

## CHAUPAL - Power Of One

Chaupal 'no agenda conversation,' is hosted annually by the well known NGO Goonj. For a few hours fellow travelers and like-minded friends shared stories, ideas and conversations over some basic but good food.

This year, our very own Ruby Ahluwalia was on the panel with esteemed people like Mr. Satyajit Bhatkal (creator of the TV show Satyamev Jayate and CEO of Paani Foundation), Mr. Avinash Das (filmmaker of Anarkali of Aarah) and Ms. Naghma Mulla (CEO Edelgive foundation) with host Anshu Gupta. In Mumbai, the discussion was on 'POWER OF ONE.'

Ruby Ahluwalia talked about her journey with cancer and establishing Sanjeevani... Life Beyond Cancer to empower cancer survivors and create awareness about the disease.



# MESSAGE FROM FOUNDER

The month of February marked the continuation of our efforts to make the youth aware of the importance of healthy living and also becoming comfortable around the big word Cancer so that they learn to deal better if a loved one is diagnosed with it.

The 5 youngsters interning with us from Christ College Bangalore worked tirelessly towards this awareness initiative. In one of the brain storming sessions with the Co-Founder Anil Ahluwalia, this youth brigade consisting of Cherise, Alwin, Charles, Emmanuel and Tessy came up with an idea of forming Can-Clubs.

Developed further, it now has become the mission of the Youth Team for the year 2019. Sanjeevani would be forming Can-clubs in colleges across the country, where in, through out the year the members would learn more about cancer and the lifestyle changes they can make to keep it away. They would further be sharing this knowledge with communities. We are very excited about carrying this torch and illuminating lives of the youth.

A Can-a thon was organized in Mumbai, driven by our youngest intern Tara, supported and executed by Priyasha, our national program coordinator and Archana our Hospital coordinator, Mumbai with the active participation of the young interns, alumni of the Youth team Pratul and Krishna. Daani ensured it reached the masses through social media. On the morning of 17th feb, at 6 am 500+ cancer patients, survivors and students walked hand in hand on Marine Drive, Mumbai to showcase the 'We have done it'spirit.

The same spirit of 'We have done it' was celebrated when 200+ patients who have gone through our magical 'Wellness course' came together on Feb 15th, to share their experiences and dance with joy.

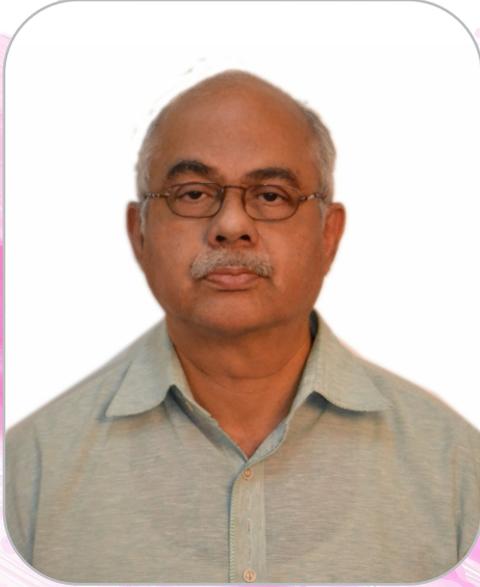
We will continue to celebrate life with all those who have touched the boundaries and others who support these bravehearts.



**Ruby Ahluwalia**  
**Founder**

Sanjeevani...Life Beyond Cancer





# FACULTY SPEAK

## Dr. Bharat Dhareshwar

Dr Bharat Dhareshwar, is keenly interested in spirituality and is actively involved with Heartfulness Institute. He is a spiritual trainer and a practising physician. He teaches participants various techniques of relaxation and meditation, in addition to the normal healing techniques. He has empathy to the suffering humanity which has led him to actively participate in organising various sessions for a large number of cancer survivors here at Sanjeevani Wellness Center. Further regular sessions are held in Jagjivanram Western Railway Hospital to which he is attached as Chief Consultant Health.

Dr. Dhareshwar say " Working with Cancer survivors and Sanjeevani has made me realise what a doctor should be and that is empathic and compassionate . Also it has brought out to me what we are completely lacking in Modern Medicine and that is a complete lack of empathy for people. Thus it now comes home that to be a complete doctor empathy is absolutely essential. Empathy and Heartfulness is the surest way to put all suffering patients and Humanity on to the path of Healing."

# MUMBAI CHAPTER

## CAN-A-THON

On 17th February 2019, more than 500 people gave up their Sunday morning sleep and gathered at Marine Drive. College students with their friends, supporters from Gunwanti Foundation, The Robin Hood Army, Staff from Nair hospital, members of Heartfulness Meditation, Indian Railways, BPCL, NCC, NSS, Cancer victors and police personnel joined the CAN-A-THON, an awareness walk about the need for Prevention and Early Detection of Cancer. The theme of the walk was "WE CAN and WE WILL."

Pratul Narayan Singh (Former Mumbai Coordinator and Former Youth team leader, Sanjeevani... Life Beyond Cancer) started the walk with this slogan 'WE CAN and WE WILL'. He announced a selfie competition and then invited a cross section of people to speak. Ms. Ahluwalia introduced the "WE DID IT" concept. Patients, supporters, friends who had DONE IT led the crowd into a round of chanting we DID IT. Joanita Figueiredo (Nutritionist and Reflexologist) also said a few words. Mrs. Desiree Punwani (Emotional Freedom Therapist) said a few words and led them in laughter exercise.



Cancer Survivor Damini flagged off the 2 km walk. Participants held aloft cancer awareness placards made by the team of Sanjeevani. The walk was punctuated with two stops where the youth brigade did high energy interactive sessions, which incorporated clapping, and slogans in English and Hindi.

The participants ranged from young children to 80 year olds. The energy and encouragement that each participant showed has encouraged us to make this an annual event. Next year we will hopefully quadruple the numbers.



# MUMBAI CHAPTER

## SANJEEVANI USTAV

Sanjeevani Ustav a celebration for patients and beneficiaries was held on Friday, 15th February 2019. Dr. Lidwin Dias (Principal of College of Social Work, Nirmala Niketan), Dr. Manasi Bawdekar (Head of Research Department, Nirmala Niketan), Dr. Jangir (GM CSR, Mazgaon Dock), Rohit Pandya (CSR Manager), Dr. Bharat Dhaireswar (Heartfulness Meditation), Bansilal Prajapat (Yoga teacher and Reflexology teacher, Sanjeevani – Bikaner Branch), Bhavisha Sanadhya (Faculty – Dance and Art Movement), Joanita Figueiredo (Faculty – Nutrition and Reflexology) and Preeyal Bhagchandani (Faculty - Psychotherapy) were the distinguished guests.

Archana Vishaye (Hospital Co-coordinator) welcomed the audience in a warm and friendly manner inviting the distinguished guests to address the crowd briefly. Each speaker found creative and interesting ways to engage the crowd. Some even did a short meditation. One of the patients sang a song she had specially created for the occasion.

The young and dynamic staff, Sanjeevani Angels, and the group of enthusiastic interns received appreciation from Ruby and Anil Ahluwalia. Mr. Ahluwalia spoke about



Sanjeevani flag being carried forward by the younger generation and Ms. Ahluwalia made us aware that while everyone was speaking about 'We CAN and WE WILL DO IT', Sanjeevani had already 'DONE IT', as in made positivity and a fighting spirit its credo .

And then the music started. Now there was no stopping the crowd from dancing and enjoying themselves many of whom had lunch only after 3 pm. A good time was had by all!

We would like to thank all the distinguished guests for being part of Sanjeevani and for sharing their valuable time with us.



# MUMBAI CHAPTER

## PHYSIOTHERAPY CAMP

*“I really love what you guys are doing a part of this wonderful organization”*

**– Anchal Jain  
(Physiotherapist at Saifee Hospital)**

A unique opportunity came knocking at the door of Sanjeevani's Mumbai Chapter. Mahaziver Master, daughter of the famous homeopath, Dr. Farokh Master, had come to our center last year as a guest speaker. Inspired by what she saw she arranged a mini camp with five physiotherapists along with several assisting interns. Over 50 cancer victors received personalized attention and were given specific exercises that would benefit them. Each of the therapists and interns received special thanks by Mr. Ahluwalia and a “Certificate of Participation.”

Thank you Mahaziver, we look forward to many more such camps.



# BIKANER CHAPTER

## CANCER AWARENESS PROGRAMME

In India nearly four lakh people are affected by cancer every year. Out of them two lakh people die mainly due to late detection.

In Bikaner we did an awareness camp with approximately 300 people. Our guests Dr. Veer Singh (Director of student welfare), Anil Mathur (President of Lions Club), Mrs. Madhu Khatri (President of Lioness Club), Mrs. Sangeeta Daga (Mahaveer International Bikaner Veera Kender), Dr. Ashu Malik (Senior Dental Surgeon at Railway hospital), Kamal Kalla, S. C. Gupta, Bhupender (social worker), Dr. Jaya Paliwal (NSS incharge of Home Science College), General Nursing and Midwifery and Auxiliary Nurse Midwifery students (S.P Medical College), students (Gurukul and Swai Keshwanand Agricultural University) and Mr. Ahluwalia (Co-Founder of Sanjeevani) were welcomed.

A poem was recited by Jaya Sharma (College Student) and a small skit was performed by students of Incredible Heights School. However the show stealer was a poem on Sanjeevani that was read by a 14 year old cancer patient, Sakshi (Sri Ganganar). Dr. Pankal Tantia shared a motivational story. The response from the people for this event was overwhelming.

Did you know: Sanjeevani runs annual national awareness campaigns for early detection and prevention as well as promotes healthy lifestyles.



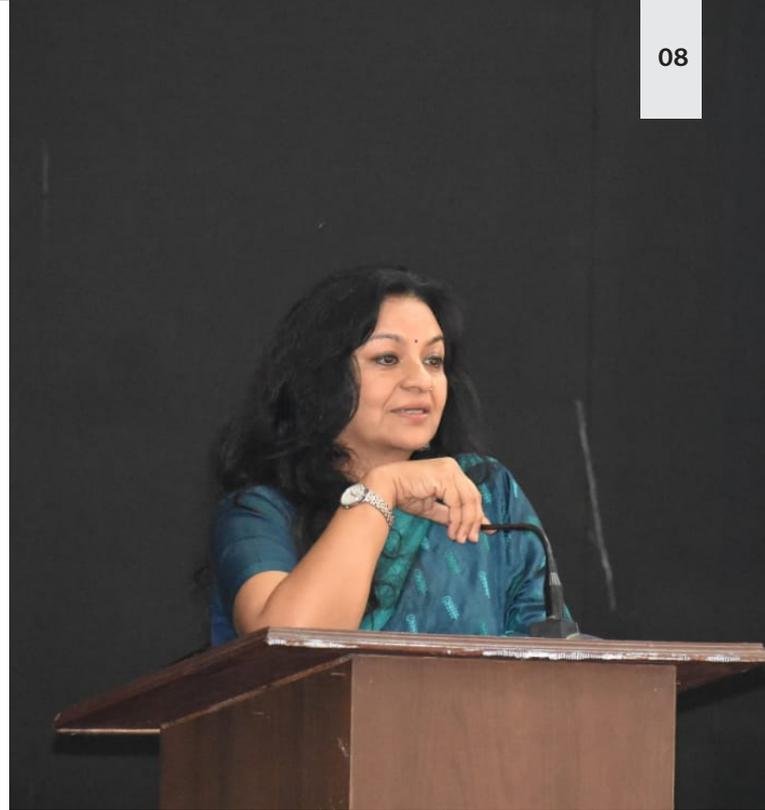
# GUWAHATI CHAPTER

## WORLD CANCER DAY 2019

World Cancer Day 2019, was observed at Dr.B.Borooah Cancer Institute, Guwahati. The Guest of Honour was Ruby Ahluwalia, Mr.Dipak Kumar, (Regional Director NSS) and Saurav Chahliha (an officer from Guwahati Refinery) who attended the meeting as distinguished guests. According to Dr.Amal Chandra Katak (Director BBCI) "The idea of observing World Cancer Day is to raise awareness and impart education about cancer among the public". In this regard media and informed citizens can play a vital role in raising awareness on cancer. "The high incidence of cancer in North East India along with poor survival rates of cancer patients from the region in comparison with the rest of the country means that a lot still needs to be done in this part of India. Dr. Katak further said, "One third of all cancers can be prevented, one third requires palliative care, and one third cancer can be cured, such messages can dispel myths associated with cancer." In the meeting Mr. MP Agarwal was felicitated for donating Rupees one lakh for supporting treatment of poor cancer patients.

Ruby Ahluwalia spoke about early intervention and proper nutrition. She also spoke about the Wellness Centre and highlighted its activities in different cities and also shared her cancer journey

Dr. Srabana Misra Bhagabaty (Associate prof. of dept. of



Preventive Oncology) highlighted the month long activities of the institute for cancer awareness and prevention. A cancer survivor group was formally launched to mark the occasion of World Cancer Day. The survivors group was led by Dr.Ashok Das ( Prof. Of Head and Neck Oncology at BBCI). The anti tobacco pledge was led by Dr. Bhagabaty.

The funders of the program were felicitated by Tapan Kumar Goswami (Sr.administrative officer BBCI) and he gave the vote of thanks. The Public meeting was followed by a cultural evening for patients, attendants, and staff of the Institute. Renowned Singer Bhreegu Kashyap enthralled the audience with his hit songs.

The entire fund raising was done by Sanjeevani Life Beyond Cancer, Guwahati for the program from various individual donors.



# BANGALORE CHAPTER

## AWARENESS PROGRAMME ON PREVENTION AND EARLY DETECTION OF CANCER

Programme Executive of Sanjeevani Bangalore organized an awareness programme which took place at the beginning of February. Ms. Valentina (a cancer survivor) and Dr. Suresh Babu (Medical Oncologist of Kidwai Memorial Institute of Oncology) spoke to the students to spread awareness about cancer.

The programme was held in collaboration with CSA of Christ University Bangalore and NSS Bangalore unit. we are grateful to Dr. Gananatha Shetty Yakkar (State NSS Officer, National Service Scheme), Dr. Poornima Jogi (State Implementation Officer NSS) and Dr. Phinu Jose (Director of CSA).

Our founder Mrs. Ruby Ahluwalia addressed the gathering with a lightning of the lamp and talk on "Balanced is Better". Over 350 students who attended the programme gained a lot of awareness about life before and after cancer and ways to prevent it.



# GOA CHAPTER

## AWARENESS PROGRAMME ON PREVENTION AND EARLY DETECTION OF CANCER

Sanjeevani's Goa branch had its first event. This was done to sensitize the youth and to create awareness about the common causes of cancer. A total of one hundred and forty five students from the arts and science stream of the Dhempe college participated and were awarded a 'Certificate of Participation.' The event began with Ms. Akshata Bhatt welcoming Sanjeevani... Life Beyond Cancer. Ms. Bhatt and Sonia Gonsalves (Program Executive – Sanjeevani Goa Branch) welcomed the dignitaries Dr. Vrinda Borker (Principal of Dhempe College of Arts and Science), Prof. Dinanath Parab (NSS co-ordinator) Dr. Eugene Rent (Oncology Surgeon at Manipal Hospitals), Mrs. Vrida Tavora (a cancer survivor) and our own Mrs. Ruby Ahluwalia. This was followed by the lighting of the lamp

The session commenced with the World Cancer Day slogan 'I CAN and I WILL'. This was followed by an audio about how to overcome the fears of cancer. A video clip on the 'Importance of Psychosocial Support in Cancer Care' was screened. Dr. Vrinda Borker addressed the NSS students on the "Need to



preserve their young lives." Dr. Eugene Rent explained very clearly all the causes of cancer and the preventive measures to be taken. Mrs. Vrida Tavora gave a clear and interesting understanding of the reasons that may have led her to cancer and Mrs. Ruby Ahluwalia addressed the students with a very informative and motivational talk, stressing upon the need to know your own body as well.

The program concluded with all the youth taking a pledge to eradicate cancer from society and live healthy lives. A vote of thanks was given by Ms. Gonsalves. The session was interactive and the students were participative.

Did you know: Sanjeevani just opened in GOA. We welcome Ms. Sonia Gonsalves to the Sanjeevani Family.



# PUDDUCHERY CHAPTER

## OUT REACH PROGRAMME IN A SCHOOL ON **ORAL CANCER** FROM A MEDICAL PERSPECTIVE

At the SBK Girls Higher Secondary School in Puducherry an outreach programme for awareness about oral cancer and hygiene among school going children and to promote healthy and safety life style among early adulthood cluster was conducted. Dr. Malleshwari (Senior Resident Dept of Medical Oncology, JIPMER) handled the session on Oral Cancer from the medical Perspective. She explained what is oral cancer, common signs and symptoms and the risk factors. This was followed by an session in social, emotional and psychological aspects of disease held by Dr. Jayalakshmi (Medical Social Worker, JIPMER). There was then a Q & A session, the participants received water bottles and the vote of thanks was done by our own Sridevi.



## MARATHON

While the bombay team was busy with their own marathon, our very own Divya and Sridevi were also busy with a marathon in Pudduchery. 450 people walked a distance of 6.3km. This event was done to give cheers to the pediatric patients in Jal shine home, to create awarness about childhood cancer prevention and to empower the group.

The event started with a common prayer with the help of pediatric patients. This was followed by a welcome address done by our very own Divya. A small story telling session was conducted among the presenters and then a prize distribution was done by Jal Shine Home. At the end, the people took a pledge to change their lifestyle and diet and to help spread awareness about cancer and early detection.

# JAIPUR CHAPTER

## THE STORY OF MAHENDER KUMAR

Mahender Kumar hails from Churi Chattarpura, a remote village in Rajasthan. He was living in Mumbai with his wife. He worked in a cloth shop where he earned Rs. 7000 per month while his wife was earning Rs. 3000 per month. This was sufficient for them to lead a normal life until he diagnosed with the BIGC. Suddenly their life became grim.

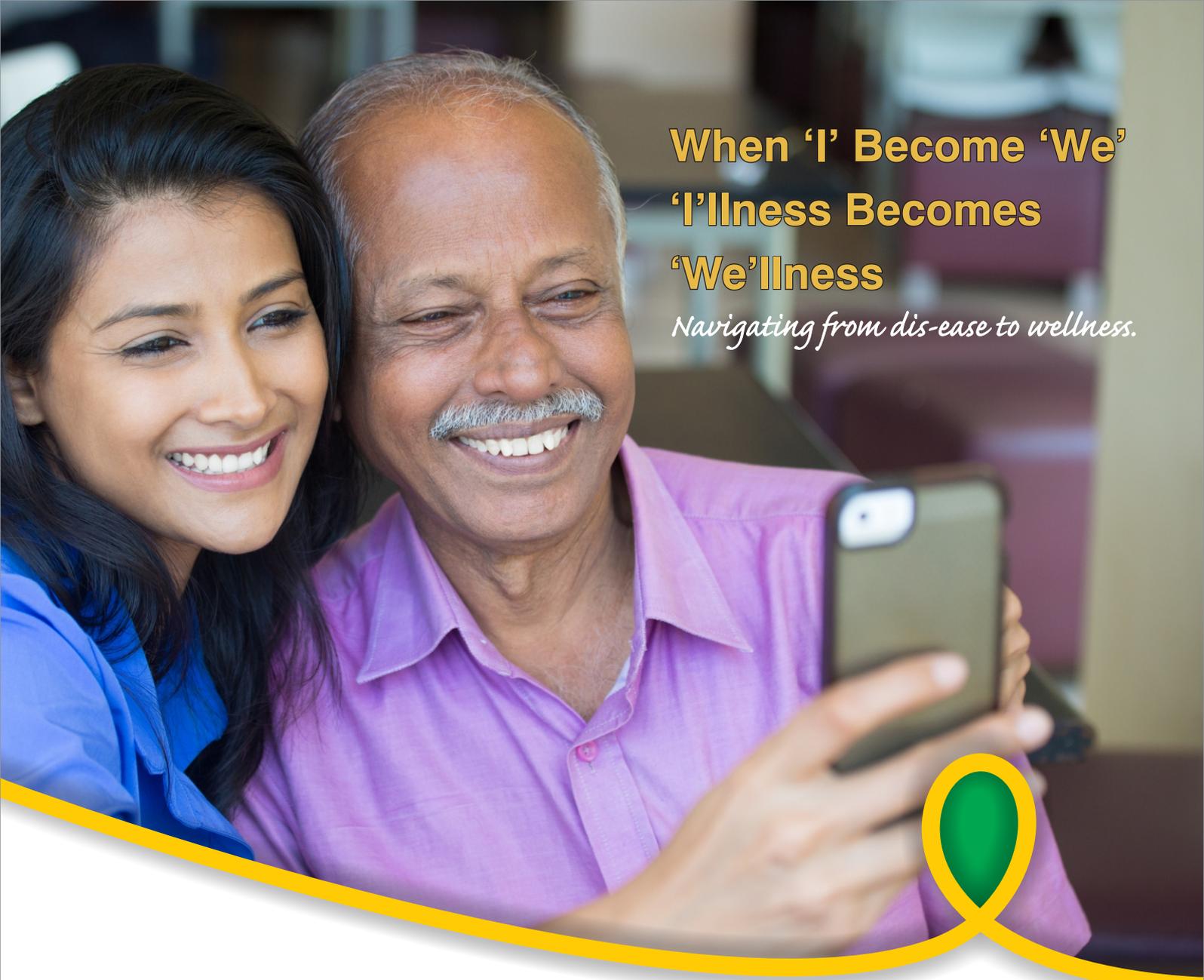
Unable to afford the treatment in the big hospitals of Mumbai, they went to SMS hospital in Jaipur. There he was diagnosed with germ cell tumor. After he completed four chemotherapy cycles, his case was transferred twice. By January 2018 all his savings had gone in the treatment. Even though the Jaipur team helped them to buy medications and arranged the medicines from a donor, he still could not afford the treatment and left his treatment incomplete so that his family would not starve.

One month ago, his father was diagnosed with Esophagus cancer and Mahender Kumar has to go through the same journey again to arrange money for his father's treatment. Jaipur team helped them again with medicines, free stay and giving them moral support especially when he broke down mentally. Since poverty was the main problem, team Jaipur decided to provide him with a livelihood. They placed him at Bhagwan Mahaveer Hospital as a ward boy where he will be earning Rs. 213 per day for an eight hour duty.

He now says "mein itne din se Bhagwan se puchta raha ki kab sahi time aayega, kab chatmatkar hoga.. Ab lagta hain Bhagwan ne chatmatkar dikha diya"..

**Well done team Jaipur!!**





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'I'llness Becomes  
'We'llness

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