

PLEASE TAP TO OPEN



Can Chetna

*An awareness initiative by
Sanjeevani...Life Beyond Cancer*

LET'S TALK ABOUT CANCER

" I use to cook food and give to my neighbors when their kids used to be alone at home. I also used to give tuitions. All this stopped when I was diagnosed with cancer, and the neighborhood came to know. They were scared of catching cancer from me," a woman said. " There was one woman who was not very educated and from a middle-class family. During my treatment, she used to come with her 6 kids and massage my feet. People used to warn her about coming to my house, but she told them that she didn't care. That cancer isn't contagious," the woman added. " When they told her husband, he said the same thing."

The above is a true story by one of the people who come to Satori- Holistic Healing and Wellness Program. People treat cancer like the common cold. That is not the case. Cancer isn't contagious, and cancer doesn't mean always means death, as Bollywood likes to show.

Awareness about the same needs to spread far and wide. Our teams have conducted so many awareness camps that we needed two issues just to feature them.

#CANCERfreeINDIA

MESSAGE FROM FOUNDER

In this month of September, Sanjeevani reached out to patients across the country through our '**Can-Sahyogi**' program, which now runs in 13 cities.

Along with Mumbai, Ahmedabad and Bikaner, we also initiated our most intensive project called '**Satori**' in Jaipur.

We also started the 6th batch of '**Can-Saarthi**', in Mumbai, our 4 month full time program to train cancer survivors to become cancer caregivers.

We started a new Project by the name '**Can-Vaarta**', which is intended towards making a conversation around cancer and aligning more people with the cause. It kick started with a session at Goa, attended by accomplished people from all facets of life.



Ruby Ahluwalia
Founder

Sanjeevani...Life Beyond Cancer

Teams of Sanjeevani in various cities continued to work tirelessly on spreading awareness this month also and our focus remained on reaching out to the younger population, to make them aware of better life skills.

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FACULTY SPEAKS

Anuradha Pareek
Clinical Psychologist.

If we leave out genetical and accidental diseases, then I believe that our lifestyle is responsible for everything that occurs to us. Cancer is not so scary than the way it sounds. The problem is that when a patient comes to know that he has cancer then instead of accepting the bitter fact, he struggles in answering the dilemma that 'why is this happening to me'. This leads to negative mentality and ultimately leads to depression. We can beat cancer if it is identified in early stages and we try to fight it with a positive mindset.

The difficulties that come in our life are not the actual cause of problems; rather we are troubled by how to handle them. We should keep motivating our self to follow good culture, habits, positivity, to walk for 50-60 minutes daily/ yoga/ gym, sound sleep for 6 to 8 hours and the most important thing is to eat healthy food. All of these are very important to save us from any big disease.

If we talk about cancer, everyday there is

an increase in number of cancer patients. In most scenarios it's too late when we come to realize about cancer and then we start to feel hopeless about the situation. That's why it's very important to organize cancer awareness camps so that it helps in improving the lifestyle of community.

Sanjeevani is doing a remarkable work in this field. I am very fortunate to be part of this group. I get amazed by spending time with cancer patients, to see that small activities like laughing openly, clapping, peaceful chanting, to talk about life skills and positivity find happiness in tiny aspects of life. Such small positive things tremendously improve the quality of patient's life which brings happiness on their faces and these are the priceless moments of life.

I believe that emotional support has higher impact than medicinal effect.



ENRICHMENT FACULTY SPEAKS

Seema Katwari

Baking, like any other form of art, is an expression of our inner self, which is deeply embedded, and it slowly emerges and expresses in different ways. It can take various forms like painting, poetry, music, or handicrafts or even through many more methods. Any art form, Seema believes, is a stress-buster therapy. The kind of lifestyle we are leading is barely healthy and very stressful, which is the leading cause of chronic illness.

In her opinion, we should find time to relieve stress in any comfortable way, which appeals to them. Like sitting on a potter's wheel and making a clay pot all by ourselves has a calming effect on our mind and body by the feel of clay and the motion of the wheel and finally the

outcome, i.e., our creativity. It is very therapeutic.

For her Baking and Cake decorating is a stress-buster which she shared with the baking enthusiasts at Sanjeevani where recently she held a workshop. Her experience at the Wellness center was incredibly touching, memorable, and priceless. Seema further went on to say that what she carried back with her was immeasurable from the beautiful souls she interacted with, who themselves are battling for their lives. For them, Sanjeevani is an Abode of God, where they get their strength to live life with real-life to the fullest.

Ms. Ruby Ahluwalia and her Team are doing an amazing job for Sanjeevani by supporting the less fortunate children of God by energizing their lives by providing them support, strength, and zeal to live life and enjoy to the fullest. In my opinion this is the best service anyone of us can do to mankind.

Seema is a passionate professional home baker and a resident of Hubli Karnataka. She does her work from her studio in the name of "cut the cake."

MESSAGE FROM Dr. Vani Parmar

Need to spread cancer awareness

A cancer diagnosis has always been mortally feared, with signs of early cancer being missed due to various reasons, ignorance being one of the significant reasons in addition to denial. 'Why me?' is easily questioned once diagnosed, but not much thought has been given to the fact that asking 'How could I miss it!' and better cancer awareness also plays an important role in the prevention of cancer.

In fact just like diabetes, hypertension and cardiac diseases, cancer has been listed in the non-communicable diseases, indicating, first and foremost, that it is not transmitted by physical contact with a cancer patient. Thus, it is good to understand this right from the beginning that any individual diagnosed with cancer should not be shunned and socially outcast as they are the ones in most need of care and affection. Cancer is not acquired by contact.



Most cancers are a lifestyle disease, and overall, a small percentage is truly genetic and unavoidable. Even in the presence of genetic risk, reducing other risk factors can reduce the incidence and stage of the disease and thus make it immensely curable. To understand cancer better, it is essential to know the risk factors and causative factors, thus redefining them as modifiable and non-modifiable. The non-modifiable are mostly the inherited gene mutations, and certain demographic factors such as increasing age and sex of the individual.

Certain cancers are specifically seen in certain genders, for example, cervix cancer in women, testicular cancer in men, prostate cancer in

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MESSAGE FROM

Dr. Vani Parmar

men, and ovarian cancer in women, all for obvious reasons. However, then there are cancers such as breast cancer predominantly seen in women, but it is also found in men in high-risk families and sometimes in association with lifestyle habits such as smoking and alcohol. In fact, breast cancer diagnosed in a male could be the first case of familial cancer in a family. Lung cancers are more often seen in men but are also seen in women in a smaller proportion, and more recently on the rise due to increased habit of smoking in younger women.

The risk factors associated with breast cancer are most suggestive of strong hormonal influence. This is seen in the higher risk associated with late timing of first pregnancy, lack of breastfeeding, and use of hormones such as hormone replacement therapy and oral contraceptives. Longer the length of reproductive life as suggested by early menarche and late menopause there is an observed higher risk of breast cancer.

Estrogen is the primary hormone

implicated in the onset of breast cancer, especially if unopposed by progesterone. This is more common in delayed onset of menopause and in peri-menopausal age. Also, exogenous hormones in the hormone pills are a much higher dose, and in this situation, any combination of and both estrogen and progesterone hormones have been implicated in the pathogenesis of breast cancer. A natural full-term pregnancy, although is sustained by a very high level of circulating progesterone derived from the placenta, is protective in the women for developing breast cancer, as seen in the early age of pregnancies and multiple pregnancies. In the same note, no pregnancy, as seen in infertility, has an increased risk for breast cancer. Similarly, breastfeeding for a period of up to 6 months appears to be an effective way of reducing the risk of breast cancer.

All above carry a more considerable significance in select women when there is already a baseline increased risk as seen in genetic risk due to BRCA mutations. These are women

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MESSAGE FROM

Dr. Vani Parmar

from a family with very young age breast cancer in one first degree relative (mother, sister, daughter), 2 first degree relatives with any age breast cancer, first degree relative with bilateral breast cancer or a male member (father, brother) having breast cancer, and breast and ovarian cancer in same or different first or second degree relative. In such women and in women with known deleterious mutations in the BRCA gene, added risk factors such as infertility, ovarian stimulation using exogenous hormones, obesity, can further increase the definitiveness of developing breast cancer. Overall, 15% of women may give history suggestive of genetic risk.

The importance of understanding the inherent risk of developing cancer is primarily to identify who is at risk and nature of risk so that cancer prevention measures can be applied or practiced more effectively. Modifiable risk factors include avoiding alcohol and smoking; maintain good physical activity, lowered body weight and obesity reduction, and preventing

any hormonal therapy as far as possible, including hormone replacement. Women who have benign conditions of the breast may have a marginal increase in the risk of developing cancers, but this risk is significant if associated with atypical ductal or lobular hyperplasia.

Finally, the reason for understanding the risk is also to exercise preventive measures where feasible (as in modifiable risk factors) and to detect cancers earlier, thereby improving the chances of cure. If detected very early as in Stage I, there may be 94-97% chance of treatment, especially in high-risk individuals. However, this early detection strategy may not apply to all women in a society where the inherent population risk decides risks and benefits of population screening as in with mammograms. Where the population risk is high as in the west (1 in 8 women develop breast cancer in their lifetime), cancer screening was found to benefit only in the elderly postmenopausal women above 50 years of age. Women below 50, in the west, do not appear to benefit neither in the form of early

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MESSAGE FROM Dr. Vani Parmar

detection or show any survival advantage. In India, where population comprises of mainly 80% women are below 50, and population risk is way lower (1 in 28 in a lifetime in urban areas, and 1 in 60 in a lifetime in rural areas) population cancer screening has no apparent benefit and incurs very high costs. In high-risk women as listed above, screening may still be offered routinely but not for all women. However, knowing one's lifetime risk, following preventive measures that can be modified, and avoiding exposure to risk factors can go a long way in reducing the incidence of breast cancer.

Changing gears, cancer of the uterine cervix is an exact opposite of breast cancer in the age group affected, risk factors, and socioeconomic status. Thus it affects younger women, with a history of multiple pregnancies, and in those with multiple sexual partners. Screening to detect HPV infection and cervicitis with dysplasia has shown benefit in saving lives, although the numbers are still small. The advantage of the cervical cancer

vaccine is still debated wide and strong. It is recommended only to reduce infection by certain strains of human papillomavirus (implicated in cervical carcinogenesis), it may not be effective in preventing cervical cancer caused by other strains of HPV infection. All this is effective if administered before the start of sexual activity.

Lifestyle modification has shown benefits especially reduction of habits such as smoking, tobacco use in any form, avoidance of alcohol, exercise, weight reduction, hygiene, and adopting healthy living and dietary habits remain to be advocated as cancer awareness and prevention activity to reduce the incidence of most cancers in women.

AHMEDABAD CHAPTER



CAN FUN AT AHMEDABAD

Date : 29th September 2019

City : **AHMEDABAD,
GUJARAT**

Location : GCRI-GCS Vasna Center

As part of gratitude to GCRI, we organized an garba programme. A big thank you Dr. Shashank Pandya, (Director, GCRI) Dr. Parisima, (dy. Director), Dr. Chavda, (Administrator) Dr. Dipak Rathod, Kshama Shah, (Trustee), Mona (Head Nurse), other Medical and para medical personnel of GCRI and GCS, Ruby Ahluwalia and Anil Ahluwalia Sharmisthaben (Dave, Retd Charity Comissioner), President of Lion's club and everyone else who was present.

Well done team Ahmedabad!



DEHRADUN CHAPTER

Can Sahyogi
A counselling & handholding initiative by
Sanjeevani...Life Beyond Cancer

CAN SAHAYOGI NOW AT AIIMS, RISHIKESH

Date : 29th September 2019

City : **RISHIKESH,
UTTARAKHAND**

Location : AIIMS Hospital

Our family grew in August as we started working in AIIMS, hospital.

Welcome to the Sanjeevani family, Leela.



JAIPUR CHAPTER

TYA CON 2019

Date : 20th September 2019
City : JAIPUR, RAJASTHAN
Location : Mahatma Gandhi Medical College & Hospital

A heartfelt thank you to the organizing committee of Teen and Young Adult Cancer Oncology-(TYACON)'19 for such a grand event. Specially, Congratulations and heartfelt thanks to Dr. Hemant Malhotra (Organizing Chairman) President ISMPO, Prof & HoD Medical Oncology, Mahatma Gandhi Hospital Jaipur, Dr. Prakash Chitalkar (Founder & General Secretary. (Dir. Sri Aurobindo Cancer Institute, Indore), Dr. Lalit Mohan Sharma Organizing Secretary (Medical Oncologist in Bhagwan Mahaveer Cancer Hospital, Jaipur)



JAIPUR CHAPTER

INAUGURATION OF WELLNESS CENTRE

Date : 07th September 2019
City : JAIPUR, RAJASTHAN
Location : SMS hospital
Total people attended : 35 people

A big thank you to Dr. Sandeep Jasuja (HOD Medical Oncology) for formally inaugurating the center and for providing us a big place in SMS hospital premises. We have opened our fourth wellness center.

Congratulations Angana and Archita and all the best!



**SESSION
 OF THE
 MONTH**

Date : 28th September 2019
City : **GOA, MAHARASTRA**
Location : The International Center,
 Dona Paula
Total people attended : 12 people

Special Thanks to Ms Shaikh Hasina of 'The International Centre' for co-ordinating all the activities to perfection and Priyasha Pyne for special support and help for this Occasion



Date : 6th September 2019

City : **GUWAHATI, ASSAM**

Location : Community of Lalung Gaon

Total people attended : 84 people

Cancer Awareness program and Cancer Screening in collaboration with Dr. B. Borooah Cancer Institute (Tata Trust).

Special thanks to all the interns for their dedication and hard work towards eradicating cancer from the society.



Date : 7th September 2019
City : **GOA, MAHARASTRA**
Location : Pastoral Council of Candolim Church
Total people attended : 54 people

Thanking Fr Johnsie Colaco of the Candolim Church and all members of the Pastoral Council Special thanks to Sheilà D'souza (my sister) who helped for all the coordination work!



Date : 9th September 2019
City : GOA, MAHARASTRA
Location : T. B. Cunha Government
Higher Secondary School
Total people attended : 92 people

Special Thanks to Principal
Smt. Rashmi S. Bandodkar.



Date : 13th September 2019
City : **GUWAHATI, ASSAM**
Location : Mahapurusha Srimanta
Sankaradeva Vishwavidyalaya,
Rupnagar area
Total people attended : 72 people

A cancer screening camp was organised in collaboration with Dr. B. Borooah Cancer Institute, Tata Trust.



Date : 13th September 2019
City : AHMEDABAD, GUJARAT
Location : Gujarat Vidyapith Higher
Secondary School
Total people attended : 150 people

A big thank you to Gujarat
Vidyapith Higher Secondary
School.



Date : 16th September 2019
City : **KOLKATA , WEST BENGAL**
Location : Dumdum Motijheel College
Total people attended : 90 people

We are Grateful To Dr. Pradeepta Gupta Roy (Principal) Sir and Dr. Kaushik Ray (NSS Incharge and HOD Of Journalism) Sir, for taking out time from his busy schedule to grace our programme.



Date : 17th September 2019
City : **KOLKATA, WEST BENGAL**
Location : Central Calcutta Polytechnic
College
Total people attended : 100 people

We are Grateful To Dr. Subrata Mondal (Principal) sir and a big thanks to Mr. Suvankar Khanra (General Secretary).



Date : 18th September 2019

City : **BIKANER, RAJASTHAN**

Location : Sanskar Academy

Total people attended : 40 people

Special Thanks to Director -
Mr. Prabha Shankar Ranga and
Bharti Ranga.



Date : 18th September 2019

City : **MUMBAI, MAHARASTRA**

Location : Government Law College

Total people attended : 86 people

A BIG THANK YOU professor Yadav, Prapti and every student who attended the session. Also a huge thank you to Sister Madhavi and Desiree Punwani (EFT therapist with Sanjeevani) for giving their time.



Date : 19th September 2019

City : **BIKANER, RAJASTHAN**

Location : Nalanda Sr. Secondary
School

Total people attended : 120 people

Special Thanks to Director- Mr.
Rajesh Ranga



Date : 20th September 2019

City : **GUWAHATI, ASSAM**

Location : Basistha Mandir Area

Total people attended : 95 people

Awareness program and free screening camp at Basistha Mandir Area in Collaboration with Dr. B. Borooah Cancer Institute, Tata Trust and Basistha Adhyatmik Sangha..



Date : 21st September 2019

City : **JAIPUR, RAJASTHAN**

Location : Mamta Vidya Mandir Sr.
Secondary School

Total people attended : 100 people

A heartfelt thanks to Asha Kiran, the doctors who were present and Mamta Vidya Mandir Sr. Secondary School to provide us space and make this camp a great success.



Date : 24th September 2019
City : AHMEDABAD, GUJARAT
Location : Sheth C.M High School
Total people attended : 350 people

In collaboration with Ahmedabad and Rotary Club Gandhinagar Capital unit. A big thank you to President Elect of Rotary gave detailed information regarding cancer prevention. Arvind Rana of Rotary talked about stress management. Principal - Chetna Buch



Date : 24th September 2019

City : **GUWAHATI, ASSAM**

Location : Arya Vidyapeeth

Total people attended : 120 people

A big thank you to the NSS cell
and the college.



Date : 25th September 2019

City : **BIKANER, RAJASTHAN**

Location : Bal Sudhar Grah

Total people attended : 30 people

Special Thanks to Director - Mr. Kishna Ram ji Incharge of Bal Sudhar Grah



Date : 27st September 2019

City : **GUWAHATI, ASSAM**

Location : Kamarkuchi community

Total people attended : 110 people

Cancer awareness programme and screening in collaboration We are grateful to the community people of Kamarkuchi for being a part of the program and as always, to our dedicated team of volunteers and interns without whose hard work conducting the program would not have been possible.



Date : 28th September 2019
City : **GUWAHATI, ASSAM**
Location : Madhab Das High School
Total people attended : 15 people

A big thank you to Madhab Das High School.



Date : 30th September 2019

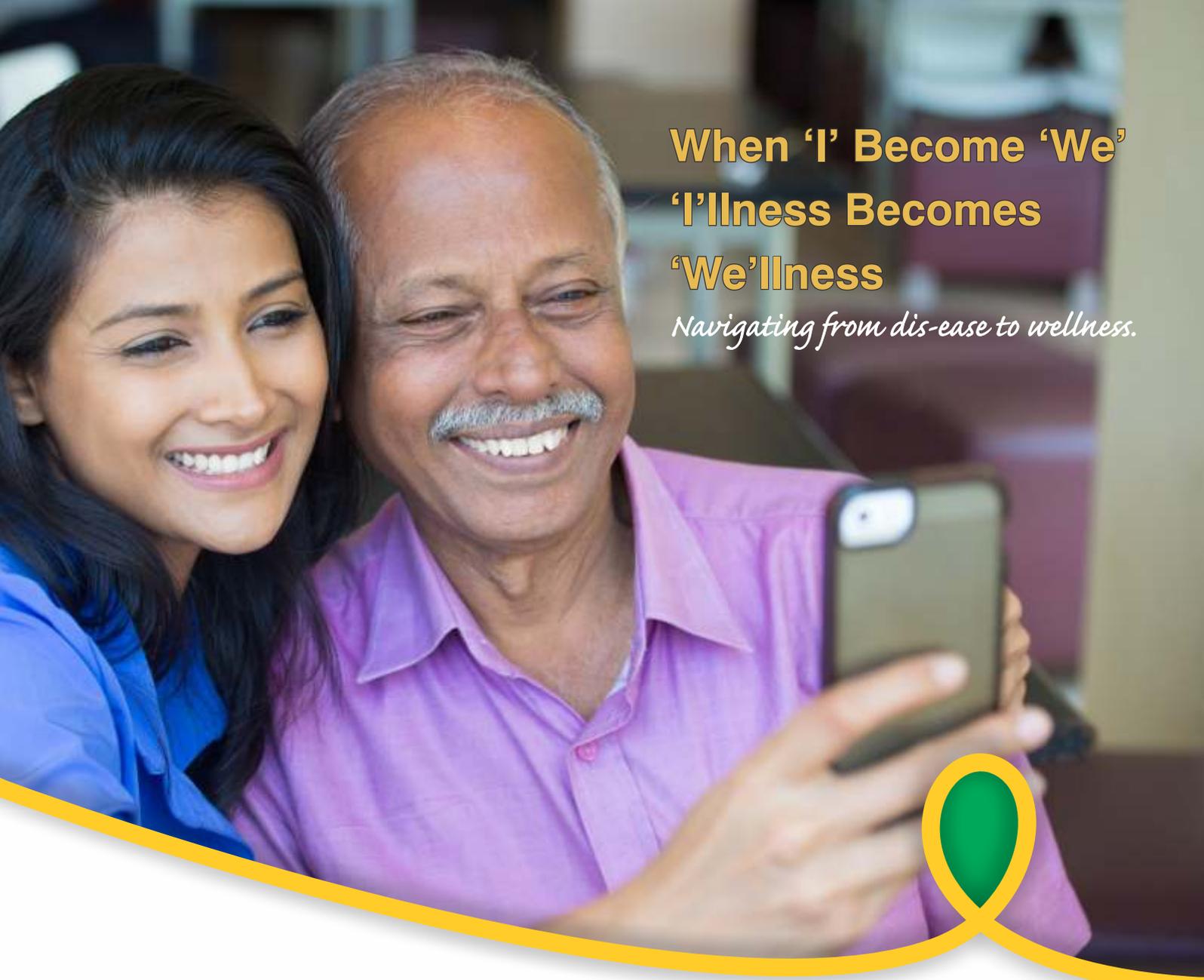
City : **MUMBAI, MAHARASTRA**

Location : New Law College

Total people attended : 43 people

A BIG THANK YOU to professor
Narendra Jawle, Shelar Shivani
(Principal) Sankalp, Swati Shrama
and Sister Madhavi





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