CANCER INSTITUTE (WIA)™

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NEWSLETTER

Mar'26 | ISSUE

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COVER STORY | **YEAR PASSED**

by Dr. Kalpana Balakrishnan, CEO & Medical Director

Friends,

As I look back on the last year and reflect on the transformation and progress of our Institute, a few important milestones come to mind.

Over the past months, we have embarked on one of our most significant operational milestones—the transition to a new Hospital Information System **(HIS)**. This shift, apart from being a technology upgrade, marks a decisive step toward smarter workflows, improved clinical integration, enhanced data integrity, and a more seamless experience for our patients and caregivers. I sincerely thank our clinical, administrative, and especially the IT teams for their dedication and patience during this complex changeover.

While much has been done, a lot of fine-tuning is still awaited and remains a work in progress. I am sure we will achieve our goal of building a digitally enabled, patient-centric ecosystem with your continued commitment.

Equally encouraging is the growing academic footprint of our faculty. We are witnessing an increase in representation at national and international conferences, active participation in scientific deliberations, and a steady rise in research presentations. These achievements reflect the intellectual vibrancy of our institution and reaffirm our role as a leading centre for oncology care, education, and research. It is important to ensure that the posters and papers presented translate into publications.

Another landmark was the HR software Adrenaline - this has automated much of the manual work for leave management and has fully integrated the payroll process. Availability of the software in the mobile platform has eased many application process.

We also take pride in having recently achieved accreditation from the National Accreditation Board for Testing and Calibration Laboratories (NABL)—a testament to the quality and standardisation of our laboratory services. This accomplishment belongs to every member of our laboratory and clinical teams who worked tirelessly to meet rigorous benchmarks. We anticipate that more services will be included under the NABL umbrella in the coming year.

As we celebrate this success, we now turn our collective focus toward the next important goal: reaccreditation by the National Accreditation Board for Hospitals & Healthcare Providers (NABH).

This journey will require institution-wide preparedness, meticulous adherence to protocols, and a culture of continuous quality improvement. NABH is not merely an accreditation—it is a framework that strengthens patient safety, clinical excellence, and organisational accountability.

Together, through discipline, hard work, and collaboration, we can elevate our standards further and reinforce our commitment to compassionate, high-quality cancer care.

DONATION HIGHLIGHTS

Correspondent: Mrs. M. S. Kalyani - Data Manager, Tumour Registry

(NOVEMBER 2025 – FEBRUARY 2026)
DRIVING ACCESS TO EQUITABLE AND COMPASSIONATE CANCER CARE

Some of Our CSR Partners & Their Impact

Patient Care Support

Ethical and equitable patient care lies at the heart of our mission. We continually seek support to effectively meet the diverse needs of our patients and ensure high standards of quality in our service. In this regard, we are grateful that RBL Bank and CCIL have made meaningful contributions, enabling us to serve better, and respond to the expectations of those under our care.

Medical Equipment

Access to advanced medical equipment is essential to deliver high-quality patient care. We are thankful for the generous contributions that strengthen our capacity to diagnose, treat, and support our patients effectively. In this regard, Siemens, LIC and HDFC ERGO have made significant donations. Their support has been invaluable in helping us procure state of the art equipment and meet the evolving medical needs of our patients.

Infrastructure Development

As an institute with a legacy of 72 years, we are always looking for ways to upgrade our existing infrastructure and develop new facilities . We are grateful for the generous support extended towards enhancing our facilities and improving the overall environment for both patients and staff. In this regard, Dürr India Private Ltd. has significantly aided the development of our auditorium, while Dinamalar has supported the renovation of our kitchen. These contributions have meaningfully improved our institutional infrastructure and operational capabilities, enabling us to provide a more comfortable and functional space for care and service.

We sincerely thank all those who have contributed to our growth over the last 7 decades for their unwavering support.

Author: Mr.Rajasekar R - General Manager, CSR Activities & Spl.Projects

DEPARTMENT HIGHLIGHTS

DEPARTMENT OF CLINICAL BIOCHEMISTRY

Correspondent: Mrs. R. Harini - Scientific Assistant, Department of Microbiology





Department of Clinical Biochemistry

The Department of Clinical Biochemistry provides 24-hour diagnostic support to our oncologists, analysing over 140 parameters—including routine chemistry, immunoassays, tumour markers, therapeutic drug monitoring, and specialised endocrine testing. These results support diagnosis, screening, prognostication, and treatment guidance. STAT samples are processed promptly, and critical values are reported immediately.

State-of-the-Art Technology

In October 2024, the Abbott Architect Ci4100—an integrated immunochemistry module—was installed, linking clinical chemistry and immunochemistry for enhanced automation and improved turnaround times. The laboratory now runs over 56 parameters from a single blood tube under stringent quality control.

Evacuated Tube Collection & Sustainable Water

Closed blood collection—the safest method in phlebotomy—has been introduced across all collection areas. Feed water for all chemistry analysers is now sourced through atmospheric air-water condensation units, generating approximately 1,000 litres daily. This reduces RO plant wear and supports high-quality electrolyte testing.

MILESTONES

THE SHIFT TO OHUM – VOICES FROM THE GROUND

Cancer Institute (WIA) achieved what typically takes three years in under six months—a full transition to the OHUM Hospital Information System. As Dr. Parathan Karunakaran, Associate Professor, Department of Medical Oncology, notes, this was no mean feat for a pioneering cancer institute with its own unique ecosystem and protocols.

The integration has since revolutionised workflows, offering round-the-clock access to patient information, real-time troubleshooting, and seamless integration across drug inventory, finance, and tumour registry operations.

On the ground, the impact has been equally significant. The Blood Centre reports improved turnaround times for blood and blood component issues, with OHUM serving as a user-friendly and reliable platform that supports mandatory documentation and enables real-time data access.

From a nursing perspective, the system has strengthened patient safety by reducing documentation errors, improving record-keeping, enhancing continuity of care, and automating routine tasks—allowing nurses to dedicate more time to direct patient care.

The IT Department describes OHUM as a comprehensive end-to-end solution, integrating patient registration, diagnostics, treatment planning, billing, discharge summaries, and follow-up care within a single unified platform.

Through this deployment, the Institute has taken a defining step towards a fully digitised, efficient, and patient-centric healthcare delivery model.

The shift to OHUM - Voices from the ground

"Transition in under 6 months - a mean feat. Universal access,real-time troubleshooting & holistic integration across drug, finance & tumour registry operations."

Dr. Parathan Karunakaran, Associate Professor
Department of Medical Oncology

"End-to-end digital IP workflow with real-time data capture across all stages of patinet care. Eliminates redundant documentation & enhances accuracy & interdepartmental coordination."

Mr. Rajesh K, IT Head
Department of IT

OHUM
Hospital Information System

"User-friendly & reliable platform. Improves turnaround time for blood & blood component issues. Supplements documentation with real-time data access."

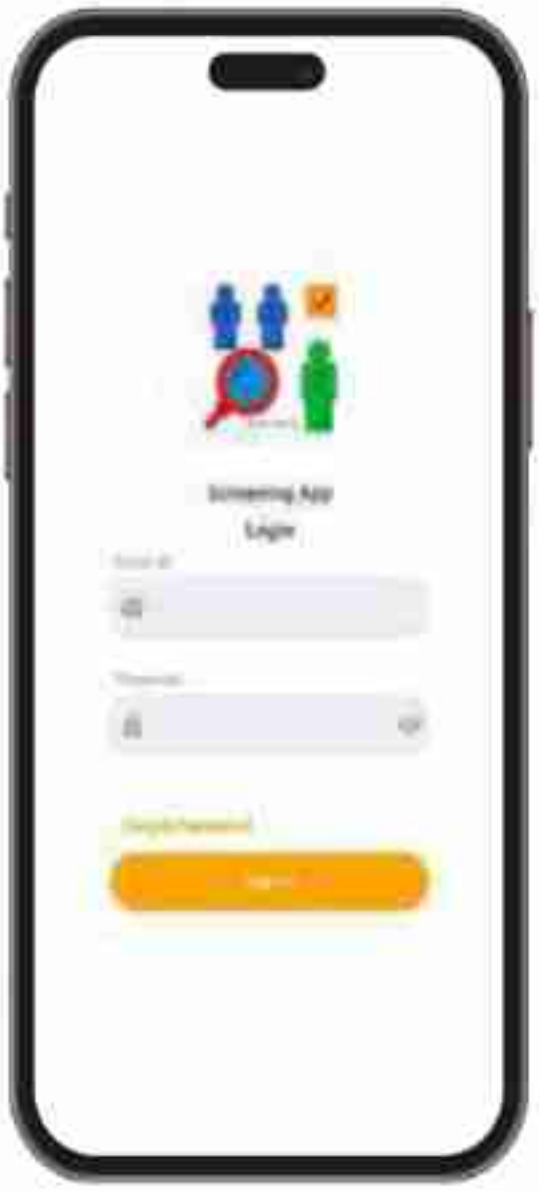
Dr. Swapna, Medical Officer
Blood Centre

"Reduces documentation errors, improves record-keeping & continuity of care. Automates routine tasks-allowing nurses to focus on direct patient care."

Muthuram G, Nursing Superintendent
Department of Nursing

MILESTONES (CONT)

DIGITAL DATA ENTRY IN COMMUNITY SCREENING





Paperless data entry has been implemented in Community Screening Programmes across six districts—Chennai, Thiruvallur, Viluppuram, Pudukkottai, Thiruvannamalai, and Sivagangai.

Built on the Curable platform, the system enables patient registration, screening documentation, report tracking, and follow-up linkage within a secure, unified framework—supporting early diagnosis and a comprehensive screening registry.

Author: Dr.Malliga J S - Associate Professor & HOD, Department of Preventive Oncology

THE TEACHER IN ME

There was a time when the classroom had only one window — and it faced the teacher.
I grew up in an era where knowledge had a singular, sacred address. The teacher stood at the front, and we leaned forward — not because we were told to, but because there was nowhere else to look. The textbook affirmed. The library expanded. But the teacher was the source — the living custodian of what mattered. No notifications competed. No alternate screens beckoned.

TEACHER IN ME (CONT)

When a professor pointed to a patient's clinical signs in the ward, that moment was irreplaceable. Bedside teaching was not pedagogy. It was gospel.
I carried that reverence into my own teaching. For years, it sustained me. Then the world changed — quietly, and then completely.

Today, a student can attend a global cardiology conference from a hostel room at midnight. Grand rounds are livestreamed. Every bedside demonstration competes with a silent thought: "I'll watch a video later." Perhaps they will. Or perhaps "later" dissolves into a reel, a message, a notification — the cheerful colonisation of attention. Information is abundant. Attention is scarce. I understand this well. I live in the same avalanche.

Medicine itself has transformed. Molecular biology, immunobiology, targeted therapies, liquid biopsies, CAR-T cells, epigenetics — these are not electives. They are the grammar of modern practice. If I do not learn to speak it, I risk teaching a language already fading. The classroom has no walls now. AI can generate histology slides or simulate patient scenarios in seconds. The tools are extraordinary.

And so I have come to a quiet understanding:

The teacher in me survives only if I protect the student in me.

The student is not nostalgia. It is not the young person in the front row. It is a posture — restless, humble, willing to be surprised. When I enter a ward today, I must carry both roles: the teacher who guides, and the learner who still wonders. The moment I stop wondering, I stop being worth listening to.

The bedside still offers something no platform can replicate. Not merely signs — but context. A hesitation before an answer. A family member's silence. The smell of the ward at dawn. The instant a student's face changes when sound becomes meaning. These cannot be streamed. They require presence.

But presence must be earned.

To deserve it, I must rebuild myself repeatedly — read the difficult papers, learn unfamiliar tools, accept the discomfort of being a beginner again. Competition has not diminished teaching; it has refined it. My students have choices. The only way to remain their choice is to remain worth choosing.

I am not competing with the internet.

I am offering what it cannot — myself. Updated. Humbled. Present. Still learning.

Perhaps that is what it means to be a teacher today.

Not the only window in the room — but the one that, when opened, lets in real air.

TEACHER IN ME (CONT)

செயலிறக்கம் செய்யப்பட்ட செயலிகளின் குணமா
பதிவிறக்கம் செய்யப்பட்ட தரவுகளின் கணமா
கரைந்து காணாமல் போனது நம் கவனம்
கையடக்க கணினிகளின் தீநன்பாகு
உலகை மணித்துளியில் சுற்றிவரும்
கந்தனின் மயில்வாகனம் தான்
இன்னமும்,
நாம் தேடும் ஞானப்பழமோ
அம்மையப்பன் ஆசானை சுற்றிவந்தாலே
கணினியின்றி கையில்கிட்டும் கனிதான்!

Author: Dr.Jayashree N - Associate Professor, Department of Gynaecological Oncology

HALL OF FAME



Dr. Amy Joel Jose

Assistant Professor, Department of Gynaecologic Oncology

First Prize, Poster Presentation, 32nd Annual Conference of the Association of Gynaecologic Oncologists of India (AGOICON 2025), Kolkata, December 11–14, 2025.

Dr. Jyothsna J

Senior Resident, DM Medical Oncology, Department of Medical Oncology

Best Presenter Award, Oral Paper Presentation, Real World Evidence 2026 Conference, Silchar, Assam, November 28–30, 2025.

HALL OF FAME (CONT)



Dr. G. K. Rangarajan

Scientist D & RSO, department of Nuclear Medicine,
was awarded a PhD in Nuclear Medicine (Biomedical Science) by The Tamil Nadu Dr. M.G.R. Medical University on 27 February 2026.

Dr. Priya Iyer

(HOD, Radiation Oncology)– Professor and Head,
Department of Radiation Oncology
Best Proffered Paper (Senior Member), AROICON, Kolkata, November 28–30, 2025.





Dr. Navaneetha Lakshmi R

Senior Resident, MD Radiation Oncology,
Department of Radiation Oncology
Travel Fellowship for Best Oral Presentation and First Prize, Quiz Competition, AROICON, Kolkata, November 28–30, 2025.

Dr. Surya S

Senior Resident, MD Radiation Oncology Student,
Department of Radiation Oncology
Best Poster Presentation, AROICON, Kolkata, November 28–30, 2025.



HALL OF FAME (CONT)



Mr. S. P. Aravindh

Junior Research Fellow, Department of Molecular Oncology

Best Oral Presenter Award, 5th International School on Radiation Research (ISRR) Conference 2025 (BMHRC), for his presentation on MRPS23 in radiation response and DNA repair in breast cancer.

Dr. Balaji Ramachandran

Professor, Department of Molecular Oncology

Selected as a DHR-HRD International Fellow (2025–26) for advanced training in pre-clinical CAR-T cell therapy research at King's College London.

Dr. Mayilvahanan Bose

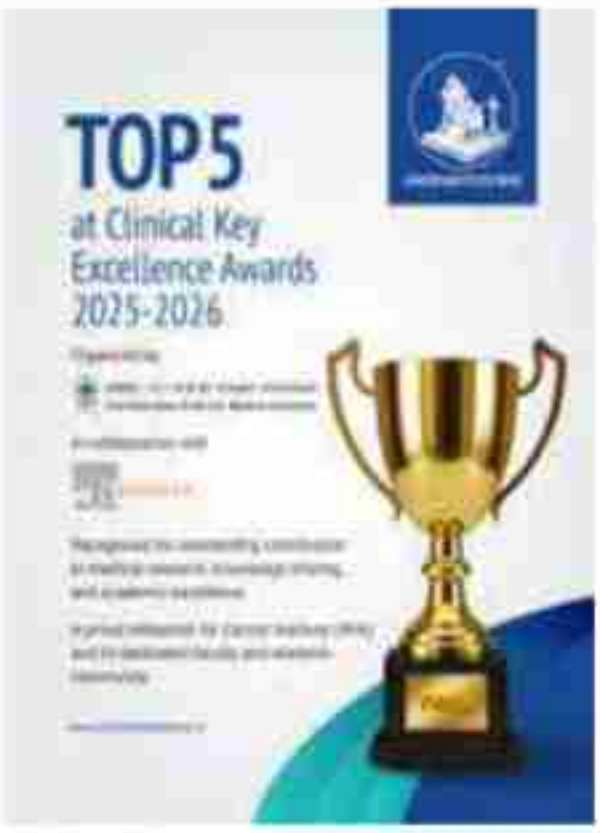
Associate Professor, Department of Molecular Oncology

Dr. Mayilvahanan Bose (Faculty, Department of Molecular Oncology) – Awarded the DHR-ICMR International Fellowship (2025–26) for specialised training in anaerobic culture methods and microbiome research at the University of Guelph, Canada. He was also invited as speaker at the India-UK Network Meeting (SRM University AP, January 21–23, 2026), where he delivered a lecture on "Global Challenges to Local Actions: Addressing AMR through Strategic Approaches.

HALL OF FAME (CONT)

CLINICAL KEY EXCELLENCE AWARD

Correspondent: Dr. Sridevi Duggirala - Assistant Professor, Molecular Oncology





Dr. S.Shirley - Dean, Professor & Head, Department of Oncopathology

Cancer Institute (W.I.A.), Chennai, was recognised as one of the top five winners at the Clinical Key Excellence Awards 2025–2026, organised by The Tamil Nadu Dr. M.G.R. Medical University in partnership with Elsevier, celebrating the Institute's outstanding contributions to medical research, knowledge sharing, and academic excellence.

EVENTS

WORLD CANCER DAY AWARENESS PROGRAMS FEBRUARY 4, 2026

A comprehensive cancer awareness programme was organised by the District Cancer Education and Screening Projects across Chennai, Villupuram, Pudukkottai, Sivagangai, Tiruvannamalai, and Thiruvallur, reaching 250 participants.

The focus areas included prevention of oral, breast, and cervical cancers; early recognition of warning signs; healthy lifestyle practices; and the importance of routine screening. Participants were encouraged to serve as community ambassadors for cancer awareness.

Author: Dr.Malliga J S - Associate Professor & HOD, Department of Preventive Oncology

MOVING TOGETHER - WORLD CANCER DAY WALKATHON 2026

Correspondent: Ms. Revathy Sudhakar - Assistant Professor, Department of Psycho-Oncology





A public awareness walkathon titled "Moving Together", in alignment with the global theme "United by Unique" was organized by the Department of Psycho-Oncology & RCTC. The event commenced at 7:00 AM from the Dr. V. Shanta Campus and proceeded to the Dr. S. Krishnamoorthy Campus, symbolising collective action. It was flagged off by Mr. Thiru Vallavan, Assistant Commissioner of Police, Mylapore, and Dr. Kalpana Balakrishnan, CEO & Medical Director, with participation from over 200 healthcare professionals, students, and volunteers.

EVENTS (CONT)

STANDING STRONG: A CHAIN OF SOLIDARITY AGAINST CANCER





A human chain titled "Standing Strong" was organised at 8:00 AM at the Dr. S. K. Campus, Sardar Patel Road, Adyar, symbolising unity, resilience, and shared responsibility in the fight against cancer.

EXPERT WEBINAR: LUNG CANCER - EVOLVING TRENDS AND PREVENTION STRATEGIES

In view of World Cancer Day, the Department of Psycho-Oncology organised a webinar titled "Lung Cancer: The Mystery Decoded," attended by 117 participants. The session was led by Dr. Arvind Krishnamurthy (Professor & Head, Surgical Oncology) and Dr. Surendran Veeraiah (Professor & Head, Psycho-Oncology). It covered emerging trends, early warning signs, the importance of screening, and the role of holistic care.

EVENTS (CONT)

YOUTH HEALTH MELA 2026



The 8th Youth Health Mela 2026, a large-scale public health awareness initiative was held for students and the public across Chennai. The event was organised by the Department of Psycho-Oncology & RCTC with support from the HCL Foundation. Inaugurated by Thiru Ma. Subramanian, Hon'ble Minister for Health, Medical Education and Family Welfare, the event featured workshops, expert talks, exhibitions, and competitions that engaged more than 16,000 students from 85 schools and colleges. Themed sessions covered mental health, lifestyle choices, physical activity, hygiene, and nutrition, fostering open dialogue and evidence-based action for youth well-being.

FAMILY CARE IN CANCER SETTING

Considering the need for extending psychosocial support and services for families in cancer setting and the gap in training facilities, the ECHO India has initiated a 6-module training program titled "Family Care in Cancer Setting" - A Cancer Care Bharat initiative, in alliance with the National Health Mission of various states. After successfully completing the training program for Tamil Nadu and Mizoram, the department is now acting as the Subject Matter Expert for training 75 Community Health Officers through the collaborative program with NHM Nagaland.

EVENTS (CONT)

INAUGURATION OF THE GENEXUS INTEGRATED SEQUENCER

The inauguration of the Genexus Integrated Sequencer — a state-of-the-art next-generation sequencing (NGS) ptlatform took place on 6 February 2026 at the Dr. V. Shanta Campus. With the Genexus in operation, the Department now delivers NGS results within 48 hours, marking a significant leap in precision oncology and personalized cancer diagnostics. The event was conducted by the Department of Cancer Biology & Molecular Diagnostics and graced by Dr. Kalpana Balakrishnan (CEO & Medical Director), Dr. Vijayanand Pandurangan (Director, Research), and Mr. Siddharth Singh (GM, India & South Asia, Thermo Fisher Scientific).



LARGE-SCALE HPV SCREENING DATA AT AIIMS NATIONAL SUMMIT

The First National Summit on Cervical Cancer Elimination, AIIMS New Delhi, took place on the 16th of January, 2026. Dr. Vijayalakshmi Ramshankar, Professor & Head, Department of Cancer Biology & Molecular Diagnostics, presented HPV screening data from 33,673 women tested at our centralized molecular diagnostics facility, highlighting genotype distribution patterns and the critical role of quality-assured molecular platforms in advancing India's cervical cancer elimination targets.



EVENTS (CONT)

KNOWLEDGE IS POWER: CANCER CURE AND COMPASSION

The endowment lecture titled "Knowledge is Power: Cancer Cure and Compassion" was delivered on 17 February 2026 at the PG & Research Department of Zoology, Presidency College (Autonomous), Chennai. Insights on advances in cancer diagnosis, treatment strategies, and patient-centred care were shared. The lecture was delivered by Dr. Vijayalakshmi Ramshankar, Professor & Head, Department of Cancer Biology & Molecular Diagnostics.

Author: Mr. Yasasve Madhavan - Research Assistant, Department of Cancer Biology & Molecular Diagnostics

ECHO CAPACITY BUILDING PROGRAMME

The ECHO Capacity Building Programme was conducted online under the Cancer Mukt Bharat project to enhance nursing professionals' knowledge in cervical and breast cancer detection and care. The programme was launched by the The Department of Nursing. Serving as the Hub Centre, the Department trained two batches of 100 nurses each across Tamil Nadu from December 2025, and expanded to Madurai region in February 2026.

HYGIENE AWARENESS STALL

The educational stall set up by the Department of Nursing at the Youth Health Mela focused on personal and environmental hygiene awareness, featuring informative charts, models, and interactive games. The stall was well appreciated and the nursing team was awarded a certificate of recognition.





EVENTS (CONT)

CHRISTMAS & PONGAL CELEBRATIONS AT THE INSTITUTE





Staff from the Nursing Department warmly celebrated Christmas by decorating workstations and exchanging gifts, filling the hospital with warmth and festive spirit. Pongal was equally embraced—with sweets prepared, prayers offered, and the Prayer Hall adorned with colourful kolam and sugarcane—reflecting the cultural richness of the season and fostering unity among staff.

Author: Mrs. Muthuram G - Nursing Superintendent, Department of Nursing

CANCER REGISTRY ENRICHING EDUCATION PROGRAMME (CREEP) – 2025

Correspondent: Mrs. M. S. Kalyani - Data Manager, Tumour Registry

The Tamil Nadu Cancer Registry Programme (TNCRP) conducted CREEP 2025 on 26–27 December 2025 at the 4th Floor Lecture Hall, Dr. S. K. Campus. Designed to strengthen competencies in cancer data collection and staging, the programme included presentations, interactive discussions, and practical demonstrations. A total of 45 participants—including experts in data abstraction and cancer stage coding—attended, with discussions on recent developments and collaborative knowledge exchange.



Author: Dr. Sampath P - Assistant Professor, Tumour Registry

EVENTS (CONT)

HOSPITAL BASED CANCER REGISTRIES (HBCR)

The Tumour Registry of Cancer Institute (WIA) organised the ICMR (Indian Council of Medical Research) – NCDIR (National centre for disease informatics and Research) HBCR training programme on 5–6 January 2026, attended by 78 participants from hospitals across Tamil Nadu and Kerala. The sessions covered medical terminologies, the HBCR procedural manual, cancer staging protocols, and software demonstrations—aimed at strengthening standardised data collection practices.

MEDICAL RECORDS – PRIMARY DATA SOURCE FOR CANCER REGISTRY

The 25th Silver Jubilee National Medical Records Conference (MEDRECON 2026-2025) took place in Chennai, from January 30 to the 31st, 2026. At the conference, Dr. Swaminathan R chaired a scientific session on "Medical Records — Primary Data Source for Cancer Registry." Dr. Rama R delivered a presentation on the topic, highlighting the critical role of accurate medical records in strengthening cancer registry systems. The programme was also attended by Dr. P. Sampath, Mrs. Parimala, Mrs. Bhuvaneswari, Mr. Gandeeban, Mr. Veeramani, Mr. Ramesh, Mr. Murugesh, Mr. Dharmadurai, and Mr. Sridhar.

Author: Dr. Rama R – Associate Professor & Head, Department of Epidemiology

DATA STATUS & NEW ANALYTIC FINDINGS - PBCR (2015-20)

The "Data Status and New Analytic Findings from the Finalised Data (2015–2020)" was presented at the Meeting of Population-Based Cancer Registries in India, Bengaluru (February 17–18, 2026) by Dr. Rama R, contributing key insights to national cancer surveillance discussions.



Author: Dr. Rama R – Associate Professor & Head, Department of Epidemiology

EVENTS (CONT)

STATEWIDE CHILDHOOD CANCER REGISTRATION

The Tamil Nadu Population-Based Childhood Cancer Registry (TN-PBCCR) Stakeholders' Meeting was held on 7 February 2026 at the Academic Block, Cancer Institute (W.I.A.). A total of 23 stakeholders from government and private hospitals across Tamil Nadu, "CanKids" representatives, Registry coordinators, and project staff attended. Dr. Venkatraman Radhakrishnan presented the integration strategy for Chennai PBCCR with TN-PBCCR, and the Chennai PBCCR High Resolution Data 2023 Report was formally released by Dr. Kalpana Balakrishnan. A live "REDCap" demonstration was delivered by Dr. Punitha Selvam standardized digital data entry and reporting. Discussion focused on improving coordination, uniform reporting, and key action points to strengthen childhood cancer surveillance statewide under TN-PBCCR initiative.

Author: Dr. Punitha C, Head, Department of Anaesthesia and Pain Management

RIDING WITH PURPOSE

Correspondent: Dr. Sridevi Duggirala - Assistant Professor, Molecular Oncology

Between October 2024 and October 2025, Mr. Balasubramanyam N completed two solo motorcycle expeditions covering nearly 7,500 km—a 3,500 km ride through Odisha and Andhra Pradesh in 2024, and a 4,000 km journey across Hampi, Mantralayam, Shirdi, Vijayapura, and the Ajanta Caves in 2025.

Inspired by these experiences of discipline and self-discovery, he is now planning a 5,000 km outreach ride to promote the Institute—distributing pamphlets, engaging communities, building healthcare contacts, and extending patient outreach across regions.

Author: Balasubramanyam N - Insurance Department



EVENTS (CONT)

SCOPE 2025 – SURGICAL ONCOLOGY CLINICAL ORIENTATION PROGRAMME

Correspondent: Dr Venktesh V - Associate Professor, Head and Neck Oncology, Department of Surgical Oncology

Cancer Institute (WIA) hosted SCOPE 2025 on 29–30 November 2025 in collaboration with IASO, TASO, and ISO. The two-day programme brought together over 200 surgical oncology residents from across India to present oncology cases before senior faculty. Proceedings included a qualifying MCQ round, case presentations in oral cavity, breast, gastrointestinal, and musculoskeletal cancers, an Open OSCE session, and a team quiz.

For the second consecutive year, the IASO Medal was awarded to the best individual case presenter. SCOPE 2025 was a resounding success.



EVENTS (CONT)

ADVANCING CANCER REHABILITATION THROUGH VIRTUAL TECHNOLOGY

Correspondent: Ms. D Anitha - Physiotherapist, Department of Physiotherapy

The Department of Physiotherapy is embracing a new era of rehabilitation with the integration of a Virtual Reality (VR) and Artificial Intelligence (AI)–enabled platform, marking a significant step forward in patient care—particularly in cancer rehabilitation.

This advanced technology combines immersive virtual environments with AI-driven analytics to deliver highly personalized therapy programs. For patients undergoing cancer treatment, where physical and cognitive challenges often coexist, such tailored rehabilitation is crucial.

The platform enables real-time feedback, precise progress tracking, and interactive therapy sessions that improve engagement, motivation, and adherence to rehabilitation protocols. In onco-rehabilitation, virtual rehab offers unique advantages—supporting recovery from treatment-related fatigue, improving balance and mobility, enhancing motor function, and addressing cognitive changes often experienced during and after cancer therapy. By making therapy more engaging and measurable, it empowers patients to take an active role in their recovery journey.

The adoption of VR and AI in rehabilitation reflects a growing commitment to innovative, evidence-based, and patient-centered care, ensuring better outcomes and improved quality of life for individuals navigating cancer recovery.



We sincerely thank Revin Health Care and Rotary Chennai Coastal District 3234 for their generous support in enabling this advancement.

Author: Srinivasan Vijay - Head, Department of Physiotherapy

EVENTS (CONT)

UPCOMING EVENTS

The Cancer Institute (WIA), Chennai, in collaboration with CAHO – Consortium of Accredited Healthcare Organisations, will host a pre-conference workshop title ***"Essentials of Oncology – From Handshake to Handheld: Building Trust through Touch & Tech"*** on 10th April 2026 from 9am to 5pm, at the Cancer Institute (WIA), Chennai. Centred on the theme "Tech, Touch & Trust," the workshop reflects the Institute's continued commitment to advancing quality-driven oncology care.

PREVENTIVE PEARLS

Correspondent: Ms. D Anitha - Physiotherapist, Department of Physiotherapy

Cervical cancer is largely preventable through targeted strategies. Key points for medical professionals:

HPV Vaccination

Administer the HPV vaccine to girls (and boys) aged 9–14 years before sexual activity begins. It targets high-risk strains (16/18) responsible for approximately 90% of cases, providing long-term protection with 2–3 doses.

Routine Screening

Initiate Pap smear or HPV testing from age 30 (earlier in high-risk groups), at 3-year (cytology) or 5-year (HPV testing) intervals to detect precancerous CIN lesions for timely intervention.

Safe Sexual Practices

Promote monogamy, consistent condom use, partner testing, and delayed sexual debut to reduce HPV transmission risk.

Lifestyle Factors

Counsel against smoking (increases HPV persistence); encourage BMI control, regular exercise, and folate-/vitamin-rich diets to enhance immune response.

Awareness & Access

Educate patients on symptoms — postcoital bleeding, intermenstrual bleeding, vaginal discharge. Integrate with WHO's 90-70-90 elimination targets:

- 90% of girls fully vaccinated with HPV vaccine by age 15
- 70% of women screened using a high-performance test by ages 35 and 45
- 90% of women with pre-cancer treated; 90% with invasive cancer appropriately managed

Dr. Gopika - Assistant Professor, Department of Radiation Oncology

FEEDBACK

FEEDBACK & MESSAGES TO:

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They trust in humanity through the pain!
They hope for a better tomorrow!
They believe in the cure!
You can be the reason for their new hope!

SCAN TO DONATE



Dr. V. Shanta (1927–2021)

Centenary Tribute to Dr. V. Shanta

This year 2026 marks the birth centenary of our revered mentor, Padma Vibhushan awardee Dr. V. Shanta, who led Cancer Institute (WIA) for over six decades.

We honour her legacy and her timeless principle:
"Patient Comes First"

72 years
With Humanity and in Wisdom
Since 1954
Cancer Institute (WIA)