



Dear Friends

December 2009

At the outset, I would like to take the opportunity of wishing you and your family season's greetings and a healthy Happy prosperous New Year.

It has been two years since returning to India after having spent a decade in the United Kingdom. Whilst in the UK planning my return, I was inspired by **Swami Vivekananda's** message -

**'Take up one idea
Make that one idea your life
Think of it, dream of it, live on it
Let the brain, muscles, nerves and
every part of your body be full of that idea
And leave the other ideas alone'**

Grace of Lord almighty, single minded vision and focused efforts have played a key role in translating some of my ideas into reality. I am delighted that both **Ushalakshmi Breast Cancer Foundation** and **KIMS-USHALAKSHMI Centre for Breast Diseases** have well & truly set a benchmark in the delivery of Breast Health care in India.

Three Pillars of Support



Dr. B. Bhaskar Rao

Visionary & energetic MD & CEO, KIMS.

Instrumental in ensuring the birth of KIMS-USHALAKSHMI Centre for Breast Diseases.



Mr. Jayesh Ranjan

Secretary, Tourism, Govt. of A.P.

Guiding force & champion for Ushalakshmi Breast Cancer Foundation since its inception.



Mr. B. Krishnaiah

Chairman, KIMS.

Philanthropist with supreme values who has backed my vision of establishing a free standing purpose built comprehensive Breast Centre at KIMS

Reflections - The Year gone by...

Initiatives undertaken by Ushalakshmi Breast Cancer Foundation and the dedicated Breast Centre at KIMS interspersed with some of the major milestones in my professional career - 2009.

January 2009

Elected to serve as **Editorial Secretary, Indian Association of Surgical Oncology** - a Specialty Section of the Association of Surgeons of India representing Surgical Oncologists across the Country.

4th Feb. 2009, World Cancer Day

'To cure sometimes, to relieve often, to comfort always'

'ASHA', a dedicated **Breast Cancer Support group** of **Ushalakshmi Breast Cancer Foundation** was inaugurated by **Mrs Renuka Chowdhary, former Hon'ble Union Minister for Women & Child Welfare**. The Support Group has been providing psychological and emotional assistance to patients and their families affected with breast cancer.



Dr. Ushalakshmi,
Chairman, Ushalakshmi Breast Cancer Foundation contributes towards screening underprivileged women at KIMS Breast Centre

KIMS-USHALAKSHMI Centre for Breast Diseases



Full Field Digital Mammography system - An incredible advance in detecting early breast cancer.

SOUTH INDIA's FIRST Full Field Digital Mammography Unit at the Breast Centre in KIMS, since 2007

KIMS - the **ONLY** Centre in Andhra Pradesh to have **Full Field Digital Mammography Unit**

8th March 2009, International Women's Day

'Triumph of the spirit'



Ms. Gautami Tadimalla, an eminent South Indian actress & Patron, Ushalakshmi Breast Cancer Foundation shares her experience & resolve in the fight against Breast cancer



Mr. Kamal Haasan lends his support to Ushalakshmi Breast Cancer Foundation. He underlined the importance of family support & said he was delighted Ms Gautami triumphed in the face of adversity.



Mrs. Pamela Chopra, wife of **Mr. Yash Chopra**, breast cancer survivor & Patron, Ushalakshmi Breast Cancer Foundation releases Breast cancer awareness CDs. She mesmerized the audience when she sang a melodious song 'Tere Ilye' from the Yash Raj banner

April 2009

Appointed onto the **Board of Advocates, American Society of Breast Surgeons** (the single largest Organization in the World that represents Breast Surgeons in United States) - the **FIRST and the ONLY Surgeon outside America to serve on this high profile Committee that oversees Breast cancer advocacy.**

June 2009

Received **Vocational Excellence Award** by the **Rotary Club of Jubilee Hills** for my contribution to Breast Oncology



May 2009

Contributed a Chapter on the art & Science of **Oncoplastic Breast Surgery** in '**Recent Advances in Surgery**' - *one of the most widely read Books by Surgeons across the world (Published by the Royal Society of Medicine)*



July 2009

Appointed **Convenor, FICCI Medical & Healthcare Committee, Andhra Pradesh**

October 2009
International Breast Cancer Awareness Month

4th Oct. 2009
Hyderabad supports PINK RIBBON WALK

Breast cancer survivors, celebrities, men and women from across the City (some 1500 people) participated in a very successful 2k Walk that was flagged off by **Diana Hayden**, model and former Miss World.



Diana Hayden flags off the Pink Ribbon Walk

4th Oct. 2009, PINK RIBBON EVENING
'Empowering women... Impacting lives'

Mrs Shabana Azmi, a well known Film Actress and social activist, **Mrs Devieka Bhojwani**, Breast cancer survivor & Vice President of Women's Cancer Initiative at Tata Memorial Centre, Mumbai and **Miss Diana Hayden** spoke eloquently & complimented the unique initiatives undertaken by Ushalakshmi Breast Cancer Foundation & the dedicated Breast Centre at KIMS



The power of Pink.....
Mrs. Shabana Azmi lights the inaugural lamp along with other Guests



Tribute to a PINK SOLDIER
Mrs. Shabana Azmi with my mother, Dr Ushalakshmi



Dr. Ananda Shankar Jayant
Bureaucrat, renowned Classical dancer, Breast cancer survivor & **Convenor** of ASHA enthralled the audience with her breathtaking performance

A unique **First of its kind chat show** at the **Pink Ribbon Evening** with **Shital Morjaria**, Head of Programming, **TV 9** - Strategies adopted by Ushalakshmi Breast Cancer Foundation & the Breast Centre at KIMS to improve the delivery of Breast healthcare in Andhra Pradesh were discussed.



Jhansi

A short feature Film by **Naveena (TV 9)** in collaboration with **Ushalakshmi Breast Cancer Foundation** on breast cancer awareness was screened at the Event



Shital Morjaria

24th Oct. 2009, PINK RIBBON THEATRE EVENING

'**Brief Candle**' - A hilarious play in English focusing on Cancer awareness was staged in collaboration with Ushalakshmi breast Cancer Foundation



Lillete Dubey, an eminent Theatre personality who produced & directed the Play addressing the audience after the performance

November 2009

2000 - 2009 - A decade of dedication to Postgraduate training

- Successfully organised **ten Overseas Surgical Postgraduate Courses** on behalf of **Royal College of Surgeons of Edinburgh (RCS Ed)** in Hyderabad - **Highest number of Courses ever to be held by RCS Ed in the Indian Subcontinent**
- Organised the Tenth Overseas Course in Hyderabad from **2- 6 Nov. 2009**



Surgeons attending one of the **RCS Ed Overseas Courses** in Hyderabad that prepares them for the **Final FRCS/MRCS Examination**

7th & 8th November 2009
Multidisciplinary Course on
Breast Diseases -
FIRST time ever to be held in the
Indian Subcontinent

Dr. Laszlo Tabar from Sweden, considered to be the 'god father' of Breast imaging, conducts his world renowned Course on Breast Radiology in collaboration with **Ushalakshmi Breast Cancer Foundation**



Dr. Tabar receives the Citation from Prof. Kakarla Subba Rao after delivering the **FIRST Ushalakshmi Breast Cancer Foundation Oration**, Hyderabad, 7th Nov. 2009

18th November 2009
Rare Distinction - Quadruple FRCS

The Council of The **Royal College of Surgeons of England** has awarded me with the prestigious **FRCS (Eng)**

Nothing gives me more happiness than to share this most pleasant news with you as I have achieved the rare distinction to become the **FIRST & ONLY Surgeon** from **Andhra Pradesh** and one amongst the very few Surgeons across the **World** to obtain **FRCS** from all the **FOUR Surgical Colleges** in the **British Isles**.

Finally....

Profound thanks are due to the **Board of Directors**, my **Colleagues** in the Multidisciplinary Team at the **Breast Centre & staff of KIMS** for their outstanding help, advice & assistance all along.

I am forever humbled by the trust & confidence that my patients have in me. They are my greatest source of inspiration.

I do not have any words to express gratitude to the **Media** (both Print and Television) & all my '**Hyderabadi**' friends. But for their encouragement, unwavering support & active involvement, the Foundation and the Breast Centre at KIMS would not have been able to make a significant and meaningful impact within a short span of two years.

I am deeply indebted to my family for their love, sacrifice and most of all, backing me in all that I set out to do in my motherland.

In closing, I would like to end with a prayer that is very dear to my heart written by a well known Theologian, **Reinhold Niebuhr**

**'God grant me the serenity to accept the things
I cannot change, Courage to change the things
I can and the Wisdom to know the difference'**

With warm personal regards

Most sincerely

A handwritten signature in blue ink, appearing to read 'P. Raghu Ram'.

Dr. P. Raghu Ram

MS, FRCS (Eng), FRCS (Edin), FRCS (Glasg), FRCS (Irel)

Director

KIMS-USHALAKSHMI Centre for Breast Diseases

Consultant Oncoplastic Breast Surgeon

Krishna Institute of Medical Sciences Ltd.

Chief Executive Officer

Ushalakshmi Breast Cancer Foundation