

# Mitra Sandesh

June 1, 2026

## I CAN & I WILL

Hearing a cancer diagnosis in the family is an earth-shattering moment that instantly turns your world upside down for the caregiver. Cancer caregivers face immense stress due to competing demands, emotional trauma, and financial burdens. Because they often prioritize the patient, caregivers frequently experience fatigue, sleeplessness and face extreme stress. Most families try to have more than one caregivers to take turns, thereby providing them a break to prevent burnout.

“Cancer caregivers carry a tremendous workload, distributing the work helps balance the burden.”

Amar Bhaskar



## HEALING BEYOND MEDICINE: THE SCIENCE OF NOURISHMENT

**DR. SHILPA SHARATHKUMAR**

Co-founder and Chief Wellness Physician at Swastha

Mitra CanCare Foundation organized this Swasth Mitra webinar on 16 May 2026 to improve the awareness of the role of nutrition in healing chronic illnesses. The webinar was delivered by Dr. Shilpa Sharathkumar, Co-founder and Chief Wellness Physician at Swastha. The webinar was moderated by Mrs Bharathi Vatsa who welcomed the audience and introduced Dr. Shilpa.

Dr. Shilpa Sharathkumar, shares evidence-based insights on how holistic nutrition can support individuals navigating cancer and other chronic conditions. The talk underlines the principle that food is medicine and that proper daily nourishment possesses the inherent power to care for the body at a cellular level.

While dietary choices cannot replace medical interventions, targeted nutrition gently and consistently strengthens the body's immune system, aids tissue repair, and directly enhances the

quality of life during stress or systemic illness. Chronic illnesses or intense treatments like chemotherapy and radiation often present physical barriers to eating. Consequently, emphasizing high-quality nutrition over sheer volume ensures that even partial meals effectively deliver essential nutrients. Consuming the right quantity of proteins, managing energy and including immunity boosters form the core pillars of diet and wellness.

Protein serves as the building block for cell and tissue repair. It is consumed at higher rates when fighting chronic diseases or undergoing muscle-degenerating treatments like chemotherapy. To combat muscle loss and fatigue, a substantial portion of protein—sourced from accessible items like eggs, chicken, fish, legumes, chana, peanuts, and thick curd—should be featured in every main meal.

Chronic fatigue can be stabilized by consuming balanced meals that integrate whole grains, proteins, and healthy fats (such as a spoonful of ghee or avocado). Small quantities of dietary fat act as a digestive aid, facilitating complete protein absorption and ensuring a continuous energy supply.

## HPV VACCINATION DRIVE

NR HOSPITAL on 30<sup>TH</sup> MAY 2026

Mitra CanCare successfully conducted its second dose of HPV Vaccination Drive for the students of Sardar Vallabhbhai Patel (SVP) High School at NR Hospital, Attibele, on 30 May 2026. A total of 33 girl students received the HPV vaccine under the supervision of Dr. Suneetha N., Dr. Mahalaxmi, and Dr. Prathima, with valuable support from NR Hospital nurses, staff and Mitra Sevaks.

All students underwent a pre-vaccination health check and were observed for 15 minutes after vaccination. No adverse reactions were reported, and the drive was completed smoothly.

Mr. Amar Bhaskar, Founder of Mitra CanCare, honoured Dr. Manjunath Reddy, Founder Director of NR Hospital, with a memento. Mrs. Bharathi Vatsa presented token of appreciation to the nursing staff. Principal Ms. Shylaja and Mr. Harish coordinated the consent and verification process efficiently. With this drive, the HPV vaccination program for SVP High School was successfully completed.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.

Note

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# HPV VACCINATION at NR HOSPITAL

