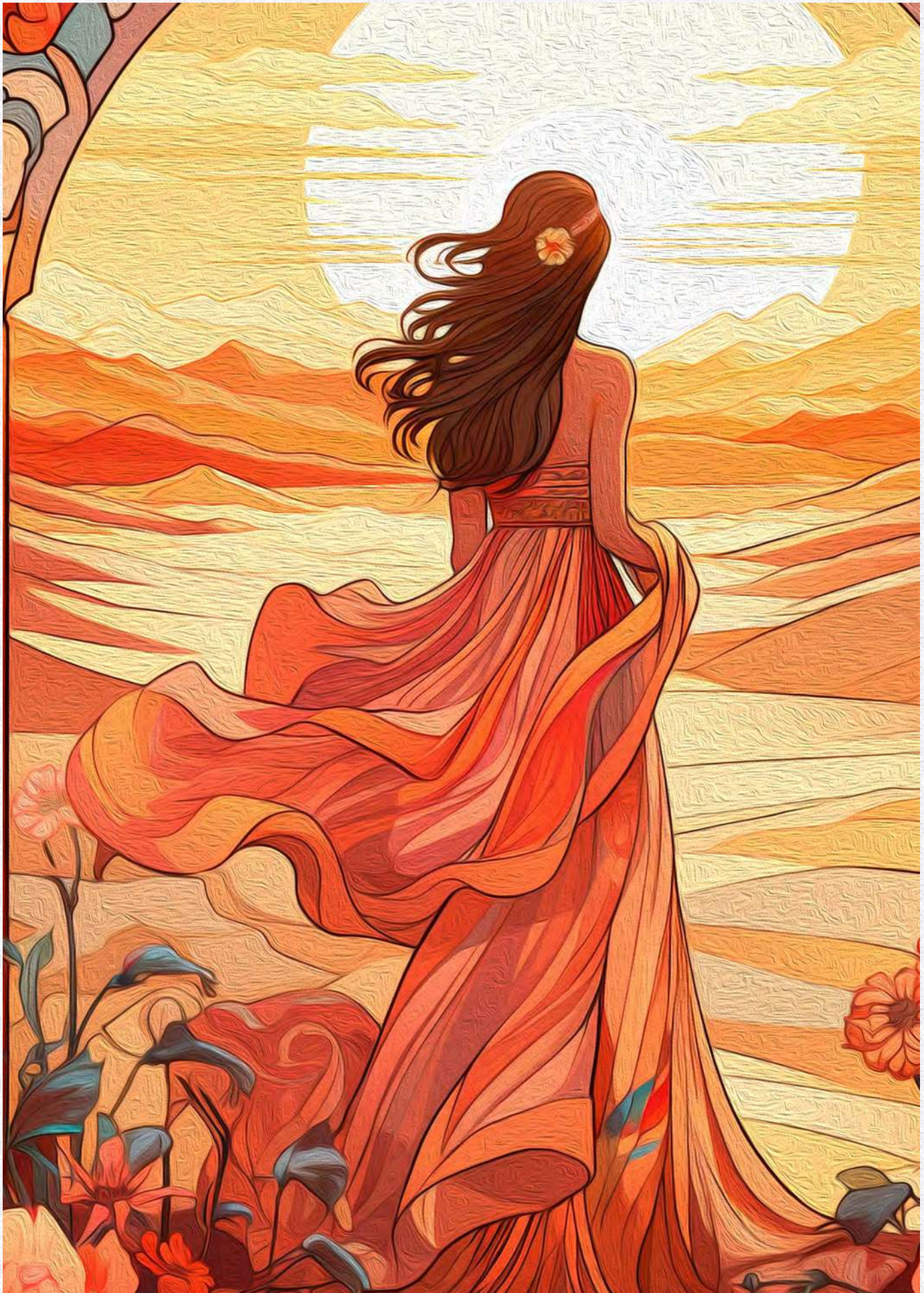
In December 2021, at 37, I was diagnosed with Stage 3 breast cancer. It all started with a routine check-up for a lump, which led to a biopsy and the heartbreaking diagnosis. My husband, Amit, and I were devastated, but we quickly decided to focus on recovery. With guidance from family and expert care from Dr. Meenu Walia, a Medical Oncologist at Max Patparganj, we found the strength to move forward.

My treatment plan was intense—chemotherapy, surgery, and radiotherapy. Chemotherapy was physically and emotionally draining, causing hair loss, fatigue, and pain. Throughout it all, my family became my anchor. My 7-year-old daughter, Saanchi, showed remarkable maturity, and Amit's support kept me going.

In May 2021, I underwent breast removal surgery, followed by radiotherapy and maintenance therapy. Each phase was challenging, but my family's love and care made it bearable. Despite the hardships, I continued working, supported by my mentor, Deepak, and my team. Staying involved in life, whether through family activities or stage performances, helped me reclaim joy and gratitude.

Through everything, my journey has been one of resilience, supported by a circle of love, strength, and unwavering care.

Sonia's journey reminds us of the power of love, resilience, and expert medical care in overcoming life's toughest challenges. Her determination to live fully, even in the face of adversity, is an inspiration to all.



Zydus School of Excellence, Godhavi, Ahmedabad

Courage and Hope: Tiatula Jamir's Inspiring Breast Cancer Journey

From facing cancer twice to embracing life with resilience, Tiatula's story is a beacon of strength and determination.



TIATULA JAMIR

59 YEARS, DIMAPUR, NAGALAND

The harbinger of hope -
Dr. Venkata Pradeep Babu Koyyala

In November 2016, I discovered a small lump in my right breast. Initially frightened and worried, I chose to ignore it. But as the lump grew, I shared my concern with my family. After a check-up at CIHRS Hospital in Dimapur, I was diagnosed with stage 2 breast cancer.

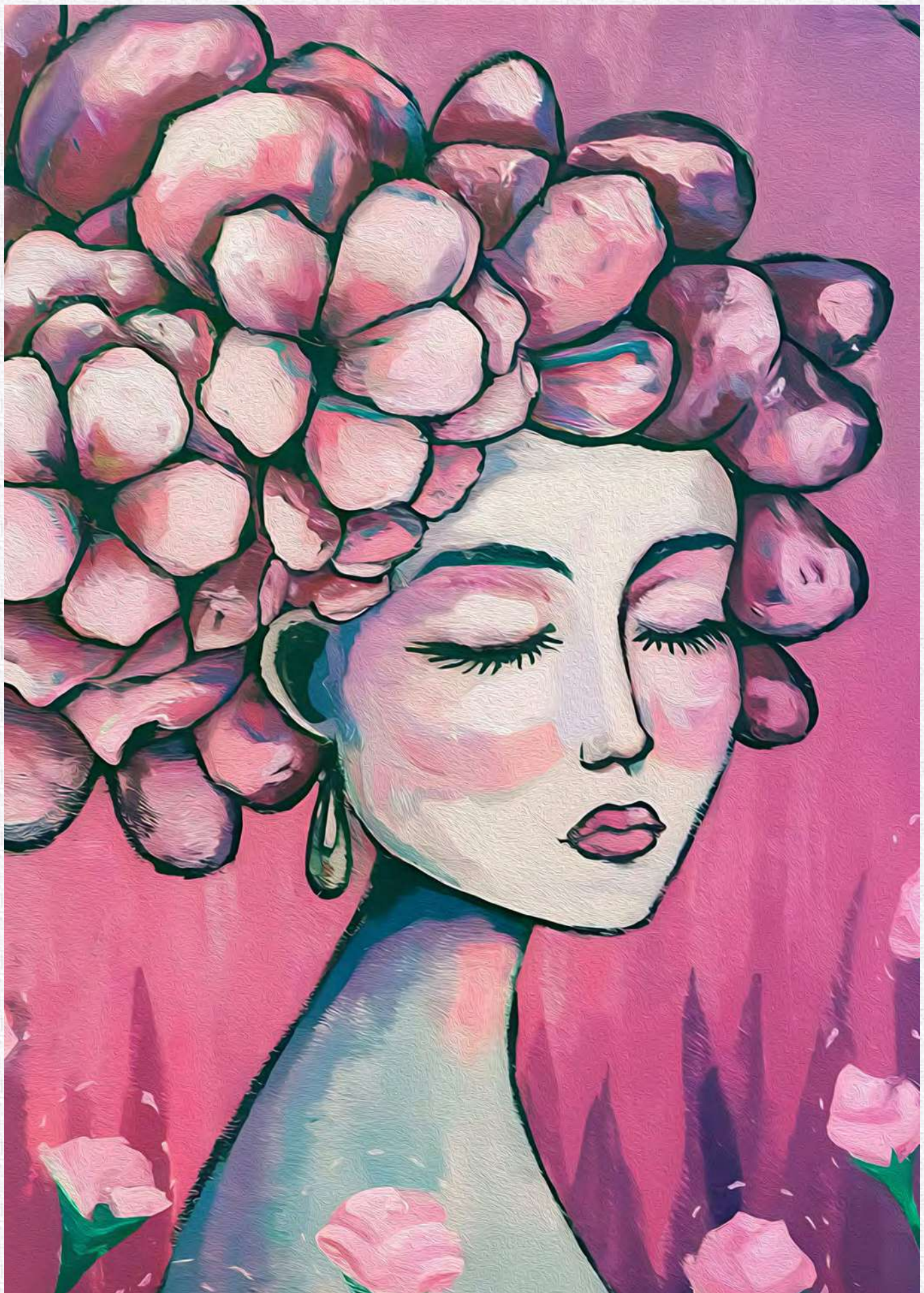
The news was devastating. I was terrified of how it would impact my life and family, but my biggest support came from my husband and children, who stood by me unwaveringly. I began chemotherapy at Eden Hospital and underwent a mastectomy at Yashoda Hospital, Hyderabad, in May 2017.

For five years, I was in remission, but in 2023, I found a cyst on my mastectomy site. A surgery in July 2024 confirmed that I had stage 4 metastatic breast cancer. This time, the journey was harder. My greatest support, my husband, had succumbed to stage 4 metastatic cancer in 2019. I didn't want to burden my children with worry, but with their love and encouragement, I started treatment again.

I was referred to Dr. Venkata Pradeep Babu Koyyala, a medical oncologist, whose compassionate care and expertise, along with his wonderful team, gave me the strength to fight back. Today, I am living with this disease, and though the battle is ongoing, I am determined to embrace life fully.

I believe in the advancements in science and cancer research, and I hold on to the hope of watching my children and grandchildren grow. My journey has taught me that courage, resilience, and faith can help overcome the darkest moments.

Tiatula's story is a testament to the power of resilience, family support, and expert medical care. Her strength and determination inspire others to fight cancer with courage and hope.



Zydus School of Excellence, Godhavi, Ahmedabad

Hope and Strength: Kunjal Mehta's Inspiring Breast Cancer Journey

With unwavering family support and expert care from Dr. Bhargav Trivedi, Kunjal fought breast cancer with resilience and positivity.



KUNJAL MEHTA

50 YEARS, JAMNAGAR, GUJARAT

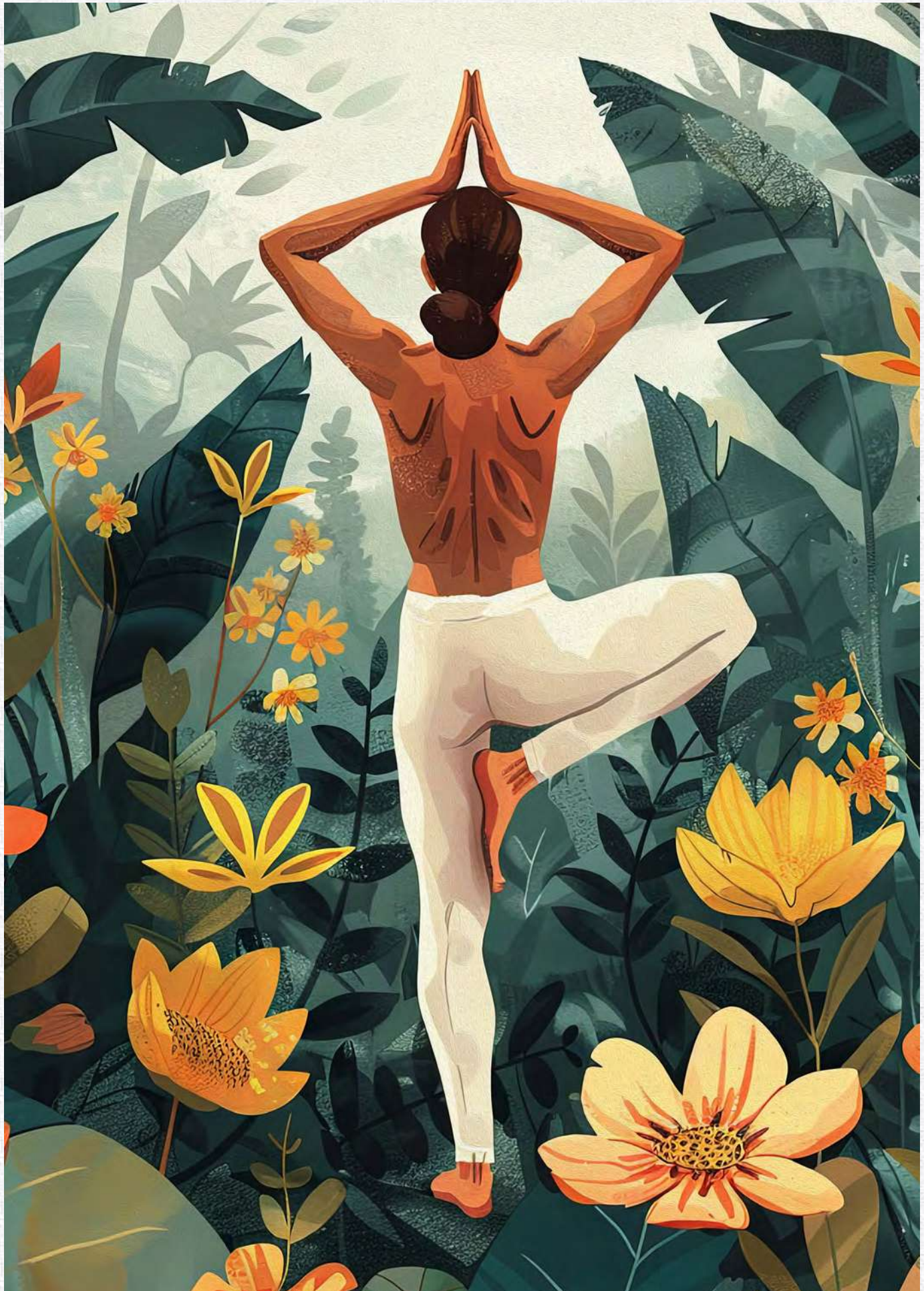
The harbinger of hope -
Dr. Bhargav Trivedi

At the age of 38, I discovered a lump in my breast that had been there for several years. Despite undergoing a full-body check-up, the mammography failed to detect the issue. It was only on my brother Dr. Jignesh's suggestion to undergo a biopsy that we confirmed it was a cancerous node.

My brother, who is a surgeon, performed the initial surgery and then referred me to Dr. Bhargav Trivedi, Medical Oncologist. Under his care, I received chemotherapy followed by radiation therapy. Dr. Bhargav not only provided expert medical treatment but also supported me like family, ensuring I never felt afraid throughout my journey.

I live in a joint family, and their constant encouragement and love kept me motivated. They were my rock during this tough time, and with their help, I never lost hope. To distract myself from the challenges of treatment, I immersed myself in reading good books, which gave me strength and kept me focused on something positive.

Kunjal's journey is a testament to the importance of early detection, expert medical care, and emotional support in overcoming breast cancer. Her positivity and strength inspire hope for others facing similar battles.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength in Survival: Manga Laxmi's Battle Against Breast Cancer

From a challenging diagnosis to a life of awareness, Manga Laxmi's inspiring journey reminds us of the importance of early detection and healthy living.



MANGA LAXMI

57 YEARS, KAKINADA

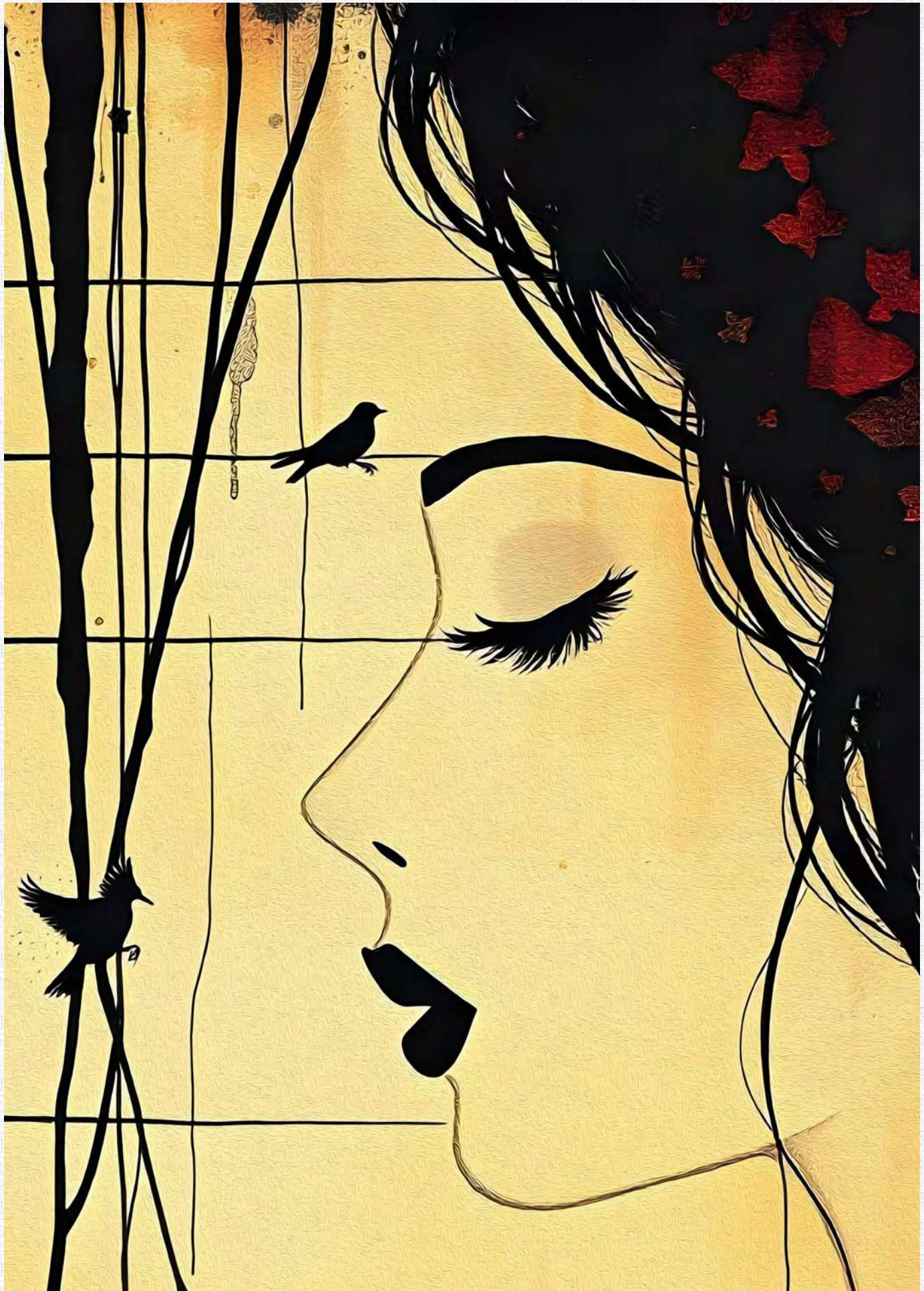
The harbinger of hope -
Dr. Meher Lakshmi Konatam

I am a homemaker from Kakinada, and my journey with breast cancer began in 2016. Before my diagnosis, I underwent two surgeries to remove benign lumps from my breast. The third time, however, the tumor was diagnosed as cancerous after a biopsy at NIMS Hospital. It was a devastating moment for my family, but with the guidance and care of Dr. Meher Lakshmi Konatam, Medical Oncologist at NIMS, I began my treatment journey.

I underwent surgery, radiation therapy, and chemotherapy, and I am grateful to say that today, I am a survivor. I continue regular follow-ups every six months at NIMS and no longer require breast cancer medication. While I faced cardiac issues along the way, I now manage them with medication under the care of my cardiologist, Dr. Naresh.

Breast cancer has deeply affected my family. My sister was diagnosed at stage 4 and, despite receiving radiation therapy, she lost her battle with cancer. Later, her daughter was also diagnosed with breast cancer and is currently undergoing treatment. This experience has taught me the importance of vigilance and proactive health measures for women in families with a history of cancer.

Manga Laxmi's journey highlights the importance of early detection, timely treatment, and a focus on health and wellness. Her resilience and commitment to raising awareness inspire others to take charge of their health.



Zydus School of Excellence, Godhavi, Ahmedabad

Rising Above: A Cancer Survivor's Journey of Hope and Purpose

From the top of the world to battling cancer, this inspiring story is about finding strength, support, and a renewed purpose in life.



DR. MRUNAL GORE

75 YEARS, BHOPAL

The harbinger of hope -
Dr. Shyam Agrawal

When I was diagnosed with cancer, I was at the top of the world—life seemed perfect. But in the blink of an eye, my world came crashing down. The journey through surgery, chemotherapy, and recovery was incredibly tough. However, I survived, thanks to the unwavering, selfless support of my family, friends, and children, who stood by me day and night.

The doctors played a crucial role in my journey, offering immense patience and guidance throughout my treatment. Their expertise and kindness gave me hope even on the darkest days.

This life is a bonus—a gift from God—and I am using this precious time to help others. Spirituality has been a cornerstone of my rehabilitation, giving me the strength to heal emotionally and embrace life with gratitude and purpose.

This journey is a testament to the power of support, resilience, and spirituality in overcoming adversity. It highlights the importance of a strong support system and a positive outlook in conquering life's challenges.



Zydus School of Excellence, Godhavi, Ahmedabad

Resilience in the Face of Adversity: Malti Turakhia's Inspiring Cancer Journey

From a stage 4 diagnosis to embracing life, Malti's story is a testament to the power of family, positivity, and resilience.



MALTI JANAK TURAKHIA

72 YEARS, AHMEDABAD

The harbinger of hope -
Dr. Chintan Shah

In 2020, I discovered a lump in my breast, which led to a terrifying diagnosis—stage 4 breast and lung cancer. The news was overwhelming, and I felt engulfed by fear and uncertainty. The first year was the hardest. I struggled emotionally, withdrawing from those around me as I tried to make sense of my new reality.

However, my family became my greatest strength. Their unwavering hope and encouragement reminded me to stay positive and taught me the importance of self-healing. Alongside them, I am forever grateful to Dr. Chintan Shah, whose expertise and compassionate care gave me the confidence to face each step of my treatment journey.

This experience has transformed my outlook on life. I no longer see cancer as something that defines me—it has instead made me more resilient. I approach life with a positive mindset and live as any normal person would, cherishing every moment.

Malti's journey emphasizes the importance of early detection, emotional resilience, and a strong support system. Her ability to overcome emotional and physical challenges inspires hope and courage in others facing similar battles.



Zydus School of Excellence, Godhavi, Ahmedabad

Courage Redefined: Madhuri's Journey of Triumph Over Breast Cancer

From detection to recovery, Madhuri's story exemplifies the power of early action, expert care, and family support.

MADHURI

69 YEARS, ADDANKI

The harbinger of hope -
Dr. Sreekanth

At the age of 69, I discovered a lump in my armpit. Alarmed, my family and I immediately consulted a gynecologist who recommended a mammogram. The diagnosis confirmed breast cancer, and we sought treatment at Omega Hospitals. Within just 15 days of detection, I underwent surgery to remove my right breast, performed by Dr. Nagakishore, and embarked on a journey of recovery guided by Dr. Sreekanth at Omega Hospital, Guntur.

The initial diagnosis left me emotionally devastated, especially the thought of losing a part of my body. However, the constant support and counseling from my doctors, along with the love and encouragement from my family, helped me overcome my fears. Following four rounds of chemotherapy, I returned to my normal life, stronger and more grateful.

Inspired by my experience, I've made it my mission to promote self-screening and breast cancer awareness, starting within my own family. My daughters and daughters-in-law now make regular self-examinations a priority, and I encourage every woman to do the same.

Madhuri's journey highlights the importance of timely diagnosis, self-screening, and the support of compassionate doctors and family members. Her resilience is a reminder that early action and a positive mindset can make all the difference.



Zydus School of Excellence, Godhavi, Ahmedabad

Resilience Personified: Tejashri Mondkar's Journey Through Breast Cancer

From early detection to facing multiple malignancies, Tejashri's courage and optimism light the way for others.



TEJASHRI MONDKAR

78 YEARS, MUMBAI

The harbinger of hope -
Dr. Arun Agarwal

At the age of 66, I felt a slight lump on the right side of my breast. Concerned, I immediately consulted my family doctor, Dr. Arun Agarwal, who insisted on further testing without delay. He referred me to Kokilaben Hospital, where I was diagnosed with breast cancer in its very early stages. The news left me in shock—I had never imagined facing such a diagnosis.

My journey began with an appointment with Dr. Mandar Nadkarni, who assured me that, due to the early stage, chemotherapy was unnecessary, and radiation would suffice. This ray of hope helped me take the first step towards fighting cancer. After the initial shock, I resolved to face the situation with courage and determination.

Tejashri's story is a testament to the power of early detection, a positive mindset, and the support of loved ones. Her strength and ability to find joy through hobbies underscore the importance of mental resilience in overcoming challenges.



Zydus School of Excellence, Godhavi, Ahmedabad

Courage Redefined: Dr. Sutanuka Chakraborty's Inspiring Cancer Journey

From battling breast cancer to contributing to oncology research, Dr. Sutanuka's story is a beacon of hope and resilience.



DR. SUTANUKA CHAKRABORTY 36 YEARS, BENGALURU

The harbinger of hope -
Dr. Poovamma and Dr. Prasad Narayan

At the age of 34, I discovered a lump in my breast while bathing. Concerned, I consulted a gynecologist, and further tests confirmed my worst fear—stage 3 breast cancer. As a breastfeeding mother to my 1.5-year-old, the diagnosis was devastating for me and my family. However, with their unwavering support, I chose to face the challenge head-on.

My treatment included chemotherapy, surgery, and radiation under the expert care of Dr. Poovamma and Dr. Prasad Narayan at Cytecure Cancer Hospital. The journey was physically and emotionally taxing, but my determination, coupled with the emotional strength drawn from my family, saw me through the darkest days.

This life-altering experience transformed my perspective on life. I now cherish every moment, viewing each day as a gift. Inspired by my battle with cancer, I joined an oncology R&D team, dedicating herself to advancing cancer research and helping others.

Early detection through self-examinations and prompt medical consultations can save lives. Emotional resilience and support from loved ones are as vital as the treatment itself. Trusting doctors and adhering to personalized treatment plans ensure better outcomes. Prioritizing self-care with a healthy lifestyle, mindfulness practices, and exercise boosts physical and emotional well-being. Above all, focusing on the present and finding joy in everyday moments brings peace and strength.



Zydus School of Excellence, Godhavi, Ahmedabad

Triumph over Adversity: Shalini Roy's Inspirational Journey through Breast Cancer

From battling stage 3 breast cancer to reclaiming her life with confidence and joy, Shalini's story is a testament to resilience and hope.



SHALINI ROY

36 YEARS, DELHI

The harbinger of hope -
Dr. Poovamma

In 2021, just 2.5 months after the birth of her second child, Shalini Roy was diagnosed with stage 3 breast cancer. While breastfeeding, she discovered a painful lump near her left armpit. Initially dismissed as a milk duct blockage, her persistence led her to consult Dr. Poovamma, who confirmed the diagnosis through a biopsy and mammogram. The news was devastating as it meant abruptly stopping breastfeeding and embarking on a tough battle against cancer.

Shalini underwent 16 cycles of chemotherapy, a mastectomy, and 15 rounds of radiation therapy, completing her treatment in seven months. The side effects were challenging, but her husband's unwavering support, including shaving his head in solidarity, kept her motivated. Refusing to let cancer define her, Shalini embraced temporary cosmetic changes and focused on recovery. Her family's unconditional support made her feel like any other normal member, which played a pivotal role in her journey.

Today, Shalini lives with renewed confidence and joy. She rides her scooty, explores her passions for dance and singing, and continues to check off her bucket list. She urges women to prioritize self-care, practice regular breast self-examinations, and stay vigilant about changes in their bodies.

Early detection and timely diagnosis are critical for better outcomes. Trust your doctor and adhere to their guidance. Mental strength, positivity, and self-belief are vital during treatment. Lean on your support system for emotional and practical help, and always dedicate time to self-care and well-being. Shalini's journey reminds us that resilience and hope can help overcome even the toughest battles.



Zydus School of Excellence, Godhavi, Ahmedabad

Triumphing Against All Odds: Dr. Girisha Patel's Inspiring Breast Cancer Journey

From a shocking diagnosis to reclaiming life with positivity, resilience, and support.



DR. GIRISHA S. PATEL

51 YEARS, VADODARA, GUJARAT

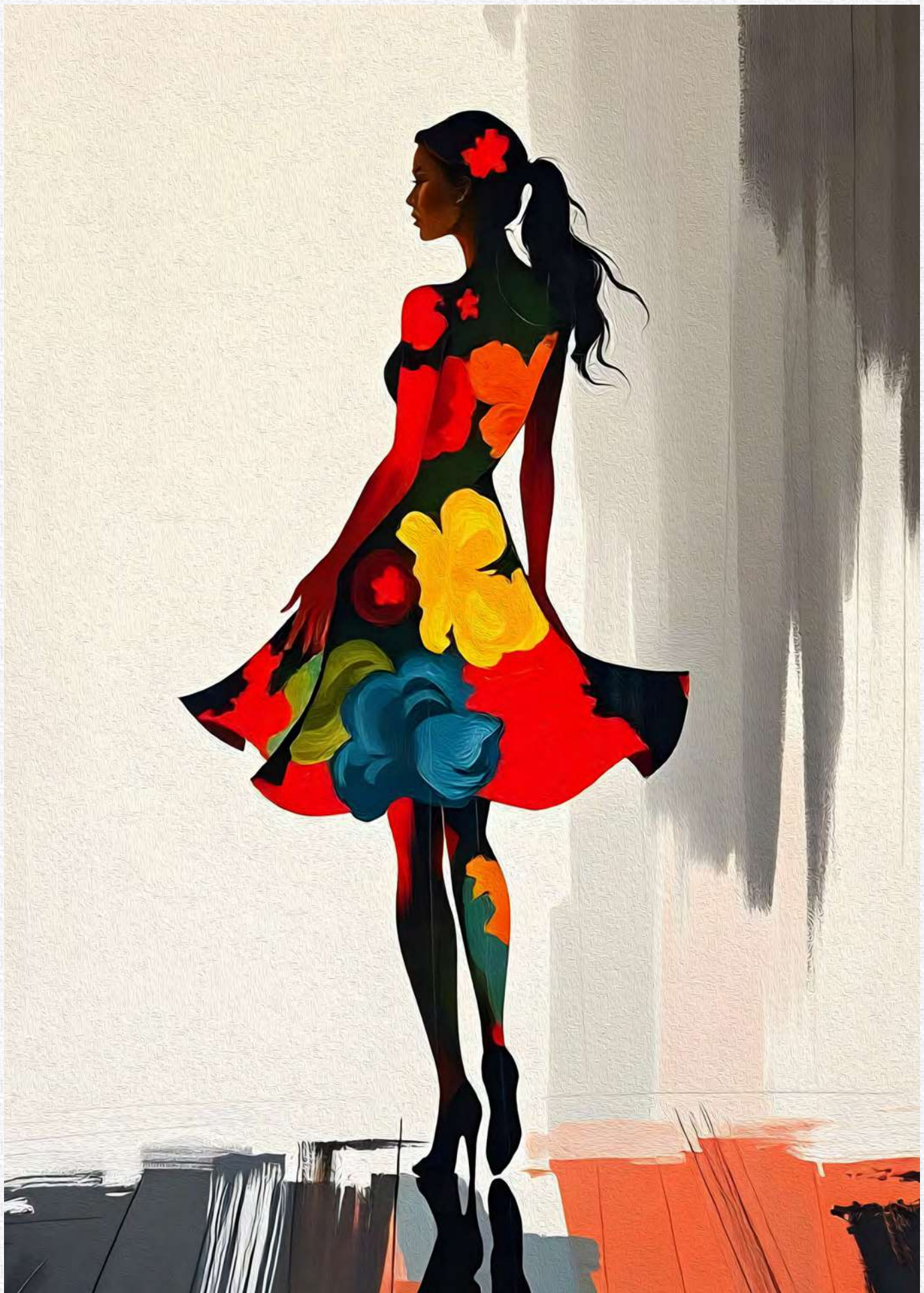
The harbinger of hope -
Dr. D.G. Vijay and Dr. Vibha Naik

At the age of 48, Dr. Girisha Patel, a microbiologist and Quality Head in the pharmaceutical industry, received a breast cancer diagnosis that shook her to the core. After an emotional breakdown, a conversation with her employer's wife—a 20-year breast cancer survivor—instilled courage in her to embark on this challenging journey. Determined to stay strong for her distressed parents, Dr. Girisha faced her battle with unwavering resilience.

Her treatment began under the expert guidance of Dr. D.G. Vijay and Dr. Vibha Naik at HCG Cancer Hospital. Chemotherapy and targeted therapy posed significant challenges, including weakness, taste changes, and the emotional toll of losing her long, silky hair. With Dr. Vibha Naik's encouragement, her parents' steadfast support, and lifestyle changes like yoga, meditation, and a nutritious diet, she managed to stay mentally and physically strong.

Despite her treatment, Dr. Girisha continued traveling 130 km twice a week to work, supported by her directors and colleagues. After completing six chemotherapy cycles, she underwent a mastectomy, radiation, and further targeted therapies. Throughout her journey, she consciously avoided negativity and stayed focused on her recovery. Post-treatment, she emerged stronger, with thicker hair and a renewed zest for life, even making spiritual trips during her therapy.

Early detection, a positive mindset, and lifestyle changes such as yoga and meditation are vital. Faith in oneself, supportive relationships, and trusting doctors play a key role in overcoming cancer. Dr. Girisha's story highlights the importance of resilience and the power of optimism during treatment.



Zydus School of Excellence, Godhavi, Ahmedabad

A Journey of Hope: Shanu Motwani's Breast Cancer Battle

From diagnosis to recovery, Shanu's story emphasizes early detection, family support, and positivity.



SHANU MOTWANI

52 YEARS, JAIPUR, RAJASTHAN

The harbinger of hope -
Dr. Sandeep Jasuja

In 2019, after watching an awareness video on self-checking for breast lumps, Shanu Motwani discovered a lump in her breast. Promptly, her daughter took her to SMS Hospital, where a breast cancer diagnosis was confirmed. Her treatment journey included surgery to remove her left breast, followed by chemotherapy and recovery amidst the challenges of the COVID-19 pandemic.

The journey was emotionally and physically demanding, but Shanu's family, including her husband, three children, son-in-law, sister, and brother, provided unwavering support. They accompanied her to hospital visits, offering strength and comfort during difficult times. In addition, the Sanjeevni Foundation played a pivotal role in her emotional recovery. Their life-affirming sessions helped Shanu maintain a positive outlook and inspired her to approach life with newfound resilience.

Early detection through regular self-checks can save lives. A strong support system, both familial and organizational, is vital during recovery. A positive attitude is essential for navigating the challenges of treatment. Emotional support organizations like Sanjeevni Foundation can make a significant difference in one's healing journey.

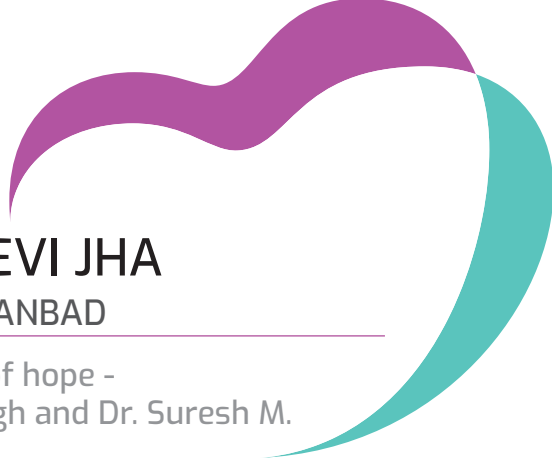
Shanu's experience serves as an inspiration for others to prioritize self-awareness, seek timely medical help, and lean on their loved ones during challenging times. Her story is a powerful reminder that hope, resilience, and support can conquer even the toughest battles.



Zybus School of Excellence, Godhavi, Ahmedabad

Fighting Back: Nutan Devi Jha's Journey through Breast Cancer and Resilience

From diagnosis to reoccurrence, Nutan's story highlights the power of expert care, family support, and unwavering courage.



NUTAN DEVI JHA

49 YEARS, DHANBAD

The harbinger of hope -
Dr. Gunjesh Singh and Dr. Suresh M.

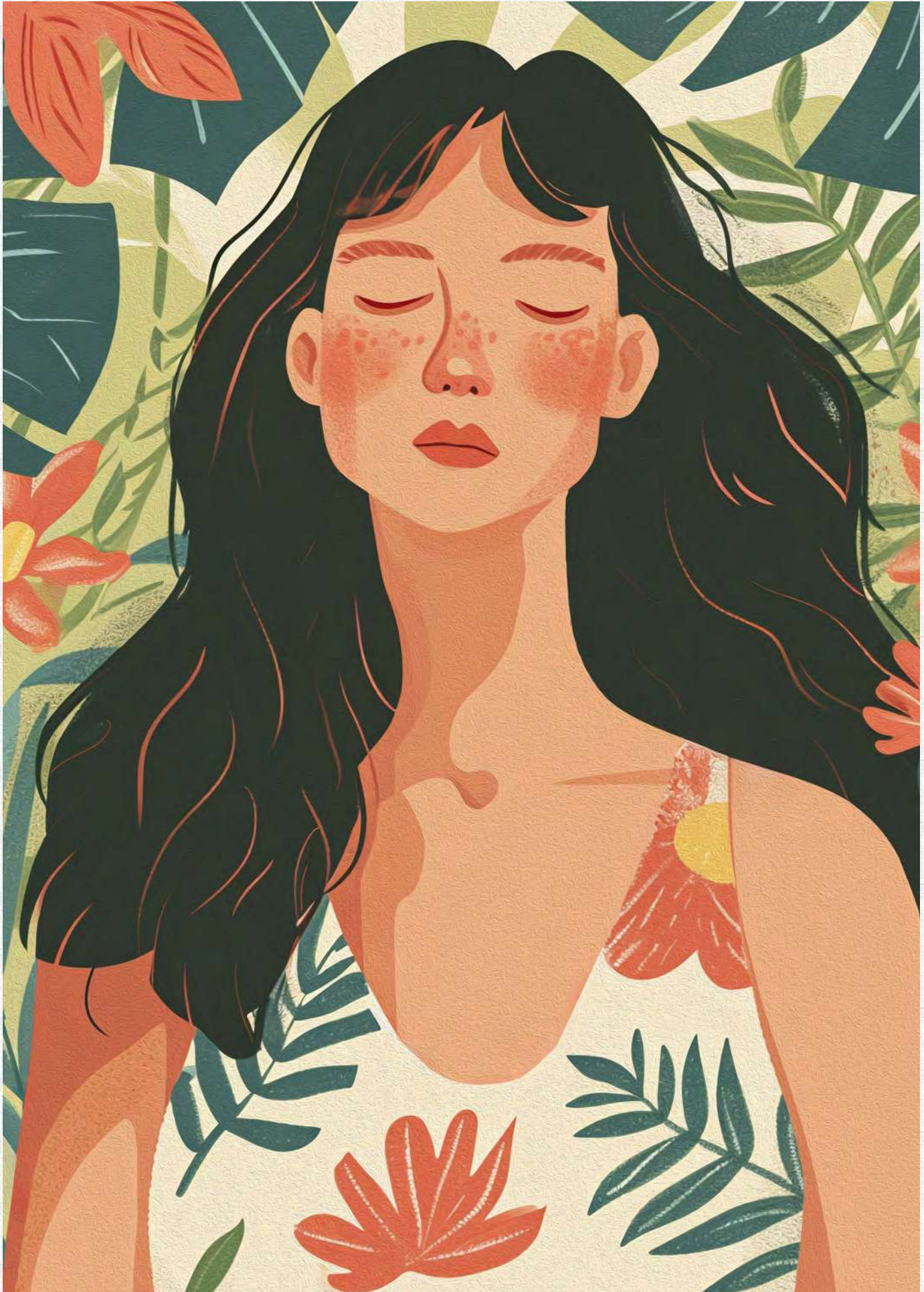
In 2011, at the age of 39, Nutan discovered nodes in her armpit and right breast, accompanied by persistent fever, leading to a breast cancer diagnosis. Treated at TMH Mumbai and followed by chemotherapy in CHD Dhanbad and radiotherapy at HCG Curie Ranchi, Nutan adapted to her new lifestyle and faced treatment challenges head-on.

A decade later, in 2021, cancer reoccurred, this time affecting her ovary and fallopian tubes. The road was far more challenging, with surgery at TMH Mumbai, chemotherapy at Medica Ranchi, and radiotherapy at HCG Curie Ranchi. Nutan experienced hypersensitivity to chemotherapy drugs, but under the meticulous care of Dr. Gunjesh Singh and his coordination with TMH Mumbai, her treatment regimen was successfully adapted.

Throughout her battle, Nutan drew strength from her family, particularly her children, and the unwavering support of her BCCL office. Despite infections and pain, she maintained her willpower and leaned on her doctors' expertise.

Early detection and regular check-ups are crucial. Trust in your doctors and their treatment plans is essential for recovery. Mental resilience, family support, and a positive outlook are invaluable in the fight against cancer. A healthy lifestyle with regular exercise and a nutritious diet can aid healing.

Nutan's story reminds us that with faith, determination, and the right support, it is possible to overcome even the toughest battles. Her resilience inspires others to stay hopeful and never give up.



Zybus School of Excellence, Godhavi, Ahmedabad

A Journey of Strength: Padma Ganesh's Fight Against Breast Cancer

From a terrifying diagnosis to reclaiming life, Padma's journey is a testament to faith, family, and resilience.



PADMA GANESH

51 YEARS, TRICHY

The harbinger of hope -
Dr. S. Subramanian

In 2009, Padma discovered a lump in her left breast, initially diagnosed as a fibroid and removed. However, another lump developed later, leading to a stage 3 breast cancer diagnosis. The news was devastating, but Padma and her family turned to VS Hospital in Chennai for treatment under the care of Dr. S. Subramanian.

Overwhelmed by fear and the thought of losing her hair, Padma struggled emotionally. However, her family—her husband, mother-in-law, and sister-in-law—became her pillars of strength, managing household responsibilities and encouraging her throughout her journey. She found solace in prayer and drew immense confidence from Dr. Subramanian, whom she describes as her guiding light.

Padma's treatment included surgery, chemotherapy, and emotional healing. Through faith, family support, and her doctor's expertise, she emerged stronger, returning to her normal life as a breast cancer survivor. She now embraces life with positivity and encourages others to prioritize their health.

Early detection is crucial for effective treatment. Regular self-breast examinations and health check-ups can save lives. Surround yourself with a strong support system and maintain a positive mindset. Trust your doctors and the latest medical advancements. Above all, prioritize your health with regular exercise and a balanced lifestyle.

Padma's story reminds us that with determination, faith, and the right support, even the toughest battles can be overcome. Her journey inspires hope for those facing similar challenges.



Zydus School of Excellence, Godhavi, Ahmedabad

Unyielding Spirit: Nilanjana's Triumph Over Breast Cancer

Diagnosed at just 30, Nilanjana's resilience and determination serve as an inspiration for others



NILANJANA PAL SAHA

31 YEARS, BARUIPUR, WEST BENGAL

The harbinger of hope -
Dr. Diptendra Sarkar & Dr. Tanmoy Kumar Mandal

In mid-2023, Nilanjana experienced sudden pain and blood discharge, prompting her to consult a gynecologist and undergo a USG. With a family history of cancer, BRCA testing was conducted, which fortunately came back negative. Seeking expert advice, she visited Dr. Diptendra Sarkar, HOD of Surgical Oncology at SSKM Hospital. At just 30 years old, she was diagnosed with stage 2 triple-negative breast cancer—a daunting revelation.

Despite the shock, Nilanjana demonstrated remarkable courage and unwavering determination. She embarked on a rigorous treatment journey, including 17 cycles of immunotherapy with Pembrolizumab followed by 4 cycles of EC chemotherapy. By mid-2024, she successfully completed her treatment and emerged victorious in her fight against cancer.

Nilanjana's story is a testament to the power of positivity, willpower, and perseverance. She has become a shining example of resilience, proving that a never-give-up mindset can overcome even the toughest challenges.

Early detection and seeking expert medical care are critical. Maintaining a strong and positive outlook, combined with the support of skilled doctors and advanced treatments, can make a world of difference. Nilanjana's journey reminds us of the importance of self-awareness, proactive health measures, and unwavering determination in the face of adversity.



Zydus School of Excellence, Godhavi, Ahmedabad

Triumph Over Fear: An Inspirational Journey of Resilience and Renewal

From battling breast cancer to rediscovering life's beauty, this story celebrates strength and hope.



MANJU KATYAL

58 YEARS, DELHI

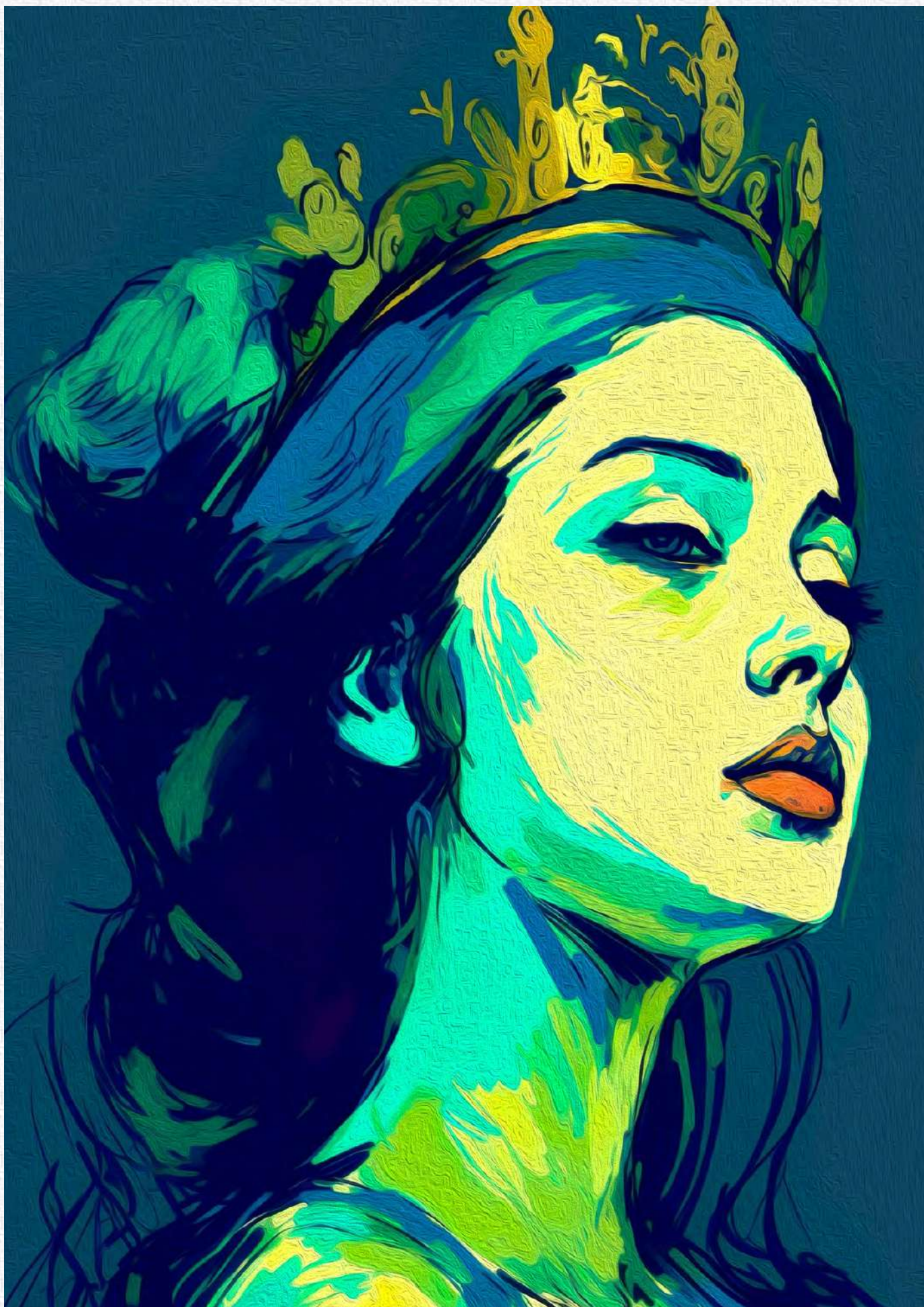
The harbinger of hope -
Dr. Meenu Walia

In January 2014, a sharp pain in the left breast and a cyst changed everything. A biopsy confirmed the dreaded diagnosis—breast cancer. Tears flowed for days, but an inner resolve emerged: this battle had to be fought and won. Motivated by family and friends, the journey of surgery, chemotherapy, and radiation began.

Undergoing surgery on 2nd February 2014 marked a rebirth, a milestone in the fight against cancer. Chemotherapy brought challenges, from sleepless nights to the heartbreak of losing hair, but the reassuring smile of Dr. Meenu Walia turned fear into confidence. With the support of compassionate hospital staff and unwavering family, every step of the treatment became a step closer to recovery.

Radiation sessions tested patience, yet the care of medical professionals made the experience bearable. Life took unexpected turns—joining a cancer support group brought an opportunity to walk the ramp and feature in advertisements. What started as a nightmare became a journey of self-discovery and transformation, giving purpose and meaning to life post-cancer.

Early detection and expert care are lifesaving. Positivity, resilience, and support from family and doctors are vital in overcoming fear and despair. Cherish every moment, surround yourself with positivity, and give back by inspiring others battling similar challenges.



Zydus School of Excellence, Godhavi, Ahmedabad

Overcoming Cancer with Positivity and Strength

Saroj's journey through cancer highlights the importance of regular check-ups and a positive outlook on life.



SAROJ BALA

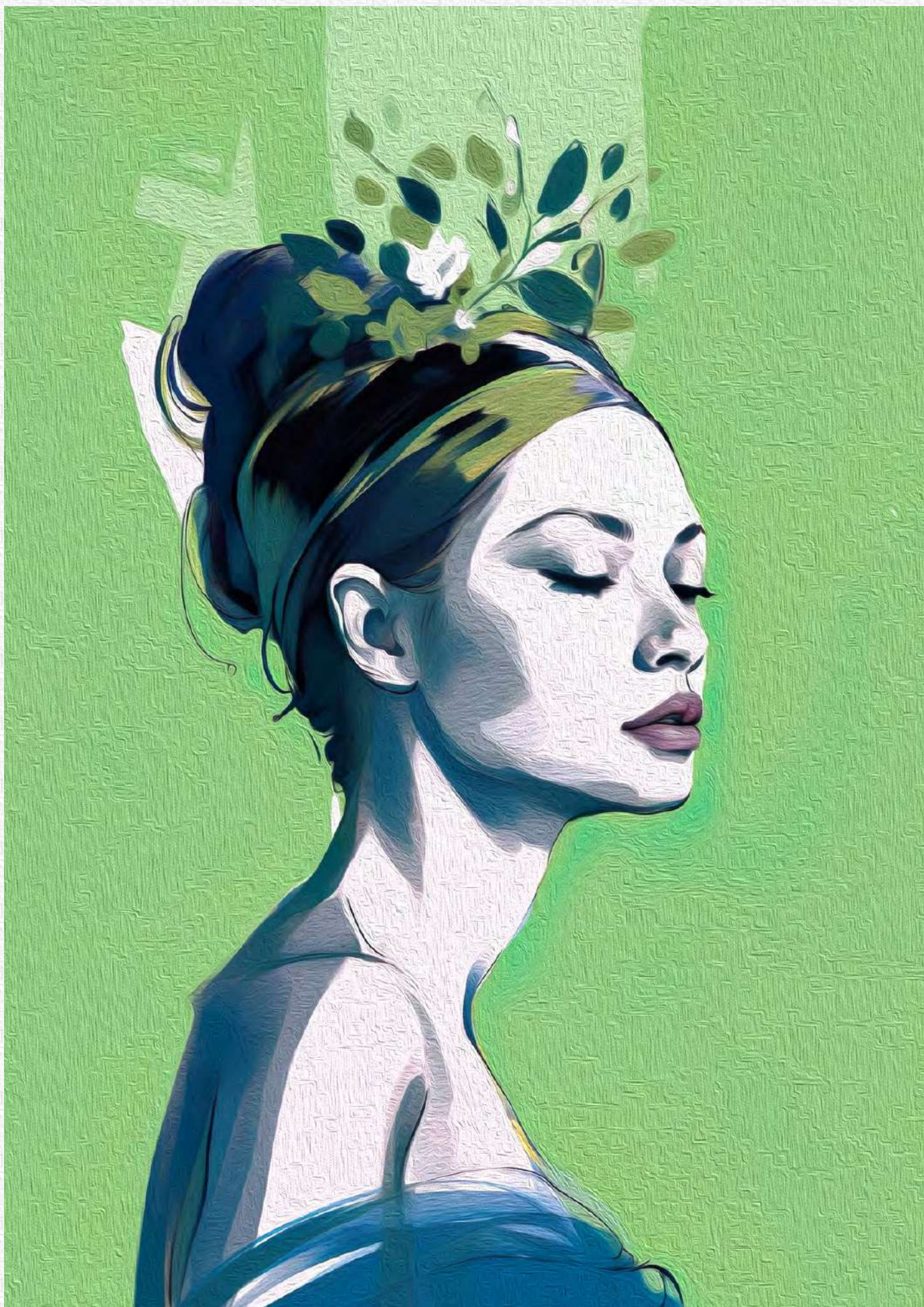
66 YEARS, CHANDIGARH

The harbinger of hope -
Dr. Rajeev Bedi

At the age of 60, I noticed a lump in my breast. Initially, I opted for homeopathy, believing it was minor, but the pain worsened. My daughter insisted on a professional check-up, and after a mammogram and biopsy, I was diagnosed with breast cancer. Surgery followed immediately, along with radiation and oral chemotherapy. In 2022, cancer returned in my pelvis, confirmed by an MRI. Once again, I began treatment and am now doing well, attending regular follow-ups.

The diagnosis shook me, and I cried a lot, but my family's unwavering support gave me strength. My husband left his job to care for me, and my daughter and son-in-law stood by me during the hardest days. The doctors and staff at Fortis Hospital provided expert care, making the journey bearable and ensuring I stayed optimistic.

Early detection is crucial—never ignore signs like lumps or unusual pain. Regular self-examinations and mammograms can save lives by enabling timely intervention. Mental strength and a positive outlook play a significant role in recovery, while family support and expert medical care are invaluable throughout the treatment process. Lastly, never skip follow-ups, as they are vital for monitoring health and preventing recurrence.



Zydus School of Excellence, Godhavi, Ahmedabad

Facing Cancer with Grace and Grit

Shraddha's journey from shock to strength reminds us that with resilience and early action, no challenge is insurmountable.



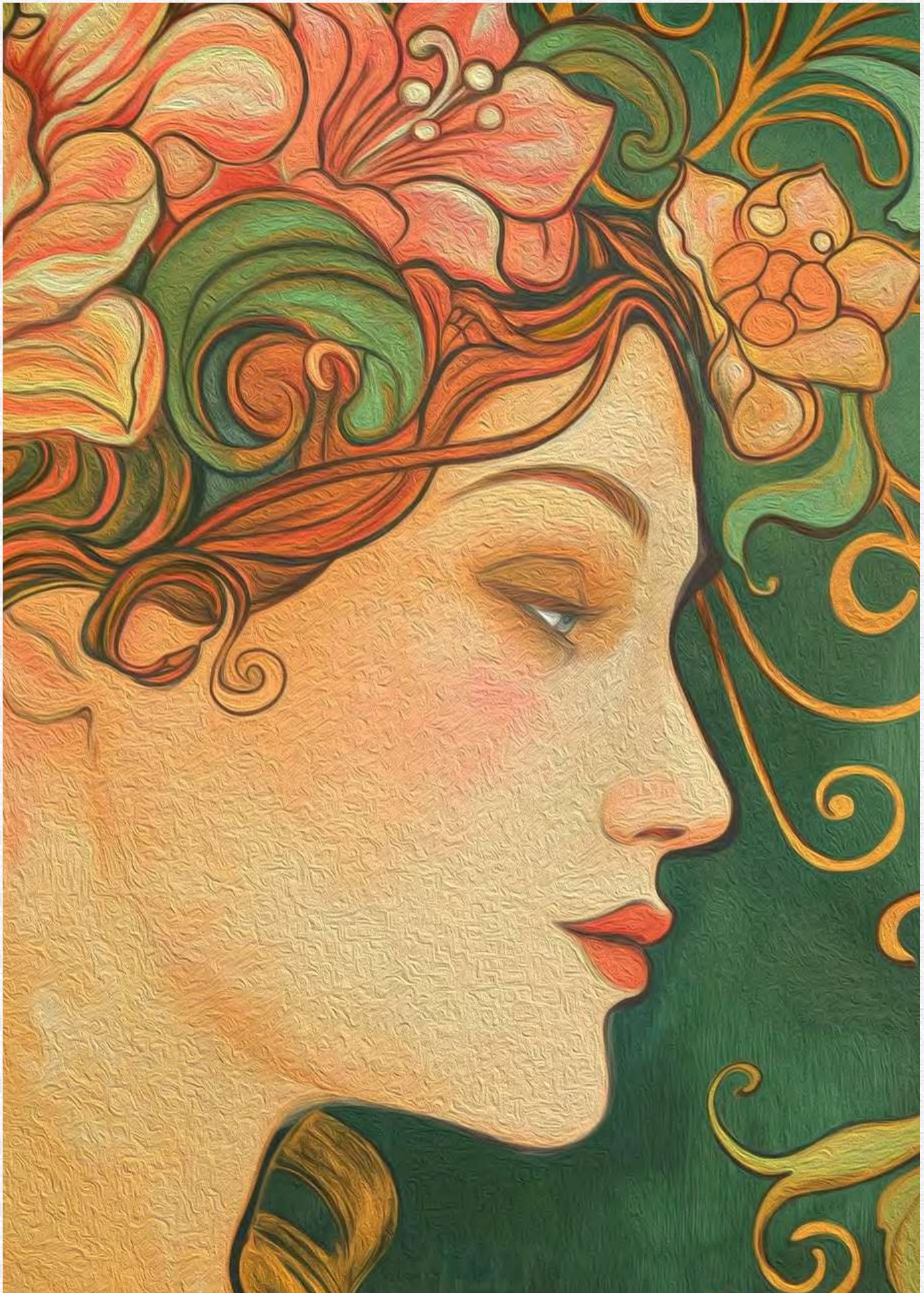
SHRADDHA MEHTA

48 YEARS, AHMEDABAD

The harbinger of hope -
Dr. D. G. Vijay

In January 2021, at the age of 45, I was diagnosed with breast cancer. The news was devastating, especially as an artist and singer deeply connected to my emotions. My doctor, Dr. D.G. Vijay at HCG Aashtha Cancer Centre, Ahmedabad, provided immense support, guiding me through each step and helping me mentally prepare for the battle ahead. With my family's unwavering love and encouragement, I faced surgeries and chemotherapy with courage and positivity. While I still worry about recurrence, I focus on the present and cherish this second chance at life.

Early detection through self-examination is crucial and can save lives. Mental strength and a positive attitude are key to overcoming challenges, while family support provides invaluable strength during tough times. Staying present, grateful, and focusing on each moment of life can make the journey more meaningful and uplifting.



Zyodus School of Excellence, Godhavi, Ahmedabad

Beating Cancer, Embracing Life

A survivor's message of resilience and hope for all.



SUMAN SHARMA

53 YEARS, PUNJAB

The harbinger of hope -
Dr. Ajit Bedi

At 35, I noticed a lump and pain in my left breast. Initially dismissed by a doctor, persistent symptoms led to a second opinion, confirming breast cancer. With my husband stationed far away in the army and my children in primary school, I underwent six months of chemotherapy and 25 radiation sessions, traveling alone between Pathankot and Delhi. In 2019, after a persistent cough, I faced another cancer diagnosis. This time, under the expert care of Dr. Ajit Bedi at Fortis Hospital, I underwent multiple chemotherapy cycles. Despite the struggles, my children became my strength, managing the household and supporting me. I refused to let fear consume me, instead focusing on staying positive and encouraging others to believe that cancer is not a life sentence.

Early detection through regular mammograms after 30 can save lives. A strong support system plays a vital role in the fight against cancer, while removing fear and adopting a positive mindset are crucial for healing. Trust in your doctors and follow their guidance diligently to ensure the best outcomes.



Zydus School of Excellence, Godhavi, Ahmedabad

Conquering Cancer with Courage

Read on to see how early detection and a positive mindset can turn someone's life around for good.



TEJAL CHITRE
VADODARA

The harbinger of hope -
Dr. Archit Joshi

One night, I felt unusual pain and decided to get a mammography done immediately. Despite being a routine procedure, this time, cancer was detected within six months of my last check-up. Diagnosed with Stage 1 breast cancer, I chose not to ask, "Why me?" but instead to face the challenge with courage. I sought out Dr. Jatin Desai, who performed a needle biopsy confirming the diagnosis. A PET CT scan brought relief as the cancer hadn't spread, and surgery was done the same day. Laughing and walking through the process, I kept my spirits high.

Eight chemotherapy sessions followed, testing my strength, but the incredible support from the oncology department at Zydus Hospital made it manageable. From doctors to staff, everyone treated me with care, kindness, and respect, filling my heart with hope and gratitude. Today, I'm a firm believer in the power of positivity and early detection.

Early detection is a lifesaver—regular check-ups and mammograms are essential. Treat cancer as a challenge, not a monster; positivity and courage make all the difference. Trust your doctors and follow their guidance diligently. Surround yourself with supportive and compassionate individuals, and remember, life's challenges are temporary, but your determination and strength are permanent.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength in Knowledge, Power in Action

A doctor's journey of resilience and awareness in the fight against breast cancer.



DR. SUDHA YADAV

76 YEARS, AHMEDABAD

The harbinger of hope -
Dr. Bhavin Shah

At 65, during a routine self-examination, I found a lump in my left breast. Aware of the importance of timely action, I contacted my doctor immediately and was diagnosed with breast cancer. Within five days, I underwent a modified radical mastectomy. I didn't let fear take over; instead, I focused on acting swiftly, knowing that early intervention was my best chance.

The unwavering support from my son, daughter-in-law, and close friends, especially my medical batchmates, kept me emotionally strong throughout the journey. I kept myself engaged by reading medical literature, which helped me understand the connection between emotional well-being and physical recovery.

During chemotherapy, I turned my struggle into empowerment. I started training women in self-examination and spreading breast cancer awareness, conducting numerous sessions in my society and beyond. Being part of cancer support groups not only aided my recovery but gave me a renewed sense of purpose.

Early detection saves lives, so practice regular self-examinations and take swift action without allowing fear to delay critical treatment. Trust medical professionals and avoid unreliable information. Emotional well-being is as vital as physical recovery—lean on your support system. Empower yourself and others with knowledge to raise awareness and promote early intervention.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength Beyond Service

Check out M L Pushpam's story of resilience, faith, and the power of positivity.



LT. COL. M. L. PUSHPAM

74 YEARS, KOZHIKODE

The harbinger of hope -
Dr. Ajay Kumar

After 24 years of dedicated service in the Military Nursing Service, I was diagnosed with breast cancer in 2010 when I found a 2.5 cm lump in my right breast during a self-examination. Acting swiftly, I consulted Dr. Ajay Kumar, HOD, MCH Kozhikode, who recommended removing the lump, followed by six cycles of chemotherapy and 25 radiation sessions.

In November 2017, cancer recurred in the same breast. This time, under the care of Dr. KV Gangadharan, HOD at Aster MIMS Hospital, Calicut, I underwent six cycles of chemotherapy, a bilateral mastectomy, 25 radiation sessions, and 18 cycles of targeted therapy. Despite the challenging treatments, I never allowed fear to dominate. My trust in my doctors and inner resolve became my anchors.

My family's constant support and encouragement provided the emotional strength I needed. Staying engaged in household chores and social activities kept my mind active and positive. The compassionate care of my doctors and nurses made my journey smoother, and I remain grateful for their dedication.

Early detection and prompt action are crucial for successful treatment. Trust your doctors and follow their guidance without hesitation. A strong support system of family and friends boosts mental resilience. Avoid negativity and focus on positivity to combat fear and anxiety. Embrace life with faith, courage, and determination—every battle can be won with the right mindset.



Zydus School of Excellence, Godhavi, Ahmedabad

Hope Heals, Support Strengthens

A journey where love, care, and medical excellence made all the difference.



BHAVNABEN RAMANI

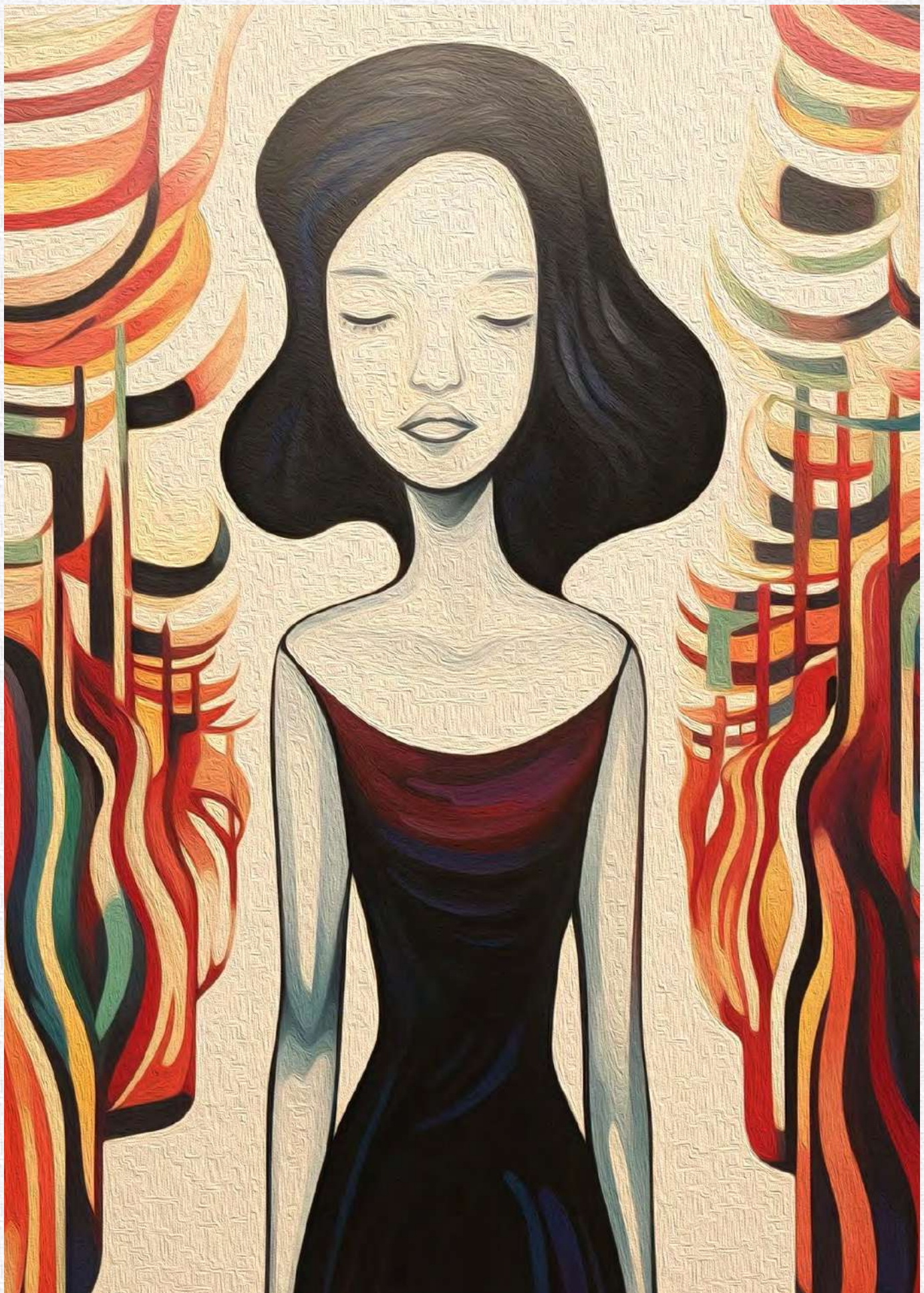
61 YEARS, RAJKOT

The harbinger of hope -
Dr. Manohar Chari

When I was first taken to Zydus Hospital, we chose to consult Dr. Manohar Chari, whose exceptional reputation reassured us. His compassionate approach and ability to explain everything in simple words brought immense relief to my family and me. Without hesitation, we decided to proceed with chemotherapy under his guidance. Before my first session, the hospital staff informed my family that they could call for assistance anytime, even during the night.

After my first chemotherapy session, I felt unwell and emotionally drained. I threw tantrums, but when my family called Dr. Chari late at night, he responded immediately with kindness and precise instructions, ensuring that my comfort and health were prioritized. I underwent eight chemotherapy sessions, adhering to the schedule prescribed by my doctor. Each visit to Zydus Hospital felt less like a medical appointment and more like a comforting experience. The doctors, nurses, and staff treated me with immense respect and kindness, making me feel valued and cared for. Their compassionate approach provided me with the strength to fight my battle with confidence.

Surround yourself with people who uplift and support you—family, friends, and a dedicated medical team make all the difference. Strength comes from within, but having positive people around makes the journey smoother. Cancer can be overcome with a strong mindset and the right medical care. Trust your doctors, follow their guidance, and never underestimate the power of a positive outlook. In challenging times, hope and resilience make all the difference.



Zydus School of Excellence, Godhavi, Ahmedabad

Winning the Battle, One Checkup at a Time

More than a story, here's a reminder to prioritize yourself and stay vigilant in the fight against cancer.



VIDHYA GADHVI
GUJARAT

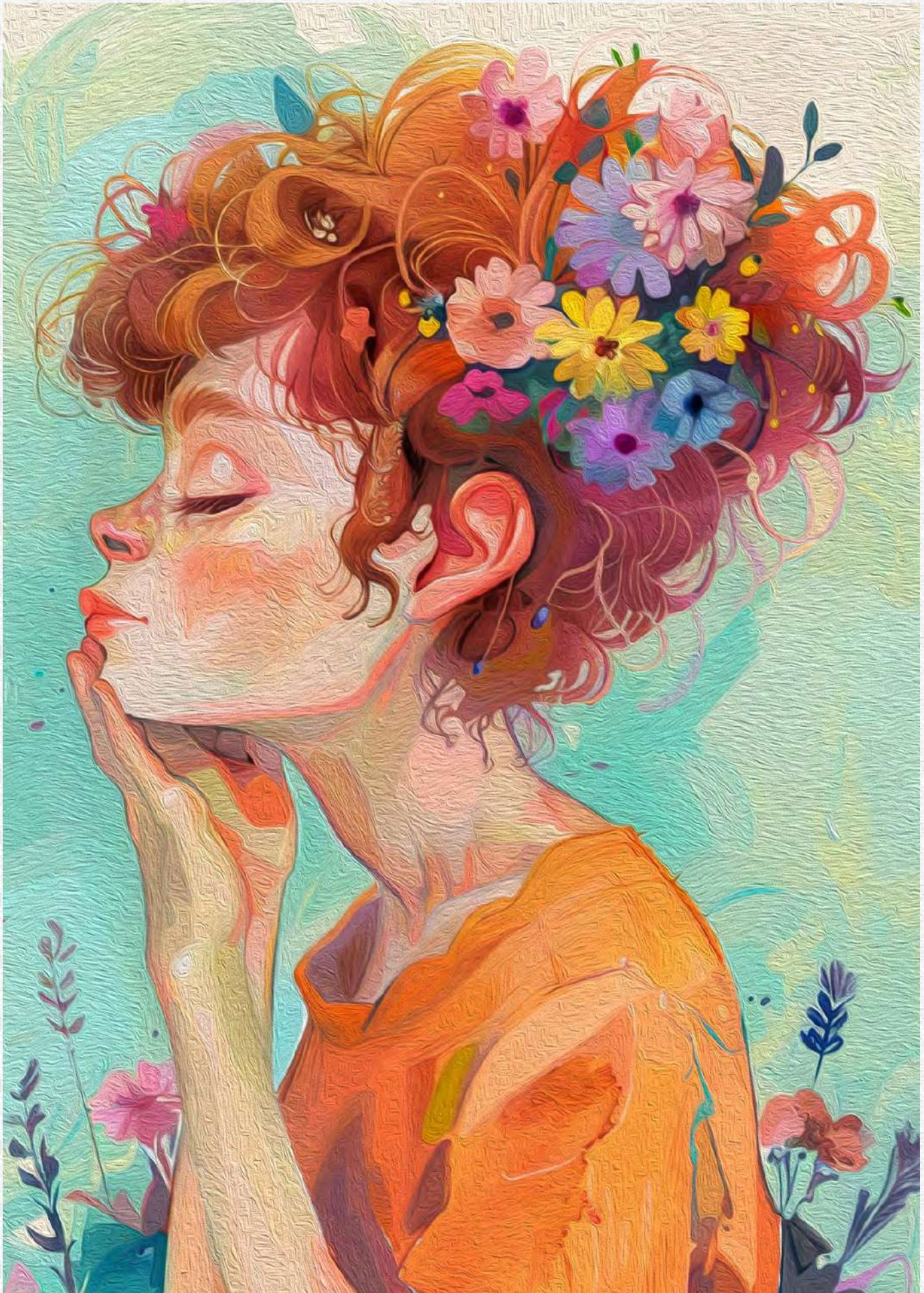
The harbinger of hope -
Dr. Pankaj Shah and Dr. Mithun Shah

In the year 2000, I was diagnosed with breast cancer. The first doctor I consulted was Dr. Pankaj, and with his guidance and the unwavering support of my family, I recovered fully. My family's encouragement and positive outlook kept me strong throughout my treatment. Determined to overcome the disease, I prioritized my health completely and followed every instruction from my doctors with absolute dedication.

Even after 24 years, I continue to visit Dr. Pankaj regularly for checkups and conduct self-examinations religiously. Cancer is no longer something to fear; with timely medical intervention and proper care, it can be treated successfully. During this journey, I learned the importance of taking every step seriously, from early detection to post-treatment care. Skipping a session or neglecting health was never an option.

Recently, my sister was also diagnosed with breast cancer, which reinforced my belief in the importance of awareness within families. I urge every woman to encourage their loved ones to get regular screenings and prioritize their health.

Early detection and regular checkups save lives—never skip them. Follow your doctor's advice and take every step of treatment seriously. Self-examination should be a regular habit for all women. Encourage family members to prioritize their health and get regular screenings. With advanced treatments, cancer can be beaten—never let fear stop you from taking action.



Zydus School of Excellence, Godhavi, Ahmedabad

Hope, Strength, and the Power of Now

A mother's relentless fight, fueled by love, faith, and the determination to live every moment with purpose.



JUI SINGH

32 YEARS, ORISSA

The harbinger of hope -
Dr. Chinmaya Kumar

In 2023, I discovered a lump in my left breast and immediately consulted Apollo Hospital. An ultrasound and biopsy confirmed my worst fears—it was stage 4 breast cancer. The diagnosis was devastating, especially with a two-year-old daughter depending on me. My family and I were shattered, but their unwavering love and support gave me the strength to face this challenge.

Under the care of Dr. Chinmaya Kumar, I began chemotherapy at Utkal Hospital in January 2024. The journey was tough, with 20 rounds of radiation and exhausting side effects, but I chose to focus on the present rather than fear the future. My parents, husband, and especially my young daughter became my inspiration. Her innocence and joy fueled my determination to fight every day. I leaned on prayer and faith, which provided me with inner strength and hope during this difficult phase.

Early detection is crucial; regular mammograms can save lives. Focus on the present and don't let fear of the future overwhelm you. A strong support system is invaluable—lean on your loved ones. Trust your doctors and adhere to their treatment plans. Positivity and faith are powerful tools in overcoming life's toughest challenges.



Zydus School of Excellence, Godhavi, Ahmedabad

Rising Above the Diagnosis

From battling cancer to becoming a beacon of hope for her village, Indira redefines strength.



INDIRA P

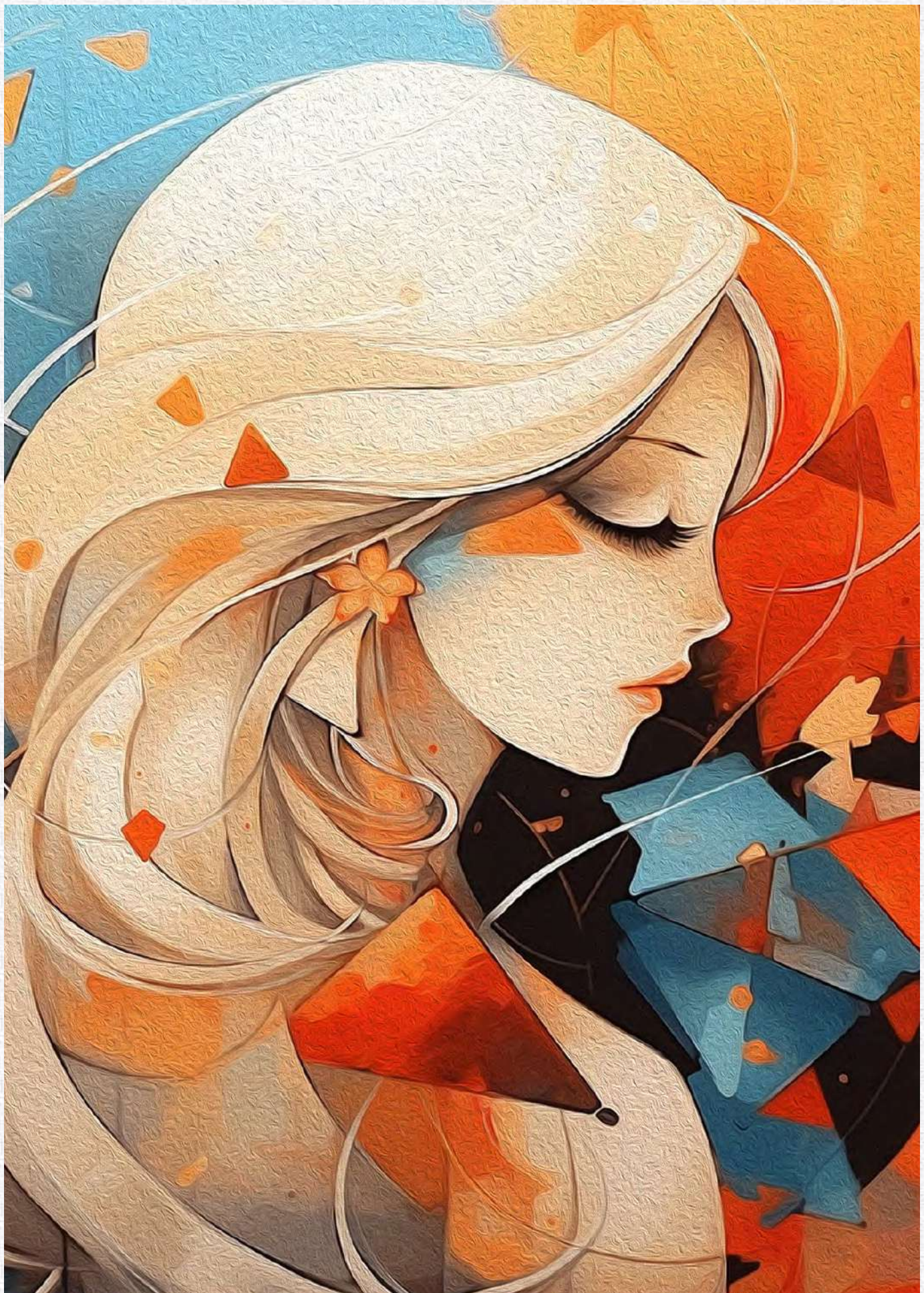
56 YEARS, KARNATAKA

The harbinger of hope -
Dr. Avinash CB

On 28th September 2018, I discovered a lump in my left breast. My elder sister, a health center superintendent, urged me to consult Dr. Avinash at Clear Radiant Hospital. After examinations, I was diagnosed with breast cancer progressing from stage 2 to stage 3. The diagnosis was a shock, but Dr. Avinash's compassionate counsel gave me strength, reminding me that a doctor is like God. I underwent a mastectomy of my left breast, followed by eight chemotherapy sessions and 26 rounds of radiation. Every morning, I traveled from Tadagavade to Mysore at 5 AM for radiation therapy and returned to teach at the Anganwadi by 11 AM. My students' innocent smiles became my solace and motivation, helping me focus on the present rather than the pain.

Now, seven years later, I lead a fulfilling life, dedicating myself to raising awareness about women's health in my village. As an Anganwadi worker, I actively counsel women, teenagers, and pregnant mothers to prioritize regular health check-ups.

Early detection saves lives—be proactive about regular check-ups. Positivity and purpose can help overcome even the toughest challenges. Support and guidance from healthcare professionals are invaluable. Small acts of awareness can have a lasting impact on community health. Cancer is not the end but an opportunity to live with renewed purpose.



Zyduş School of Excellence, Godhavi, Ahmedabad

Finding Strength in Words and Support

Read on Parvathy's journey of overcoming cancer with unwavering faith and the strength of love.



PARVATHY

KERALA

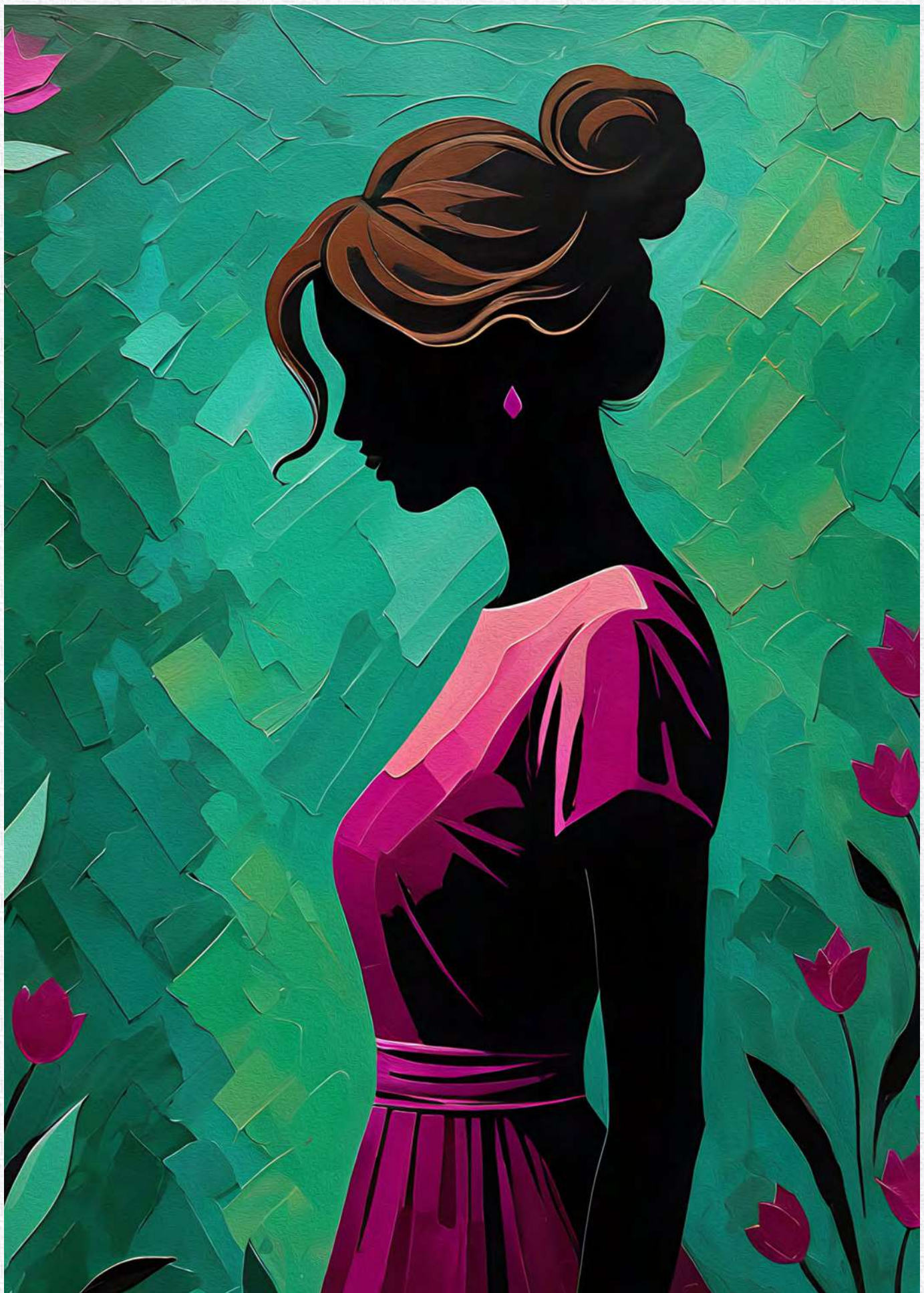
The harbinger of hope -
Dr. Thomas

I was diagnosed with cancer in December 2022. The initial news was devastating, and fear gripped my heart. However, my journey took a positive turn when I consulted Dr. Thomas. From our very first meeting, his words of reassurance gave me strength and hope to face the challenges ahead.

The emotional support I received became the most valuable part of my journey. My family stood by me like a rock, and my daughter, my biggest strength, constantly reminded me to focus on recovery with a strong mind. The hospital staff, especially Achu, a compassionate nurse in the chemo ward, played a pivotal role in my healing. I remember insisting on her presence during my chemo sessions because her kindness made me feel safe and hopeful.

Today, I am free from cancer, living a fulfilling life filled with gratitude and positivity.

Early detection and timely treatment are lifesaving—don't delay seeking help. Emotional support from family, friends, and medical professionals is invaluable. A positive mindset and faith can help overcome the most challenging times. Trust your doctors and embrace treatment with hope. Recovery is possible—stay strong and surround yourself with love and positivity.



Zydus School of Excellence, Godhavi, Ahmedabad

Defying Cancer with Determination

By embracing the journey with determination and positivity, read on to see how Sunita triumphed over cancer.



SUNITA DEVDABHAI

58 YEARS, INDORE

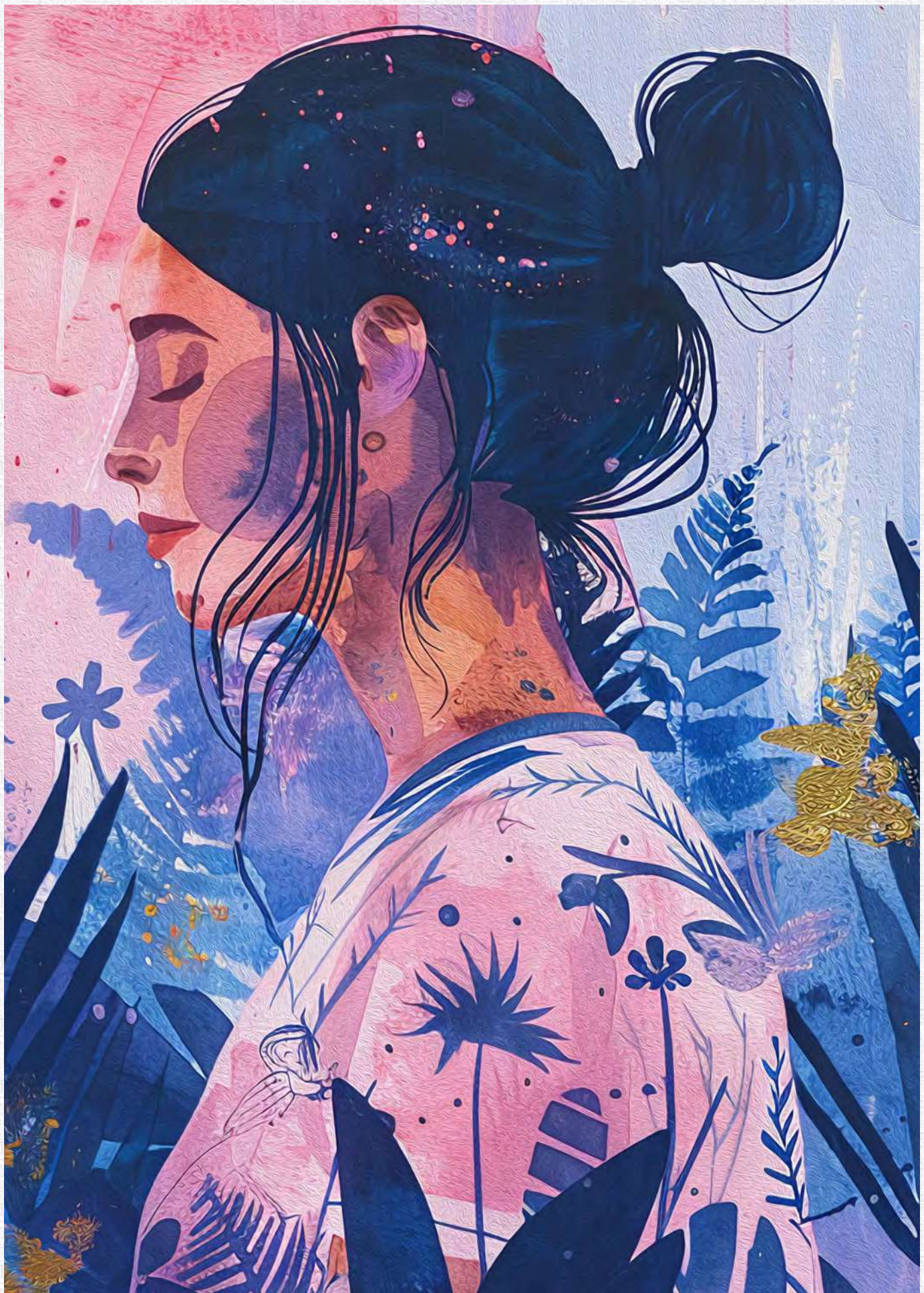
The harbinger of hope -
Dr. Akash Tiwari

At 54 years old, I discovered a lump in my breast and immediately sought medical advice. My family and I consulted Dr. Jain at Bombay Hospital, where the diagnosis confirmed cancer. Determined to fight, I underwent seven chemotherapy sessions followed by hormone therapy, including hormone injections. Despite the discomfort caused by the injections, I stayed focused on my recovery and maintained a positive outlook throughout the journey.

My children, husband, and mother were my pillars of strength. Their unwavering support and encouragement helped me face each day with renewed determination. Trusting my doctors completely, I followed their guidance diligently, took my medications on time, and stayed disciplined in my approach to treatment.

I viewed cancer not as a death sentence but as a challenge to overcome. The thought of seeing my children settled and happy gave me the willpower to endure the pain and continue fighting. I knew giving up was never an option.

Seek timely medical attention if you notice unusual changes in your body. Family support and a positive mindset are crucial during the recovery journey. Trust your doctors and follow their advice without hesitation. Pain and discomfort are temporary—stay focused on your ultimate goal of recovery. Strength lies in persistence; with courage and determination, cancer can be conquered.



Zydus School of Excellence, Godhavi, Ahmedabad

Facing Cancer Head-On: Rajeshwari's Story of Strength and Determination

A working mother's journey of resilience and positivity while overcoming breast cancer.



RAJESHWARI **36 YEARS, WARANGAL**

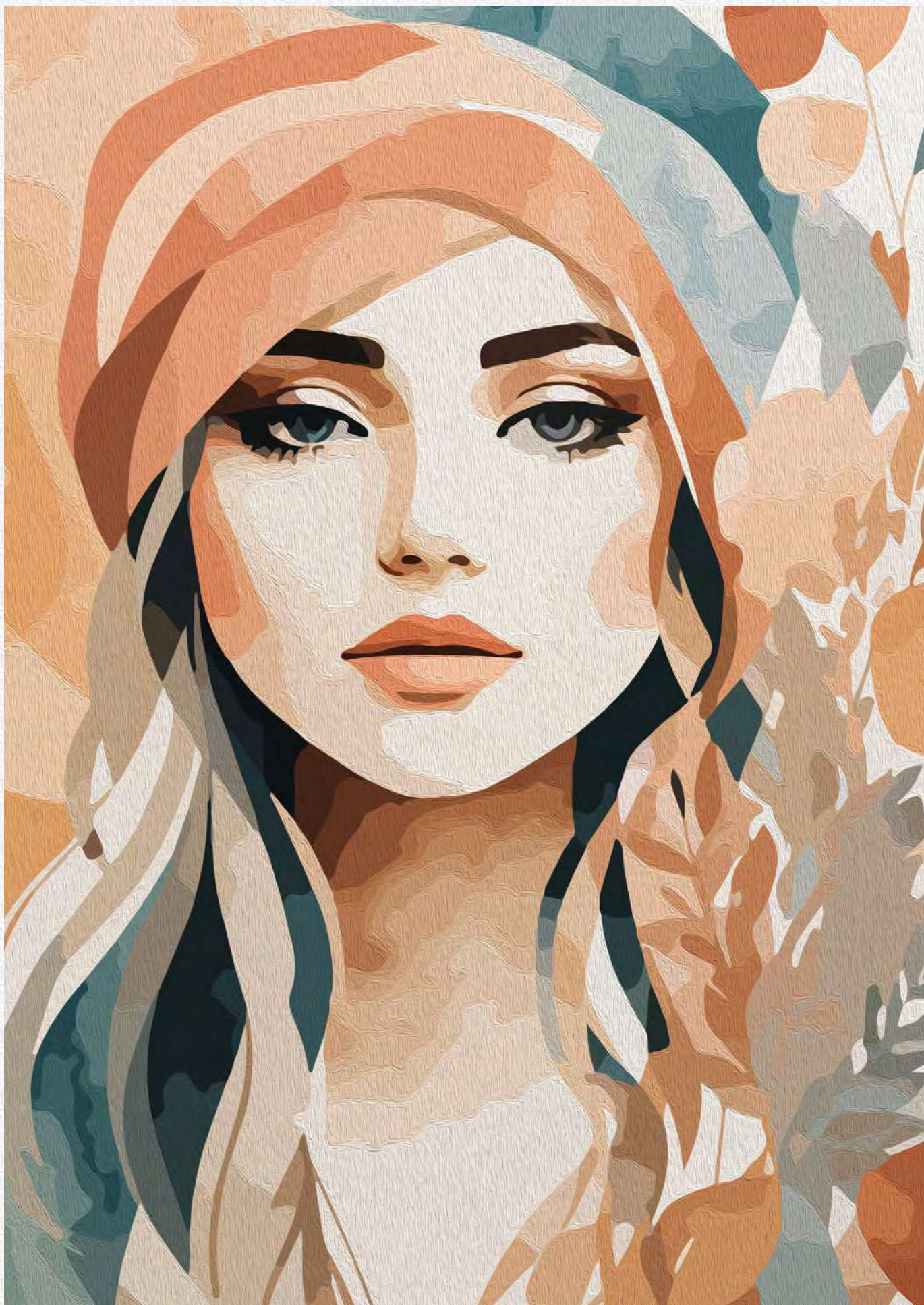
The harbinger of hope -
Dr. Srivalli Cherukuri

In 2023, I noticed a small lump in my breast and consulted a gynecologist who dismissed it as a common issue. However, after two months, I observed more changes, including discharge from my nipple. Alarmed, I sought a second opinion from a general physician who recommended an FNAC test, revealing breast cancer. It was a moment of fear and uncertainty for me and my family, but we decided to follow the doctor's advice without overthinking.

I underwent a lumpectomy followed by two mastectomies. Post-surgery, I received chemotherapy and radiation therapy. Despite the challenges, including side effects like vomiting, weakness, and hair loss, I never let the treatment deter me. Being a working woman, I continued my job and managed household responsibilities, including cooking and taking care of my children, even during chemotherapy. The next day after a chemo session, I was back at work, refusing to let cancer disrupt my life.

Today, I have fully recovered and returned to normal life, thanks to my determination and the support of my family. I encourage others to never ignore any changes in their body. Early detection, timely treatment, and a positive mindset are key to overcoming this disease.

Never ignore bodily changes; consult a doctor promptly for early detection. Cancer treatment, though challenging, is manageable with the right attitude and support. Maintain mental strength and a good diet to aid recovery. Stay active and focus on living life fully, even during treatment. Trust your doctors and believe that every problem has a solution.



Zydus School of Excellence, Godhavi, Ahmedabad

Dancing Through Adversity

Draupathy's story is a testament to how pursuing one's passions can help overcome life's toughest challenges.



DRAUPATHY

KERALA

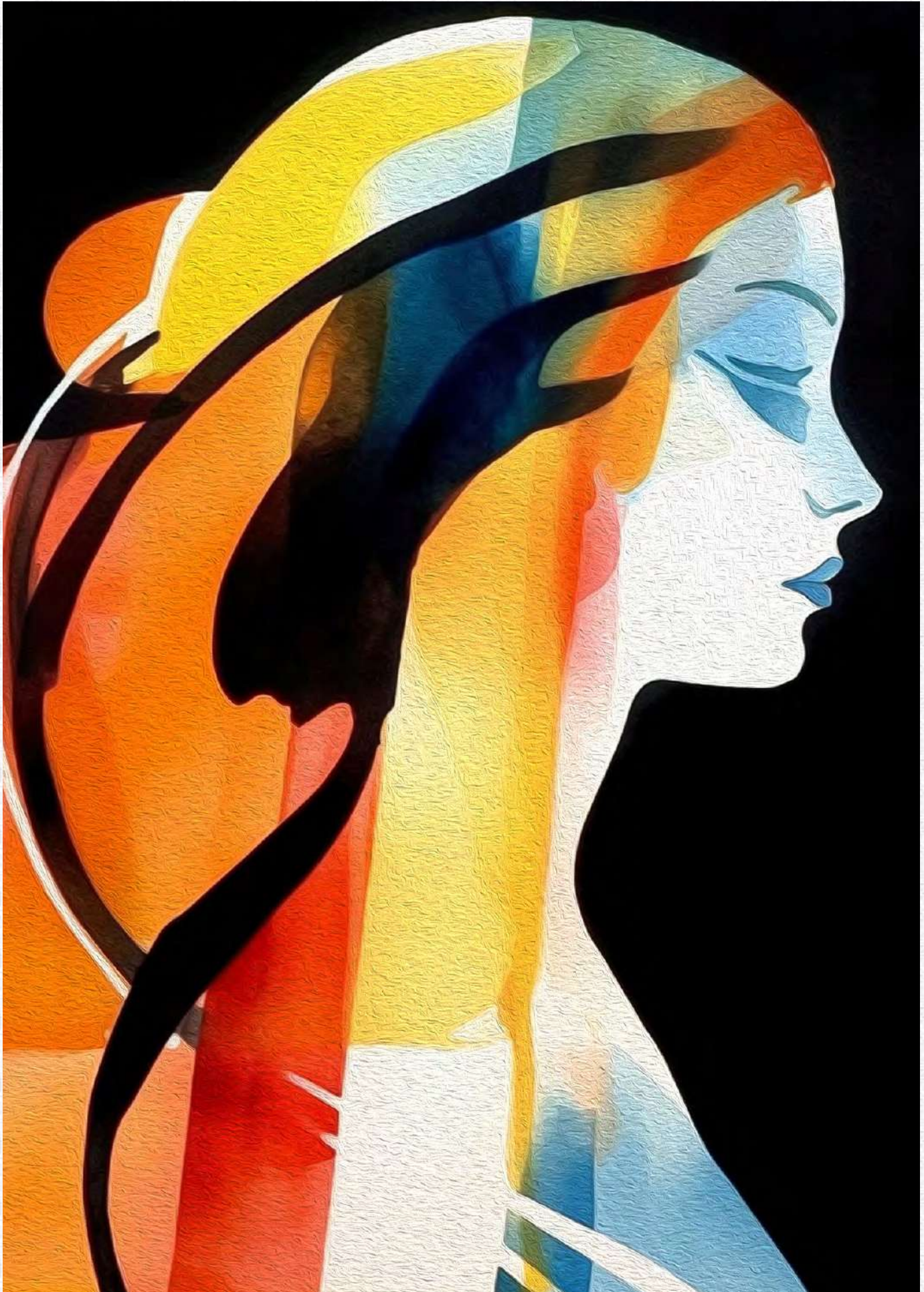
The harbinger of hope -
Dr. Thomas

In 2017, I was diagnosed with lymphoma, and five years later, in 2023, I faced breast cancer. Both times, I was guided by Dr. Thomas, whose expert care and support helped me through my treatments. Today, I'm completely healed and living life with gratitude and fulfillment. Despite the challenges, I never let illness define me.

In 2019, two years after my lymphoma diagnosis, I started learning Mohiniyattam, a classical Indian dance form. Dance became my source of joy and resilience. In 2022, I completed my Arangettam, a significant milestone in my journey, even as I prepared for a new battle against cancer. Performing on stage and traveling for shows gave me a sense of purpose and positivity that helped me push through fatigue and treatment side effects. I've learned that pursuing your passions can make the hardest battles seem manageable.

My extended family was my unwavering pillar of support, standing by me at every step. Their love and encouragement gave me the strength to face every obstacle with courage and grace.

Early detection is vital, as seeking timely medical attention can significantly improve outcomes. Pursuing your passions, like Draupathy's love for Mohiniyattam, can provide immense mental strength and positivity during challenging times. A strong support system from family and friends plays a crucial role in recovery, offering encouragement and motivation. Trusting your doctors and following their guidance diligently ensures better treatment outcomes. Finally, maintaining positivity and determination can help overcome even the toughest challenges, proving that illness does not define you—your courage and perseverance do.



Zydus School of Excellence, Godhavi, Ahmedabad

A Fighter's Spirit – Overcoming Cancer Twice

Read on to know how Padmini faced breast and uterine cancer with resilience, courage, and an unbreakable will to live.



PADMINI

49 YEARS, HYDERABAD

The harbinger of hope -
Dr Krishna Chaitanya

In 2020, at the age of 46, I first noticed swelling inside my breast. I consulted doctors at different hospitals, but every time I was assured it was nothing serious. When the lump remained unchanged, my sister advised me to see an oncologist. That's when I met Dr. Aparna, Dr. Chandrasekhar, and Dr. Krishna Chaitanya, who finally confirmed that it was breast cancer.

For a moment, I was devastated. But I quickly realised that questioning fate wouldn't change reality. Instead, I focused on how to fight. I underwent eight chemotherapy sessions, surgery, and radiation. At first, chemo was unbearable. I felt like my body was burning, and I could barely eat. But I reminded myself that this pain was temporary. My doctors assured me they would try to save my breast, but eventually, surgery became necessary. I accepted it as just removing a damaged part of my body to save the rest.

Just when I thought my battle was over, a routine scan two years later revealed cancer in my uterus. But this time, I refused to be afraid. I continued working while undergoing treatment, determined to live my life fully. My biggest support was my sister and son, who stood beside me through it all.

Cancer does not define you, your strength does. Do not ignore any signs, get checked regularly, and take action immediately. Fear is natural, but don't let it paralyze you. Surround yourself with supportive people, trust your doctors, and never stop fighting. Every challenge is an opportunity to prove your resilience. And always remember that you are stronger than you think.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength in Adversity

Seema's journey proves that with resilience and timely medical care, cancer can be conquered.



SEEMA BHOSLE

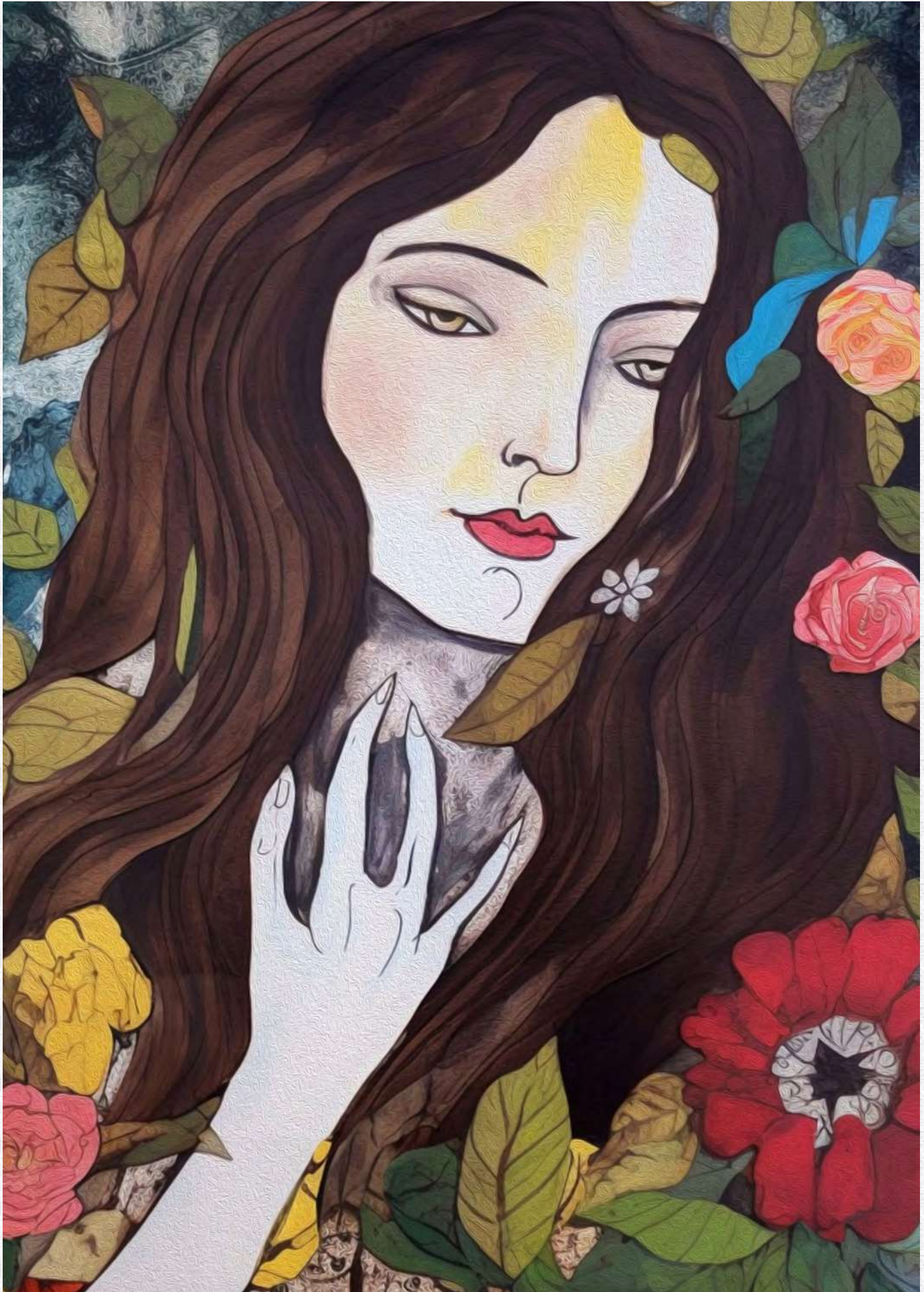
55 YEARS, PUNE

The harbinger of hope -
Dr. Shona Nag

In 2022, I discovered small lumps in my breast and decided to get them checked. The diagnosis was shocking—stage 3 breast cancer. The news was difficult to process, but I knew I had to stay strong. Under the guidance of Dr. Shona Nag, I underwent surgery in June, followed by seven radiation sessions. The treatment was tough, but I remained determined to fight.

The journey was physically and emotionally challenging, but I leaned on my family and doctors for support. Every step felt overwhelming, yet I reminded myself that this phase was temporary. With faith in my treatment and a positive mindset, I emerged stronger than before.

Early detection and immediate action are crucial in fighting cancer. A positive attitude and emotional strength make a significant difference in the healing process. Family and doctors play an invaluable role in providing strength and encouragement. Radiation and treatment may be tough, but perseverance leads to recovery. Regular health check-ups and self-examinations are essential for timely detection and successful treatment.



Zydus School of Excellence, Godhavi, Ahmedabad

Strength Through Uncertainty

Jyoti's journey of resilience and courage during the pandemic highlights the power of early detection and perseverance.



JYOTI MARATHE

PUNE

The harbinger of hope -
Dr. Shona Nag

In 2021, during the peak of the COVID-19 pandemic, I was diagnosed with stage 1 breast cancer. The diagnosis came as a shock, but I knew I had to act fast. I underwent surgery in June under the care of Dr. Shona Nag. The lockdown added another layer of difficulty, making hospital visits and treatments even more challenging. Despite these obstacles, I remained determined.

Following surgery, I had to undergo chemotherapy. Though the treatment was physically and emotionally draining, I focused on staying strong and hopeful. My family and doctors were my pillars of support, guiding me through every step. The uncertainty of the pandemic and my illness made this journey incredibly tough, but I never allowed fear to take control.

Early detection and immediate action are crucial in fighting cancer. A positive attitude and emotional strength make a significant difference in the healing process. Family and doctors play an invaluable role in providing strength and encouragement. Radiation and treatment may be tough, but perseverance leads to recovery. Regular health check-ups and self-examinations are essential for timely detection and successful treatment.

Share your Stories of Hope

Thank you for taking the time to read this book. Your attention and awareness are vital in advancing the conversation around breast cancer.

But the conversation doesn't end here. We invite you to continue this journey with us by sharing your own story. Whether it's a story of survival, support, or advocacy, your voice matters and has the power to make a difference.

Share your story here: **easiestexam.com**.

Together, let's create a world where no story of courage goes untold.



Acknowledgement

This book would not have been possible without the invaluable contributions of those who have courageously shared their knowledge and experiences.

We extend our deepest gratitude to all the doctors and medical professionals who generously offered their expertise, illuminating the complexities of breast cancer with compassion and clarity. Your dedication to saving lives and spreading awareness is truly inspiring.

To the one who fought and triumphed against breast cancer and shared their personal stories—thank you for your bravery. Your resilience in the face of adversity is a testament to the human spirit, and your willingness to open your hearts will undoubtedly encourage and empower others.

Last but not least, to the students of Zydus School of Excellence at Vejalpur and Godhavi in Ahmedabad, we thank you for an amazing art depicting the victory of breast cancer survivors.

This book reflects our shared hope that together, we can continue to raise awareness, foster understanding, and inspire action towards breast cancer.

