

Mitra Sandesh

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I CAN & I WILL

People keep saying to those who are battling cancer, think positively, everything will be fine soon. Very few tell you "How to think positively" when you are cornered by the dreaded disease, and nobody has the answer to why me? In my experience, this is how you do it: "Look for the good in every situation". This will help transform yourself and induce a mindset of positive thinking. A positive mindset significantly impacts one's quality of life. It's a way of looking at the good side of things and believing good that things will happen. It induces transformation in oneself and fosters resilience.

“ Changing your thinking, enables you to accept and face tough challenges ”

Amar Bhaskar

TARUNI MITRA HPV VACCINATION DRIVE

Mitra CanCare launched the HPV awareness and vaccination initiative under the Taruni Mitra Program in August 2025. Since then, the first dose of vaccination has been administered to around 250 children across various schools in Bangalore and Chitradurga district. Also completed the second dose for 68 children this month.

HPV VACCINATION AND CERVICAL CANCER SCREENING PILOT PROGRAM

3 JANUARY AND 10 JANUARY 2026 AT CHITRADURGA

Mitra CanCare Foundation, in collaboration with The Sathya Sai Trust, successfully conducted a pilot program for Human Papillomavirus (HPV) vaccination and cervical cancer screening in Chitradurga district, Karnataka.

As part of the initiative, HPV vaccination was administered to 104 girl children aged 9–14 years, studying in classes 8th, 9th, and 10th, from multiple schools. In addition, 93 women aged 20–65 years, including several mothers of the vaccinated children, voluntarily underwent HPV DNA screening and Pap Smear testing. The program was conducted in two phases:

- 3rd January 2026 at Suneetha Nursing Home (SNH), Chitradurga
- 10th January 2026 at Basaveswara Medical College Hospital (BMCH)

The HPV vaccines were procured from the Serum Institute of India and safely transported from Davangere to Chitradurga under strict cold chain protocols to ensure vaccine efficacy.

Dr. Mahalaxmi and Dr. Suneetha administered the vaccines to the children, while Dr. Prathima and Dr. Shreya carried out the screening tests for women. The initiative was strongly supported by Mitra volunteers, nursing staff, and medical teams, including Dr. Sowmya and Dr. Hema from SNH and BMCH.

The second dose of the HPV vaccine is scheduled before mid-July 2026 to ensure complete immunization for all participating children.

HPV VACCINATION DRIVE FOR MAHATAMA VIDYALAYA

31 JANUARY 2026, N R HOSPITAL

Mitra CanCare Foundation organised the Human Papillomavirus (HPV) Vaccination drive for the students of Mahatma Vidyalaya, Muthanallur who are in the age group of 13 to 16 years (8th to 10th Std).

This drive was in continuation to the first dosage which was administered on 7th August 2025 at N R Hospital, Attibele. The drive started with registration of students, followed by pre check of vital parameters, post which vaccination was administered. Each child was kept under observation for 30 minutes to monitor for common side effects like injection site reactions (pain, redness, swelling) and systemic symptoms (headache, fatigue, nausea). Children were provided with juice and snacks. Dr. Suneetha, Dr. Mahalaxmi, Dr. Manvi and Dr. Kruthi from Mitra CanCare along with Dr. Vijayalakshmi of N R Hospital, administered the vaccine to all the children. 4 Mitra volunteers assisted this drive along with the Principal Mrs. Jegatheeswari and 10 teachers from the school. Mr. Ganesan from Serum Institute supported us in supplying the vaccines in a cold chain for administration. Dr. Manjunath Reddy and Dr. Vijayalakshmi Manjunath of NR Hospital, along with their Nursing staff and other attendants provided us the support and facility to administer this vaccine.

The 67 students who were administered the second dose, and 28 students took the first dose on 31 January 2026. The HPV vaccination card has been provided to each student along with basic details of the child and the due date of second dose will be July 2026.

HPV VACCINATION AND CERVICAL CANCER SCREENING PROGRAM

