

UBF Diary

November 2022

Osmania University students learn about breast health

Dr Raghu Ram was invited to address an enthusiastic group of students at Osmania University on November 4. The event was organised by Women in Engineering (WIE), one of the largest international professional organisations dedicated to promoting women engineers and scientists which encourages girls to pursue a career in engineering.

Dr Raghu Ram outlined the importance of early detection of breast cancer and presented evidence-based facts, relating to various aspects of breast health in an easy-to-understand format. The students gave Dr Raghu Ram a standing ovation.



Dr Raghu Ram at NIMS

On November 5, Dr Raghu Ram gave a lecture, titled *UK to India: Celebrating 15 positively eventful years (2007-2022)*, to a packed hall comprising faculty and trainees at the prestigious Nizam's Institute of Medical Sciences (NIMS) in Hyderabad. In his lecture, the doctor reflected on his journey and talked about the various strategic initiatives implemented by him, to improve breast healthcare in India in the last 15 years. Dr N Bheerappa, acting director and dean, NIMS and other staff paid rich tributes to Dr Raghu Ram's contribution to the community.



A Generous Donation to the Foundation

Madhumita Chakraborty, Dr Raghu Ram's patient and breast cancer 'conqueror' contributed a generous amount to Ushalakshmi Breast Cancer Foundation on November 11. Her donation will be used to provide treatment for under-privileged patients presenting with breast cancer at KIMS-USHALAKSHMI Centre for Breast Diseases.

Her equally generous and highly supportive life partner - Saumen Chakraborty (the much accomplished former CFO of Dr Reddy's Laboratories) presented a cheque for the same. Madhumita's inspiring journey in the fight against cancer was featured precisely six years ago in the 2016 (Aug - Oct) issue of *Pink Connexion*.

"When I was diagnosed with Stage 3 Breast Cancer, my life was shattered. I went into denial, depression & anxiety. Dr Raghu Ram has been a pillar of strength throughout my treatment journey & beyond. Using oncoplastic techniques, he preserved my breast without any deformity, which has tremendously boosted my self confidence. I'm very much indebted for everything he did to save my life & also ensuring excellent cosmetic outcome."

Madhumita Chakraborty
Homemaker
9 August 2016



Guest @ Resofest 2022



Dr Raghu Ram was invited to the Gachibowli Indoor Stadium in Hyderabad, as part of the Resofest 2022 programme on November 12, to share some of his thoughts that shaped his life, with more than 4,000 bright young students preparing for their NEET and IIT.

Governor's interaction session

Dr PV Chalapathi Rao Memorial Awards

The Dr PV Chalapathi Rao Memorial Awards were bestowed by Dr B Bhaskar Rao, chairman and MD of KIMS Hospitals, on the best outgoing trainees for the second consecutive year, on the eve of the late Dr Chalapathi Rao's birth anniversary.



Dr Mrs TAMILISAI Soundararajan, governor of Telangana held a brainstorming session with intellectuals and prominent citizens at Raj Bhavan on November 24 to discuss diverse topics. And, Dr Raghu Ram presented his views on different strategies to improve breast cancer care in the region.

Demystifying myths about breast health at FLO Hyderabad chapter's 'Healthcare Conclave'

Dr Raghu Ram demystified some of the common myths associated with various breast health issues, including breast cancer at the "Healthcare Conclave" organised by FICCI Ladies Organisation (Hyderabad Chapter) on November 21.

Highlighting the ABCs of breast health, he empowered women by creating awareness about the importance of 'early detection' and emphasised the need to spread hope and courage in the fight against breast cancer. Dr Raghu Ram was part of a panel discussion along with Chaavi Mittal, a celebrity breast cancer 'conqueror', at this event.

The discussion was moderated by Shubhrra Maheshwari, chairperson, FLO Hyderabad chapter.



Chaavi Mittal with Dr Raghu Ram and Shubhrra Maheshwari



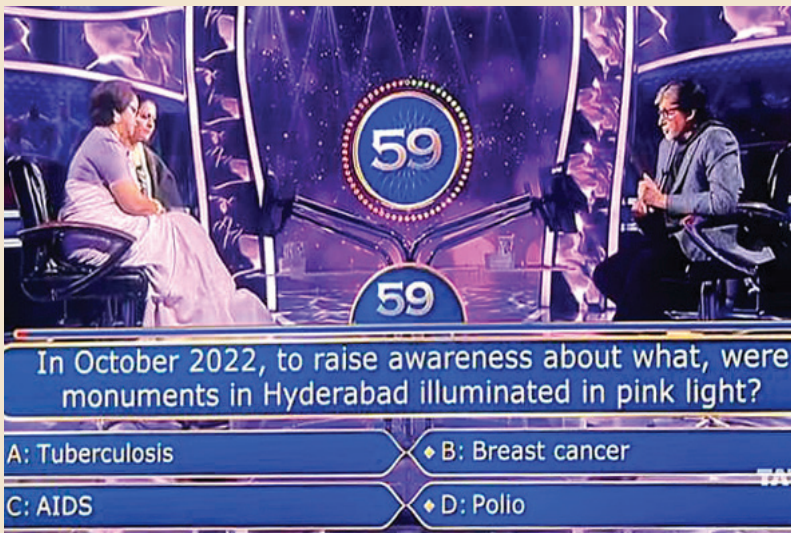
Dr Raghu Ram lighting the lamp



Dr Raghu Ram with FLO Executive Committee

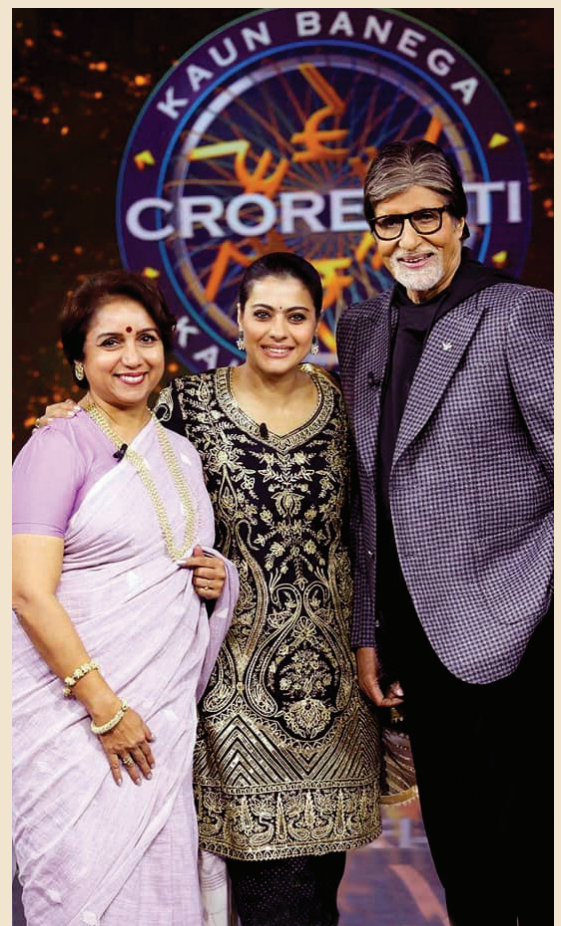
December 2022

UBF initiatives on Kaun Banega Crorepati show



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On December 5, on the extremely popular KBC show hosted by Amitabh Bachchan with actors Kajol and Revathi as the contestants, a question was posed, which brought to sharp focus the nationwide impact achieved through the various innovative breast cancer advocacy initiatives championed by Ushalakshmi Breast Cancer Foundation, over the past 15 years (2007 - 2022).



Chief Guest at Bengali Film Festival

Dr Raghu Ram was invited along with Anindya Dasgupta, accountant general, Telangana and Mamidi Harikrishna, director, department of language and culture, government of Telangana, to felicitate awardees and present the jury awards to best director, actor, actress at the 5th edition of the Telangana Bengali Film Festival - Aayna 2022 at Prasad's Preview Theatre on December 11.

Speaking on the occasion, Dr Raghu Ram said, "Over five lakh Bengalis have made Hyderabad their home. The fact that there are seven associations representing this most vibrant community speaks volumes of the diverse range of activities being held in the region. Delighted that Aayna 2022 is celebrating five positively eventful years curating classic and contemporary Bengali films."



Dr Raghu Ram with Anindya Dasgupta and Mamidi Harikrishna

Visit by eminent breast surgeon from Arizona to KIMS-Ushalakshmi Centre

Dr Beth DuPree, an innovative thought leader in breast cancer care and eminent breast surgeon from Arizona, visited KIMS-USHALAKSHMI Centre for Breast Diseases at KIMS Hospitals on December 18. She was highly appreciative of the state-of-the-art breast healthcare provided at the breast centre and the innovative breast cancer advocacy initiatives championed by UBF. Living and practising in America, she has integrated healing therapies in her practice —yoga, meditation, Reiki, grief counselling, exercise and reflexology. These shared interests have strengthened the 17 years of friendship between Dr Raghu Ram and Dr Beth Dupree.



ASICON 2022, Mumbai

After a gap of three years, The Association of Surgeons of India (ASI) held its flagship annual Congress in Mumbai, from December 21 to 24, 2022. Over 5,000 surgeons from all over India and a few distinguished surgeons from all over the world participated in the meeting.

As there was no onsite Congress in 2020 due to the pandemic, Dr Raghu Ram was invited to address the delegates during the inaugural ceremony at ASICON 2022, in his capacity of having served as the ASI president in 2020.

Dr Raghu Ram was one of the youngest presidents in ASI's 84-year-old history. He expressed his gratitude to the membership for giving him an opportunity to serve at the apex position of the world's second largest surgical association, during the most challenging times.



Dr Raghu Ram addressing the delegates



Dr Raghu Ram, president ASI 2020, Dr G Siddesh, president ASI 2022 and Dr Palanivelu, president ASI 2007



L-R: Dr Sanjay Jain, ASI president 2023, Dr G Siddesh, ASI president 2022 and Dr P Raghu Ram, ASI president 2020



Dr Raghu Ram with Prof Rowan Parks, president, The Royal College of Surgeons of Edinburgh



L-R: Dr Raghu Ram, Prof Rowan Parks, Dr G Siddesh, president ASI 2022, Dr Beth Dupree (USA), Prof Sanjay Jain, president ASI 2023



Presentation of the Oration certificate

Bringing light to a dark situation: A grateful patient says thanks through a work of art



Grateful patient from Delhi presenting her painting to Dr Raghu Ram



Christina Scott appreciating the painting

As painting is her hobby, a New Delhi-based patient took the time and effort to create a work of art to share her gratefulness to the “dedicated, thoughtful, compassionate” Dr Raghu Ram, who brought “light to a very dark situation”. Her work of art featured a butterfly - which symbolises rebirth, hope, and bravery. It also showed the power of transformation and the incredible outcome a patient could achieve by trusting her doctor.

Christina Scott, British deputy high commissioner to India and Gareth Owens, British deputy high commissioner to Telangana and Andhra Pradesh appreciated the painting during their visit to the KIMS-Ushalakshmi Centre for Breast Diseases in January.

January 2023

KIMS-USHALAKSHMI Centre for Breast Diseases hosts Christina Scott, British deputy high commissioner to India



Christina Scott, British Deputy High Commissioner to India and Gareth Owens, British Deputy High Commissioner to Telangana & AP being felicitated by Dr B Bhaskar Rao, Chairman & MD KIMS Hospitals

“I commend Dr Raghu Ram for being a “living bridge” between the UK and India for over 15 years and replicating the best of British practices to improve breast healthcare in India” - Christina Scott

KIMS-USHALAKSHMI Centre for Breast Diseases hosted Christina Scott, British deputy high commissioner to India, and Gareth Owens, British deputy high commissioner to Telangana and Andhra Pradesh on January 13, 2023.

Welcoming the gathering, Dr B Bhaskar Rao, chairman and MD of KIMS Hospitals said, “I gave a free hand to Dr Raghu Ram to develop a world-class breast centre and he achieved much more than what he promised me when he met me 15 years ago. I extend my unstinting support to him and I am confident that he will achieve many more milestones in the coming 15 years.”

Addressing the visiting high-ranking British delegation, Dr P Raghu Ram, director and consultant surgeon at KIMS-USHALAKSHMI Centre for Breast Diseases said, “Due to the lack of awareness about the absence of a robust population-based screening programme, more than 70 per cent of women with breast cancer present in the advanced stages, with consequently poor survival.

I wanted to make a difference to these statistics in Telangana and Andhra Pradesh. Since relocating from the UK to India in 2007, I have been working to the best of my ability for the past 15 years, to ensure early detection of breast cancer by transforming breast cancer from a “taboo” issue to a much commonly discussed one, through a



Breast cancer conquerors with Christina Scott



Christina Scott appreciating the remarks made by Amitabh Bachchan at the Breast Centre



Dr Jwala Srikala explains the state-of-the-art 3D mammography system at KIMS USHALAKSHMI Centre for Breast Diseases



Christina Scott and Gareth Owens with Dr B Bhaskar Rao, Chairman & Managing Director of KIMS Hospitals



Dr Aban Daver, Dr Raghu Ram's first patient addressing the gathering



Ananda Shankar Jayant, a breast cancer conqueror, shares how she fought breast cancer with courage and determination



Christina Scott interacting with Dr Kotha Ushalakshmi, Founder Chairman of Ushalakshmi Breast Cancer Foundation

number of innovative initiatives. This most definitely ensures long term survival from the most common cancer affecting women in the country."

Further, listing the work he has done, he added, "Establishing south Asia's first dedicated comprehensive breast health centre at KIMS Hospitals; founding a "not-for-profit" breast cancer charity to raise awareness about the importance of early detection; spearheading south Asia's largest population-based breast cancer screening programme in Telangana and Andhra Pradesh; playing a pivotal role in the formation of The Association of Breast Surgeons of India - a dedicated organisation that brings together surgeons practising the art and science of breast surgery under one platform and undertaking life-transforming initiatives in my adopted village, Ibrahimpur through personal philanthropy, are the main activities championed by me for well over a decade."

Meanwhile, addressing the staff and patients, Christina Scott, minister and British deputy high commissioner to India said, "I commend Dr Raghu Ram for being a "living bridge" between the UK and India and replicating the best of British practices to improve breast healthcare in India. What he has achieved in a decade and a half is phenomenal and I wish him and his team all the very best."



A patient taking a selfie with Christina Scott