

SEMINAR ON “IMPORTANCE of PSYCHO – SOCIAL SUPPORT in CANCER CARE”

On 18th April 2019, Sanjeevani...Life Beyond Cancer stepped into its seventh year of crusade against cancer. The event was celebrated at the Nehru auditorium and was attended by whooping 800+ people. The evening started with an eminent panel coming together to discuss the much needed and yet neglected field of psycho –social support aspect for patients and their families. The panel was moderated by our founder, Mrs. Ahluwalia.

Ms. Desiree Punwani (EFT therapist, Sanjeevani) shared her experience about getting cancer at the same time as her mother and the difficulty of dealing with it without proper psycho-social support. She also explained how confusion is the first thing that confounds cancer patients. How their lives, jobs, and relationship get affected. Psycho- social support she felt was the magic wand that cleared the confusion and showed the road ahead.

Ms. Viji Venketash (Regional Head of Max Foundation, South Asia) felt that whether it is in India or abroad, the disease aroused a sense of desolation. There are a lot of misconceptions and myths about cancer. By acquiring the right knowledge we can transform attitudes and deal with it in a positive way.

Dr. Vani Parmar (Onco Surgeon) agreed that it causes fear, but one needs to become strong and to face it. She

felt that the NGOs in the field were the right people to help with this and many like Sanjeevani were doing great service in this area.

Dr. Anand Parihar (Managing trustee of Cope with Cancer) agreed with Dr Vani's view that not just the patient but also the family needs support. He expressed the role of the caregiver being important. He felt strongly that whatever gave confidence and improved the self image of cancer patients should be encouraged. As an example, he felt that giving wigs to patients to help retain their confidence.

Mr. Vipin Anand (MD of Life Insurance Corporation), the primary sponsors of the event, had seen the negative side of cancer a very young age. However he was very influenced by the positivity of Mr. & Mrs. Ahluwalia and has been associated with them ever since. He felt three things were very important, the will to live, proper support and an investment policy to support the treatment. He elaborated on the LIC policies available to cancer patients, to look after the third aspect in a proper way.

The message, which cut across the entire discussion was the urgent need for comprehensive psycho-social support.

We would like to thank all our panelists for their precious time.





MESSAGE FROM FOUNDER

April, the season of spring and the start of the New year is also incidentally the month in which Sanjeevani... Life Beyond Cancer was set up in 2012. To mark the new beginnings, this month was conceptualized to be a month of learning, sharing, and capacity building for the whole organization. All the 11 teams came together, in Mumbai and spent a week, to share their experiences and learn from one another's. Sessions on achievements, on failures and the way forward were the highlights. Each team appeared to be in awe of each others' work and the ambience was loaded with an air of 'working together with patient as the focal point' than of competition.

On April 18th, the Foundation day was celebrated with much aplomb in Nehru Centre Auditorium. An audience of 800+ people graced the occasion with their presence. Medical fraternity, Patients, Bureaucrats, and Financial experts came together to become a part of the cause. A panel discussion on 'Importance of Psycho social Support in Cancer care' by experts kept the audience glued to their seats and made them appreciate the relevance of this support in improving the prognosis of the patient.

The research report on 'Impact of Psycho social support' provided by Sanjeevani, done in collaboration with Nirmala Niketan College of Social work, on a sample size of 450 patient beneficiaries-through telephonic discussions, Focused group



Ruby Ahluwalia
Founder

Sanjeevani...Life Beyond Cancer

discussions and intensive discussions with doctors, was also released by the panelists.

Awards to the teams and the team leaders were given away by eminent personalities of the country. These awards were carefully decided after going through a gruesome evaluation on various parametres. And lastly, the Indie Routes band kept the audience enthralled by their heart warming music and making even the patients dance to their tunes.

A visit to 'Aqua Imagica' in Lonavala, gave an opportunity to all the teams and their families to get to know each other while enjoying the water rides and grooving to the music.

On April 20th, Can fun was organized as a platform to pay respects to the nursing staff of the various Govt and trust hospitals for the sincere and dedicated work they put in, cancer care. 95 nursing staff from 7 hospitals involved in Cancer care came together to interact and share with each other and the 11 teams of Sanjeevani. Food and music ruled the evening, keeping the DJs hands full and the floor on fire.

I am sure all the members of various teams went back enriched. And this time spent together, provided them a new vigour, a new understanding and a better focus to work with the patients in their respective states.



FACULTY SPEAK

Aishani Shah

Dance Movement Therapist

Being a Bharatnatyam dancer , dance movement therapy was her internal calling . After a career in a corporate company , she decided to pursue her dream through her passion which was dance . She came across a diploma in dance movement therapy at Tata Institute of Social Sciences in association with Kolkata Sanved .

This one year changed her life forever. Not only did, she come closer to her desire to give back to society but also changed her inside out. She started recognising her strengths and weaknesses.

"Through dance and movement we try and get the participants closer to oneself. This helps them to release their emotions through non verbal forms of communication. There is a connection established between their mind , body and soul and they get slowly equipped to deal with the various circumstances in life."

"I have been fortunate to be a part of the team of Sanjeevani - life beyond cancer since last 3 years . It has been a very humbling at the same time fulfilling journey. To make the positive difference in the lives of patients undergoing treatment for cancer is our main motive and I am extremely grateful to have made an impact on them through dance movement therapy."

Release of Research Report on Importance of Psycho-social support

"Importance of Psycho-social support to Cancer Patients and Survivors to cope with cancer – An assessment of interventions by Sanjeevani... Life Beyond Cancer"

Sanjeevani was started because Ruby recognized the importance of psycho – social support for cancer patients and survivors. Sanjeevani has done a lot of groundbreaking work in this field and it was important to have it validated by a reputable organization. College of Social work, Nirmala Niketan was entrusted with the research project.

At the Foundation day function, the report was released and presented in an interesting and comprehensive way by Dr. Manasi Bawdekar of Nirmala Niketan.

Comprehensive data was collected from 250 cancer patients and survivors through telephonic interviews all over the country and through one on one interaction predominantly at Tata Memorial Hospital, ACTREC Mumbai and GCRI, Ahmedabad. Interactions with the oncologists from Mumbai and Ahmedabad and the psycho-social care-givers working with Sanjeevani across



9 centers in India brought out interesting viewpoints regarding the importance of psycho-social care and support for cancer patients and the challenges involved in integrating it into the health system. It also portrays the perception of stakeholders with regards to the need of psycho-social care for cancer patients in India and the impact of the interventions made by Sanjeevani in this direction followed by the challenges faced by the Sanjeevani psycho-social care givers while rendering services to the cancer patients.

COMPETENCY CONCLAVE

From 18th April to 22nd April 2019, The Sanjeevani-Life Beyond Cancer family celebrated a glorious seven years of journey in the realm of cancer care. Members of the SLBC family from across the country gathered at Mumbai and participated in a five day long celebration that included:

- Multiple presentations
- A seminar on Psycho-social Support in Cancer care
- An award ceremony where SLBC members were appreciated for their good work
- A band performance, by Indie Routes
- An event called Canfun where the onco nurses from various hospital were honoured for their services towards the well-being of cancer patients
- A talk on converting contacts into resources by Desiree Punwani (EFTtherapist)
- A talk on correct nutritional practices by Joanita Figueiredo
- SLBC members spending a fun day at Imagica

In the five Day long celebration, we learned a lot and more than that, we got to know our diverse and dedicated family more closely. We all are motivated to continue on our mission with much more determination.



Golden Angel Awards

'Felicitating Faculty'

Desiree Punwani teaches Emotional Freedom Technique to the patients who come to the Mumbai Wellness Center. She also enriches their lives with simple soup recipes, water infusions, and teas. When she does laughter therapy with them, the center fills up with energy, positivity and the patients leave feeling happy.

Last year in October, she had organized an evening of camaraderie and mutual appreciation for the volunteers and social workers that work in the field of cancer but have little time to interact with other NGOs in the same field. Encouraged by the positive response, she decided to hold another one this year for the Onco nurses from various hospitals like Tata Memorial Hospital, Actrec, KEM, Cama hospital etc.

On 18th April, she was appreciated for the hard work she does for Sanjeevani. We at Sanjeevani hope to have a long connection with her.

"I feel happy that I am part of the Sanjeevani family"- Desiree Punwani on being felicitated on Foundation Day.



DESIREE PUNWANI



JOANITA FIGUEIREDO

When Joanita Figueiredo was diagnosed with cancer, she used correct nutritional practices and positive self-healing to cope and heal herself. She follows Vijaya Venkat's diet treatment and teaches the same to the patients who come to the Mumbai Wellness Center.

She also teaches our patients reflexology and enriches their lives by sending two of her therapists from her Spa (Mettaa Foot spa) to the center for the patients to experience the magic of the skilled hands.

She is very popular for the caring, friendly, and humorous way she communicates with the patients.

On 18th April, she was felicitated for the commendable work she does for Sanjeevani. We at Sanjeevani hope to have a long connection with here.

"I love being part of the amazing Sanjeevani family. Starting with baby steps felt great, however I still feel that I have a long way to go"- Joanita Figueiredo on being felicitated.

Golden Angel Awards

‘Felicitating Faculty’

Preeyal Bhagchandani is the counselor for Sanjeevani's Wellness Center in Mumbai. She helps the patients express themselves in heartfelt sessions called Dil Ki Baat. Here, by sharing their feelings and problems and hearing those of others, they are able to resolve their issues in an organic way.

She also teaches them mindful eating where they have to chew a dry fruit for 1 minute with their eyes closed.

Patients love her because of her gentle and kind approach.

On 18th April, she was awarded for the hard work she does for Sanjeevani. I am sure we will continue to have an enriching connection with her.

"I felt overwhelmed and inspired to do more" – Preeyal Bhagchandani on being felicitated



PREEYAL BHAGCHANDANI



SHILPA GHONE
Senior teacher at Kaivalyadham

Shilpa Ghone is the yoga teacher for the Wellness Center in Mumbai. What made her come to Sanjeevani, was her past experience with the few cancer patients that came to her regular class at Kaivalyadham.

Her sessions are very popular because they make the patients feel calm and relaxed. She is kind and understanding, allowing people to do upto their capacity. She conducts the class in Marathi and Hindi.

On 18th April, she was felicitated for the hard work she does for Sanjeevani. I am sure we will continue to have an enriching connection with her.

"It was a surprise. I felt great. It's a wonderful feeling to be a nut shell part of Sanjeevani..." – Shilpa Ghone on being felicitated.

Golden Angel Awards

'Felicitating Change Makers'

"My journey started with a visit to Tata Memorial Hospital in Mumbai when I came across families that go to cities like Mumbai and New Delhi to seek treatment. There I happened to see a little girl who reminded me so much of my daughter who was exactly the same age. That was the turning point in my life where I decided I had to do something," says 36-year-old Purnota Dutta Bahl, Founder and CEO of Cuddles Foundation.

"In the beginning, whenever I would talk about children with cancer, people would assume that I was seeking help for treatment funds. It has taken us four years to aggressively create the awareness about the fact that 40 percent of all children under cancer treatment do not survive because of malnourishment. Food is as important as treatment if not more. With the right nutrition and care cancer is highly curable." Because of this very reason Purnota, despite being an Indian School of Business alumnus, chose to leave her lucrative job to start Cuddles.

In a country like India, healthy and nutritious meals and supplements are a luxury to underprivileged families. Malnutrition is a frequent cause of death in children with cancer. Cuddles Foundation is one such organisation that provides nutrition support to over 18,000 children with cancer in 17 hospitals across nine cities in India.

On 18th April, Sanjeevani felicitated her for her commitment and hard work.

Thank you ma'am, for joining us.



PURNOTA DUTTA BAHL

Founder and CEO of Cuddles Foundation

VANDANA GUPTA Founder Of V-care Foundation

The experience of cancer, transformed Vandana Gupta from a home maker to an agent of inspiration for countless cancer survivors and their families. Starting with a small table outside Dr. Advani's clinic, today 25 years later, she runs V Care Foundation, a voluntary support group dedicated to providing free help, hope, awareness and education to cancer patients and their families through outreach programs and services that improve the quality of their lives.

On 18th April, Sanjeevani felicitated her for her commitment and hard work.

Thank you ma'am, for joining us.



Golden Angel Awards

‘Felicitating Faculty’

Sindhu Nair (Asstt. Superintendent Department of Nursing, Tata Memorial Hospital) and Meera Achrekar (Asstt. Superintendent Department of Nursing, ACTREC) are our valued friends and support. They are both guiding lights for the practical training at TATA MEMORIAL HOSPITAL and ACTREC for our students who do the COCG course.

Sanjeevani expressed gratitude by felicitating them both at the function

Thank you, Meera ma'am and Sindhu ma'am for your time and dedication.

Did you know: Tata Institute of Social Science (TISS), Sanjeevani and Tata Hospital have designed The Certificate Course in Oncological Care Giving (COCG) course jointly. It is spread over four months and comprises of 120 hours of theory and 240 hours of practicals at a hospital of repute. This course trains them to work as trained onco care givers, to give one on one onco care and to fill a much needed gap.

It was designed to raise the bar of cancer care in India, to dispel myths & misconceptions about the disease and create an awareness in the society at large about the psycho-social aspects of treating and surviving cancer, to enable underprivileged cancer survivors pursue a dignified life as trained care givers and to develop a pool of oncology care givers.



SINDHU NAIR



MEERA ACHREKAR

Golden Angel Awards

'Star Interns'

Tara Ranade is currently studying at H.R College, Mumbai. She interned with us in 2 stints.

Tara Ranade interned with us in January 2019. She had a very ambitious plan. She wanted to do a Can-a-thon, a walk for a cause to spread awareness about cancer and to showcase the great work being done by Sanjeevani. With the support of the Sanjeevani team, she managed to pull it off effectively. This event was held in February.

On 18th April, she was one of the interns to win the Star intern award.

Well done, Tara!

"It was a wonderful moment and a great honour to receive the Golden Angel Award on Foundation Day. Words cannot express how grateful I am to have been mentored by such kind people and supported by such a reliable team.."

It felt amazing to be appreciated for the labour that our team and I put in to make the Can A Thon happen..

The award is a celebration of our success—"Tara Ranade on winning the Star intern award.



TARA RANADE



ALWIN AUGUSTINE

The second intern to win Sanjeevani's Star Intern award 2019 was a student from Christ (Deemed to be University) Bangalore. Alwin Augustine, had interned with us in the beginning of the year.

Alwin was involved with the awareness camps in colleges, visiting colleges to spread word of our Can-a-thon. He also took part in the awareness videos that sanjeevani made. Well done, Alwin!

"It was quite surprise for me to hear the news from Mr. Anil Ahluwalia that I have been selected for Star of the Interns Award 2018-19 of Sanjeevani - Life Beyond Cancer. The moment I received the award was one of the memorable day in my life. This appreciation and support will definitely encourage me to continue my social work profession more effectively and efficiently"

I would like to express my deep gratefulness to the whole Sanjeevani family. Thank you Ruby Ma'am, Anil Sir and Christ (Deemed To Be) University, Bangalore" – Alwin Augustine on winning the Star intern award.

Golden Angel Awards

‘Dost Ho to Aisa’ - Archana Vishaya

Sanjeevani's Annual Conclave which was held in April 2019. The highlight of this function was "The Golden Angel Awards"

The first winner is Sanjeevani's hospital co-ordinator (Mumbai), Archana Vishaya. Happiness does not come from easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded the best applies appropriately to Archana.

Inspite of a history of an abusive family environment; an unfaithful and uncaring husband, economic dependence and then breast cancer, not once but twice, she has risen from the ashes and is on the path of self-realization and is unleashing the power of her strong personality gradually.

On 18th April, she won Sanjeevani's Dost Ho To Aisa Award.. Not only do the patients, rely on her but so do the doctors.

Well deserved Archana!!

"18th April '19 was a big day for me. I am thankful to Sanjeevani Life Beyond Cancer, the organisation with whom I am associated since last 6 years. I am happy to be a part of it and don't have words to express my feelings.

My journey of 6 years is like a ride on rollercoaster, with lots of ups and downs, twists and turns but at the end of the ride there is smile on my face.

I am very much thankful to Mrs. & Mr. Ahluwalia who are always motivating and inspiring me to pull off every task with a victory. Thank You to Priyasha Pyne for always guiding and helping me and a big thank you to my whole team, my support." – On her thoughts on winning the award."



Golden Angel Awards

‘Chalo Kuch Naya Karte Hai’ -Sumki Begum

She is the Programme Executive for Sanjeevani's Guwahati team. When she isn't meeting patients in the hospital, she is thinking of other ways to help them.

From starting Sanjeevani's first clothes bank in November 2018 where she and her team consisting of Mridul and Nandini collect used clothes, which are washed and ironed by the donors, and give them to the patients..

Toys are gifted to children to ease their chemotherapy. This step was completely taken through observation by being there spending time with the children and that's when she realised the need for a toy bank.

A patient she met required an operation and for that he needed 4 units of blood. When she saw that no one was ready to donate and if someone was ready, they were charging money. In that moment it struck her that she could use her resources to help them. She started contacting people, making groups and thus the journey of collecting blood donors started. She also collaborated with a few colleges and counseled them to donate blood and received a very nice turn out of students willing to donate blood. Now, whenever they do not have a donor they contact her and her team and they help them get blood free of cost.

Due to this, she won the Chalo kuch Naya Karte Hai Award at the Golden Angel Awards.

Well deserved Sumki!! And keep rolling out new ideas

"Somewhere i felt that i may get the award, but the AWARD was not a big thing for me. For me, the fact that my work is recognised is something very special. In the field of cancer care where we can do very little for the patients compared to their sufferings, if my small idea makes their life easier there can be no greater joy than this," – her thoughts on being awarded.



Golden Angel Awards

'Aaiye Sahbhagi Baney Awards' - Disha Tripathi

Disha Tripathi (Programme Executive of Sanjeevani's Ahmedabad Branch) bagged the Aaiye Sahbhagi Baney Award. This award is given for understanding SLBC vision and ethos, good communication skills with the patients, co-workers and seniors as well as the ability to get the collaboration of both donors and partners.

Congratulations Disha.

"After receiving the award, the only thought that came to my mind was that we as a team were successful in spreading word about the root cause of Sanjeevani... Life Beyond Cancer. This award showed me that our team work gave us fruitful outcome and was able to connect people to Sanjeevani. The people were so happy to contribute and become a part of the wonderful family which is Sanjeevani" – Disha on receiving this award.



Golden Angel Awards

'Main Hoon Na' - Abhishek Joshi

Sanjeevani's Hospital Co-ordinator for Bikaner is Abhishek Joshi. He is an MBA from Indraprastha University, Delhi with 10 years of corporate experience, When his cousin brother was diagnosed with bone cancer, he found lack of guidance from the hospital staff and also no support and counseling. This inspired him to start volunteering in his spare time. He met Dr. Vastna who offered him a job and after his interview with Mrs. Ahluwalia, he started working for Sanjeevani... Life Beyond Cancer. He thanks her for believing in him and giving the privilege to do something with the patients.

He is always there for the patients and listens to their problems. This makes him the most dependable angel in Sanjeevani team.

Congratulations Abhishek on winning the Main Hoon Na Award

"Am truly obliged for this great honour and recognition given by Sanjeevani. Transforming the idea to the real output required a good deal of effort and various challenges came in the way. I was not alone though, I had Anil Sir and Ruby Ma'am with me and the whole of Bikaner team who provide unconditional support to me. Above all, I am thankful to the Sanjeevani Trustees, Priyasha Ma'am and the entire team of Sanjeevani who show so much trust and faith in me, which is a constant energy boost for me" – his thought on receiving the award.



Golden Angel Awards

‘Meri Team Mera Sanman’ - Archana Vishaye

The next award is for the person who not only understands the vision and ethos of the organization, but also has a positive and flexible mind and strong leadership and communication skills.

A strong leader is someone who has the capability of taking people along. Someone who respects and has empathy of others, who has trust in their team. This worthy candidate is none other than Ms. Vishaye.

Hospital coordinator and the leader of Team Mumbai, Archana has always had the back of her team. Even whilst

receiving the awards, she in the true spirit of generosity dedicated the award to her whole team.

Well deserved Archana!!

"I didn't expect to win any award, forget winning two awards. I am grateful to Sanjeevani... Life Beyond Cancer and my whole team for believing me and supporting me –" her thoughts on winning the award."



Golden Angel Awards

'Best team of the year' - Runner Up Team Ahmedabad

The best team of the year award goes to the team that is not only passionate to the cause but also passionate towards the organization. They have knowledge about all the programmes run by Sanjeevani, good morale and a dependable team. Attendance and punctuality is also an important aspect of this award.

Team Ahmedabad went home with the Best Team of the year (runner up) trophy. This team is lead by Disha Tripathi (State Program Manager) and includes Ila Vora (Senior Counselor), Krishna Mali (Senior Counselor), Vanita Vaghela (Junior Counselor) and Heena Meghwal (Junior Counselor). Team Ahmedabad is not only passionate to the cause, but also passionate towards Sanjeevani. In terms of partner and donor collaboration, till now they have managed to gather Rs 175,000 in the form of donations.

"There is no one person behind success, there is a team behind it. The best team runner up award is all because of the team's hard work behind everything they do. I felt proud while receiving the award. Its because of the team, my vision could come to such an impactful outcome. This award reminds me of all those highs and lows, sweet and sour discussions. I'm glad to have such an amazing team-" Disha on winning the award



"I felt very happy winning the best team runner up award –"
Heena Meghwal thoughts on winning

Our own Ila Vora was also felicitated for devoting her life in the service of cancer patients.

"Unbelievable. I was so surprised. This has build up my confidence for the golden angel awards next year –" Ila Vora thoughts on winning.



Golden Angel Awards

‘Best team of the year’ Team Mumbai

The most awaited award was the Best Team Award. This award went to Team Mumbai. Led by Archana Vishaye, team Mumbai consists of Sonal Virkayade (senior center coordinator), Vishakha Kamble (Senior Counselor), Daksha Solanki (Junior Center Coordinator), Vandana Agarwal (Junior Counselor), Manali Zore (Junior Counselor) and Bharati Ahire (Junior Counselor).

They work in Tata Memorial Hospital very closely with the doctors. They help the patients by counseling them regarding chemotherapy, nutrition, exercises after operation, advise about where to get financial help and accommodation. They have built an enviable rapport with the patients and the doctors.

Well done! Team Mumbai

“ I feel very happy that we won the best team award –”
Daksha Solanki on winning the best team award

“ I never thought that we would win the best team award –”
Archana Vishaye

“ Our hard work is what got recognized, this in itself is enough –” Vishakha Kamble

“ It felt great winning the best team award- ” Vandana Agarwal



CANFUN NURSES

Just as Jesus carried the cross to lighten our burden, the nurses in onco care, ease the suffering of patients in Tata and other hospitals. We created a platform for fun and felicitating them on the 20th of April.

Around 150 people attended this event. This included nurses from Tata Hospital, Actrec, Cama, N.k Dhabhar Cancer Foundation, members of the community and the whole of Sanjeevani's team.

After a brief introduction to Sanjeevani done by Ms. Ahluwalia, the event started with a small homage to Lord Ganapati and Maa Durga. Endless dancing and yummy food followed this. Each nurse not only went back with memories but also a lovely gift.

Hey, did you know – This is the second CanFun that Sanjeevani has held. The first one was last year in October for the volunteers and Social workers in the field of cancer care.



Work Hard Play equally hard

The week ended with a well deserved trip to Aqua Imagica. The Sanjeevani family all boarded a bus early in the morning. Though energy was low in the beginning, it picked up and the bus was rocking with music and dancing.

Once at the water park and in their swimwear, they enjoyed different rides but soon met up at the wave pool. There they danced their hearts out taking a break only for lunch. Exhausted, they boarded the bus back home after a day of fun and memories to remember.





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

Navigating from dis-ease to wellness.

Sanjeevani Counselling and Rehabilitation Centers (SCRCs) motivate and encourage patients to complete their treatment and keep a positive outlook towards treatment as well as life. **SCR Centers across Mumbai, Nagpur, Wardha, Ahmedabad, Bikaner, Jaipur, Kolkatta, Goa, Bangalore, Guwahati, Shillong & Puducherry** have enriched lives of 1,80,000 patients.



Fighting against Cancer? We can help.

Call us on 8691 000 800

Sanjeevani Counselling and Rehabilitation Centers

Mumbai | Nagpur | Wardha | Ahmedabad | Bikaner | Jaipur | Kolkatta | Goa | Bangalore | Guwahati | Shillong | Puducherry

✉ adm@sanjeevani-lifebeyondcancer.com

▶ www.youtube.com/user/SanjeevaniLBC

🌐 www.sanjeevani-lifebeyondcancer.com

📘 <https://www.facebook.com/SLBCMain/>