

UBF Diary

March 2023

What every woman must know – The ABCs of breast health



(L-R) Milkuri Gangavva, guest of honour, Dr Raghu Ram and K Padmanabhaiah, chief guest, on the dias

To celebrate International Women’s Day, about 500 people from all walks of life participated in this unique, lively and interactive session that empowered the audience about every aspect of breast cancer and non-cancer benign breast health issues. The session was formally inaugurated by K Padmanabhaiah, chairman ASCI, who complimented Dr Raghu Ram for being a “listening doctor” and a skilled surgeon. A special attraction at the event, Milkuri Gangavva, an actor, YouTuber and influencer from Jagityal, urged women across Telangana to take all the necessary steps to ensure early detection of cancer.

Dr Raghu Ram highlighted the fact that breast cancer is the most common cancer affecting women in India and due to lack of awareness, more than 60 per cent present in the

advanced stages and most succumb to the disease within a year of being diagnosed. He underlined the importance of early detection.

Dr Kotha Ushalakshmi: I fought the disease with courage

Talking of her own personal journey, Dr Kotha Ushalakshmi, UBF founder chairman said, “I am currently 90 years old. Breast cancer was an unwelcome visitor in my life precisely 20 years ago. I fought the disease with courage and determination. When my son, Dr Raghu Ram relocated from the UK to India to look after me, I asked him to establish a Foundation to create the much-needed awareness about early detection in the community. I’m delighted he has been working with missionary zeal over the past 17 years and has been spearheading a major breast cancer awareness drive in the Telugu States. What greater satisfaction can be there for a mother?” she asked.

ABCs of chemotherapy, radiotherapy, diet, yoga and meditation

Dr Mounika Boppana, consultant medical oncologist at KIMS Hospitals focussed on ways to minimise side effects relating to the often punishing treatment schedules. Dr Janaki Srinath, eminent nutritionist, talked about the role of diet in preventing cancer and the diet that one must consume during and after cancer treatment.

Cancer affects the body, mind and soul and Sharmila Raghav, a trained hatha yoga instructor not only stressed



Dr Mounika Boppana demystifying some common myths



Susila Kila, a teacher, a breast cancer conqueror with her husband



Dr Varalakshmi, an eminent neurologist and breast cancer conqueror

the importance of yoga and meditation in healing, but also made the attendees perform some basic yoga and meditation techniques.

The key questions surrounding every aspect of breast cancer and benign non-cancer breast health issues were addressed by this panel of experts led by Dr Raghu Ram.

Two patients who recently underwent treatment under the care of Dr Raghu Ram—Susila Kila and Dr Varalakshmi, a renowned neurologist too shared their first-hand experiences of dealing with cancer in their lives. Effective counselling by doctors and robust family help in winning the war against cancer, they shared.

Guest of honour at inaugural ceremony of 'Ramayanam Kalpavrksham'



Nirmala Sitharaman with Dr Raghu Ram and Dr Ananda Shankar Jayant



Dr Raghu Ram sharing his thoughts



Chief guest Nirmala Sitharaman and Dr Raghu Ram, guest of honour, inaugurating the festival



Dr Raghu Ram being felicitated by Dr Ananda Shankar Jayant

Dr P Raghu Ram, as guest of honour, shared the dais along with Union finance minister, Nirmala Sitharaman, to inaugurate 'Ramayanam Kalpavrksham', a three-day unique multi-art cultural festival.

This festival conceived, curated and presented by Ananda Shankar Jayant, a renowned Indian classical dancer, scholar and a breast cancer conqueror, celebrates the life of Lord Rama. On the occasion, Dr Raghu Ram said he was fortunate to be involved in the care of Ananda Shankar

Jayant as her surgeon, when she had fought cancer. He added, "With fierce determination and extraordinary resilience, she danced her way through cancer to emerge as a breast cancer conqueror." He later spoke about what he valued and treasured the most—reading the 'Ramayana' in his mother tongue, Telugu.

Link to Dr Raghu Ram's address

<https://www.youtube.com/watch?v=fmNv6hyHLqY>

The 'Ibrahimpur Model' needs to be adopted around the country



Dr Raghu Ram and minister Harish Rao presenting updated post office pass books to a child

Ibrahimpur, the remotest hamlet in Medak district, Telangana, has been the beneficiary of the several philanthropic initiatives implemented by Dr P Raghu Ram for the past eight years after he adopted the village.

Most recently, he contributed Rs 10 lakhs towards the Sukanya Samridhi Yojana scheme, in which money is credited in the accounts of 37 girl students under the age of 10 years from Ibrahimpur Primary School. An amount of Rs 27,000 has been credited in each of their accounts, which would mature to around Rs 1 lakh each, when they turn 21.

This amount can cover expenses towards higher studies/wedding of the girl child. This highest interest generating post-office savings scheme, which was launched by Prime Minister Narendra Modi in 2015, fetches 3 to 4 times the principal invested amount at the time of maturity.

Furthermore, money cannot be withdrawn by any family member until maturity, to ensure the girl child is protected. Interacting with the recipients of 37 girl children and their families in Siddipet on March 26, Harish Rao, minister for finance, health, medical & family welfare, government of Telangana paid rich tributes to Dr Raghu Ram for his multiple initiatives in Ibrahimpur since 2015.



Dr Raghu Ram, minister Harish Rao with the beneficiaries and their parents



Dr Raghu Ram expressing his gratitude



Minister Harish Rao felicitating Dr Raghu Ram

In Ibrahimpur, Dr Raghu Ram has constructed a modern crematorium, a cattle shed in the village outskirts to prevent cattle born infections, home solar system to ensure zero electricity bills for life, a digital class room, a dining hall in the school premises and an open air gym to ensure healthy living.

Dr Raghu Ram said, "It has been a blessing and an incredible privilege to have been able to reach out to the residents of my adopted village, Ibrahimpur. It is unreasonable to expect the government to do everything and it is vitally important for the citizenry who have the resources to do what is required to improve the lives of those who are less fortunate."

Pointing out that there are around 10, 000 villages in Telangana, he wished that if just 10, 000 citizens adopt one village each and invest part of their time and energy to uplift the lives and livelihood in rural areas, then this 'Ibrahimpur Model' can serve as a benchmark for the nation.

"And, with over 6 lakh villages, well over 70 per cent of India's population live in rural areas. If 6 lakh citizenry who have the necessary resources, undertake similar initiatives in the 6 lakh villages, in the next 25 years, it will be a golden opportunity to fulfil dreams, goals and aspirations of countless lives across Bharat," said Dr Raghu Ram.

Link to Harish Rao's address

<https://www.youtube.com/watch?v=StkKq2tBGiw>

A high-profile visitor from Britain drops in



Lord Bilimoria compliments Dr B Bhaskar Rao, Chairman, KIMS Hospitals and admires Dr Raghu Ram's accolades at the Breast Centre

One of the most successful persons of Indian origin in the UK—Lord Karan Bilimoria CBE, an active crossbench member of the House of Lords and chancellor of University of Birmingham and currently, president of the Confederation of British Industry, was on an official visit to India on behalf of the British government.

Lord Bilimoria visited KIMS-USHALAKSHMI Centre for Breast Diseases on April 6 and complimented Dr Raghu Ram for serving as a 'Living Bridge' between the UK and India for well over a decade and paid rich tributes to his outstanding contribution towards improving breast healthcare in India through a number of innovative initiatives.

Later in a tweet, he said about Dr Raghu Ram, "I am impressed and inspired with the wonderful work you are carrying out with your team, literally saving lives every day!"

The Pink Ribbon symbol sails the high seas

Ocean Network Express (ONE), which is the 7th largest shipping container service, organised an innovative breast cancer awareness event. Head-quartered in Singapore, ONE launched a year-long campaign to raise awareness of breast cancer globally.

The company has transformed 100 of its iconic magenta containers to feature the pink ribbon—an international symbol for breast cancer awareness to promote the importance of early detection of breast cancer.

Their first Pink Ribbon containers arrived in Hyderabad and Dr Raghu Ram was invited as chief guest on this occasion in April. He delivered an address to the employees about the importance of early detection.



UK Telugu charity confers Lifetime Achievement Award



Dr Raghu Ram being conferred 'Lifetime Achievement Award' by Dr Ramulu Dasoju, founder chairman and Bharathi Kandukuri, current chairperson of the Telugu Association of London

Dr Raghu Ram was conferred the 'Lifetime Achievement Award' at the glittering Ugadi 2023 celebrations organised by the Telugu Association of London (TAL) on April 22, in London.

Representing over 10,000 Telugu speaking people in and around London, TAL is the largest Telugu charity organisation in the UK. Paying rich tributes to Dr Raghu Ram, Dr Ramulu Dasoju, founder chairman and Mrs Bharathi Kandukuri, current chairman of Telugu Association of London, read out excerpts from the citation, which said, "TAL has recognised Dr Raghu Ram with the Lifetime Achievement Award for his

outstanding contribution towards transforming breast cancer care in India."

Councillor Raghwinder Siddhu, mayor of London Borough of Hounslow, who was the special guest at the event added, "Dr Raghu Ram is a perfect role model of a 'Living Bridge' between UK and India and has been an advocate of best practices in his chosen field coupled with human touch and many altruistic values".

Sai Kumar, a well-known Tollywood actor felicitated Dr Raghu Ram with a 'Lifetime Achievement Award Pagadi' during the event.

Many glorious firsts at Japan Surgical Congress



Dr Raghu Ram delivering the 'International Lecture' at the JSS 123rd Congress

Dr P Raghu Ram delivered the prestigious 'International Lecture' on 'Transforming Breast Healthcare – Celebrating 17 positively eventful years' during the 123rd Annual Congress of the Japan Surgical Congress (JSS) being held from April 27-29, 2023 at the International Convention Centre in Grand Prince Hotel, Tokyo.

Dr Raghu Ram highlighted the disruptive initiatives championed by KIMS-USHALAKSHMI Centre for Breast Diseases & UBF, which has been working with missionary zeal over the past 17 years towards improving the delivery of breast cancer care in India.

Over 10,000 surgeons and surgical trainees from all across Japan and distinguished surgeons from other parts of the world participated in this scientific Congress. In his capacity as convener, International Affairs for the Association of Surgeons of India (ASI), the world's second largest surgical organisation, Dr Raghu Ram's request to Japan Surgical Society to provide a travel grant of US\$ 6000, which would fund three Indian surgical trainees to Japan, was approved.



Dr Raghu Ram felicitating Dr Takao Ohki, Congress president JSS 2023

In an initiative for the first time in ASI's 84-year old history, Dr Nidhin from Palakkad, Dr Priyanka Saha from AIIMS Bhubaneswar and Dr Reshma Balachandran from Tata Memorial Hospital, Mumbai, who were selected by virtue of merit by ASI, travelled to Tokyo under this scholarship scheme and were given an opportunity to present papers at the 123rd Annual Congress of JSS.

Also, they have been given an opportunity to observe best surgical practices at the University of Tokyo hospital as observers. This landmark initiative will benefit surgical trainees from India to obtain international exposure even before completing their post-graduation in surgery.

Dr Raghu Ram has also ensured that this initiative would be replicated every year and JSS will provide US\$ 6000 annually for three surgical trainees to attend their annual conferences. Furthermore, surgical trainees from Japan will be given a similar opportunity to present papers at the annual Conference of Association of Surgeons of India starting from December 2023.



Dr Sanjay Jain, president ASI and Dr Raghu Ram, convener, International Affairs ASI with Dr Kenji Minatoya, convener, International Affairs, JSS

Indian embassy in Japan welcomes the doctor



Dr Raghu Ram presenting a copy of the recent issue of Pink Connexion to ambassador Sibi George



Dr Raghu Ram with Suresh Lakhavath, first secretary and Kanika Aggarwal, director, Vivekananda Cultural Centre at the Indian embassy in Tokyo



Dr Raghu Ram with an embassy staff member—a breast cancer conqueror

Impressed with the landmark innovative initiatives implemented by UBF towards creating awareness, Dr P Raghu Ram was invited by Sibi George, Indian ambassador to India in Japan to empower the Indian embassy staff in Tokyo about the importance of early detection of breast cancer. The ambassador was appreciative of his presentation and it was an absolutely emotional moment when an embassy staff member, a breast cancer conqueror, took a picture with Dr Raghu Ram after his presentation



Dr Raghu Ram presented the ambassador the most recent issue (Feb-April 2023) of *Pink Connexion*—UBF's quarterly breast health magazine, published since 2014.



Dr Raghu Ram with the ambassador and embassy staff after the awareness talk

Dr Raghu Ram becomes 'International Advisor' to RCPSG



ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF GLASGOW

Dr P Raghu Ram becomes the first and only doctor from Telangana and Andhra Pradesh in over 400 years to be appointed to the prestigious position of 'International Advisor' to the Royal College of Physicians & Surgeons of Glasgow (RCPSG), which is one of the oldest Royal Colleges in the world. He will provide strategic advice to RCPSG.

Dr Raghu Ram obtained a Fellowship from all the four surgical Royal Colleges in British Isles (FRCS - London, Edinburgh, Glasgow & Ireland) at a very young age. It is in recognition of his track record in helping budding surgeons over the past two decades that he has been given this new responsibility by RCPSG.

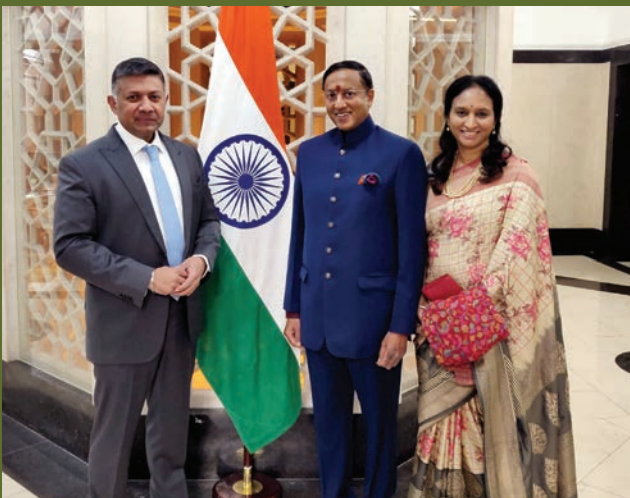
Confirming the appointment from 2023 – 2026, with an option to extend for another three years, professor Hany Eteiba, international director for the RCPSG in a letter addressed to Dr Raghu Ram stated, "I wish to extend my sincerest thanks for your willingness and commitment to the college's goal of developing this important international network. I extend a warm welcome to you as our new International Advisor."

Founded in 1599, RCPSG is over 400 years old and is the only multidisciplinary Royal College in the British Isles that represents a diverse community of over 15,000 surgeons, dentists and professionals working in podiatry and travel medicine from across 97 countries around the world.

Whilst working in the UK, since the year 2000, Dr Raghu Ram has been convening annual courses that prepare doctors appearing for final FRCS and MRCS Examinations in Hyderabad. He would travel every year from the UK, taking time out from his annual leave to diligently conduct these courses in Hyderabad at a fraction of cost from what these courses would cost in the UK, thus sparing the need for Indian doctors to go to the UK to attend these courses before sitting for the FRCS and MRCS examinations.

After relocating to India in 2007, he has also been convening the inter-collegiate final MRCS examinations every year in Hyderabad on behalf of the Royal College of Surgeons of Edinburgh & Royal College of Surgeons of England, thus sparing the need for doctors to travel to the UK to appear for this examination.

Dr Raghu Ram has also served as international surgical advisor for The Royal College of Surgeons of Edinburgh for 10 years from 2010 – 2020. That makes him the first and only surgeon from south Asia to have been associated with two of the oldest Royal Colleges in the world as 'International Advisor'.



A 'Living Bridge' between UK and India

In April, Dr Raghu Ram met Vikram Doraiswami, high commissioner of India to the UK, in London. He was especially appreciative of Dr Raghu Ram's body of work replicating the best of British practices to improve breast healthcare in India.

Dr Raghu Ram and his wife, Vyjayanthi, with the high commissioner of UK, in London