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HALF YEARLY NEWSLETTER

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Address from Director, NICPR

I feel delighted to announce the issuance of the second volume of the half-yearly newsletter of the National Institute of Cancer Prevention and Research (ICMR-NICPR) for the year 2022.

NICPR has been working continuously towards the goal of cancer prevention. The health promotion clinic at NICPR has been running full-fledged and patients are being screened for common cancers. Also, screening camps were organized especially among high-risk groups like female prison inmates for early detection of pre-malignant and malignant lesions and appropriate management was done. Besides patient service, NICPR has also been working towards building a trained comprehensive workforce all over the country for screening of cancers in community. Over the last 6 months, NICPR has conducted trainings for Medical Officers, staff nurses and pathologists in screening for common cancers. Expert talks and webinars were organized on Breast Cancer and Breastfeeding and tobacco control. Public awareness programs were organized on the occasion of menstrual hygiene month and cancer prevention.

Editorial Board

Dr. Shalini Singh  
Dr. Ekta Gupta

Acknowledgement

Dr. Malasha Kumari  
Mr. Anit Malik

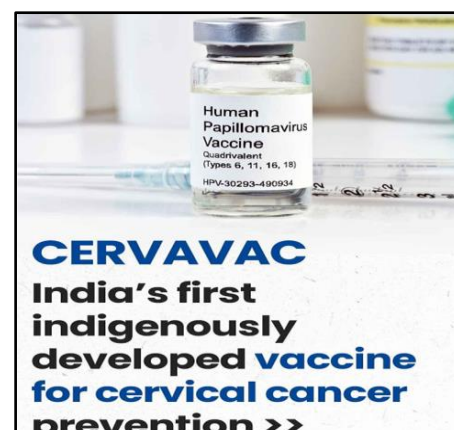


The Institute celebrated important national days: Independence Day, Hindi Diwas, with full gusto and organized open-air activities like Fit India Run with the participation of young and elders alike. The Staff and faculty also participated enthusiastically to observe and spread the message on the occasion of Vigilance Awareness week. NICPR scientists have been awarded several new research projects and are working enthusiastically towards their goals.

I hope you will enjoy reading this newsletter and we look forward to your feedback.

## Cervavac: an indigenous vaccine for prevention of cervical cancer – facts, challenges, and way forward

As per WHO (World Health Organization) estimates, India accounts for a fifth of the global cervical cancer cases in the world. The GLOBOCAN 2020 data has rated cervical cancer as the third most common cancer and the second most common cause of cancer-related deaths in India. Certain areas in India e.g., the Papum Pare district in Arunachal Pradesh have the highest incidence rate (27.7 per 100000) of cervical cancer across Asia. As per ICMR and NCDIR report 2021, Papum Pare and Aizwal (Mizoram) districts have the highest incidence of all new cancer cases in the country among females and males



Nearly 70% of cervical cancer cases are caused due to persistent infection with high-risk strains of Human papillomavirus (HPV) in sexually active women. This leads to erratic proliferation of the healthy cervix cells resulting in tumor development. This happens due to interactions between viral proteins (E6/ E7) and host oncogenes (p53). HPV has a significant role to play in the pathogenesis of cervical cancer, although not all HPV-positive cases develop cancer. Important risk factors include multiple sexual partners, sexual activity at a younger age, smoking, compromised immune system, and pre-existing urinary tract infections and HIV co-infection.

The mortality rate of cervical cancer is high due to its late detection. It can be prevented if girls between age of 9 to 14 years are immunized against HPV. As of now, two vaccines namely Gardasil (from Merck) and Cervarix (from GSK) are available in India. The first one is a quadrivalent vaccine while the latter one is a bivalent vaccine. Both of these are highly effective, but their high costs have been a major obstacle to their affordability. Further, the non-inclusion of these vaccines in the universal immunization program (UIP) has prevented their large-scale introduction.

Recently, India is preparing to launch an indigenous quadrivalent vaccine (against HPV types 6, 11, 16 & 18). This indigenous vaccine “Cervavac” has been developed through combined efforts of the Serum Institute of India (SII) and DBT-BIRAC. It has already received the Drugs Controller General of India’s (DGCI) approval for market authorization. Two doses of this vaccine given 6 months apart have been shown to generate adequate immunity that can last up to 7 years and boosters may not be required. In experimental studies, Cervavac has shown robust antibody response, and, it will be significantly cheaper as compared to available vaccines. The government is exploring making the vaccine available in the Universal Immunization Program.

Despite the ongoing advances in cervical cancer prevention research, an important aspect that needs much attention is to increase awareness about cervical cancer and its vaccine in the population. The major factors responsible for poor screening coverage in India include ignorance regarding cervical cancer, the stigma associated with the gynecological examination and the scarcity of healthcare resources, especially in rural settings. Participation of ASHA workers and ANMs in creating awareness for screening and introduction of the vaccine in UIP are some of the measures that need immediate attention to prevent cervical cancer and to address the WHO’s global call for action to eliminate cervical cancer. These measures are in sync with the WHO’s call that focuses on three goals: vaccination, screening, and treatment.



Further, India has also committed to the World Health Assembly's resolution for eliminating cervical cancer. As per this resolution, by 2030, the countries should achieve a target of 90% HPV vaccination by 15 years of age, 70% of women to be screened using a high-performance test by age 35, and again by 45 years of age, 90% of women identified with the cervical disease receive treatment, and 90% of women with invasive cancer are effectively managed. India still has a long way to go and it is pertinent that we act fast in a comprehensive manner.

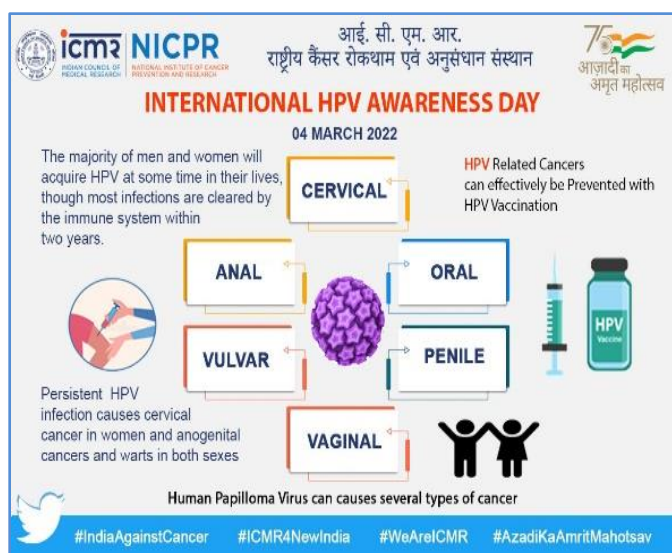
**Dr. Sandeep Kumar, Dr. Showket Hussain, Dr. Nazneen Arif**

### कैंसर जागरूकता और रोकथाम में महत्वपूर्ण दिन की प्रभाविकता

21 वीं सदी में कैंसर के प्रति जागरूकता बहुत महत्वपूर्ण हो गई है। इसके साथ ही कैंसर की समझ, निदान, और उपचार में भी प्रगति हुई है जो की इस कारक रोग को हराने में काफी हद तक अपना योगदान देते हैं। प्रत्येक वर्ष नए कैंसर मामलों की संख्या में लगातार वृद्धि हुई है। हालांकि, विश्व स्वास्थ्य संगठन के अनुसार, कैंसर से होने वाली 40% मौतों को रोका जा सकता है। लेकिन इसके लिए आवश्यकता है कैंसर की बीमारी के प्रति जागरूकता जिसमें महत्वपूर्ण दिवस एवं माह विशेष भूमिका निभाते है।

वैश्विक व राष्ट्रीय दिवस स्वास्थ्य के मुद्दों के बारे में जागरूकता और समझ बढ़ाने और स्थानीय समुदाय से लेकर अंतर्राष्ट्रीय मंच तक कार्रवाई के लिए समर्थन जुटाने की बड़ी क्षमता प्रदान करते हैं। विशिष्ट स्वास्थ्य मुद्दों या स्थितियों से संबंधित पूरे वर्ष में कई विश्व व राष्ट्रीय दिवस मनाए जाते हैं। दुनिया में महत्वपूर्ण तिथियां लोगों में जागरूकता एवं संबंधित विषयों पर सभी का ध्यान केंद्रित करती है।

जागरूकता दिवस सामान्य आबादी के बीच स्वस्थ जीवन शैली और कल्याण के महत्व को बढ़ाने में मदद करते हैं। कैंसर जागरूकता और स्वास्थ्य दिवस का महत्वपूर्ण लक्ष्य बीमारी की प्रारंभिक पहचान और कैंसर पैदा करने वाले कारणों से बचने के बारे में जागरूकता बढ़ाने का है। कैंसर विशेष तिथि, दिवस व माह आम नागरिक को स्मरण कराते है की सब को विभिन्न कैंसर के लक्षण, जोखिम कारक और रोकथाम के तरीकों के प्रति जागरूक होना चाहिए, क्योंकि जानकारी द्वारा ही कैंसर का बचाव संभव है। इस तरह सार्वजनिक स्वास्थ्य दिवस विशेष रूप से कैंसर संबंधित जागरूकता और रोकथाम में अहम भूमिका निभाते है। एनआईसीपीआर ने सोशल मीडिया में जागरूकता बढ़ाई और कुछ उदाहरण नीचे दिए गए हैं:





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Azadi Ka  
Amrit Mahotsav

**World Cancer Day 4 FEB**  
Obesity linked to 13 type of cancer  
Regular cancer screening for early detection  
Limit alcohol intake  
Do not use tobacco

**WORLD CANCER DAY**  
4 FEBRUARY

Consult your doctor if any symptoms occur  
Avoid second hand smoke exposure  
NICPR raises awareness about cancer prevention  
Cancer is preventable if detected early  
Eat healthy and balanced diet  
Reduce indoor and outdoor pollution

Devote 45 minutes daily for exercise  
Awareness is the key of prevention  
Your life is precious, care for it

#IndiaAgainstCancer #ICMR4NewIndia #WeAreICMR #AzadiKaAmritMahotsav

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**September "Raise Awareness About Childhood Cancer"**  
**CHILDHOOD CANCER AWARENESS MONTH**  
Childhood Cancers Are Curable If Detected Early  
Most Childhood Cancers Can Be Cured

200,146 cases of childhood cancer  
0-14 years  
more than 100 types of childhood cancer  
15,000 deaths of children  
13.4-20% cases from India

**SIGN AND SYMPTOMS OF CHILDHOOD CANCER**  
Limb or bone pain  
Eye changes  
Fatigue and changes in behaviour  
Unexplained weight loss  
Headache or severe vomiting  
Lump or swelling  
Pallor or bruising, general bone pain  
Abdominal swelling or pain

Childhood cancer is curable when detected in time and treated at a proper cancer center

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**NATIONAL CANCER AWARENESS DAY**  
7 November 2022  
Highlights the significance of increasing awareness about cancer prevention and early detection

**NATIONAL CANCER AWARENESS DAY**  
Be physically active  
Align daily routine with circadian rhythm  
Eat a healthy diet  
Maintain a healthy weight  
Participate in cancer screening programs  
Avoid all forms of tobacco  
Avoid Alcohol

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**OCTOBER BREAST CANCER AWARENESS MONTH**  
KNOW THE SYMPTOMS AND RISK FACTORS OF BREAST CANCER HELP YOURSELF

**BREAST CANCER AWARENESS MONTH**  
Early Warning Signs of Breast Cancer  
Lump or lump-like thickening  
Nipple change or inversion  
Redness or swelling  
Itchy or burning  
Pain  
Discharge or bloody discharge

**Risk Factors You Cannot Change**  
AGE  
HEREDITY  
REPRODUCTIVE HISTORY  
DENSE BREAST

**Risk Factors You Can Change**  
SEDENTARY LIFE STYLE  
BEING OVERWEIGHT  
HORMONE THERAPY  
TOBACCO/ALCOHOL CONSUMPTION

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**NOVEMBER IS LUNG CANCER AWARENESS MONTH**

BY QUITTING SMOKING  
LUNG CANCER CAN BE PREVENTED  
REGULAR PHYSICAL ACTIVITY  
DIET RICH IN FRUITS AND VEGETABLES  
NOT SMOKING  
AVOID SECONDHAND SMOKE  
AVOID EXPOSURE TO ASBESTOS  
GET YOUR CHEST X-RAY DONE BY CONSULTING DOCTOR IF ANY SYMPTOMS OF LUNG CANCER OCCURS

MAIN RISK FACTOR FOR DEVELOPING LUNG CANCER REMAINS TOBACCO SMOKING  
LUNG CANCER IS THE SECOND MOST COMMON CANCER AND IS ALSO KNOWN AS THE LEADING CAUSE OF CANCER DEATHS IN MEN AND WOMEN WORLDWIDE

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**WORLD NO TOBACCO DAY 31 MAY 2022**  
The theme of World No Tobacco Day 2022 is "Protect the environment"

QUITTING SMOKING IS GOOD FOR YOU AND FOR OUR ENVIRONMENT TOO

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**A TO Z AWARENESS FOR ORAL CANCER**

**ORAL CANCER AWARENESS MONTH**  
Awareness about the symptoms of oral cancer  
Betelquid is one of the risk factor  
Consuming any amount of alcohol can cause oral cancer  
Difficulty in chewing and swallowing: early symptom  
Eating balanced diet of fruits and vegetables is protective  
Fixup a self mouth exam atleast once a month  
Go for oral examination  
HIV infection is a risk factor for oral cancer  
Improve your immunity  
Jaw swelling, ill fitting denture needs correction  
Knowledge is the key for Cancer Prevention  
Leukoplakia and Erythroplakia may be precancerous  
Men affected more than women  
No to smokeless tobacco  
Oral cancer awareness month is April  
Practising good oral hygiene  
Quit smoking and alcohol  
Reduced mouth opening is one of the symptoms  
Soreness to early symptoms  
Treatment if taken is curable  
Unexplained persistent bleeding from the gums  
Visit your dentist immediately if any symptoms persist  
WORLD NO TOBACCO DAY 31st MAY  
Xcess exposure to sun increases risk of lip cancer  
Your life is precious so care for it  
Zeal & energy to fight oral cancer

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**Ovarian Cancer Awareness Month September**  
8th Most common cause of death from cancer in women in the worldwide

Women with family history of ovarian cancer are at increased risk, past history of endometriosis, breast cancer or colorectal cancer increases risk of ovarian cancer.

**SIGN AND SYMPTOMS**  
ABDOMINAL BLOATING & DISCOMFORT  
WEIGHT LOSS FATIGUE  
EARLY FULLNESS AFTER EATING  
CHANGE IN BOWEL HABITS, CONSTIPATION FREQUENT URINATION  
DON'T IGNORE THE SYMPTOMS, CONSULT YOUR DOCTOR IMMEDIATELY

**DECREASED RISK**  
PREGNANCY  
BREAST FEEDING  
USE OF ORAL CONTRACEPTIVES

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**WORLD LUNG CANCER DAY**

It is the Second Most Common Cancer in Men and Fifth Most Common Cancer in Both Men and Women Together

Smoking is the No. 1 Risk Factor for Lung Cancer, causing about 90 % of Lung Cancer cases

**SYMPTOMS OF LUNG CANCER**

**RISK FACTORS**

**PREVENTION IS THE KEY**

IF YOU HAVE ANY OF THE ABOVE SYMPTOMS CONSULT YOUR DOCTOR

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**NO SMOKING DAY**

9th March 2022

**Benefits of Quitting Smoking**

20 Minutes after Quitting: Heart rate & Blood pressure drop

2-12 weeks after Quitting: Blood Circulation & Lung function improves

1 year after Quitting: Risk of coronary heart disease is halved

5 years after Quitting: Risk of Stroke reduces

10 years after Quitting: Risk of Cancer reduces

CHOOSE HEALTH NOT TOBACCO

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**SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH**

PROSTATE IS AMONG THE TOP TEN LEADING SITES OF CANCER IN INDIA

**FACTORS THAT CAN INCREASE YOUR RISK OF PROSTATE CANCER**

Reduce your Risk of Prostate Cancer by Making Healthy Choices

Exercising

Eating a Diet low in refined carbohydrates and high on vegetables whole fruits

Regular Prostate Checkups.

CONSULT YOUR DOCTOR

DIFFICULTY IN URINATION

URGENCY TO PASS URINE

PASSING URINE MORE OFTEN THAN USUAL ESPECIALLY AT NIGHT

OBSTRUCTIVE URINATION

DISCOMFORT IN THE PELVIC AREA

BLOOD IN THE URINE

BONE PAINS

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**World Head & Neck Cancer Day**

27 July, 2022

Head & Neck cancers contributed 1/4th of the total cancer cases in males

Head and Neck Cancers Include Cancers in the Larynx, Throat, Lips, Mouth, Nose, and Salivary Glands

**KNOW THE SIGNS & SYMPTOMS**

**WAYS TO PREVENT HEAD & NECK CANCER**

\*Early Diagnosis

\*Schedule Regular Checkups with your Dentist. Many Oral Cancers are found during Routine Dental Appointments.

**RISK FACTORS**

Tobacco in any form

\*ALCOHOL USE

\*Exposure to HPV infection.

Alcohol and Tobacco Use are the Two Most Important Risk Factors for Head and Neck Cancers

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**WORLD HEALTH DAY April 7**

**Our Planet, Our Health**

On World Health Day Let's Pledge to Make Our Earth More Clean & Stay Healthy

Regular Exercise & Yoga Makes You Fit

Tobacco kills humans and pollutes the planet

SAY NO TO JUNK FOOD

HEALTHY Eat Right and Stay Healthy

Health for All

Vitamin D

VITAMIN C

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**MARCH IS COLORECTAL CANCER AWARENESS MONTH**

REDUCE YOUR RISK OF COLORECTAL CANCER

Eat lots of vegetables, fruits, and whole grains

Get regular exercise

Take control of your weight

Don't use any form of Tobacco

Avoid alcohol

COLORECTAL CANCER IS PREVENTABLE

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**NATIONAL CANCER SURVIVORS DAY**

The Day is Celebrated Annually on the First Sunday of June. We Salute the Cancer Survivors for their courage and celebrating life.

Never give up fight against cancer

I am proud to be a cancer survivor

Celebrate life by defeating cancer

Positive attitude helps to cope up with cancer

Remember early diagnosis is the key to Better Survival

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चंद्रेश प्रज्ञा वर्मा , ( मेडिकल सोशल वर्कर)

डॉ प्रशांत कुमार सिंह , वैज्ञानिक 'डी'

एन आई सी पी आर - कैंसर रोकथाम एवं जन स्वास्थ्य विभाग

## INSTITUTIONAL ACTIVITIES (HEALTH DAYS/EVENTS/SEMINARS ORGANISED)

August 2022

### World Breastfeeding Week 2022 (1<sup>st</sup> – 7<sup>th</sup> August)

Under the **joint MoU between ICMR-National Institute of Cancer Prevention & Research and Greater Noida Institute of Medical Sciences (GIMS)**, a seminar on “Breastfeeding and Breast Cancer” was organized by the Division of Clinical Oncology in hybrid mode at ICMR-NICPR on 5<sup>th</sup> August 2022 as part of World Breastfeeding Week 2022. The guest speakers for the program were Dr. Rambha Pathak, Dean & Head of the Department of Community Medicine, GIMS, and Dr. Anurag Srivastava, Ex-HoD Surgery, AIIMS, New Delhi. The speakers deliberated upon the importance of breastfeeding for child survival and maternal health with special emphasis on reducing the risk of breast cancer. Dr. Sandeep Kumar, Sci B, NICPR discussed the molecular mechanisms relating to breastfeeding and breast cancer were also discussed. The seminar was followed by an exhaustive academic discussion and was a successful event.



WABA | WORLD BREASTFEEDING WEEK 2022



### 15<sup>th</sup> August, 2022: Independence Day

ICMR-NICPR celebrated 75<sup>th</sup> year of Independence on 15th August 2022. The celebration started with welcome address by Director Dr. Shalini Singh, followed by the speech by Dr. (Prof) Anurag Srivastava (Chief guest), Former Head of Surgery/Oncology, AIIMS, New Delhi and other dignitaries. We invited the staff of St. Jude child care center Noida along with the resident children undergoing cancer treatment and their parents. The program was then followed by various cultural & educational activities such as dance, musical chair, hoopla ring.



### September 2022

#### Menstrual hygiene month

An interactive awareness session was organized for women on Menstrual Hygiene at Harola PHC in Noida on 30.9.22. An informative talk on the physiology of the menstrual cycle, dysmenorrhoea, maintaining hygiene during periods, using clean napkins and safe disposal of sanitary napkins, the importance of good nutrition, regular physical activity and adequate sleep was organized. Many misconceptions, stigmas/ taboos attached to menstruation were also addressed. All queries of participants related to menstruation and also reproductive health were addressed. The women were also motivated to get themselves and their family members screened for common cancers including breast, cervical and oral cancer. A total of 35 women majorly between the age of 25 to 35 years attended the talk.





## October 2022

### 1<sup>st</sup> – 31<sup>st</sup> October 2022: Swatchta Campaign

ICMR-NICPR celebrated Swatchta Campaign from 01<sup>st</sup>-31<sup>st</sup> October 2022. The program was initiated by taking the Swatchta pledge by Director ICMR-NICPR along with all the staff members of ICMR-NICPR. The celebration started with cleaning all the areas in the institute premises including laboratories, store room, and maintenance and renovation of the building and roads in ICMR-NICPR. The images have been captured before cleaning the campus and after cleaning the areas. All the scientific, administrative, and technical staff took part and contributed to Swatchta Pakhwada to promote cleanliness.





6<sup>th</sup> October 2022

The publication of the Secretariat of the WHO FCTC titled “Implementation Practices in Smokeless Tobacco Control” was launched virtually on 6<sup>th</sup> October 2022. Dr Shalini Singh, Director ICMR-NICPR and the WHO FCTC Knowledge Hub team on Smokeless Tobacco participated in the event. Dr. Shalini Singh presented talks titled “Supporting Parties in strengthening Smokeless Tobacco Control Policies: Activities of the WHO FCTC Knowledge Hub on Smokeless Tobacco” and “The importance and challenges in addressing smokeless tobacco”.



**11<sup>th</sup> October, 2022**

Dr. Shalini Singh, Director, ICMR-NICPR was invited for a lecture 2022 on “Holistic Approach to Cancer Prevention ” at Central Drug Testing Laboratory (CDTL), Mumbai on 11<sup>th</sup> October. The CDTL is one of the National Statutory laboratories of the Government of India functioning under the administrative control of the Drug Controller General, India Central Drugs Standard Control Organization (CDSCO), Directorate General of Health Services, Ministry of Health and Family Welfare, New Delhi. . It houses the National Tobacco Testing Laboratory.



**31<sup>st</sup> October 2022: FIT INDIA RUN 3.0**

**Fit India Freedom Run 3.0** was organized as part of Azadi ka Amrit Mahotsav on 31<sup>st</sup> October 2022 at ICMR-NICPR campus, Noida, and witnessed active participation of the staff members. The central theme of the event was "Stay Fit to prevent Cancer," and Dr. Shalini Singh, Director, ICMR-NICPR, flagged off the Fit India Freedom Run 3.0. She emphasized the importance of fitness and exercise in daily life.







**75 Azadi Ka Amrit Mahotsav**

**Serving Nation to Promote Fit India movement initiative**

**FIT INDIA FREEDOM**

**To Commemorate**

**#Run4India**  
**#AzadiKaAmritMahotsav**  
**#NewIndiaFitIndia**

**ICMR NICPR**  
 INDIAN COUNCIL OF MEDICAL RESEARCH  
 NATIONAL INSTITUTE OF CANCER PREVENTION AND RESEARCH

**RUN 3.0**

**Date: 31<sup>st</sup> October, 2022**  
**Time: 4:30 PM**  
**Venue: ICMR- NICPR campus**

**# Stay Fit to Prevent cancer**

31<sup>st</sup> October 2022

### Vigilance awareness week

ICMR-NICPR observed the “Vigilance Awareness Week” from 31<sup>st</sup> October to 6<sup>th</sup> November 2022. Various activities were conducted during this week to emphasize the need for being vigilant at the workplace, the value of integrity and corruption-free day-to-day working. A **banner** aligned to the theme of vigilance awareness week 2022 was designed and put on main gate of the Institute and also displayed on the Institute’s website and on all the floors of the building, for the whole duration of the week



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**आइ. सी. एम. आर.**  
**राष्ट्रीय कैंसर रोकथाम एवं अनुसंधान संस्थान**

**CENTRAL VIL**  
**COMMISSION**

**Azadi Ka Amrit Mahotsav**

**VIGILANCE AWARENESS WEEK**

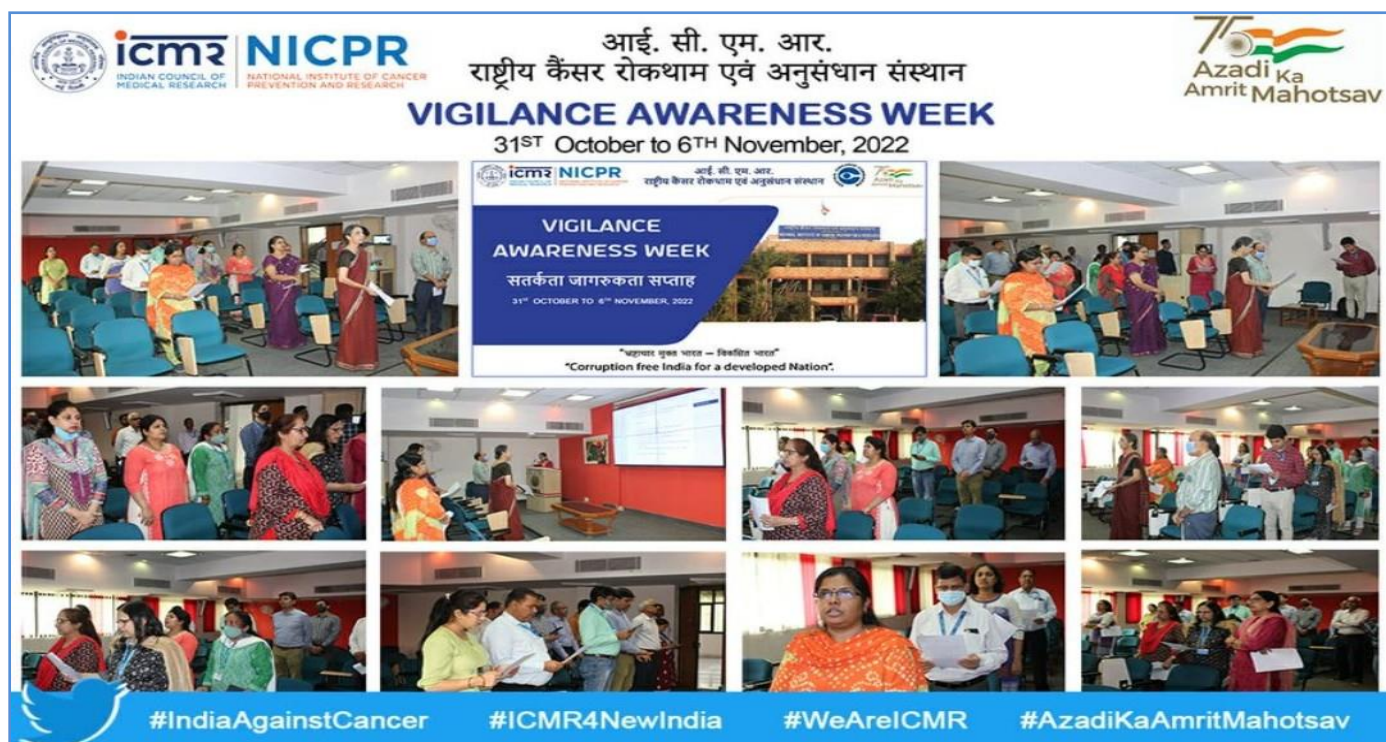
**सतर्कता जागरुकता सप्ताह**

**31<sup>ST</sup> OCTOBER TO 6<sup>TH</sup> NOVEMBER, 2022**

**“भ्रष्टाचार मुक्त भारत — विकसित भारत”**  
**“Corruption free India for a developed Nation”.**



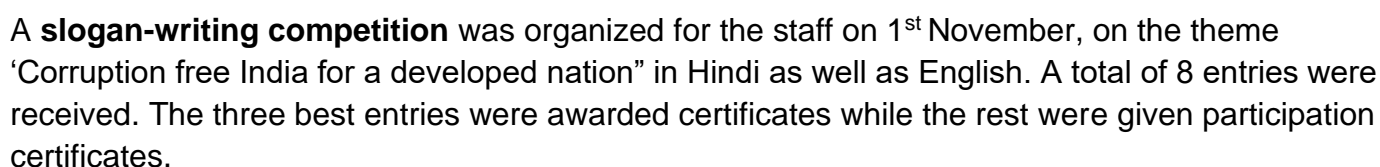
On 31<sup>st</sup> October, an **integrity pledge** was undertaken by all the staff (including the project staff and students) of the Institute.



On 1<sup>st</sup> November, as an outreach activity, the **Integrity pledge** was administered to all the staff and students of Govt PG Degree College, Noida.









A **surprise check was conducted for Diary and Cash** and the records were found in order. On 2<sup>nd</sup> November, a **Poster- Making Competition** was held with the theme “Corruption-free India” wherein 13 staff members participated. The three best posters judged by the faculty were awarded certificates while the rest were given participation certificates.



On 3<sup>rd</sup> November, a **webinar on Preventive Vigilance** was organized on the topic ‘**Procurement conforming to GFR 2017**’. The guest speaker was Mr RK Rao, retired Sr Controller of Purchase and Stores, CSIR HQs N. Delhi. The webinar was interactive and addressed many of the queries of our scientists and store staff regarding procurement through GeM.



The vigilance week concluded on 7<sup>th</sup> November, 2022 with the presentation of the activities conducted during the week, certificate distribution to winners of the slogan and poster competition and closing remarks by the Director, reiterating the need for vigilance in the campus and in all spheres of life for the progress of our nation. All the events held during the week were posted on Twitter handle of the Institute.



November 2022

23<sup>rd</sup> November 2022

## “हिंदी क्षमता विकास प्रशिक्षण कार्यक्रम”



आई सी एम आर - राष्ट्रीय कैंसर रोकथाम एवं अनुसंधान संस्थान द्वारा हिंदी भाषा के प्रचार, प्रसार एवं कार्यालय के सभी अधिकारियों एवं कर्मचारियों में हिंदी में कार्य करने की क्षमता विकसित करने के लिए “हिंदी क्षमता विकास प्रशिक्षण कार्यक्रम” आयोजित किया गया। प्रशिक्षण कार्यक्रम में समस्त वैज्ञानिकगण, तकनीकी अधिकारी, प्रशासनिक, भण्डार, लेखा विभाग के अधिकारी व कर्मचारी एवं परियोजना स्टाफ उपस्थित रहे। उपरोक्त प्रशिक्षण कार्यशाला में “कार्यालयीय कामकाज में हिंदी में टिप्पण एवं आलेखन विषय पर विस्तृत एवं तकनीकी जानकारी प्रदान की गयी। प्रशिक्षण कार्यक्रम के आयोजन का मुख्य उद्देश्य अधिकारियों व कर्मचारियों को अधिकतम हिंदी राजभाषा में कार्य करने के लिए प्रेरित करना था। राष्ट्रीय कैंसर रोकथाम एवं अनुसंधान संस्थान निदेशक महोदया डॉ शालिनी सिंह के मार्गदर्शन में राजभाषा हिंदी के प्रचार एवं प्रसार की दिशा में निरंतर अग्रसर है।

“राष्ट्रीय व्यवहार में हिंदी को काम में लाना देश की एकता और उन्नति के लिए आवश्यक है।”



**4<sup>th</sup> November 2022: Strategic Review Meeting of Scientists with Director General, ICMR**


A strategic review meeting of the scientists of ICMR-NICPR was organized on 4<sup>th</sup> November, 2022 on the visit of the Director General, ICMR and Secretary DHR, Dr. Rajiv Bahl. The purpose of this meeting was to apprise him of the research work the institute has been carrying out and to prepare a roadmap of future activities in the area of cancer prevention. The Director NICPR, Dr. Shalini Singh gave an overview of the institute's work profile and progress over the last few years. The scientists presented their vision for the next 3 years and got critical feedback from the DG. He emphasized on translating research into policy and to work for betterment of the community. He also encouraged the scientists to have a broad vision and collaborate with like-minded partners for prevention of cancer in the country. The meeting was a great success.





## 10<sup>th</sup> – 12<sup>th</sup> November 2022: Pre-conference workshop at IAPSM Young Leaders' National Conclave-2022, AIIMS, Bhubaneswar


The Department of Community Medicine and Family Medicine, AIIMS, Bhubaneswar, along with IAPSM, hosted the “3rd IAPSM Young Leaders’ National Conclave” from 10th to 12th November 2022, with a theme “Community Physicians for Sustainable Health”. Upon invitation as a resource person from AIIMS, Bhubaneswar, three scientists from NICPR, Noida conducted a pre-conference workshop on ‘Addressing modifiable risk factors for preventing Cancer: special focus on tobacco use and obesity and hands-on training on oral and breast cancer screening’ on 10th November 2022. Dr. Ekta Gupta, Scientist-E conducted a session cum hands-on on the topic ‘Breast cancer screening & Clinical Self Examination of Breast’ where participants were trained in screening techniques for breast cancer. Dr Prashant Kumar Singh, Scientist-D, talked about the modifiable risk factors of cancer and lifestyle disease including obesity. Dr. Sudhir Tanwar, Scientist-B, conducted a workshop on oral cancer screening where he demonstrated the technique of Oral Visual Examination for screening of oral potentially malignant disorders. 25 participants from various backgrounds took part in the pre-conference workshop. The workshop was well received by the participants. Dr. Shalini Singh also chaired a session during the workshop.



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### 3<sup>rd</sup> IAPSM Young Leaders' National Conclave


10<sup>th</sup> - 12<sup>th</sup> November, 2022 | AIIMS Bhubaneswar, Odisha




**3<sup>rd</sup> IAPSM  
Young Leaders' National Conclave**  
10<sup>th</sup> - 12<sup>th</sup> November, 2022 | AIIMS Bhubaneswar, Odisha

Attend Pre-Conference Workshop






**DR EKTA GUPTA**  
Scientist-E (Medical) at ICMR-NICPR



**DR PRASHANT KUMAR SINGH**  
Scientist-D, Preventive Oncology & Population Health  
at ICMR-NICPR Scientist at  
Indian Council of Medical Research - National Institute  
of Cancer Prevention & Research

Title: Addressing modifiable risk factors for  
preventing Cancer : special focus on tobacco use and obesity  
and hands on training on oral and breast cancer screening  
Date: 10th November, 2022 | Time: 9:30 am - 1 pm  
Venue: Department of CM & FM, Academic block (3rd Floor)  
Audio-Visual Room (Room number 319)  
[www.iapsm-yinc2022.com](http://www.iapsm-yinc2022.com)



#IndiaAgainstCancer
#ICMR4NewIndia
#WeAreICMR
#AzadiKaAmritMahotsav



**27<sup>th</sup> November, 2022: World Constitution Day**

World Constitution Day, also known as National Law Day or Samvidhan Diwas was observed on 27<sup>th</sup> November to commemorate the day, the Indian constitution was adopted by the Constituent Assembly in 1949. The Director of ICMR-NICPR, Dr. Shalini Singh read the preamble of the constitution and all the scientists and staff of NICPR joined her.

**December 2022****5th December, 2022: Lecture on Women Safety, security and Empowerment**

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal Act, 2013 was notified on December 9, 2013 to provide a safe and secure environment for women in the workplace. To commemorate this day, a talk on “Women’s Safety, security and Empowerment” was organized for all staff of NICPR. Mr. K. Rizu Singh Jamwal, Advocate, Supreme Court of India, was invited as a speaker for the event. A poster competition was also carried out to raise awareness on this issue in the institute. Participants brought out their ideas and portrayed them through colorful, bright and radiant posters. All participants were awarded E-Certificates.





### 12<sup>th</sup> December, 2022: Universal Health Coverage Day

An eminent speaker from AIIMS, Mr. Dhaneshwar Yadav was invited on Universal Health Coverage Day. He spoke on the “Scope of getting financial help coverage to cancer patients in India”. He briefed about the various government schemes for cancer patients including mobilization of Funds from AB-PM-JAY, Umbrella Scheme RAN of Ministry of Health & Family Welfare, PM and CM Relief Fund; Funds from Ambedkar Foundation, NGOs and Private donors as well. It was a very informative session





### Health Promotion Clinic

The health promotion clinic has been functional at NICPR since 2014 in the Division of Clinical Oncology.

#### Summary of work done (JULY– DEC 2022)

Total number of individuals screened:  
1040 (Females- 970, Males-70)

Pap smears: 809

VIA: 760

HPV: 592

Colposcopy: 73

Cervical Biopsy: 28

Clinical breast examination: 887

Oral Visual Examination: 604



#### IEC activities and Health Camps organized:

A series of cervical and breast cancer screening and awareness camps were organized for the female prisoners at the District jail, Dasna, Ghaziabad during July – December 2022. A Talk about the early signs and symptoms of cervical and breast cancer and the importance of early cancer screening was given. A total of 40 female prison inmates were screened during this period.





### National Tobacco Testing Laboratory

The National Tobacco Testing Laboratory (NTTL) at NICPR has been established by the Ministry of Health and Family Welfare, Govt. of India for the purpose of Tobacco Research and Testing. The lab has participated in WHO TobLabNet method validation for nicotine, moisture and pH analysis of reference SLT samples for developing SOPs. Now, the SOPs have been published by WHO TobLabNet. The lab received samples from various government agencies such as Chief Medical Officer UP, Deputy Commissioner of Customs W.B., Inland Container Depot U.K., Superintendent of Police, Konkan Railway, DGGI Patna and Drug Control Officer Rajasthan for tobacco product analysis. The lab has analysed approximately 119 smoke & smokeless tobacco samples and performed nearly 400 tests in the duration of July-December, 2022 (~1200 test in triplicate).



Visit of **Smt. V. Hekali Zhimomi**, Addl. Secretary (TC), MoHFW (28 October, 2022).



Hands-on Training on LC-MS and LC-MS/MS at **Shimadzu**, Delhi (6,7 December)

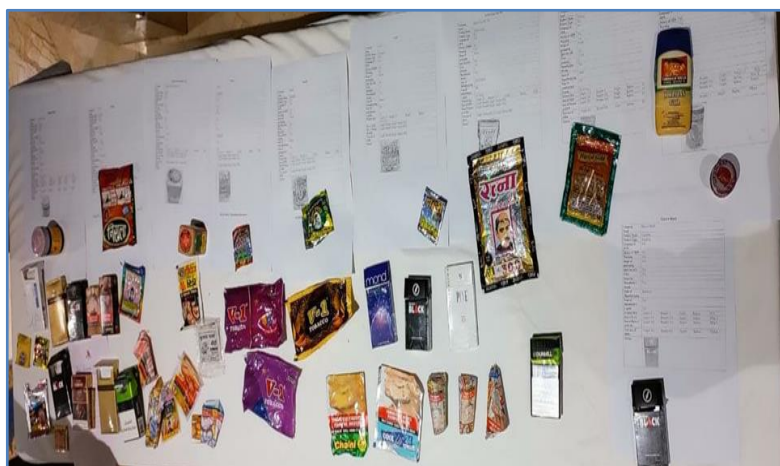


WHO TobLabNet Meeting (5-9 December) at HAS, Singapore



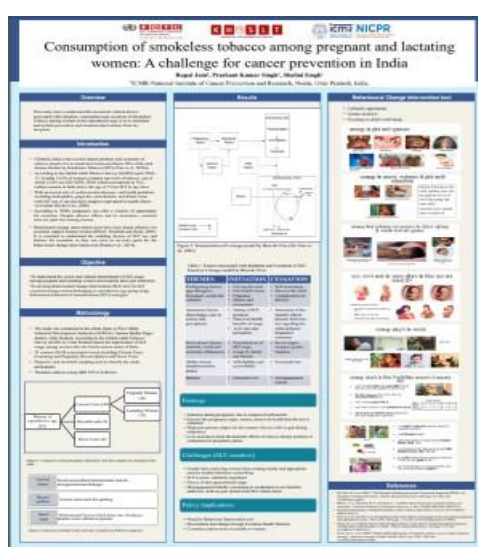
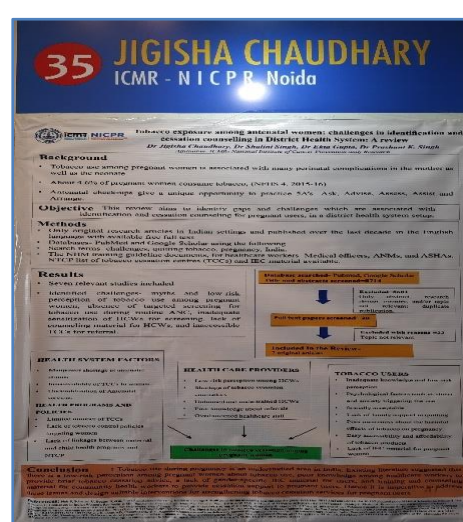
## WHO FCTC Knowledge Hub on Smokeless Tobacco

1. National Workshop On “Emerging Challenges and Opportunities for Implementation of Illicit Tobacco Protocol, Standardized Packaging of Tobacco Products and Prompting Research in Tobacco Control in India”



2. Participated in the 11th General Assembly of the Asia Pacific Organisation for Cancer Prevention and the **APOCP11 Conference on Cancer Prevention** held at Kolkata (India) during December 8 -10, 2022. The conference was hosted by the Cancer Foundation of India, Kolkata. Dr Shalini Singh, Director, ICMR-NICPR delivered her plenary talk on “Smokeless tobacco use among women: a neglected issue”. Scientists and technical staff from ICMR-NICPR also delivered their oral and poster presentations in their respective sessions during this conference.







## ACADEMIC ACTIVITIES

- 1. Journal Club:** The Journal club is a routine academic event at ICMR-NICPR that serves to disseminate new and emerging information on cancer biology, epidemiology, preventive & clinical oncology, and bioinformatics.

Date	Topic of presentation	Speaker
19.7.2022	The metastatic spread of breast cancer accelerates during sleep	Dr. Sandeep Kumar, Sci-B
19.7.2022	Altered vaginal microbiota composition correlates with HPV and Mucosal Immune Responses in women with symptomatic cervical ectopy.	Dr. Mohammad Sajid, RA
2.8.2022	Night-shift work duration and breast cancer risk: an updated systematic review and meta-analysis	Dr. Sudhir Tanwar, Sci-B
2.8.2022	FGFR1 Overexpression Induces Cancer Cell Stemness and Enhanced Akt/Erk-ER Signaling to Promote Palbociclib Resistance in Luminal A Breast Cancer Cells	Dr. Binayak Kumar, DHR Young Scientist
16.8.2022	Evaluation of Malnutrition and Quality of Life in Patients Treated for Oral and Oropharyngeal Cancer	Dr. Rakesh Meena
16.8.2022	Bacterial profile and antimicrobial susceptibility patterns in cancer patients	Dr. Anita
30.8.2022	The global burden of cancer attributable to risk factors, 2010–19: a systematic analysis for the Global Burden of Disease Study 2019	Dr. Shamsuz Zaman
20.9.2022	Microbiota and HPV: The role of viral infection on vaginal microbiota	Dr. Nazneen Arif
20.9.2022	Cross-sectional analysis of oral healthcare vs general healthcare utilization in five low and middle-income countries.	Dr. Rishita Chandra
27.9.2022	Impact of Pulmonary Tuberculosis on the EGFR Mutational Status and Clinical outcome in patients with Lung Adenocarcinoma	Dr. Pragya Sharma
27.9.2022	Synergistic Effect Induced by Gold Nanoparticles with Polyphenols Shell during Thermal Therapy: Macrophage Inflammatory Response and Cancer Cell Death Assessment	Dr. Sristy Shikha
11.10.2022	Computationally designed peptide macrocycle inhibitors of New Delhi metallo- $\beta$ -lactamase 1	Dr. Ved Vrat Verma

1.11.2022	A phase II study of talazoparib monotherapy in patients with wild-type <i>BRCA1</i> and <i>BRCA2</i> with a mutation in other homologous recombination genes.	Dr. Dinesh Kumar
1.11.2022	Child marriage and risky health behaviors: an analysis of tobacco use among early adult and early middle-aged women in India	Ms. Varsha Pandey
1.11.2022	Cooking methods are associated with inflammatory factors, renal function, and other hormones and nutritional biomarkers in older adults	Dr. Anuj Kumar
15.11.2022	High Expression of p21 as a Potential Therapeutic Target in Ovarian Clear-cell Carcinoma	Dr. Mayank Maheshwari
29.11.2022	Metabolic Syndrome and Breast Cancer: Prevalence, Treatment Response and Prognosis	Dr. Ekta Gupta
29.11.2022	Exercise-induced engagement of the IL-15/IL-15Ra axis promotes anti-tumor immunity in pancreatic cancer	Dr. Sonam Tulsyan





## 2. Training programs/courses:

### A. Division of Molecular Biology-

- (i) Long-time (6 months) Project Dissertation Training: Number of Participants - 01
- (ii) Short-time (1-2 months) Training: Number of Participants – 11

### B. Division of Clinical Oncology-

1. NICPR-ECHO's online cancer screening training program for medical officers (14 weeks): 1 cohort  
✓ CSTP-MO16 (Participants trained: 41)
2. NICPR-ECHO's online cancer screening training program for nurses (10 weeks): 1 cohort  
✓ CSTP-N5 (Participants trained: 82)
3. NICPR-ECHO's online cancer screening training program for dentists (15 weeks): 1 cohort  
✓ ACSTP-O6 (Participants trained: 55)
4. Hands-on training for nurses/CHOs and medical officers on Cervical Cancer Screening and Treatment of Pre-cancer (for Chhattisgarh State).  
Participants trained: 140

### C. Division of Cytopathology

- a. 2<sup>nd</sup> National NICPR-ECHO Online Certificate Course on Cervical Cancer Screening for Pathologists (3<sup>rd</sup> August – 7<sup>th</sup> October 2022)  
Number of participants: 50

**Bethesda 2014 System of Reporting Cervico-Vaginal C**

**Squamous epithelial cell abnormalities**

- ❑ Atypical squamous cells (ASC)  
\*of undetermined significance (ASC-US)  
\*cannot exclude HSIL (ASC-H)
- ❑ Low grade squamous intraepithelial lesion (LSIL)  
encompassing: HPV/mild dysplasia/CIN 1
- ❑ High grade squamous intraepithelial lesion (HSIL)  
encompassing: moderate and severe dysplasia, CIS/CIN 2 and CIN 3  
With features suspicious for invasion
- ❑ Squamous cell carcinoma

**Different patterns of HSIL**

**Syncytial Pattern (HCG)**

- Hyperchromatic crowded groups
- Loss of polarity
- Lack of distinct cell borders
- Nuclear features of HSIL
- Absence of nucleoli

**High grade cells in stream of mucus**

**Keratinizing HSIL**

- Tight clusters or scattered single cells
- Cells with dense eosinophilic cytoplasm
- Opaque irregular nuclei
- Caudate/ tadpole cells +

Participant list visible in the video call grid:

- Dr. Vaishali Nag...
- Dr. Atul Jain
- Archana M
- Falguni
- Deepika
- Dr. Deepali
- Biji ANILKUMAR
- Dr. Nirali Shah
- NIKUNJ MEHTA
- AMITA JAVALKI
- Atul Jain

### 3. Presentations / Talks delivered:

- a. Dr. Shalini Singh was invited to deliver a talk titled “Holistic approach in Cancer Control” at Patanjali Research Institute Haridwar on August the 3rd, 2022.
- b. Dr. Shalini Singh was the expert speaker at the webinar 'India@75: Freedom From Tobacco' organized on August 5, 2022.
- c. Dr. Shalini Singh was invited to deliver a talk titled “Lifestyle diseases and how to prevent them” at The Indian School on 18 Aug 2022.
- d. Dr. Shalini Singh was invited to deliver a talk titled “Sharing of Experiences Community Based Cervical Cancer Screening” at a workshop on “Policy analysis of cervical cancer screening in India” at CMC Vellore, Tamil Nadu on December 2<sup>nd</sup>, 2022.
- e. Dr Shalini Singh presented a talk titled “Smokeless Tobacco Use among Women: A Neglected Issue” at the Asian Pacific Organization for Cancer Prevention (APOCP) December 8-10, 2022, at Kolkata
- f. Dr Shalini Singh presented a talk titled “Past, Present & Future of Cervical Cancer Screening in India” at the CME organized by the Oncology Committee of the Delhi ObGyn Society on 12 Dec 2022.
- g. Dr Shalini Singh chaired a scientific session on Environmental pollution and cancer at the 3rd **IAPSM** Young Leaders National Conclave 2022 held from 10 – 12 November 2022 at AIIMS Bhubaneswar.
- h. Dr Shalini Singh attended the Seventh Meeting of the WHO Tobacco Laboratory Network (TobLabNet) Singapore, 07 – 09 December 2022
- i. Dr Shalini Singh was invited to Chair two sessions at the South Asia Meeting on HPV Prevention Landscape and the way forward during December 13-15, 2022 at New Delhi.
- j. Dr. Sanjay Gupta chaired a session on ‘Pediatric gliomas’ at the Annual Conference of the UP Chapter of Indian Association of Pathologists and Microbiologists (UP Pathcon), organized by GIMS, Greater Noida on 15<sup>th</sup> October 2022.
- k. Dr. Sanjay Gupta delivered the address as a Special Guest in the panel discussion ‘Role of stakeholders – different/ diverse players/ start-ups in cancer ecosystem to reduce the burden of lung cancer’ organized by ASSOCHAM on 30<sup>th</sup> November 2022.
- l. Dr. Sanjay Gupta moderated the Workshop on LBC and delivered a talk ‘Normal cervical smear and squamous epithelial cells abnormalities’ at the APP Conference (Pathcon & Lab Expo 2022) on 17<sup>th</sup> December 2022.



- m. Dr. Mausumi Bharadwaj delivered plenary lecture entitled Tobacco associated Oral Cancer and Microbiome in 11th Asia Pacific conference on Cancer Prevention (APOCP 11), December 8-10, 2022 at Biswa Bangla Convention center, Kolkata.
- n. Dr. Subhash Mohan Aggarwal delivered a talk on Drug Discovery in 3rd Online 2-Week Refresher Course in basic Sciences at UGC-Human Resource Development Centre, Jamia Millia Islamia, New Delhi on 16<sup>th</sup> August, 2022
- o. Dr. Showket Hussain was invited as a faculty in “Honoring Your Skills for Cervical Cancer Elimination-A Hands on Workshop on Screening, Colposcopy & Treatment of CIN” at Pre Congress NARCHICON 2022 workshop
- p. Dr. Showket Hussain was invited as a Guest Speaker for Continuing Dental Education Program to be conducted at Shree Bankey Bihari Dental College and Research Centre, Ghaziabad on September 23<sup>rd</sup>, 2022.
- q. Dr. Showket Hussain was invited as Guest speaker at Inderprastha Dental College and Hospital, Ghaziabad on October 10th, 2022.
- r. Dr. Showket Hussain was invited as Guest speaker in "International Conference on Interdisciplinary Research in Cancer Biology (IC-IRCB-2022)" (Virtual mode).
- s. Dr. Ruchika Gupta delivered the NBEMS Webinar on ‘Cervical cytology: Hits and Misses. Potpourri of interesting cases’ organized by the National Board of Examination (NBE) on 16<sup>th</sup> August 2022.
- t. Dr. Ruchika Gupta delivered a talk ‘Overview of Liquid Based Cytology’ at the APP Conference (Pathcon & Lab Expo 2022) on 17<sup>th</sup> December 2022.
- u. Dr. Sandeep Sharma delivered a talk on “Breastfeeding and Breast Cancer – Molecular links” during the webinar on World Breastfeeding week at ICMR-NICPR, Noida.

#### 4. New Projects initiated:

- a. **Title:** Decoding the long non-coding RNA landscape in Polycystic Ovary Syndrome (PCOS) and PCOS-linked gynecologic oncogenesis for potential clinical biomarkers.  
Funding agency – ICMR-NICPR  
Duration: 2 years.
- b. **Title:** Socio-ecological study of cervical cancer screening and treatment in India: A qualitative study  
Funding agency: UNSW, Australia  
Duration: 1.5 years (2022 – 2023)
- c. **Title:** Assessment of risk factors of NCDs and piloting a lifestyle intervention program in Health Promotion Clinic  
Funding agency: ICMR-NICPR  
Duration: 1.5 years (2022 – 2023)
- d. **Title:** Awareness, acceptability, and perceptions regarding uptake of cervical cancer vaccination among a rural and urban community in UP: an exploratory study  
Funding agency: ICMR-NICPR  
Duration: 1 year (2022-2023)
- e. **Title:** “The functional role of autophagy in the regulation of extracellular vesicles (EVs) derived circRNA in breast cancer metastasis.”  
**Duration:** 3 years (2022-2025)  
**Funding agency:** ICMR-RA fellowship)
- f. **Title:** Design and synthesis of novel Hybrid of Anticancer Natural Products Combretastatin A-4 and Curcumin for Cervical Cancer – Computational to Transcriptomics  
**Duration:** 3 years (2022-2025)  
**Funding agency:** ICMR-SRF fellowship



## 5. Publications:

1. Estrogen and Progesterone Receptors in Fibroadenoma in Response to Centchroman — a Selective Oestrogen Receptor Modulator (SERM); Vishwa Bharathi Gaonkar, Sandeep Mathur, Showket Hussain, Anamika Priyadarshini, Chitresh K. Sharma, Ravi Mehrotra, Kamal Kataria, Piyush Ranjan, Anita Dhar, Vuthaluru Seenu, Smriti Hari & Anurag Srivastava; Indian Journal of Surgery. <https://doi.org/10.1007/s12262-022-03496-z>
2. Influence of HPV infection in esophageal cancer: A systematic review and meta-analysis Showket Hussain, Jyoti Rani, Sonam Tulsyan, Sandeep Sisodiya, Atul Chikara, Sheeraz Un Nazir, Abhinav Srivastava, Asiya Khan, Nihar Ranjan Dash, Anoop Saraya, Bhudev Chandra Das, Gene reports, <https://doi.org/10.1016/j.genrep.2022.101640>
3. Use of Immunotherapy in Gynaecological and Breast Cancer. Hussain, S., Sisodiya, S., Kasherwal, V., Tulsyan, S. and Khan, A., In Latest Advances in Diagnosis and Treatment of Women-Associated Cancers (pp. 37-50). CRC Press
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## Articles published in Popular Media

- a. Dr Shalini Singh published an article on 12 Sept 2022 titled “The Time to Nail Tobacco Use in India is Now” available on [https://www.vibesofindia.com/the-time-to-nail-tobacco-use-in-india-is-now/National Media outlet 'India Ahead'](https://www.vibesofindia.com/the-time-to-nail-tobacco-use-in-india-is-now/National%20Media%20outlet%20'India%20Ahead').
- b. Dr Shalini Singh published an article on 24 Sept 2022 on depiction of tobacco use in visual media available on <https://indiaaheadnews.com/india/do-not-let-down-the-tobacco-control-efforts-the-kali-controversy-241402/>
- c. Dr Shalini Singh published an article on Tobacco taxation in Rajasthan Patrika on 18<sup>th</sup> Nov 2022 available on <https://epaper.patrika.com/Home/MShareArticle?OrgId=18114f87dc2d&imageview=1&standalone=1>

## AWARD

1. Dr. Showket Hussain, Scientist-D has been awarded ICMR's International Fellowship for Young Scientists for the year 2022-23
2. Dr. Sonam Tulsyan, ICMR RA-II under the guidance of Dr. Showket Hussain has been selected for Short Term Scientist Exchange Programme (STSEP), 2022 for six weeks from 22<sup>nd</sup> August to 30<sup>th</sup> September, 2022 under the mentorship of Dr. Belynda Hicks, Deputy Director, Centre for Genomics Research laboratory, NCI, Maryland, USA.
3. Mr. Kamran Manzoor, ICMR-SRF of Dr. Showket Hussain has been selected for the “Dozor” fellowship for visiting International Investigators, 2022 for two weeks from 6<sup>th</sup> November -21<sup>st</sup> November 2022 under the mentorship of Prof. Jacob Gopas and Prof. Etta Livneh at Ben-Gurion University, Israel.

## Collaborations with other institutions

Memorandum of Understanding (MoU) with AIIMS Jodhpur



The ICMR-National Institute of Cancer Prevention and Research, Noida and All India Institute of Medical Sciences (AIIMS) Jodhpur has signed a memorandum of understanding (MoU) for conducting joint research and academic exchange activities.



**Staff News**

NICPR warmly welcomes the new members to its family.

S. No.	Name & Designation	Date of Joining in NICPR
1.	Sh. Sandeep Singh, MTS (G)	14.10.2022 (A.N.)

**Staff Transferred in:**

Sl. No.	Name and Designation	Date of Joining in NICPR
1.	Sh. Pramod Kumar, Sr. Accounts Officer	03.08.2022
2.	Dr. C. P. Yadav, Scientist-C	01.12.2022

**We Bid Farewell to:**

S. No.	Name & Designation	D.O.R. from NICPR	Remarks
1.	Sh. Kishore Kumar, Accounts Officer	10.08.2022	Transferred out
2.	Dr. Rakesh Meena, Scientist-B	26.09.2022	Resigned
3.	Sh. Ramesh Kumar, UDC	30.11.2022	Retired

**ICMR – NATIONAL INSTITUTE OF CANCER PREVENTION AND RESEARCH**

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