

ASHA KA SPARSH TOUCH OF HOPE CARE FOR CANCER



Uttar Kshetriya Samaj Vikas Kendra (UKSVK)

(registered under society registration act 1860)

1st Floor, Diocesan Pastoral Centre, Cathedral House, Wazirpura Road, Agra-282003, Uttar Pradesh, INDIA

Phone: +91-9068807755

Email: uksvktmr@gmail.com

Website: www.uksvk.org



A Community Initiative for Awareness, Early Detection and Support

Cancer is no longer a distant health concern. It is increasingly affecting individuals and families across urban, semi-urban, and rural communities. Asha ka Sparsh is envisioned as a structured response to address this growing challenge through community engagement and support systems.

Asha ka Sparsh is a community-based initiative dedicated to promoting awareness, enabling early detection, facilitating access to care, and building a compassionate support system for individuals and families affected by cancer across

Uttar Pradesh

*“Together towards awareness,
timely care, and support.”*



जागरूकता



जांच



सहयोग



आशा

हम साथ हैं, आप अकेले नहीं

Asha ka Sparsh:

A Community-Based Response

This initiative aims to complement existing healthcare systems by strengthening awareness, prevention, support and hope at the community level.

1. Awareness & Education

- Conduct community-based awareness programmes
- Promote understanding of early symptoms and risk factors
- Encourage preventive health practices

2. Prevention & Screening

- Organize periodic screening camps
- Promote regular health check-ups
- Facilitate early diagnosis through partnerships

3. Patient & Family Support

- Provide guidance and support to patients and caregivers
- Facilitate access to treatment services
- Extend assistance where possible (financial, nutritional, emotional)

4. Hope

- Restoring confidence, dignity, and resilience by ensuring that no one faces cancer alone.

Cancer: A Growing Public Health Concern

Cancer is one of the leading causes of morbidity and mortality in India. According to the Ministry of Health and Family Welfare, Government of India, the number of cancer cases has been steadily increasing, with over 15 lakh cases reported annually.

The National Cancer Registry Programme (ICMR) identifies the most common cancers as:

- Breast cancer
- Oral cancer
- Cervical cancer
- Lung cancer

Many of these are preventable or treatable if detected early, yet a significant number of cases are diagnosed at advanced stages.

- Avoid burnt, charred or heavily overcooked food, especially meat.”
- Limit fast food and highly processed foods.”Avoid reheating food multiple times.
- Reduce oily and fried foods.
- Avoid stale or spoiled food.
- Do not reuse cooking oil.

Common Symptoms of Cancer

- ❖ Unusual lumps, swelling, or non-healing wounds.
- ❖ Unexplained bleeding from body parts (ear, nose, mouth, etc.).
- ❖ Sudden changes in moles or warts.
- ❖ Irregular bleeding outside menstrual cycles.
- ❖ Persistent cough, hoarseness, or difficulty speaking.
- ❖ Changes in bowel habits.
- ❖ Difficulty in digestion or swallowing.
- ❖ Unexplained weight loss.

These symptoms do not always mean cancer, but if they persist or feel unusual, consult a doctor.”

Health Ambassador

Hope Ambassador

RESOURCE PERSON

Fundraising Champion

SUPPORTER

{add photos QR code}

Things to Avoid

- Limit red meat and avoid or greatly reduce processed meat.”.

Be a

VOLUNTEER



जागरूकता Join us



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हम साथ हैं, आप अकेले नहीं