

DD SAHYADRI HOSTS A TALK SHOW

The importance of PsychoSocial support in the field of cancer care

Over the years, cancer has been receiving increasing medical support. It is only recently that the importance of psychosocial support is being understood. Already a leader in this field, it is fitting that when DD Sahyadri hosted a talk show on the subject, our founder Ruby Ahluwalia was a panelist

An eminent panel consisting Dr. J.M Jangir (GM, MDL) Dr. Rakesh Badhe (Onco Surgeon) and Smt. Archana Vishaye (Cancer Victor and Senior Social Worker, Sanjeevani... Life Beyond Cancer) talked about the importance of Psycho-Social Support in Cancer Care. This was aired on DD Sahyadri on the 8th of January 2019.

While Dr. Badhe talked about the medical aspect of cancer and Dr. Jangir talked about Public Sector Units supporting the social cause, Ruby Ahluwalia spoke about the holistic well-being and fielded questions regarding how patients can connect with our organization in different cities, how to create cancer awareness in society and how to specially deal with misconception about cancer. She was also asked that apart from psychosocial support, what are the other ways in which sanjeevani helps cancer patients. Archana Vishaye shared the perspective of patients and was asked in what way she enabled the patients and if she had a special message for them.

If you are interested in watching the whole discussion please visit our Facebook page Sanjeevani Life Beyond Cancer or see it on <https://youtu.be/W9D0hZzg-rs>



MESSAGE FROM FOUNDER

Greetings for the New Year. May it bring happiness and peace to us all.

The New Year started with the introduction of a new vertical in our project of creating awareness about cancer.

What better than sensitizing the new generation on the subject, if a cancer free society is to be dreamt of.

We strongly believe, that though awareness in the youth on cancer is extremely important, it is a subject that needs to be dealt with utmost gentility. Young minds rather than getting scared of cancer need to take away a message on healthy living and wellness which will strengthen their immunity systems and thus may provide them with a protection from cancer, in the long run. Apart from this, these programs will also make them aware of the needs and requirements of a cancer patient, helping them to create a better interaction and support system for the people around them undergoing a cancer journey.

In the month of January, Sanjeevani worked with hundreds of young people and carried out sensitization programs across all the cities we work in. NSS has come in a big way to partner with us. We are thus creating communities of young people who will then become ambassadors of social change in this country. We have worked out engagement programs to have a continuous dialogue with them.

Our endeavor to create a cancer-fear free society will continue during the year.



Ruby Ahluwalia
Founder

Sanjeevani...Life beyond Cancer





FACULTY SPEAK

JOANITA FIGUEIREDO

Joanita Figueiredo was introduced to Sanjeevani when Ruby called her with the idea of opening a Wellness Center. Eight years ago she fought a battle with breast cancer and post surgery she healed herself with a natural diet and positive self-healing. By profession is a postgraduate nurse who worked in the well-known Jaslok Hospital, Bombay, and also in Jahra hospital, Kuwait. She has been associated with Vijaya Venkat from The Health Awareness Centre for 12 years and now works with her daughter Anju Venkat. Vijaya Venkat is a strong advocate of wheat free, dairy free and sugar free diet. Joanita lives by the same credo and also teaches our patients to follow this diet. She is very popular for the friendly, caring and humorous way in which she communicates with the patients.

Hey did you know – Joanita also is the founder of Mettaa Foot spa in Bandra. Her therapists are visually impaired and trained by her. Our patients also get to experience the magic hands of her therapists as she brings them to the center for every batch and while they are enjoying a therapy session she teaches them important reflexology points they can use on themselves for pain and discomfort.

Joanita thanks the universe for such a beautiful opportunity for serving and sharing her knowledge.

She says “ Working with Sanjeevani is a blessing because not only does it energizes me but seeing the smiling faces, I know that we are doing amazing work.” She wishes to have a long lasting and fulfilling association with Sanjeevani.

She wishes Sanjeevani all the best for the future.

MUMBAI CHAPTER

SUNSET FERRY RIDE

Team Mumbai in collaboration with a few students from H.R College took 46 patients from Tata Hospital to Gateway of India. Sonal Virkayade (Social Worker, Sanjeevani... Life Beyond Cancer) and Cherise Diaz (Intern from Christ College, Bangalore) accompanied the patients.

They were going to watch the sunset from the ferry that evening. The participants filled their heart with singing and dance and also got a breath-taking view of the Gateway of India.

Thank you H.R College for spreading joy in their lives of our patients.



YOGA WITH BANSILALJI

The participants who attend the Bombay Wellness center were in for a treat. Mr. Prajpat Bansilal, (Yoga teacher and reflexology teacher at Sanjeevani Bikaner center) took a lesson and imparted his vast knowledge with our patients. He taught them basic yoga asanas and spoke about the importance of taking care of our bodies, how each and every organ needs oxygen and exercises.

The participants enjoyed the sessions and inquired about their aches and other issues as well.

Thank you Mr. Bansilal for sharing your vast knowledge with us.



BANGALORE CHAPTER

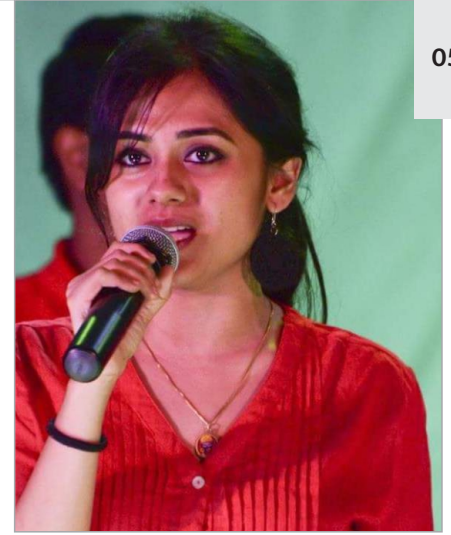
MUSIC BUILDS BRIDGES AND RAPPORT

It was a slow Saturday afternoon. Our programme executive, Anupa Samuels was doing her rounds in the pediatric ward of Kidwai Hospital in Bangalore, when she gets a call. Two of her friends, Arundathi and Mikhail were outside the hospital inquiring if they could join her.

Back in the pediatric ward, the children had already gathered in the play area. After having a word with the people from another organization who were also present, a guitar was picked up, children were handed instruments like a tambourine, courtesy of Arundathi (a trained psychologist and currently a counselor at a university in Bangalore), and an impromptu sing along and music session for the children was on its way.

This was a fun and interactive session that gave the children and parents a breather from their everyday ordeal. Arundathi and Mikhail are also interested in doing a sing along and musical session twice or thrice a month.

We would like to thank Arundathi and Mikhail for their participation and interest in helping to spread happiness through music.



JAIPUR CHAPTER

KITE FLYING FESTIVAL

What happens when some disease disrupts the life of a child? A child is not different from other children, just because they have cancer. These children also wish to celebrate festivals and have a right to enjoy life and cherish memories.

With the motivation that this disease shouldn't affect the happiness of children and their spirit, Archita Verma and Angana Goswami of Sanjeevani Life Beyond Cancer accompanied Vinita Singh (Head- St. Jude) to St. Jude's India Child Care and spread the joy of Makar Sankranti and Lohri with the kids.

15 children were gifted kites, til (sesame), badam (Almonds) and Rewdi (flat sweets made with sugar and sesame). The kids also played games and the winners were given gifts. The children had a lot of fun.

Did you know: The traditional Indian Calendar is based on the lunar positions but **Sankranti** is a solar event. So while dates of all Hindu festivals keep changing as per the Gregorian calendar, the date of **Makar Sankranti** remains constant, every year on **14 January**.

JAIPUR CHAPTER

NEW YEAR CELEBRATION

The NSS event marked a new beginning in the Jaipur chapter of Sanjeevani family. The main motto of the program was to create awareness about cancer care and prevention of cancer among youths. That's why it is called "Awareness Program on Prevention and Early Detection of Cancer". A total of fifty seven students from different colleges of Rajasthan University participated in the event. They were awarded with "Certificate of Participation"

The event began with the lightning of lamp by dignitaries. Our champion, Mrs. Urmil Mehrotra lit the lamp first. After that we played an audio about how to overcome the fear of cancer, and a movie to introduce the audience to the Sanjeevani family.

Then, an awareness session by Dr. Ajay Yadav (DM in onco medicine) took place regarding different preventive measures of cancer that one can take. It was a very valuable, informative session. Students also actively participated and asked different questions.

After this session, our champion Mrs. Urmil Mehrotra addressed the students, her story was so motivating! Then came the turn of Mr. Abhinav Mittal who is a cancer survivor.. He shared his experiences of triumph. His story inspired the students a lot and he can be role model to many youngsters!

Dr. Ashwin Mathur (professor Onco medicine) addressed the youth regarding the importance of palliative care in cancer treatment. Kartikeya Mishra, who is Sanjeevani – Jaipur's Mentor as well as a cancer survivor, addressed the youths



with different interesting true stories from his life. The stories itself were lessons to be learnt if someone wants not to get detected with cancer.

Rakesh Choudhary, another victor of this battle, blessed the youth with his words of wisdom. As he himself is a senior Manager in a reputed Government bank, he gave some tips on how to prepare for banking exam.

And finally we played the video sent by Anil Ahluwalia sir, which was again an inspiring and motivating one.

After that brainstorming discussion, it was the time for everyone to take pledge to eradicate cancer from society. The pledge taking session was seemed to be most influential. A total of sixty seven people took the pledge.

Last but not the least, our beloved Kalpanajee, whom we fondly call "Lata Mangeshkar" of our champion group, winded up the session with three meaningful, beautiful, impactful songs.



FUN ACTIVITY

ARCHANA'S BIRTHDAY

It was a Thursday afternoon. Four people were awaiting the arrival of the Guest of Honor of the day. It was a special day for one of them. The door to the Wellness Center in Bombay opened and Birthday Girl, Archana Vishaye (Hospital Co-coordinator) stepped in. Her co-workers wished her a very happy birthday and got down to celebrating it. Yummy biryani was ordered and behind the scenes a yummy chocolate cake was waiting to be cut.

The food arrived, the table was laid and the party was well on its way. Laughter filled the room while we ate our lunch. After a while, it was time for cake cutting. Priyasha Pyne (National Programme Manager) gave Ms. Vishaye a gift and then everyone sung happy birthday and cut the cake.

At the end of it, everyone had fun and went home happy.

Happy Birthday, Archana Vishaye. Wishing you happiness, love and good health for the coming year.



TEAM SANJEEVANI SPREADS CHRISTMAS JOY!!

Sanjeevani teams all across the country decided to ring in a smile on the face of the pediatric Cancer Patients this Christmas and help start the coming year full of hope and possibilities...

Could a balloon, a cap, a cake, and a smile make a soul forget all the misery, and pain the body is enduring. Looks like it can. It did for all the kids when they celebrated Xmas with Sanjeevani Angels.

Here are snippets from pediatric cancer wards from across the country.

The journey of ringing hope and new dreams continues.... Wishing you and your family 2019 full of hope, health, and new possibilities.





SANJEEVANI ROLLS IN 2019 WITH THE PATIENTS

Sanjeevani teams across the country welcomed the New Year in different ways.

Our teams in Pudduchery, Guwahati, Wardha and Bikaner hosted parties for in patients where they played games, had refreshments and distributed gifts.

Team Mumbai distributed blankets in the female ward of Tata Memorial Hospital to the patients to help keep them warm this cold winter.

We would like to thank Pragjyotish College (Guwahati), Mahavir International Society (Bikaner) and various donors and individual who collaborated with us.



When 'I' Become 'We' 'I'llness Becomes 'We'llness

Navigating from dis-ease to wellness.

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