



FEB 2026 | Issue Number -1

CANCER  
WON'T  
WAIT.  
NEITHER  
SHOULD  
WE.

# FROM THE CHIEF MENTOR

Every year on 4th February, the world observes World Cancer Day, an initiative led by the Union for International Cancer Control. It reminds us that cancer is not only a medical challenge, but a shared societal responsibility.

At D.S. Research Centre, this day reaffirms our commitment to awareness, early detection, and compassionate care. Across all our clinic locations—Mumbai, Kolkata, Guwahati, and other centers—our teams actively stepped into communities through awareness drives, educational sessions, and public outreach initiatives. Each clinic contributed meaningfully, ensuring that knowledge and hope reached people beyond institutional walls.

This initiative was strengthened by the valuable collaboration of Ayurvedic colleges, paramedical science institutions, regional cancer centres, and dedicated oncologists who share our vision of patient-centered care. We extend our sincere gratitude to all our partners whose participation amplified the impact of this movement.

This magazine is an extension of that collective effort. Through informed insights and real stories, it aims to inspire confidence, clarity, and hope among patients and families.

ASHOK K. TRIVEDI  
CHIEF MENTOR,  
D.S. RESEARCH CENTRE





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LET US SAVE OUR WORLD FROM CANCER

**CHANGE IS  
POSSIBLE  
WHEN WE ACT  
TOGETHER.**



World  
Cancer Day  
4 February

UNITED  
BY  
UNIQUE®

# WHEN AWARENESS STEPPED ONTO THE STREETS – WORLD CANCER DAY 2026



On 4th February, as we observe World Cancer Day—an initiative led by the Union for International Cancer Control—I am reminded that cancer is not just a statistic or a diagnosis. It is a collection of individual stories I witness every day in the clinic.

As a healthcare administrator, my role revolves around systems, protocols, and coordination. Yet cancer constantly teaches me that behind every file is a person with unique fears, strengths, and hopes. The theme “United by Unique” reflects this reality beautifully. While healthcare systems rely on standardization, true care demands sensitivity to individual journeys.

In India, the challenges are complex—late-stage presentation, financial strain, uneven access, and emotional exhaustion. Cancer affects not only the body, but families, livelihoods, and communities. Policies and national programs are essential, but their impact depends on how effectively they are implemented on the ground.

For the past 14 years at D.S. Research Centre, World Cancer Day has been more than an event. It is a reminder of why we serve. We celebrate victories—early detection, survivorship, dignified care, and growing awareness.

Being united does not mean treating everyone the same. It means building systems that are strong yet compassionate, efficient yet humane.

United by purpose.

Respectful of every unique journey.

Moving forward with responsibility, humility, and hope.

WORLD CANCER DAY – UNITED BY UNIQUE  
PRERANA NIKAM  
CLINIC IN-CHARGE, MUMBAI

Through posters, pamphlets, cultural performances, and meaningful dialogue, the initiative transformed public spaces into platforms of awareness—proving that when education meets community, real change begins.





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LET US SAVE OUR WORLD FROM CANCER

**BETWEEN  
30–50% OF  
CANCERS ARE  
PREVENTABLE  
BY AVOIDING  
RISK FACTORS  
AND ADOPTING  
HEALTHY  
LIFESTYLES.**

**(WHO)**



# Bridging Conventional Cancer Care with Ancient Ayurveda-Based Nutrient Energy Treatment

Dr. Shibangi Das  
BAMS, MD, PFCP (MUHS), DEMS Ayurvedacharya, D.  
S. Research Centre, Kolkata



Cancer management today extends far beyond the elimination of malignant cells. Remarkable advances in surgery, chemotherapy, radiotherapy, immunotherapy, and targeted therapies have significantly improved survival outcomes across many cancer types. Yet the journey through treatment often brings complex challenges — treatment-related toxicity, nutritional depletion, immune compromise, persistent fatigue, and psychological stress. Modern oncology increasingly recognizes that addressing these multidimensional effects is not optional — it is essential.

This evolving perspective has given rise to integrative oncology, a patient-centered approach that combines evidence-based conventional cancer treatment with scientifically guided complementary systems of care. The goal is not to replace standard therapies, but to support the whole patient throughout treatment and recovery.



A Complementary Framework at D. S. Research Centre  
At D. S. Research Centre, Ancient Ayurveda-Based Nutrient Energy Treatment (NET) is applied as a supportive and complementary framework alongside established oncology protocols.

This integrative approach is designed to:

- Strengthen physiological resilience
- Improve metabolic balance
- Support nutritional recovery
- Enhance systemic stability during prolonged therapy

By working in parallel with conventional cancer treatments, NET aims to help patients maintain functional strength and overall well-being throughout their treatment course.

#### The Scientific Rationale for Integration

Conventional oncology primarily focuses on targeting cancer cells, controlling tumour growth, and preventing disease progression. While these interventions are essential and often life-saving, they may not fully address the broader systemic and psychosocial burdens associated with cancer therapy. Ayurveda, one of the world's oldest medical sciences, approaches health from a systemic perspective. It emphasizes:

- Restoration of metabolic equilibrium
- Optimization of digestion and nutrient assimilation
- Enhancement of vitality and immune stability
- Regulation of stress and emotional resilience

When responsibly integrated under medical supervision, these complementary principles may assist patients in tolerating intensive therapies more effectively, potentially reducing treatment-related strain while supporting overall recovery.

#### A Holistic Vision of Cancer Care

The future of oncology lies not only in precision medicine and targeted therapies, but also in strengthening the host — the patient's biological and psychological capacity to endure and recover.

Integrative oncology represents a shift from a disease-focused model to a patient-focused model. By combining the strengths of modern medical science with structured traditional support systems, care becomes more comprehensive, personalized, and sustainable.

At its core, this approach recognizes a fundamental truth: treating cancer is vital — but caring for the person living with cancer is equally important.





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LET US SAVE OUR WORLD FROM CANCER

**ABOUT  
1 IN 5  
PEOPLE  
DEVELOP  
CANCER  
IN THEIR  
LIFETIME.**

**(IARC)**



# HOPE ON WHEELS: DSRC GUWAHATI UNITES THE CITY ON WORLD CANCER DAY 2026



On 4th February 2026, World Cancer Day became a citywide movement as DSRC Guwahati organized a vibrant Cancer Awareness Auto Rally across key areas of Guwahati. Decorated with powerful messages on early detection and prevention, the rally sparked conversations and drew strong public attention.

The team also visited hospitals across the city, interacting with patients and families—offering guidance, clarity, and emotional support. Many expressed gratitude for receiving simple, structured information about cancer management.

As one patient shared,

“Awareness removes fear and gives hope.”

Through united team efforts, DSRC Guwahati reaffirmed its commitment to spreading knowledge, strengthening trust, and standing beside every individual in the fight against cancer.

## **A Lasting Impact**

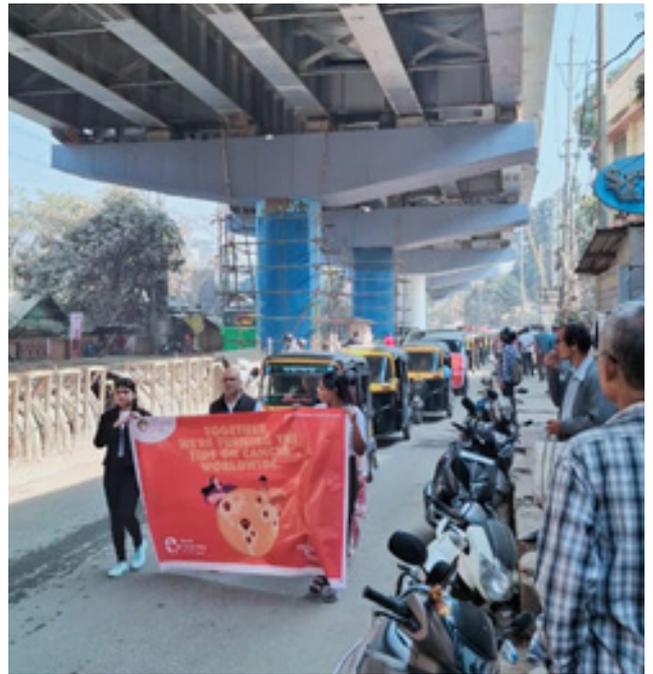
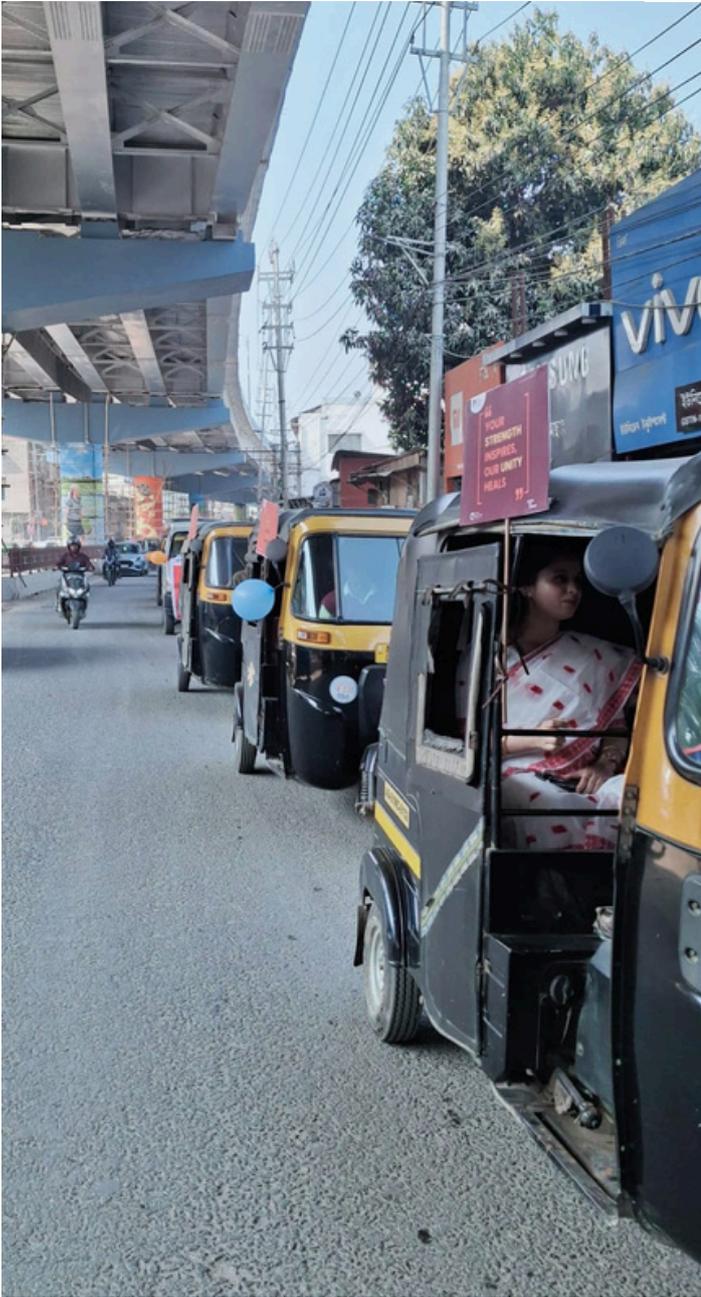
The initiative resulted in:

- Increased public inquiries about cancer screening
- Greater community awareness about lifestyle-related risks
- Strengthened trust among patients and caregivers
- Enhanced visibility of DSRC's integrative approach to care

Most importantly, it reminded the city that awareness truly has the power to save lives.

“When a community moves forward with purpose, awareness becomes action, hope becomes strength, and lives are transformed.”

WORLD CANCER DAY – UNITED BY UNIQUE  
NIKHIL TIWARI  
CLINIC IN-CHARGE, GUWAHATI



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# ANCIENT AYURVEDA IN CANCER CARE: A SYSTEMS AND METABOLIC PERSPECTIVE

*Dr. Megha Chafekar, Ayurvedacharya, DSRC,*



Cancer is now widely understood as a complex, multifactorial disorder involving genetic instability, metabolic reprogramming, immune dysregulation, chronic inflammation, and alterations in the tumor microenvironment. While modern oncology primarily focuses on targeted cytotoxic therapies, immunotherapy, and molecular precision medicine, increasing scientific attention is being directed toward systemic metabolic correction and host resilience as complementary strategies in cancer care.

Ancient Ayurveda, documented over 5,000 years ago, approaches disease through a comprehensive systems-based framework. Rather than viewing pathology as an isolated organ-specific event, Ayurveda interprets disease as the consequence of disturbances in Agni (metabolic function), Dhatu metabolism (tissue nourishment), and the regulatory balance of Tridosha—Vata, Pitta, and Kapha. From this perspective, abnormal tissue proliferation described in classical texts under entities such as Arbuda and Granthi is understood to arise from impaired metabolic processing, accumulation of metabolic toxins (Ama), obstruction of microchannels (Srotorodha), and a sustained inflammatory internal environment.





Interestingly, parallels can be drawn with contemporary oncological concepts, including altered cellular metabolism such as the Warburg effect, tumor-associated inflammation, immune evasion, and resistance to apoptosis. Such conceptual overlaps invite interdisciplinary exploration between traditional medical frameworks and modern biomedical science.

Ayurvedic therapeutic formulations are typically polyherbal and multi-component in nature. From a pharmacological standpoint, numerous medicinal plants documented in Ayurvedic literature demonstrate antioxidant, anti-inflammatory, immunomodulatory, and hepatoprotective properties in experimental settings. Unlike single-molecule interventions, multi-target botanical formulations may exert broader regulatory effects across interconnected biochemical and immunological pathways, potentially contributing to systemic stabilization.

It is important to clarify that Ayurveda is not positioned as a replacement for emergency oncological interventions. However, when applied in a structured and supervised integrative model, Ayurvedic principles may support digestive function, nutritional status, immune balance, fatigue management, and overall quality of life. Clinical observations in integrative settings suggest that metabolic correction and systemic regulation may complement conventional therapies, particularly in long-term supportive care.

“Cancer is not only a cellular disorder, but a systemic metabolic imbalance; Ancient Ayurveda offers a regulatory framework aligned with modern systems biology.”

— Dr. Megha Chafekar

As global medicine increasingly embraces systems biology and integrative oncology, revisiting classical Ayurvedic frameworks through modern research methodologies may provide valuable translational insights. Future scientific advancement in this field will depend upon rigorous standardization, biomarker-based evaluation, controlled clinical research, and comprehensive safety profiling.

Ancient Ayurveda offers a regulatory and metabolic lens through which complex diseases like cancer can be interpreted in a holistic manner. Continued scientific dialogue and collaborative investigation will determine its evolving role within contemporary cancer care.





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**PEOPLE-  
CENTRED  
CARE MEANS  
TREATING  
THE PERSON,  
NOT JUST  
THE DISEASE.**

● SHARE YOUR STORY  
[WORLD Cancer DAY.ORG](http://WORLD Cancer DAY.ORG)



World  
Cancer Day  
4 February

UNITED  
BY  
UNIQUE<sup>®</sup>

# WALKING FOR HOPE: DSRC KOLKATA UNITES THE CITY AGAINST CANCER



On Cancer Awareness Day, D.S. Research Centre, Kolkata, in collaboration with the Bengal Institute of Pharmaceutical Sciences (BIPS), organized a powerful Walkathon to spread awareness and inspire the community.

The rally began from DSRC, Phoolbagan to Kankurgachi More and back, bringing together BIPS students, DSRC staff members, local residents, and most inspiringly, cancer survivors. These survivors, now leading healthy lives through proper treatment and lifestyle guidance from DSRC, walked with pride — symbolizing resilience, strength, and victory over adversity. Carrying impactful banners, placards, and leaflets with cancer-fighting messages, participants sparked curiosity and meaningful conversations among the public. The visible enthusiasm and engagement reflected a growing awareness and willingness to learn about prevention and timely care.

A heartfelt highlight of the event was the felicitation of DSRC's cancer fighters and survivors with bouquets and sashes, honoring their courage and determination. Many shared their journeys — from diagnosis to recovery — expressing gratitude to Team DSRC for guidance and compassionate care.

BIPS students played a vital role, creatively spreading awareness through powerful slogans and drawings. In appreciation of their dedication, Team DSRC honored them with certificates.

The Walkathon was more than a rally — it was a collective step toward understanding, prevention, and united action against cancer. Through shared stories and shared purpose, DSRC Kolkata reaffirmed its commitment to standing beside every individual in the fight against cancer.



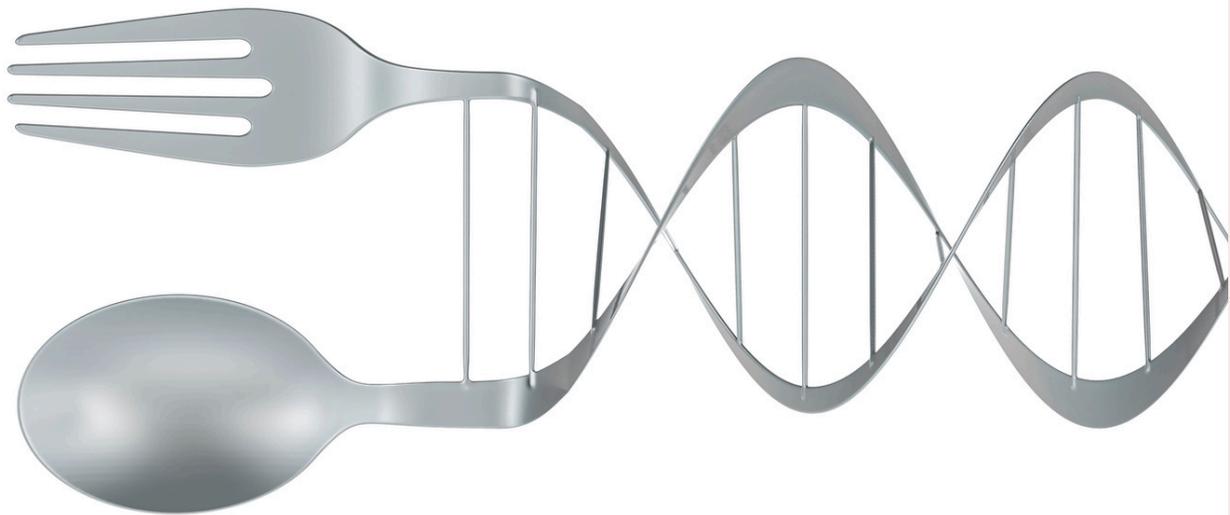
“When courage is honored, stories are shared, and youth joins hands with survivors — awareness becomes a movement, not just an event.”



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# DIET AND NUTRITION IN CANCER PREVENTION: A SCIENTIFIC PERSPECTIVE

*Ms. Sayani Kar*  
*M.Sc. in Food and Nutrition*  
*Dietitian,*



Cancer remains the second leading cause of mortality worldwide after cardiovascular diseases. Its development is multifactorial, involving genetic mutations, environmental exposure, metabolic disturbances, and lifestyle-related factors. Among modifiable risk determinants, diet and nutrition play a critical role in influencing cancer risk, recurrence, and overall survival outcomes.

Excess adiposity is one of the most well-established nutritional risk factors for cancer. Obesity is strongly associated with increased incidence of postmenopausal breast cancer, colorectal cancer, pancreatic cancer, endometrial cancer, renal cancer, and esophageal adenocarcinoma. Adipose tissue is metabolically active and contributes to elevated estrogen production, insulin resistance, chronic low-grade inflammation, and increased secretion of pro-inflammatory cytokines. These metabolic alterations create a biological environment that may promote carcinogenesis.





A balanced dietary pattern is central to cancer prevention. Structuring meals using a proportional model can be effective, with approximately half the plate comprising a variety of vegetables, one-third whole grains, and one-third quality protein sources. This distribution ensures adequate intake of phytonutrients, fiber, essential amino acids, and micronutrients necessary for cellular repair and immune regulation.

High consumption of ultra-processed foods rich in refined flour, added sugars, unhealthy fats, and chemical preservatives has been linked to obesity and metabolic dysregulation. Chronic hyperinsulinemia increases circulating insulin-like growth factor-1 (IGF-1), which has been implicated in cellular proliferation and tumor progression. Reducing such foods can help maintain metabolic stability.

Processed meats, including sausages, bacon, and salami, as well as excessive red meat intake, have been associated with an elevated risk of colorectal cancer. These foods often contain nitrates and nitrites, and high-temperature cooking methods can generate carcinogenic compounds such as heterocyclic amines and polycyclic aromatic hydrocarbons that may induce DNA damage.

Dietary fiber plays a protective role, particularly in colorectal cancer prevention. Fiber-rich foods such as vegetables, fruits, whole grains, millets, legumes, nuts, and pulses promote a healthy gut microbiome, enhance short-chain fatty acid production, and reduce prolonged exposure of the intestinal mucosa to potential carcinogens. Improved gut health contributes significantly to systemic immune modulation.

Fat quality is equally important. Replacing saturated and trans fats with healthier unsaturated fats supports anti-inflammatory pathways. Oils such as mustard oil, groundnut oil, and olive oil may be used in moderation, and inclusion of omega-3 fatty acid sources such as flaxseeds and walnuts can further support metabolic balance. Repeated heating of oils should be avoided due to formation of oxidative by-products.

Adequate hydration supports metabolic processes, nutrient transport, and detoxification mechanisms. Regular physical activity, ideally at least five days per week, improves insulin sensitivity, reduces inflammation, and assists in maintaining optimal body weight. Avoidance of tobacco, smoking, and excessive alcohol consumption remains fundamental in cancer risk reduction.

Cancer prevention through nutrition is not based on restrictive or short-term dieting practices. Rather, it is grounded in sustainable, evidence-based dietary habits that support metabolic health, immune competence, and hormonal balance. A diet rich in fiber, antioxidants, and whole foods, combined with healthy weight maintenance, regular physical activity, and avoidance of addictive substances, significantly reduces long-term cancer risk.



# NURTURING AWARENESS, INSPIRING HEALTHY FUTURES : DSRC VARANASI



On the occasion of World Cancer Day, D.S. Research Centre (DSRC), Varanasi, organized a meaningful cancer awareness and oath-taking initiative at Crimson World School, aiming to promote healthy living and preventive healthcare among young minds.

The session focused on educating students and teachers about balanced lifestyles, early detection, and the importance of informed health choices. Through interactive discussions, the program emphasized that discipline, nutritious habits, physical activity, and avoiding harmful practices are powerful tools in reducing cancer risks.

The emotional highlight of the event was the collective Cancer Awareness Oath, where students and faculty pledged to adopt healthy lifestyles, encourage regular health check-ups, and spread awareness within their families and communities. The pledge also reinforced compassion and support for those fighting cancer, replacing fear with knowledge and empathy.

The presence of DSRC's medical and outreach team strengthened the initiative, underlining the belief that prevention must start early and that schools play a vital role in shaping health-conscious generations. DSRC extends heartfelt gratitude to the school leadership and faculty for their support. Together, through awareness, responsibility, and collaboration, we move closer to building a healthier, cancer-aware future—beginning from the classroom itself.

“Together, with awareness, courage, and care, a healthier and cancer-aware future can truly be shaped—starting from the classroom.”



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# FIGHTING CANCER CACHEXIA WITH THE RIGHT NUTRITION

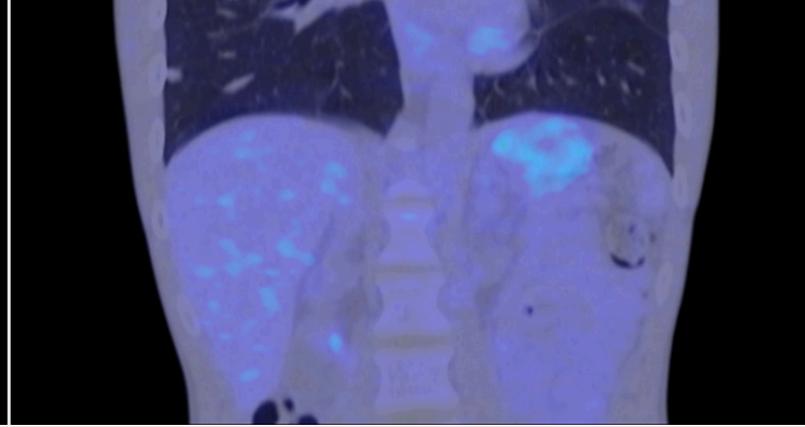
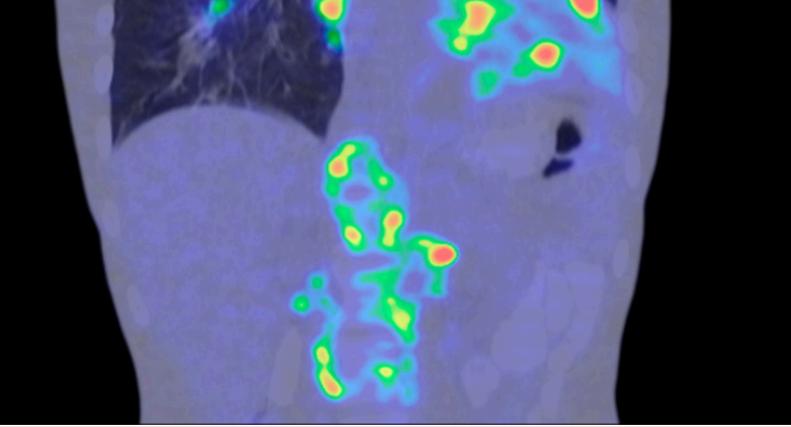
*Ms. Manjari Bajpai  
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Dietitian,*



Cancer cachexia is not the same as simple weight loss or poor eating. It is a complex condition where the body's metabolism changes due to cancer and inflammation. Even when a patient tries to eat properly, the body may still lose muscle and strength. This happens because cancer and its treatment can increase inflammation, alter how nutrients are used, and raise the body's energy requirements.

Many patients with advanced cancer experience cachexia. Common signs include loss of muscle mass, weakness, poor appetite, early fullness while eating, nausea, and fatigue. In some cases, tumors release inflammatory substances that increase muscle breakdown and energy expenditure. As a result, patients may feel tired, lose weight rapidly, and tolerate treatments like chemotherapy or radiation less effectively. Although cancer cachexia cannot always be completely reversed, the right nutrition plays a major role in slowing muscle loss, improving strength, and enhancing quality of life.





## Simple Nutritional Strategies That Help

### 1. Focus on Protein

Protein is essential to maintain and rebuild muscles. Patients generally require higher protein intake than usual. Good sources include eggs, fish, chicken, dairy products, dals, tofu, nuts, and seeds.

### 2. Include Healthy Fats

Healthy fats provide concentrated energy. Omega-3 fatty acids, found in flaxseeds, walnuts, and fatty fish, may help reduce inflammation and support appetite and weight stability.

### 3. Eat Small, Frequent Meals

Instead of three large meals, small meals every 2–3 hours are easier to tolerate. Smoothies, soups, protein shakes, and soft nutrient-dense foods can help when appetite is low.

### 4. Use Nutritional Supplements if Needed

Specialized oral nutritional supplements enriched with protein, vitamins (especially Vitamin D and B-complex), and minerals like zinc may help support muscle health, immunity, and taste changes.

### 5. Combine Nutrition with Gentle Activity

Light physical activity, as advised by doctors, can help preserve muscle mass and improve overall energy levels.

Cancer cachexia is challenging, but it is manageable with the right nutritional guidance and medical support. Timely dietary intervention, symptom management, and integrative care can significantly improve strength, resilience, and well-being during cancer treatment.

## How D.S. Research Centre Supports Patients

At D.S. Research Centre, the management of cancer cachexia follows a multidisciplinary approach. Oncologists, Ayurvedic physicians, and clinical dietitians work together to support the patient's metabolic health.

The centre practices the science of Nutrient Energy, based on ancient Ayurvedic principles, where antioxidant-rich medicines are used alongside personalized nutritional planning. This approach aims to:

- Support metabolic balance
- Reduce inflammation
- Improve appetite and digestion
- Enhance energy levels
- Help patients better tolerate chemotherapy, radiation, or targeted therapy

The goal is not just weight gain, but preservation of muscle strength, improvement in functional capacity, and enhancement of overall quality of life.



# DSRC Cancer Awareness Calendar — A Year of Action, Education & Prevention

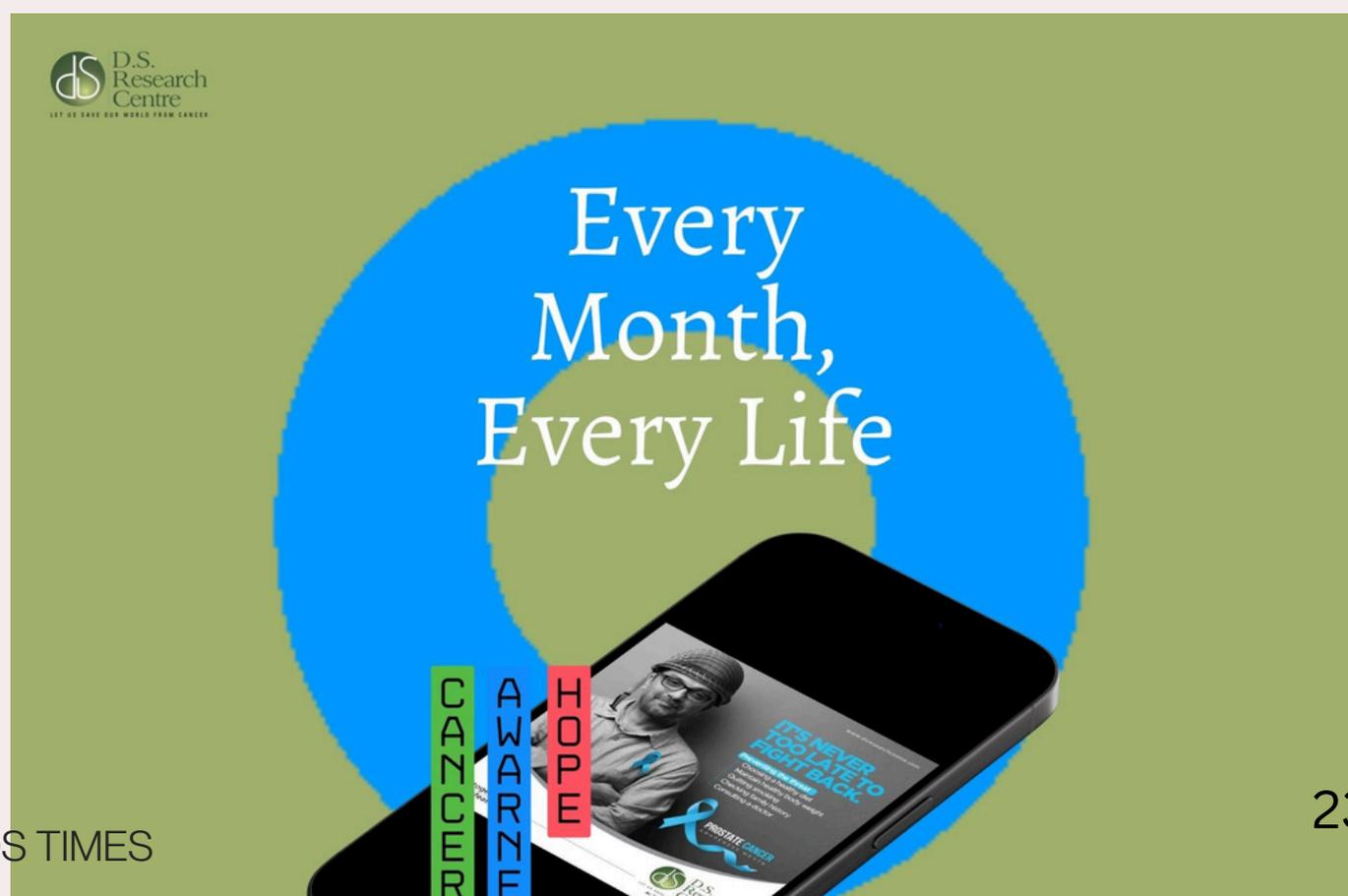
At D. S. Research Centre, cancer awareness is not limited to a single campaign or commemorative day. Through its dedicated Cancer Awareness Calendar, the institution promotes year-round education, prevention, and early detection initiatives aimed at empowering communities.

Each month focuses on specific cancers — from cervical and colorectal to breast, lung, and childhood cancers — aligning with national and global awareness observances. This structured approach ensures that critical information about risk factors, symptoms, lifestyle modification, and screening reaches people at the right time.

The calendar serves as a proactive reminder that early detection significantly improves treatment outcomes. Through community outreach programmes, awareness drives, and educational initiatives, DSRC encourages individuals to recognize warning signs and seek timely medical consultation.

“Awareness is the first step toward prevention. When people understand the risks and act early, survival outcomes improve significantly,” notes a senior representative from the Centre.

More than a list of observances, the Cancer Awareness Calendar reflects a deeper commitment — transforming awareness into action and encouraging individuals to take charge of their health throughout the year.





**YOUR CONTRIBUTION  
HAS MADE A  
TREMENDOUS  
DIFFERENCE!**



St. Jude India ChildCare Centres









# GENTLE PROTEIN KHICHDI BOWL



RECIPE

During aggressive cancer treatments, appetite may reduce and digestion can become sensitive. Meals should be soft, nourishing, and easy to tolerate while providing adequate protein and energy.

Ingredients (Serves 1)

- ½ cup rice
- ¼ cup yellow moong dal
- 1 tsp ghee
- 2 tbsp steamed carrot or pumpkin (mashed)
- A pinch of turmeric
- A small amount of grated ginger

Method

Cook rice and moong dal together until very soft. Add mashed vegetables, turmeric, and ginger. Finish with a drizzle of ghee before serving.

Why It Helps

Moong dal offers easily digestible protein for tissue repair, while ghee adds essential calories when appetite is low. Soft vegetables provide vitamins without straining digestion.

“During intensive therapy, nutrition should focus on small, frequent, protein-rich meals that support strength while remaining gentle on the stomach.”

Patients should always consult their treating doctor or dietitian before modifying their diet during treatment.

MS. MEENA K  
M.SC, M.PHIL.,  
FOOD & NUTRITION DIETITIAN,  
D.S. RESEARCH CENTRE, BENGALURU



# Nutrient Energy is Redefining the Future of Cancer Care

"Nutrient Energy is the sole prescription of nature for keeping up health, resisting unfavourable conditions and curing ailments, our food is the reservoir of this energy"

Dr. U. S. Tiwari & Prof. S. S. Trivedi  
(FOUNDER SCIENTISTS OF D. S. RESEARCH  
CENTRE)



TOGETHER  
WE  CAN  
TURN THE  
TIDE ON   
 CANCER.



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Keep hope alive.  
Defeat cancer.

