



# ABHAYA'S KNOWLEDGE SHARING

4  
FEB  
'26

**WORLD  
CANCER DAY**

**NATIONAL  
SCIENCE DAY**

28  
FEB  
'26

## **From Fear to Hope: The Power of Early Cancer Detection**

Thanks to major advances in early detection, targeted treatments, immunotherapy, and safer surgeries, millions of lives are being saved today. Many cancers that once brought fear and uncertainty now come with real hope, especially when diagnosed in the early stages. Growing awareness and regular health check-ups are helping people seek care sooner, turning timely action into a powerful life-saving tool.

Yet, the reality remains serious, particularly in India. Nearly 14 to 15 lakh people are diagnosed with cancer every year, and many reach hospitals only when the disease has already progressed. Among men, oral and lung cancers are the most common, largely linked to tobacco use, while among women, breast and cervical cancers lead the list. Colorectal cancer is also rising steadily in both groups. These patterns clearly show where awareness efforts must be focused: tobacco control, women's health screenings, and early detection programs.

India celebrates National Science Day every year on February 28 to commemorate the discovery of the "**Raman Effect**" by Indian physicist Sir C.V. Raman on 28 February 1928. On National Science Day 2026, we celebrate India's journey of innovation—from Aadhaar to space missions, showcasing how science transforms lives, strengthens systems, and inspires future generations.

Here we try to bring you a glimpse of India's Science Innovations Timeline from 2010–2025

### **2010 – Aadhaar Biometric System**

India launched the Aadhaar project, creating the world's largest biometric identity system. It transformed digital governance and service delivery.

### **2011 – Low-Cost Portable ECG Machine**

Indian researchers developed affordable portable ECG devices, making cardiac screening accessible in rural and remote areas.

### **2012 – Mars Orbiter Mission (Mangalyaan)**

Development Phase, ISRO began critical development for Mangalyaan, showcasing India's capability in cost-effective interplanetary science.

## EDITORIAL

This month, World Cancer Day and National Science Day remind us of hope through awareness and innovation. Science advances treatment, while emotional support strengthens healing. Together, knowledge, compassion, and research guide us toward healthier lives and resilient communities. Let us value prevention, early care, and continuous learning to protect well-being and empower future generations with informed choices. Awareness begins with each one of us today.



The encouraging truth is that many cancers can be prevented or controlled through timely action. Simple daily choices, avoiding tobacco, eating healthy foods, staying physically active, limiting alcohol, and going for regular screenings, can significantly reduce risk. For real change, awareness must move beyond individuals to become a collective effort, supported by government initiatives, healthcare institutions, workplaces, schools, and community organisations.

This Cancer Day, the message is clear and hopeful: **awareness saves lives, early care gives hope, and prevention protects the future.**

### 2013 – Foldscope (Paper Microscope)

Foldscope, an ultra-low-cost paper microscope, enabled scientific exploration and education for students across resource-limited settings.

### 2014 – Mars Orbiter Mission Launch

India became the first nation to reach Mars orbit in its first attempt, highlighting scientific precision and innovation.

### 2015 – Indigenous Cryogenic Engine

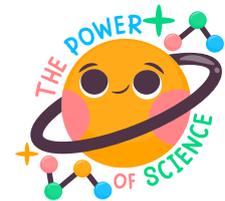
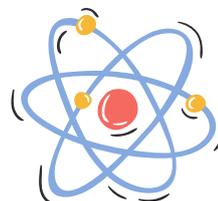
ISRO successfully developed and tested an indigenous cryogenic engine, strengthening India's space launch independence.

### 2016 – Digital Payments Infrastructure (UPI Concept)

India conceptualized UPI, revolutionizing digital transactions with secure, instant, and inclusive financial technology.

### 2017 – Chandrayaan-2 Mission Preparation

Advanced research and planning began for Chandrayaan-2, focusing on lunar exploration and surface analysis.



### 2018 - Sustainable Science Focus

India highlighted science for sustainable development, encouraging clean energy, eco-friendly farming, and long-term environmental solutions.

### 2019 - Science for Society

Innovations focused on public benefit, improving access to water, sanitation, and affordable health technologies for communities.

### 2020 - Women in Science

Indian women scientists gained recognition, inspiring inclusive innovation and stronger participation of girls in STEM fields.

### 2021 - Future of Science and Technology

Digital tools expanded education, telemedicine and research collaboration across urban and rural India.

### 2022 - Integrated Science for Sustainability

Low-cost, community-focused technologies supported health monitoring and environmental protection.

### 2023 - Chandrayaan-3

India achieved a historic soft landing near the Moon's south pole, advancing space science and global research leadership.

### 2024 - Electric Mobility Innovation

Electric vehicle and battery research accelerated India's transition toward cleaner transportation.

### 2025 - Quantum Computing Breakthrough

India developed its first full-stack quantum computer, marking progress in advanced computing and national research capacity.

India's scientific progress reflects dedication, creativity, and perseverance. From digital identity to space exploration, each innovation serves humanity. Let us continue nurturing curiosity, research, and ethical responsibility to build a healthier, smarter, and more inclusive future.

**Happy National Science Day**

**in advance to you all!**



## CANCER: A SIMPLE GUIDE FOR EVERYONE

By **Rajani Ramaswamy Belegur**  
Counselling Psychologist

The word cancer often creates fear and worry. Many people think it means the end of life. But today, with better medical facilities and early diagnosis, **many cancers can be treated successfully.**

### What Is Cancer?

Our body is made up of tiny cells that grow and die in a proper order. Cancer happens when some cells start growing in a wrong way and do not stop. These unhealthy cells may form a lump or spread to other parts of the body. So basically **Cancer is nothing but uncontrolled cell divisions.**

### What Causes Cancer?

Cancer usually develops over time. Some common reasons are:

- Tobacco use (smoking, chewing, gutka)
- Excess alcohol
- Unhealthy food and lack of exercise
- Pollution and harmful chemicals
- Too much sunlight
- Certain infections
- Family history (in some cases)

Sometimes, cancer happens without any clear reason. So, no one should blame themselves.

### In Simple Words

Cancer is serious, but it is **not always hopeless.** Early detection, right treatment, and emotional support can help people live long and happy lives.

**Awareness and timely action make all the difference.**

### Warning Signs

Do not ignore these signs if they last for many days:

- Unusual lumps
- Sudden weight loss
- Long-lasting pain
- Constant tiredness
- Changes in skin or moles
- Unusual bleeding

Early medical advice can save lives.

### Can Cancer Be Treated?

Yes. Many cancers can be treated, especially when found early. Doctors may use surgery, medicines, radiation, or modern therapies depending on the condition.

### How Can We Protect Ourselves?

- Avoid tobacco and alcohol
- Eat healthy food
- Exercise regularly
- Go for regular check-ups
- Take recommended vaccines
- Sleep well and manage stress

A healthy lifestyle helps both body and mind.

### Mental Strength Matters

Cancer affects emotions too. Feeling scared or sad is natural. Talking to loved ones, doctors, or counsellors' helps patients feel stronger and more hopeful.



## EMOTIONAL SAFETY: BEING A SAFENEST

By **Monisha Bose** (Counseling psychologist & psychotherapist, PhD scholar)

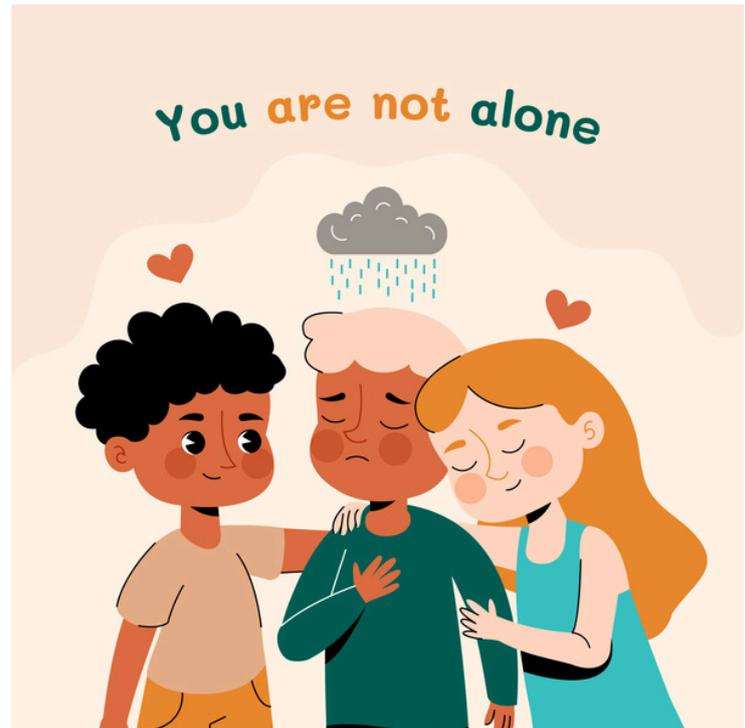
We are quick to ask people to heal, to speak up, be stronger, wiser, and more resilient. We celebrate growth and expect change, often as a switch that can be flipped with enough effort or intention. Before courage gathers breath, in the pre-transformation stage, there is a far more important question we often overlook: Do you feel emotionally safe enough to take that step?

Emotional safety is a necessity. It is not an “extra.” It is the foundation upon which healing, healthy relationships, and personal growth are built. Without it, even the best intentions struggle to take root.

Emotional safety is the feeling that:

- Emotional expressions are valid without fear of being judged, dismissed, or punished
- Emotions will be acknowledged, even if they are uncomfortable
- One doesn't have to perform, explain excessively, or hide parts of oneself to be accepted

It is the quiet assurance of “I can be myself here.” In emotionally safe spaces, people don't just talk more freely and they feel more honestly.



### Essential for Healing

Healing requires vulnerability. Vulnerability cannot exist in fear. When emotional safety is missing:

- People suppress emotions instead of processing them
- Trauma stays unspoken and unresolved
- Coping replaces healing
- Silence becomes a form of self-protection

Many individuals seek counseling not because they lack strength but because they have spent years being strong without being safe. Healing begins not when we are told what to do, but when we feel safe enough to feel what we feel.

### To nurture relationships

Healthy relationships are not built on perfection. They are built on repair, understanding, and emotional trust.

In emotionally safe relationships:

- Disagreements don't threaten connection
- Feelings are heard, even when not fully understood
- Apologies and accountability are possible
- Growth happens without fear of rejection

For children and adolescents especially, emotional safety determines whether they speak up or shut down.

For adults, it decides whether relationships become places of comfort or emotional exhaustion.



### Reasons for lack of Learned Emotional Safety

Many people grew up learning that:

- Love was conditional and is earned
- Emotions were inconvenient and exposes weakness
- Silence was safer than honesty
- Being “good” mattered more than being real

So, we adapted and became agreeable, responsible, high-functioning, or emotionally distant. It helped us in surviving and not in thriving.

### Counselling as restorative Emotional Safety:

At its core, counselling is not just about toolkits, advice, or quick fixes. It is about creating a space where emotional safety is restored. A space where:

- One does not have to minimize one's pain
- His or her story is held with care
- Emotions are welcomed, not rushed
- Failures are not criticized but regulated
- Curiosity instead of judgment

When emotional safety is present, resistance softens, insight deepens, and real change becomes feasible.

### Build a secure self

Take a mindful pause. Ask yourself:

Where do I feel emotionally safe?

Where do I silence myself to keep peace?

What part of me is waiting to be heard?

One doesn't need to have all the answers. Just a space is needed where one's questions are allowed to exist.

### In Closing

Emotional safety is not just calmness while weathering life's storms. It is having a safe space to embrace one's true self and build resilience for challenges.

**“Healing does not begin when we keep trying to fix ourselves. It starts when we feel safe enough to be ourselves.”**

## 10 MENTAL HEALTH ABBREVIATIONS YOU SHOULD KNOW

COMPILED BY  
RAJANI RAMASWAMY BELEGUR  
REGISTERED COUNSELLING  
PSYCHOLOGIST

How many of them do you know?

**CBT** – Cognitive Behaviour Therapy

A widely used therapy for managing stress, anxiety, and depression.

**PTSD** – Post-Traumatic Stress Disorder

Emotional distress following traumatic experiences

**ADHD** – Attention-Deficit/Hyperactivity Disorder

Difficulty with attention, impulse control, and activity levels

**OCD** – obsessive-compulsive disorder

Unwanted thoughts and repetitive behaviours

**GAD** – Generalised Anxiety Disorder

Persistent and excessive worrying

**MDD** – Major Depressive Disorder

Clinical depression affecting mood and daily functioning

**ASD** – autism spectrum disorder

A neurodevelopmental condition affecting social interaction

**SUD** – substance use disorder

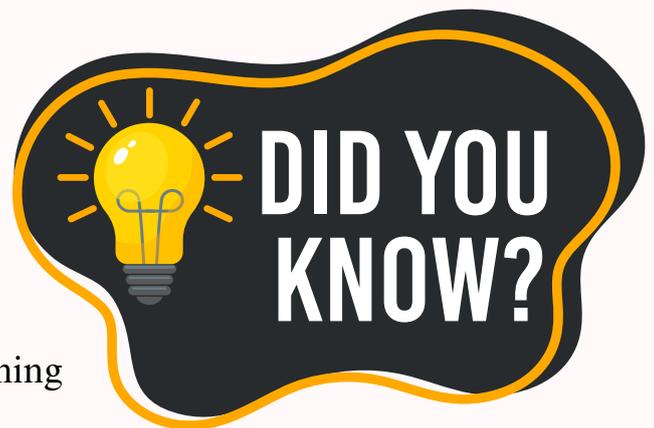
Dependence on alcohol or drugs

**DID** – dissociative identity disorder

Condition in which a person experiences two or more distinct identity states (often called “alters”), along with gaps in memory, identity, or awareness

**ACT** – Acceptance and Commitment Therapy

Therapy focused on mindfulness and values-based living

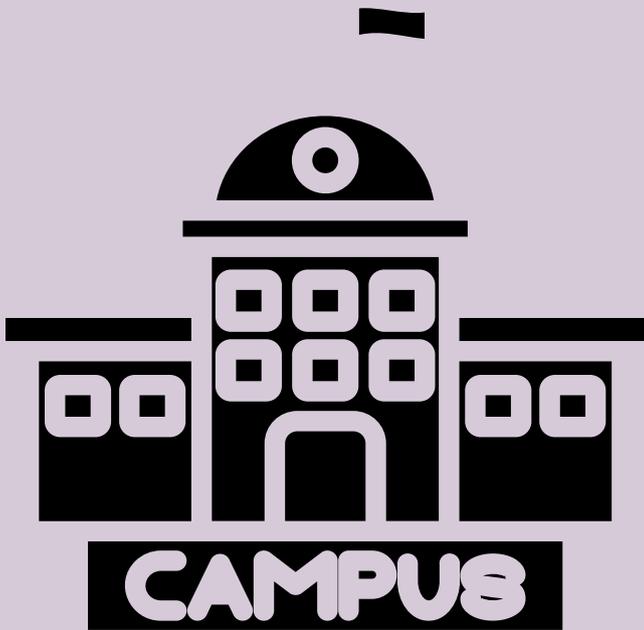




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Selected entries will be published in the **CAMPUS VIBES** section of Abhaya Counselling Centre Newsletter!

**ABHAYA'S KNOWLEDGE SHARING**  
NUMBER SUCCESS PRACTITIONER DAY 2023

**Shri.Srinivas Prabhu, actor and theatre artist** inaugurating our first issue in September 2025





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### HELPING YOU FEEL BETTER

We help to enhance mental health & well-being for all by providing compassionate support and guidance to help individuals overcome situational challenges and achieve emotional balance.

Abhaya Counselling Centre is a decade old organisation catering to enhance mental health of everyone. We are working towards assisting the needy get better from situational disturbance arising out of life instances.

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**KARTHIK R**  
Founder  
Psychosocial specialist  
Mental Health Counselor



**DEEPA NARENDRA**  
Co-Founder  
Mental Health  
Counselor



**SATISH JOSHI**  
Sociologist  
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**BHUVANA B P**  
Yoga Therapist



**RAJANI BELEGUR**  
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**JEEVAN KALYAN**  
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