

## A QUALITATIVE AND QUANTITATIVE EVALUATION



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Website	<a href="http://www.sanjeevani-lifebeyondcancer.com/">http://www.sanjeevani-lifebeyondcancer.com/</a>
Authors	Monk Prayogshala Sampada Karandikar, Aneree Parekh, Dr. Shoma Chakrawarty
Editors	Dr. Hansika Kapoor, Anirudh Tagat

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# EXECUTIVE SUMMARY

In times of rapid societal change over the last hundred years, we have witnessed accelerated changes in lifestyle that is perhaps more burdensome to our mind and body than ever before. One of the major offshoots of these monumental shifts is the rise of chronic illnesses, such as cancer. It is estimated that India will have 1.86 million cases of cancer by 2026. However, much of the care available for cancer patients and survivors focuses largely on medication, and not much emphasis is laid on managing the physical and mental repercussions of cancer. Survivors of cancer have long been recognised to have unique needs and care requirements while undergoing or recovering from such a life-altering illness. The diagnosis of cancer in particular changes people's perceptions of their lives and is known to be a highly stressful experience associated with physical distress and emotional difficulties. A sole focus on biomedical treatments creates a vacuum for patients and a need for complimentary therapeutic interventions that are holistic and scientifically driven. *Sanjeevani...Life Beyond Cancer* is one such organization operating to fill such a vacuum and provides a Wellness Program that focuses on helping cancer patients and survivors cope with their condition through promotion of overall mental and physical well-being.

The *Sanjeevani* Wellness Program, with over 500 beneficiaries and counting, is built on the belief that immunity has a huge role to play in the fight against cancer. Strengthening the immunity of people affected by cancer through diet, breathing exercises, and addressing their primary mental concerns is the backbone of this program. The well-structured 36-session-long program employs a multimodal approach, teaching cancer patients and survivors various processes to understand the role of food, breath, and psychological states in maintaining their immunity. This is achieved through a combination of

- **Psychotherapy** to understand their psychological background, provide psychoeducation, and assist in

understanding processes to build positive mental constructs.

- **Emotional Freedom Techniques** to address their pent up emotional issues and learn how to release them.
- **Art and Dance Movement Therapy** for emotional release and expression.
- **Yoga and Pranayam** to understand the mind-body connect and practice breathing with awareness.
- **Nutrition** to understand the role of food in our well-being and our digestive cycle so as to promote a healthy lifestyle.
- **Reflexology** to understand the importance of pressure points that regulate the well-being of our body and practice the same in their daily lives.

Taking together all of the modules and teachings, the *Sanjeevani* Wellness Program aims to propagate not only survivorship by working on reducing the chances of recurrence and minimising medicinal side-effects, but also to promote a more holistic sense of well-being.

This report seeks to assess and address the efficacy of *Sanjeevani's* Wellness Program. With its wide-outreach and beneficiaries in the hundreds, this evaluation aims to provide a scientific measure of the program's effectiveness. Such an evaluation will enable *Sanjeevani* to objectively deduce experiences of its beneficiaries and systematically tailor the program, based on the qualitative and quantitative data, to better cater to the needs of cancer survivors and patients. The primary research questions the evaluation assessed were:



### Key Questions

- Did the participants experience any changes in their attitudes, behaviors, affective states, and overall life satisfaction as a result of participating in the program?
- Were these changes evident in the long-term?
- What were the participants' attitudes towards the content, design, implementation, and overall quality of care experienced during the program?

The evaluation employed a purposive sampling approach, interviewing beneficiaries who attended *Sanjeevani's* Wellness Program in Mumbai, India. The participants were interviewed and assessed using standardised quantitative and semi-structured qualitative questionnaires, on various parameters at the baseline and at the end of 36 sessions. These participants were beneficiaries of four concurrent batches, running from April to August 2018. The evaluation also interviewed participants of previous batches, going back a year, on similar parameters using qualitative semi-structured interview questionnaires. This type of mixed-methods approach helped examine whether the program regulated its participants' physical and affective states in the long- and short-term. Additionally, the qualitative responses allowed for an in-depth understanding of the experiences and opinions of the beneficiaries of *Sanjeevani's* Wellness Program.

Beneficiaries from four concurrent batches ( $n = 34$ ) and from previous batches ( $n = 70$ ) consented to participate in the study. They were interviewed and assessed on parameters related to life satisfaction, affective states, behavioural changes, nutrition, quality of life, and quality of care.

The findings of the report suggest that the Wellness Program assisted in mitigating the participants' negative affective states, such as being upset, scared, irritable, or guilty as there was a significant decrease from the pre-test scores to the post-test scores. Additionally, on

comparing the responses of participants from Previous Batches to those of the Concurrent Batches, no significant differences were found in the levels of positive affect states such as being interested, excited, or feeling strong, indicating a prolonged effect of the Wellness Program on its beneficiaries.

### **Key Findings**

As a result of the Wellness Program, participants reported:

- Lower **negative affect**
- Improved **physical, cognitive, and social functioning**
- Lower **physical pain** and discomfort
- Lower stress concerning **finances**
- Improvement in **overall physical and mental health**
- High **satisfaction with program teachings** and overall **quality of care**

Participants were also reported to have had improvements in their cognitive, emotional, and social functioning after completion of the program. This indicates that the program enabled participants to understand and accept their feelings, thought processes, and themselves. Changes in perceptions of their lives made participants report that they felt more positive and less afraid. Similarly, results found that the Wellness Program was able to regulate the participants' physical state as there was a significant reduction in symptoms of pain and other discomfort such as dyspnea, constipation, and diarrhoea. An overall significant improvement in the quality of life and health status was noted in participants of the Concurrent and Previous Batches.

After completion of the program, many participants reported feeling more in control of their emotions, which led to lower anger and hostility, better understanding of people around them and higher inner strength. Additionally, most participants reported reduction in worry over financial

difficulties at the end of the program, indicating that the program was able to equip the participants with the skills needed to cope with their stress.

Participants reported some difficulty in accessing the program centre and dissatisfaction with the bathroom amenities in terms of feedback on the program. However, this seemed to be rectified with the centre's recent move to a new, more central location as those participants at the new centre did not mention any such difficulties. Overall, participants reported high satisfaction with the program, including its teachings as well as the personnel. Interviews with participants of Previous Batches revealed that the program learnings were practiced even months after they had completed their attendance such as yoga practice and nutritional changes in their daily diets.

Advancements in medical knowledge and practice mean that more and more individuals have a chance to survive cancer. However, this also means that those individuals have unique requirements for reintegration back into society and to manage their lives. Evaluation of the responses of beneficiaries of the *Sanjeevani...Life Beyond Cancer's* Wellness program highlights the pervasive need for a holistic program catering to the emotional and physical needs of cancer survivors. Additionally, reduction in the Negative Affect, physical symptomology, and overall poor health seen across the batches exhibits the importance of *Sanjeevani* in regulating the affective and physical lives of cancer survivors. Besides the knowledge imparted to beneficiaries on living a holistic life post-cancer, *Sanjeevani* also provides a sense of community for those who participate, making them feel less alone in their struggles. In all, *Sanjeevani...Life Beyond Cancer* provides a wellness program that is holistic in nature, based on scientific modules, and which meets the diverse requirements of cancer patients and survivors. Implications and future recommendations are discussed further in the report.

# INTRODUCTION

We live in a time of unprecedented development and change in science and society. While medicine has radically changed our ideas of illness and health, the rapid societal change we witnessed over the last hundred years has forced people to constantly adapt. This has translated into a lifestyle that is perhaps more burdensome to our mind and body than ever before. Therefore, the gains made in health and longevity by medicine have not translated easily into gains in quality of life. One of the major offshoots of these monumental shifts is the rise of chronic illnesses, one among them being cancer. D'Souza, Murthy and Aras (2013) have estimated that India will have 1.86 million cases of cancer by 2026. While a century ago, people were a lot more likely to face sudden and abrupt death following a bout of severe illness, today we tend to go through protracted periods of less severe but equally challenging illnesses. Additionally, the medical treatment possibilities for the chronic conditions are immense but exact a precise toll on the physical and mental integrity of the patient (Sav, King, and Whitty et al., 2015). This scenario is exemplified in the case of cancer which is one of the biggest killers across both the developed and developing nations. This fact also warrants the need to devote sizeable attention to research in cancer—its course, outcomes, and potential interventions. At *Sanjeevani...Life Beyond Cancer*, a Mumbai-based NGO, working across India through its various centres attempts have been made to design and run interventions for individuals dealing with cancer through a multimodal approach; the current study was undertaken to establish the feasibility of a multimodal wellness intervention for this population.

Cancer, an umbrella term for a class of conditions characterized by uncontrolled and disorganized cell reproduction, which may occur in any site of the body has been around for centuries. The earliest recorded description of cancer dates to the Edwin Smith Papyrus which discusses surgical methods to remove tumours. The scenario with cancer has changed most drastically in the 20th century. Up until then, a patient with cancer was typically not informed of the diagnosis or the prognosis, treatment techniques were rudimentary, and death was certain. With the development of anaesthesia, surgical excision of tumours became a

possibility, followed by the development of radiotherapy and chemotherapy in the first half of the 1900s.

However, cancer treatment is often as devastating as the illness itself and makes active treatment and survivorship periods challenging (Fairley et al., 2009). Not only does the disease itself give rise to a gamut of physical, psychosocial, spiritual, and life course challenges, the treatment modalities exacerbate and prolong these effects before major improvements can be observed. For example, radiotherapy often leaves behind scarring, tissue damage, or weakened bones even though it may successfully shrink a tumour. Chemotherapy adversely affects appetite, sleep, and physical vitality because of the toxicity involved in this treatment modality. Even in the case of remission and recovery, lingering issues often persist for years. These unique challenges posed by cancer necessitate a more holistic care model with a broader scope than a purely medical management model.

The prevalence rates for cancer are rising steeply across the globe and so are the number of individuals living with cancer (Ferley et al., 2013). Additionally, due to the discrepancies in socio-economic markers between the developed and developing nations, the burden of mortality is equal and even greater in developing nations, although incidence rates are equal or lesser (Razi, Ghoncheh, Mohammadian-Hafshejani, Aziznejhad, Mohammadian, & Salehiniya, 2016). This has significant implications for those working with cancer in developing nations. It emphasizes the critical requirement of trying to use interventions that leverage existing protective factors of the socio-cultural context (like social support, religion, and culture) and result in simple and transferable skills that can be easily absorbed by patients and families with cancer. This idea and need serves as the crux of the *Sanjeevani* Wellness Program. The current study examines the feasibility of some traditional and alternative approaches in the *Sanjeevani* Wellness Program to help improve patient outcomes. It aims to shift the perspective from treating a patient with cancer like a passive recipient of certain helpful measures to making them the masters of their own wellness through an eclectic mix of interventions.

Apart from the above, the *Sanjeevani* wellness program has been designed, keeping in mind, that it is the immunity which does play a

huge role in dealing with the aggressive cancer cells in the body. Thus, if immunity can be strengthened in patients, not only the prognosis of the patient taking the treatment would improve but also in future the survivor may be able to reduce the probabilities of recurrence .

## Effects of cancer and cancer treatment on the patient

Interventions designed to improve the well-being of individuals with cancer must be grounded in thorough knowledge of the wide range of reactions and consequences they face from the time of diagnosis. These effects are often overlapping in presentation and cause.

### Physical effects

The physical effects of cancer and cancer treatment often encompass pain, fatigue, nausea, lack of appetite and sleep, weight loss, hair loss, disruptions in sexual functioning, among others.

Different forms of cancer are associated with different degrees of pain, with sarcomas (cancers of the bone) being associated with very high levels of pain. Additionally, at different points of the illness trajectory, cancer-related pain may intensify. Most terminal cancer patients report severe pain, enough to warrant morphine prescriptions. Lingering or fluctuating courses of pain often become an inherent part of a survivor's life. Pain from surgical scars or radiation burns are also a common occurrence in cancer recovery. Pain experienced by cancer patients is often not of a purely organic nature and may be psychogenic—at least in part—due to the highly distressing nature of the illness. It is important to address the neuropathic and psychogenic origins of pain in cancer through a combination of somatic and psychosocial therapies (Breitbart & Holland, 1989). The *Sanjeevani* Wellness Program uses yoga and reflexology to handle the issue of pain. Additionally, the use of Emotional Freedom Technique or tapping in the program is useful in getting in touch with and working through psychogenic causes of bodily pain or chronic pain, The EFT practitioner in the *Sanjeevani* Wellness Program reported having in-depth conversations with clients who report such

kinds of pain to identify and work through the original issue that became associated with pain.

Fatigue is an oft-reported sign of cancer before diagnosis itself with patients reporting that they always feel tired and a good night's sleep does not help restore their vitality. Cancer-related fatigue also intensifies as the tumour grows; post-treatment and during recovery, patients may often feel overwhelmed at the slightest activity and require rest (Luciani, Jacobsen, Externmann et al., 2008). The *Sanjeevani* Wellness Program places a lot of emphasis on helping clients regain and build their physical vitality. Strategies to promote physical activity are the exclusive focus of some of the intervention modalities like yoga and dance movement therapy; the focus on physical activity is also woven into how the other interventions, like nutritional guidance, are executed. Regulation of physical activity also helps clients deal with the problems of disturbed sleep.

Sleep is a vital domain of quality of life and one that is frequently affected by cancer (Taphoorn, Stupp, Coens et al., 2005). Sleep disruptions are caused by multiple reasons: physical symptoms, side-effects, as well as psychological distress over their state, and uncertainty and worry about the future. Poor sleep also predicts poorer and longer recovery and is closely linked to fatigue (Roscoe, Kaufman, Matternson-Ruby et al., 2007).

Cancer leads to a substantial dysregulation in appetite. Cancer-related weight loss or cancer cachexia is reported by as high as 80 percent of patients (Muscurtoli, Bossola, Aversa, Bellatone, & Fanelli, 2006). The effects of cancer and its treatment may often manifest in a lack of or altered perception of taste and smell along with nausea and bowel irregularities which affect the will to eat (Fleishman & Chadha, 2010). The emphasis on the need to consume a wholesome diet, loaded with proteins is ever-present in cancer as it makes the patient strong enough to withstand the gruelling treatment regimens charted out for them; perhaps that emphasis juxtaposed with the altered taste perception and lack of interest in food makes lack of appetite a real concern.

Nausea and vomiting are a part of the warning signs of cancer and they persist throughout the course of the illness. Numerous bodily changes brought about by anti-cancer medications, especially core

chemotherapy drugs, are linked to the side-effect of nausea and vomiting. This feature is so prevalent in cancer care settings that researchers have described two conditions related to nausea and cancer: chemotherapy-induced nausea and vomiting (CINV) anticipatory nausea and vomiting (ANV) in individuals with cancer. ANV may be seen when chemotherapy causes nausea and vomiting before any actual drug administration. This is due to the association created between cancer medication and nausea that is reinforced with each successive chemotherapy cycle (Kamen et al., 2014).

Nutritional guidance goes a long way in helping clients deal with food-related concerns. The nutritional guidance program regulates the food type and promotes a sense of structure around eating and digestion that the beneficiaries of the *Sanjeevani* Wellness Program find useful. The use of lime shots through the day, as recommended by the program, is an antidote to any feelings of nausea that clients may have. Hot and cold infusions given by the EFT practitioner promote calmness and restoration. Coordinating the intake of right type of food along with our natural cycle of digestion leads to significant relief.

The effects of cancer transcend into the areas of body-image and self-perception as well. Weight loss, hair loss, loss of a vital organ combined with darkening or changes of skin tone and texture can be very distressing for patients who feel like they will never truly be able to return to their former selves. Mastectomy (removal of a breast) or amputation of an affected organ combined with hair fall is highly distressing as it diminishes the body image of the person and serves as a constant reminder of the illness and its enduring effects. Wigs, hats, and scarfs are viable options to manage hair loss, but many patients feel extremely disheartened and refuse social participation to prevent people from seeing them in this state. Weight loss is a cumulative effect of an aggressive tumour and treatment effects. Some patients lose substantial portions of their body weight and are reduced to skin and bones. These effects are intense for patients whose bodies have permanently changed following cancer, like a case of mastectomy. Drastic procedures which involve the removal of external parts of the body, like breasts, voice box, parts of the jaw, are dramatic in their consequences on self-perception of the person. They may mourn for the lost body part, experience feelings of disbelief that their own body



betrayed them in such a way and find it extremely difficult to reconcile to their post-surgery body image. The psychotherapy and EFT modules art therapy of the *Sanjeevani* Wellness Program are geared towards looking at the unpleasant affective and cognitive states that give rise to feelings of stigma, low self-esteem, or body image difficulties.

## **Psychological effects**

Rarely are the effects of a traumatic stressor contained within the physical domain. The diagnosis of cancer and allied coping process are a source of psychological strain. The most common psychological concern in this population is distress of varying levels. This could be of a sub-clinical level or enough to manifest in various psychological conditions. A high risk of suicidal ideation, attempt, or the act itself presents another major concern. Distress in cancer care settings is so prevalent that it was recommended that assessment and management of distress should be one of the components of medical training for clinicians dealing with cancer by the International Psycho-oncology Society (2009) which termed distress as the sixth vital sign in cancer care standards.

Cancer typically presents itself as an abrupt and traumatic stressor, the course of which is often uncertain, and without any indications of how one should ideally cope with the diagnosis and treatment. This may lead to psychological distress due to low life satisfaction, reactance, and desire for a quicker death. Adjustment issues may mistakenly be treated as normal reactions to a stressor and be precluded from intervention.

A more complicated form of distress in cancer is seen in Post-Traumatic Stress Disorder (PTSD). Originally conceptualized as a late but severe reaction to a uniquely distressing stressor, this concept has been used to capture the traumatic “cancer experience” that both patients and families report. The term “cancer experience” was coined to denote the varying, dynamic, and multifactorial nature of cancer as a stressor, as opposed to the more singular connotations of stress linked to the more common causes like PTSD (floods or car accident, for example). PTSD in relation to the cancer experience unfolds through the same symptoms, avoidance, hypervigilance, flashbacks, emotional numbing,

and intrusive thoughts and these are reported by adult and paediatric cancer patients, survivors, and their caregivers alike.

Depression in cancer care is highly prevalent at the time of diagnosis, or treatment and even post-treatment. Prevalence rates in the range of 25 to 38% have been reported for major depressive disorder, while the same for depression spectrum symptoms has been reported to the extent of 58 percent (Massie, 2004). **The intensity of signs and symptoms of depression may change with the course of the illness trajectory but its impact on cancer treatment, by clear consensus, is highly detrimental. It is linked to slow recovery, low medical adherence, sense of helplessness, and elevated risk of suicide.**

Suicide merits a special mention as a grave psychological after-effect of cancer. Rockett, Wang, Lian, and Stack (2007) identified cancer as being the only physical illness being significantly linked to suicidal deaths in America and Australia. Patients in intense phases of treatment, in times of recurrence, and facing advanced or terminal cancer are very likely to be considering suicide with more than casual thought. Depression is implicated in a vast number of these cases (Chochinow et al., 1995). The core symptoms of cancer (pain, cognitive dysfunction) and their psychosocial outcomes, like (limited functionality, dependence on others) also have an important role to play in suicide in this population. A diagnosis of cancer often places significant spiritual questions in front of the person, such as “why me?” and the subsequent cognitive and emotional content and pattern are conducive to the development or more depressive and suicidal tendencies.

A related condition is that of anxiety. Anxiety disorders are a diverse class with generalized anxiety on one end of the continuum and phobias on the other. With specific reference to cancer, the maladaptive cancer cognitions (fear of dying) and specific manifestations (anticipatory anxiety and nausea), specific phobia (fear of MRI or the blood-injection-injury subtype) may occur. Other unique manifestations of anxiety in cancer care could include fear of recurrence (FOR) reported to equally prevalent in patients and families, social anxiety from their altered appearance and perceived stigma, free-floating anxiety about the future and leading a life with cancer.

The *Sanjeevani* Wellness Program looks at various emotional, cognitive, and physical manifestations of distress and tackles it from various modalities geared towards alleviating the emotional burden of cancer. It looks at distress as an overarching problem, presented as a continuum, rather than in artificial and discrete categories of illness. The potent combination of psychotherapy, emotional freedom technique (EFT), and yoga and movement and art therapy in the *Sanjeevani* Wellness Program goes a long way in helping beneficiaries overcome the feelings of pain, anxiety, anger, and resentment that they may experience in response to the trauma that cancer is. Psychotherapy is likely to help get in touch with the roots of distress, while EFT is extremely powerful in replacing distressing and helpless cognitions with more adaptive ones. For these reasons, the *Sanjeevani* Wellness Program closely looks at emotional and physical health outcomes. Beyond the obvious value of psychotherapy and EFT in managing depression, the program's emphasis on physical activity and yoga is analogous to behavioural activation in traditional therapy. Restoring physical activity to an optimum level is a vital goal for any program for individuals living with cancer. The *Sanjeevani* Wellness Program uses an eclectic mix of diet and exercise, movement therapy, yoga, along with smaller elements like laughter exercises to restore the physical vitality of the enrolled clients.

### **Psychosocial effects**

A host of factors are affected and affect the physical and mental health of an individual living with cancer. The *Sanjeevani* Wellness Program potentially alleviates the effect of cancer in these domains through helping their clients reach better levels of adaptive functioning. Although not directly, the following far-reaching outcomes of cancer are also undoubtedly addressed by the *Sanjeevani* Wellness Program.

It would be short-sighted to conceptualize a diagnosis of cancer as an illness alone. The various physical and psychological effects of cancer outlined so far constitute just once facet of the effects. Typically, in a stress-and-coping model, these primary reactions often initiate a course of secondary or "spill over" effects in different domains of life, such as, family and marital, occupational, social, and recreational functioning.

These effects of cancer figure prominently when we speak of quality of life disruptions in patients and families with cancer.

### ***Familial effects.***

The psychosocial burden of cancer has at its epicentre the individual with cancer whose perception of self, family, life, and the future are altered tremendously by the experience. Families affected by cancer often experience an inability to communicate or function in their pre-morbid ways because of various reasons. Lewis (2010) speaks of certain “cross-cutting” difficulties in communication and adaptive functioning that is seen in families dealing with cancer. The person diagnosed with the illness may become depressed or withdrawn and their interest in other members of their family and routine family activities may diminish, leading to a drop in their levels of relational satisfaction.

### ***Disrupted occupational functioning.***

An individual with cancer is quite likely to also encounter difficulties in occupational functioning to varying degrees, like needing too many days off, losing pay, having to quit the job, or having difficulties reaching a complete level of productivity after active treatment. This is important work and work-related satisfaction are vital for a holistic quality of life and to also cope with the financial burden linked to cancer care, especially if the individual with cancer also happens to be the sole breadwinner or one of the important contributing members of the family.

### ***Perceived stigma and recreational handicap.***

A person with cancer is likely to experience changes in social functioning due to their sense of stigma, altered body image, depressed or low mood, and social discomfort. Though a certain period of social withdrawal may be normative considering the illness is a stressor, prolonged period of social withdrawal may also cut these individuals from a vital avenue of coping – social support. Recreational handicap is another concern because having cancer often implies restriction of activity and mobility and prolonged periods of lack of activity and mental and physical stimulation can feed the cycle of distress and depression.

A recreational activity provides an alternate source of engagement and may often lead to an easier transition back to life following a period of active treatment.

### ***Spiritual anguish.***

Coming into the awareness that one has a life-threatening illness like cancer can be spiritually distressing. The person in question may be prompted to engage in a cycle of “why me?” questions and existential distress. Processing of the intense awareness of what it means to be alive and well at one moment, and drastically ill on another can be intensely challenging.

### ***Illness trajectory.***

Time is a crucial component of the process of living with cancer. The temporal aspect of the experience of cancer is not linear and time can take on a new meaning based on where the person is on illness trajectory. Pre-diagnosis, for instance, is a time of extreme anticipatory anxiety. Pre-diagnosis is followed by diagnosis and active treatment and this phase may extend from months to years. After active treatment there ideally would be a period of watchful waiting and recovering, followed by remission and survivorship. Fear of recurrence, recurrence, successive rounds of treatment, palliative care in a terminal stage, and death represent another illness trajectory that some individuals face. It is important to pay close attention to where a specific individual with cancer finds himself in the illness trajectory. This is because the unmet needs, conflicts, sources of anxiety, and modes to alleviate distress are very closely determined by the stages of this illness trajectory.

### ***Life as a survivor.***

Survivorship, at its simplest, refers to the experience of an individual having lived with, after, and beyond cancer. It looks at various unique issues and adjustments that individuals living with cancer make while at the post-treatment stage, but also following a remission. The challenges of living with cancer or adjusting to a normal life with the long-term effects of cancer came to fore when the projected years of life following cancer began to improve. As cancers became more treatable, so did the

need to recognize the difficulties one faced immediately or long after active cancer treatment.

At this point, it is crucial to underscore the fact that not all individuals go through all the effects mentioned here. The discussion of these effects of a diagnosis of cancer is not exhaustive; it is only indicative and designed to show the far-reaching effects of cancer on the individual and his life. It is important, however, to note that many individuals with cancer can work through these stages to arrive at a renewed understanding of what life means to them. Their sense of priorities and goals in life may become more clarified and actualized following the illness.

## Interventions

Knowledge of these challenges in living with cancer makes it imperative that we look at suitable ways to help these populations. However, there is a danger to running interventions prematurely without adequate background knowledge of the unmet needs, how specific interventional strategies address specific problems, and how well are improvements made and maintained. In this section, we review the feasibility of the various interventions combined in the *Sanjeevani* Wellness Program and provide a rationale for the current study.

### Psychotherapy

Traditional psychotherapy is an insight-oriented therapeutic paradigm that looks at a close examination of an individual's conflicts or thoughts, explores the origins to help the client perceive the connection between distress and its roots, and promotes a renewed sense of adjustment based on the insights or heightened awareness. Such an approach, spread over numerous sessions to understand the problem and foster insight, is often not feasible as is in a cancer care setting. However, brief psychodynamic psychotherapy, cognitively-oriented therapies, and supportive psychotherapy are valuable options. These forms are adapted to more accelerated, intense, and directive ways to provide psychotherapy in cancer care. However, the core principles of psychotherapy, vis-à-vis the importance of the client's understanding of the problem, fostering insight, and replacing automatic thoughts with

more adaptive cognitions are integral to psychotherapy in psycho-oncology settings. The sanctity of the client-counsellor relationship, ventilation or catharsis (uncurbed expression of emotional distress), and formulation of a sound interpretative framework are all upheld.

Psychotherapy has two key requirements in cancer care. The first is that of flexibility; this could refer to flexibility in the setting, schedule, or course of psychotherapy. This requirement stems from the unpredictable nature of the illness. The second requirement is of a therapist well-versed in the basics of onco-medicine. A functional knowledge of cancer, its types, stages, treatment, related psychosocial outcomes is a must for a psychotherapist working in an oncology setting.

Psychotherapy in cancer care can be visualized as a continuum. Psycho-education or problem-solving training also come within the broader realm of psychotherapy itself and are highly active, tangible, and easily transferable approaches. There are often designed for patients and families and help meet some of the most common unmet needs reported in these populations, that is, information and support. Another useful and overlapping approach is counselling which is distinct from psychotherapy only in the sense that it may be more short-term, less formal, and more focused on resolving simpler adjustment issues. Psychotherapy can also be used in a group format which is promising because working in groups of people with similar illnesses reinforces the notion of an individual not being alone in the process and curative factors of the group add a sense of synergy.

### **Arts-Based Therapy (Art, music, and group dance)**

Arts-based therapy refers to the usage of all the art forms – visual art, music, theatre, movement, story, metaphors – within a therapeutic relationship in a session for healing purpose. Arts-based Therapy is a creative process that allows awareness and expression of an individual's deepest emotions. It is a vehicle for expression, aided by the actual physical movement of artistic materials. The emotions experienced by every individual are stored and collected within the body itself. The use of the art therapy helps to connect with this directly and give nonverbal expression to what is driving or crippling us. The expression helps circumvent the blocks between conscious and

unconscious in the rational mind. Thus, it not only helps express one's emotions; rather, it has the potential to empower clients and help them grow comfortable with their true selves.

Any art-based therapy exercise offers three dimensions of assessment: expressive, symbolic, and interactive and can be conducted in individual and group settings. The art that an individual with cancer creates can be explored to understand their feelings of loss, despair, anguish, hope and other spiritual or existential themes. It is a viable option for adults and children alike, can be used in different ways at different stages of the illness, and promotes tension release and problem-solving. Research proving its feasibility in these populations is still ongoing and mostly, promising. Art therapy helps manage psychological and spiritual distress linked to cancer and recalibrate their sense of self after the illness (Wood, Molassiotis, & Payne, 2011).

### **Emotional Freedom Technique**

Emotional Freedom Technique, or tapping as it is commonly called, comes within the broader domain of energy psychology and draws heavily from Robert Callghan's Thought Field Therapy. It involves the client tapping on various meridian points across the skin which are replete with receptors for mechanical stimulation and low on electrical resistance. Alongside the tapping, clients speak loud affirmations out to give expression to pent-up emotions and thereby, regulate their consequent emotion arousal. Clinical EFT is classified by the APA as an intervention which is efficacious, however not yet completely on par with other more established interventions. Nevertheless, research on the efficacy of EFT finds that it is beneficial for various physical and psychological conditions (Church, 2013), managing effects of chronic stress (Church, Yount, & Brooks, 2012), and specifically, cancer (Hakam, Yetti, & Hariyati, 2009). In the *Sanjeevani* Wellness Program, clients are taught the concepts behind tapping both in the actual format and an abbreviated method that they can use when they sense themselves getting angry or anxious. With the EFT practitioner's help, they also examine the roots of their emotional troubles and resolve them. The practitioner also uses warm and cold infusions and breathing exercises to help them understand how closely the clients can regulate their body's response to difficult emotions.



## **Nutritional guidance and reflexology**

Another leg of the *Sanjeevani* program is nutritional guidance. Clients are encouraged to regulate their food intake in terms of what they eat and when, along with overall guidance in understanding the relationship between the process of food intake with the rest of the body's processes. As a part of this program, clients are encouraged to follow the practice of consuming four meals a day, avoiding all processed food in favour of healthier alternatives (whole grains and plant-based diet), and understanding what food types and food-related behaviours lead to an acidic state in the body. For instance, processed and non-vegetarian foods contribute to such an acidic state and their inflammatory nature is linked to cancer onset and relapse – a finding supported in research (Davies, Batehup, & Thomas, 2011). Another important element of this program is a combination of reflexology and physical activity. Rajarajeswaran and Vishnupriya (2009) conducted a detailed review of the relationship between physical activity and cancer to show its beneficial effects throughout the illness trajectory and recommended tailored exercise-based interventions for survivors. Taken together, nutritional guidance and physical activity are thrust areas of patient and survivorship wellbeing as well as relapse prevention according to the American Cancer Society (ACS). The ACS provides and updates guidelines for these two aspects of cancer care from the prevention and management perspectives (Toles & Demark-Wahnefried, 2008).

## **Yoga and pranayama**

Yoga, a classical Indian philosophical tradition, is widely used to improve physical and mental health across all sections of the population. It involves individuals performing various structured asanas (postures and positions) while concentrating on the effects of those bodily movements and regulating their breath. Its use for therapeutic purposes is also widely acclaimed. Yoga has often been used in an adjunctive manner with mainstream cancer care to boost the health, immunity, and vitality of patients and survivors. The current program utilized yoga along with pranayama, which is one of the eight sutras (components) of yoga and involves careful breath control. Bower, Woolery, Sternlieb, and Garet (2005) reviewed nine studies and found the practice of yoga to be linked

to various positive outcomes like better sleep quality, reduced cancer-related distress and symptoms, and improved physical functioning, to name a few. A pilot study of yoga for breast cancer survivors found significant increase in the intervention group at post-test in measures of psychosocial functioning such as quality of life, emotional function, gastrointestinal symptoms, cognitive disorganization, mood disturbance, tension, depression, and confusion as well as physical fitness variables (Nicole Culos-Reed, Carlson, Daroux, & Hatley-Aldous, 2005).

The *Sanjeevani* Wellness Program combines all the discussed treatment modalities into a 36 -session long program, with three modules a day on alternate days of the week. Those enrolled in the program go through these sessions in a group format. The primary goal is a holistic improvement in their health; this is brought about by making positive changes and aiming towards a better lifestyle. About 400 patients have benefitted from this program till date.

## Rationale for the current study

The current study was designed to rigorously examine the effect of this program on certain key outcomes like emotional states, cognitive, emotional, and physical functioning, and quality of life, to name a few. Abundant research exists to highlight the various difficulties that exist in these domains for individuals living with cancer. The literature review also supports the feasibility of the individual components of the *Sanjeevani* Wellness Program, but little is known about the combined effect of these components. Thus, a feasibility testing of the *Sanjeevani* Wellness Program was required to examine the overall gains made in the selected markers of the intervention, along with generating evidence-based estimates of its efficacy.

Such data would go a long way in ensuring that this program gains more recognition and grounding in mainstream practice. It would also promote greater awareness of the various ways in which the philosophy

underlying this program can be used to help people effectively at various stages of dealing with cancer: prevention, treatment, or management. The fact that the *Sanjeevani* Wellness Program utilizes some interventions that are inherent to our culture and in a manner that is easily transferable to the clients, implies that it is quite likely to work well at the grassroots level and is therefore scalable. The results of the current study give this promising intervention package the required support in terms of efficacy and robustness that it needs to scale up and improve the lives of many more individuals dealing with cancer.

# EVALUATION METHODOLOGY

## EVALUATION QUESTIONS

The purpose of the current evaluation was to assess the efficacy of *Sanjeevani...Life Beyond Cancer's* Wellness Program. In order to obtain a robust understanding of the impact of the program, a mixed-measures methodology was adopted, using standard quantitative surveys and qualitative semi-structured questions. The primary goal of the evaluation was to examine whether the intervention helped regulate the physical and affective states of the participants in the short and long term.

The evaluation sought to answer three questions:

1. Did the participants experience any changes in their attitudes, behaviours, affective states, and overall life satisfaction as a result of participating in the program?
2. Were there long-term effects of the changes?
3. What were the participants' attitudes towards the content, design, implementation, and overall quality of care experienced during the program?

## EVALUATION DESIGN

The evaluation design employed a mixed-methods, purposive sampling approach. The study evaluated participants of the program through survey questions and interviews. The tools used are described in the following section and the full questionnaires can be found in the appendix. Participants of four concurrent batches – programs that ran one after the other – were interviewed at the beginning of the course and at the end. These were beneficiaries of the program in the months of April, June, July, and August 2018. Along with surveys and interviews with participants of the concurrent batches, interviews with participants

of the previous batches were also conducted. These were past beneficiaries of the program who had attended and completed the course in the months ranging from March 2016 to October 2018. A sample from both concurrent and previous batches' participants was chosen in order to understand the short- and long-term impacts of the program. There was a wealth of information to be gleaned from the numerous beneficiaries who had previously completed the program, allowing for a more comprehensive and in-depth understanding of the program impacts. Figures 1a and 1b provides a breakdown of the demographic details of the participants of the study. Before commencement of data collection, the proposal of the evaluation plan was presented to and approved by the Institutional Review Board at Monk Prayogshala. This ensured that the research took place in the most ethical way and no harm was caused to the participants. All participants provided verbal/written informed consent prior to participation (Appendix A).

The beneficiaries of the Wellness Program were women who were in remission, currently undergoing, or who had completed treatment for cancer. Pre-tests, where quantitative data was collected before the start of the Wellness program, were conducted for participants of the concurrent batches in the second or third session of the program. As the first session was a program orientation session, this approach ensured that only those participants who were certain to continue on in the program were included in the study, and their responses were not influenced by exposure to many program modules. Post-tests were conducted during the last two sessions of the program, asking the same questions as in the pre-tests, along with additional questions to assess their opinions about the program, to evaluate any changes over time that can be attributed to the Wellness Program.

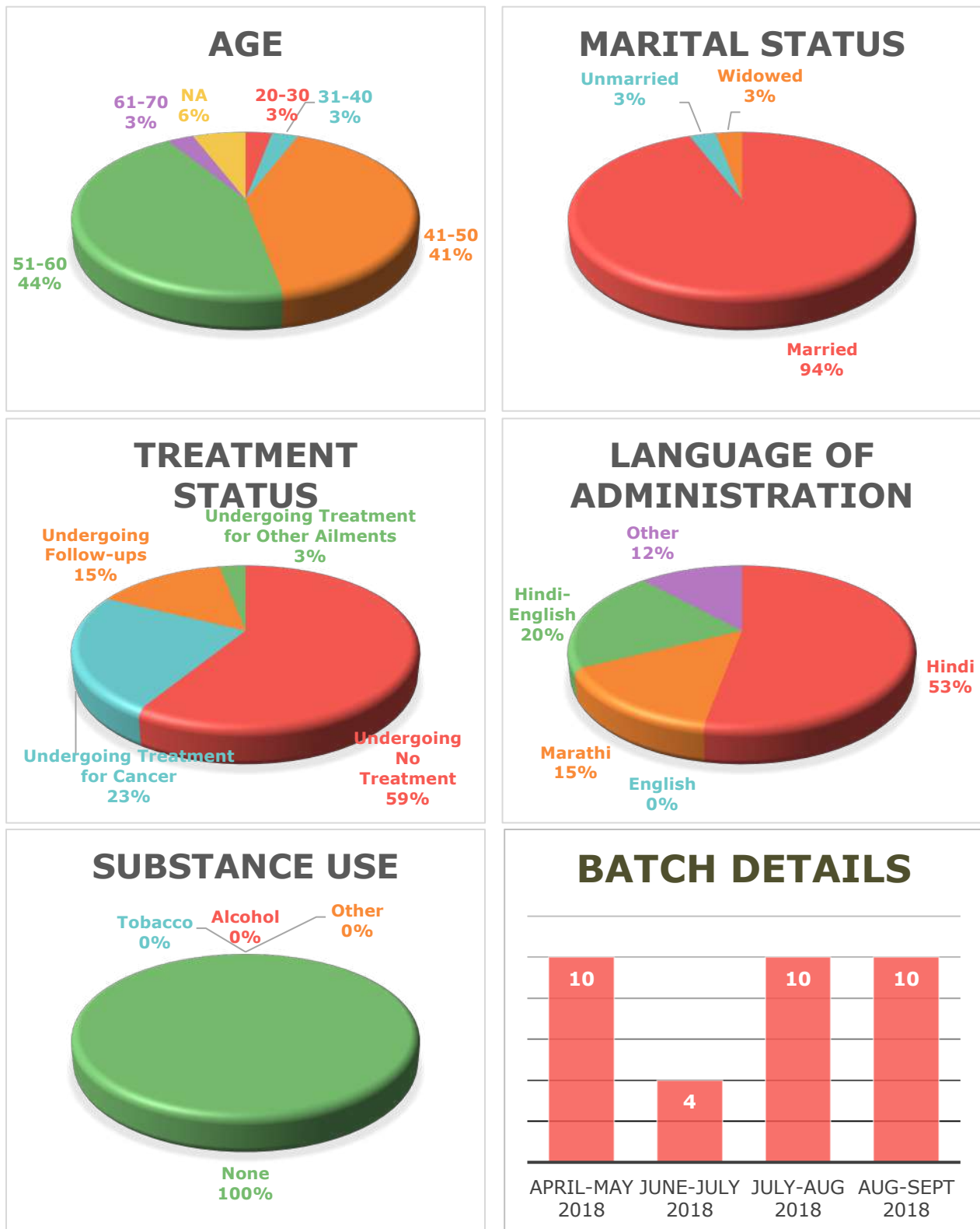


Figure 1a. Demographic details of participants of the four Concurrent Batches.

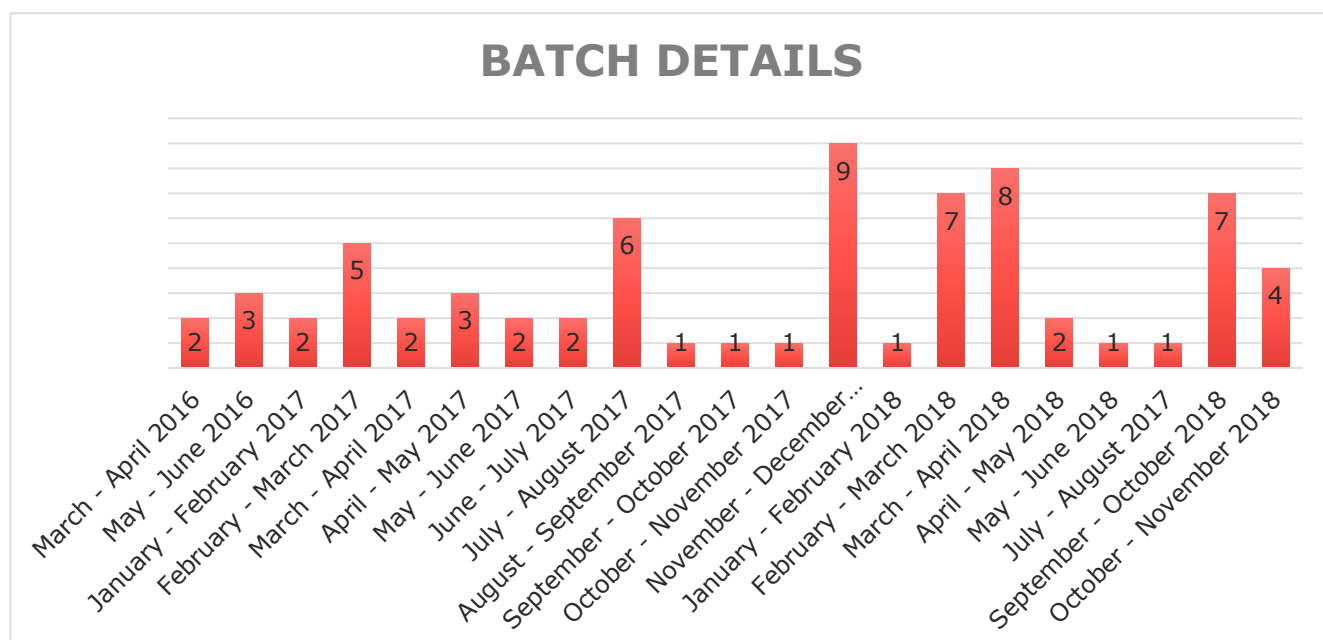
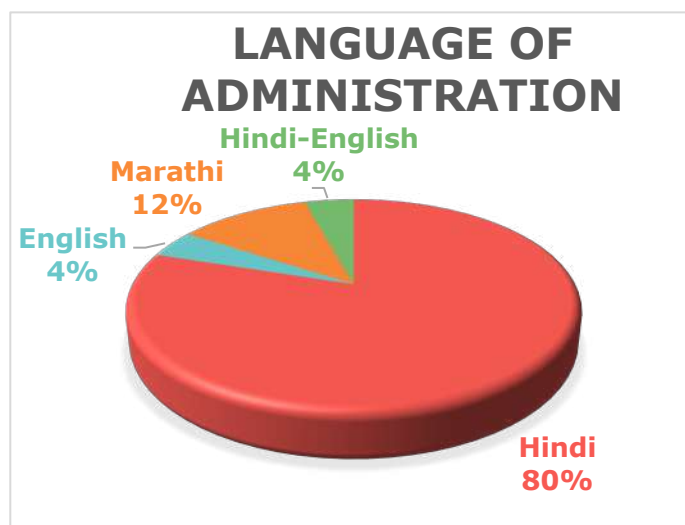
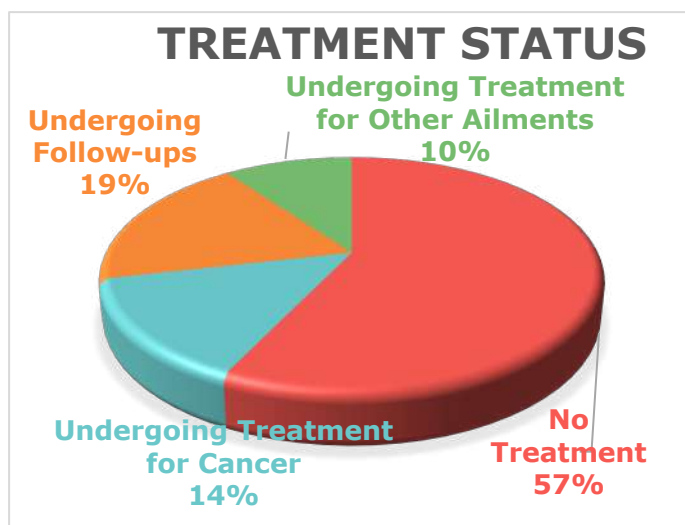
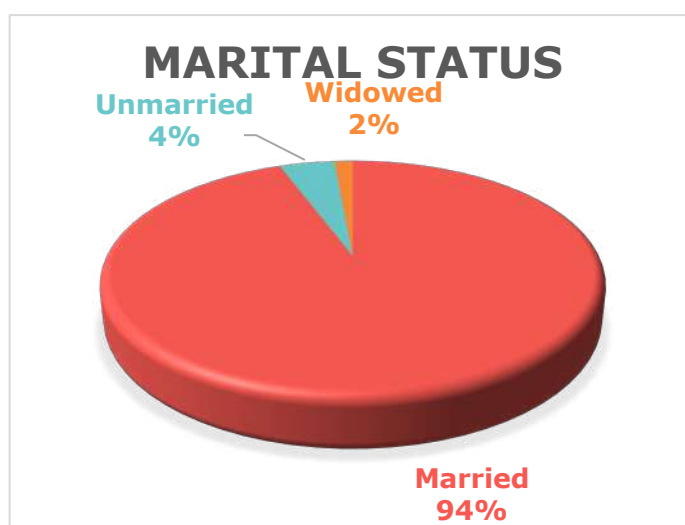
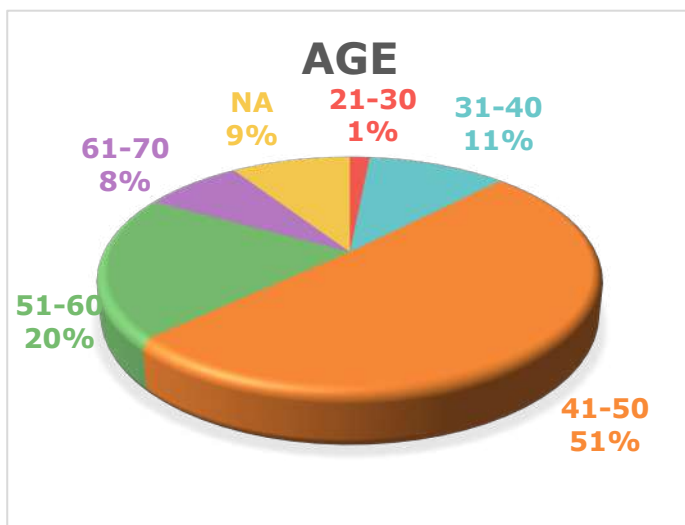


Figure 1b. Demographic details of participants of the Previous Batches.

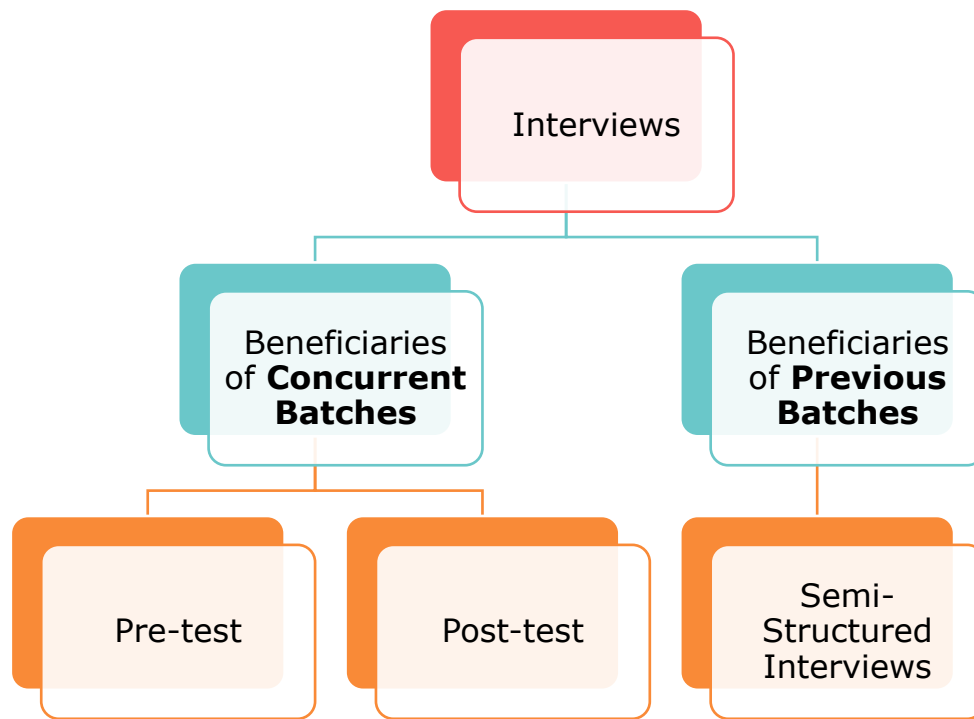


Figure 2. A breakdown of the types of interviews conducted with beneficiaries of the *Sanjeevani* Wellness Program.

Only those participants who had attended 80% of the total sessions (28-29 sessions) were included in the evaluation. Most studies assessing palliative care programs report large attrition rates among the participants, either due to ill-health or poor survival rates (for a review see Kaasa and Loge, 2002). Attrition refers to the decreasing sample size at subsequent assessment points due to drop-out or withdrawals. Attrition rates in longitudinal oncology studies range from 22 to 60% (Jordhoy et al., 1999; Gilbar & Neuman, 2002; Servaes et al., 2002). The cut-off criterion was adopted to ensure adequate compliance to the program, allowing for valid analysis and interpretation of the program effects. Participants who could not attend multiple program sessions might not have gained the knowledge and insight that is to be gained from consistent participation. Thus, they would have different outcomes as compared to those participants who attended most of the sessions. Additionally, participants who decide to drop-out of programs arguably differ from those who remain in the program on important characteristics such as severity of illness or demographic background



details not pertaining to the program, but which might have hampered their participation. Allowing the responses from these participants would bias the results and affect the generalizability of the study findings. Thus, a total of thirty-four participants were found to be eligible and were interviewed from the concurrent batches for the evaluation. Semi-structured interviews were conducted with 70 participants of previous batches alongside the interviews with the concurrent batches. Table 1 details the time frame in which all the interviews took place.

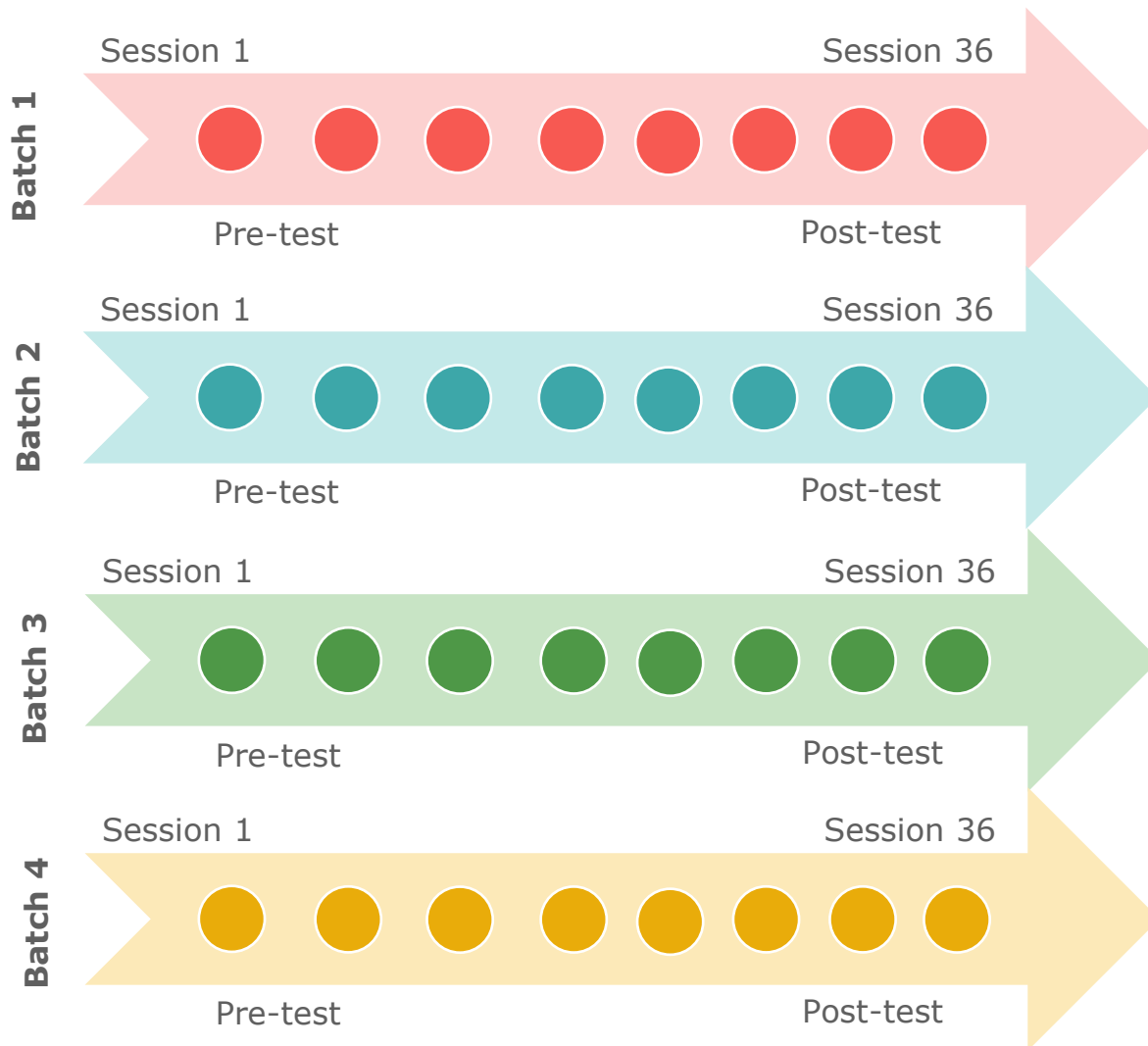


Figure 3. Illustration of the data collection process for the concurrent batches.

Table 1. Timeline of data collection for evaluation of the *Sanjeevani's* Wellness Program.

<b>Task</b>	<b>March 2018</b>	<b>April 2018</b>	<b>May 2018</b>	<b>June 2018</b>	<b>July 2018</b>	<b>August 2018</b>	<b>Sept 2018</b>	<b>Oct 2018</b>
Literature Review	X							
Finalizing Measures and Assessments	X							
Training Personnel	X							
Pre- and Post-Tests of Group 1		X	X					
Pre- and Post-Tests of Group 2				X	X			
Pre- and Post-Tests of Group 3					X	X		
Pre- and Post-Tests of Group 4						X	X	
Interviews with Participants of Previous Batches		X	X	X	X	X	X	X

## DATA COLLECTION AND INSTRUMENT CREATION

Both quantitative and qualitative data were collected during interviews with participants of the concurrent and previous batches. Quantitative data included information about quality of life, the participants' affective states, overall life satisfaction, and perceived quality of care. Qualitative data included questions about the participants' dietary habits, impact of the overall program and impact of each of its components on participants' lives, and suggestions for improvement in the program.

Given the large remit undertaken in this evaluation, selecting and creating appropriate measurement instruments was of paramount importance. To address the research questions of outcomes/impacts of the program on the participants, four reliable and valid scales were used:

**The Overall Life Satisfaction Question.** This scale assesses subjective well-being through a single item, scored from 1 to 10 (Appendix B). This question was adopted from the World Values Survey (Bjørnskov, 2010) and was employed for its ease of comprehension and validity.

**Cantril's Ladder of Life Scale.** This scale measures satisfaction with the participants' current life, scored from 0 to 10. While similar to the earlier subjective well-being scale, the two scales measure conceptual different items (Bjørnskov, 2010). This item was adopted from the Gallup World Poll World Values Survey (Appendix B).

**Positive and Negative Affective Scale (PANAS).** This 20 item questionnaire measures positive (i.e. interested; excited; etc.) and negative (i.e. upset; scared; etc.) affects. Each item is rated on a 5-point scale of 1 (not at all) to 5 (very much). Studies have found PANAS to be a reliable and valid instrument in the assessment of affective states (Appendix C; Positive Affect Scale  $\alpha = 0.79$ ; Negative Affect Scale  $\alpha = 0.81$ ).

**Quality of Life Questionnaire (QLQ).** The European Organisation for Research and Treatment of Cancer (EORTC) is a leader in development of cross-culturally valid and reliable scales assessing various aspects of

cancer research. The QOL C30 (Version 3) is one such instrument. A 30-item quantitative questionnaire is one of the most widely used questionnaires for cancer patients in Europe and around the world. The questionnaire employs functional, symptom, global health, and quality of life scales. The questionnaire is available in nine Indian regional languages including Hindi and Marathi. In the current study, the questionnaire was administered either in English, Hindi, Marathi, or a mix of these languages, based on the preference of the participant (Appendix D;  $\alpha = 0.71$ ).

To address the research question assessing participants' perceptions of the program and overall care, a new research instrument had to be devised. Existing measures assessing quality of care cater primarily to onco-medical programs or those in hospital/clinic set-ups. Given the uniqueness of the *Sanjeevani* model, with its emphasis on informal settings to promote a more holistic healing, a new measure was warranted to ensure appropriate evaluation context. The new instrument created to assess quality of care was based on the EORTC IN-PATSAT32. The original form of 32 items assessed patient satisfaction with the quality of care received in oncology hospitals across the world. In the revised version used for this evaluation, 13 items were retained (Appendix E;  $\alpha = 0.90$ ). These items pertained to the qualities of the program personnel such as knowledge (i.e., *during the term of the program, how would you rate the personnel in terms of their knowledge and experience of your illness*), their human qualities (i.e., *during the term of the program, how would you rate the personnel in terms of their human qualities – politeness, respect, sensitivity, kindness, patience...*), and their attention and care towards the participants (i.e., *during the term of the program, how would you rate the personnel in terms of the interest they showed in you personally*). The items also assessed the environment where the program was taking place such as cleanliness of the building and ease of access. Similar to the original scale, participants were asked to rate each item on a scale of 1 (*Poor*) to 5 (*Excellent*).

Given the emphasis of experiential learning at *Sanjeevani*, restricting the evaluation to quantitative measures cover only one dimension of the potential program impacts. Qualitative material was gathered through a semi-structured interview, where more open-ended questions allowed

for deeper discussions with the participants. Interview questions assessed dietary habits (Appendix F), satisfaction with the program, overall impact of the program on the participants, as well as impact of each of the modules of the program. Such semi-structured questions were asked to the participants of current batches as well as participants of previous batches (Appendix G).

Figure 4 illustrates the flow of the questionnaire for the three types of interviews conducted. While every attempt was made to meet with the participants in person, interviews had to be conducted according to the availability of and convenience to the participants. Thus, 27 of the interviews with participants of the previous batches and 5 of the interviews with participants of the concurrent batches were conducted telephonically. Additionally, adhering to the ethical standards laid out earlier, participants of the previous batches were asked for their consent before recording the interview. In total, 54 out of 71 participants consented to the voice recording (Appendix I). The remaining participants who did not consent had their responses and ratings manually recorded. These have not been included in the transcriptions in Appendix I.

All of the quantitative and qualitative measures were translated into local languages. The interviews were conducted by enumerators from Monk Prayogshala, a not-for-profit academic research organization. The enumerators were trained in conducting face-to-face interviews, were well-versed in the instruments used, and were fluent in English, Hindi and Marathi. Furthermore, the interviews were conducted in accordance with a strict code of ethics, ensuring that no harm or discomfort came to the participants and that their decision to take part in the interviews was entirely voluntary. The purpose of the interview, any potential advantages/disadvantages to the participants were explained and permission was sought through the Informed Consent read out to the participants. Confidentiality was maintained through-out the research project, with participants assured that data would be stored securely and that no data would be traced back to them directly.

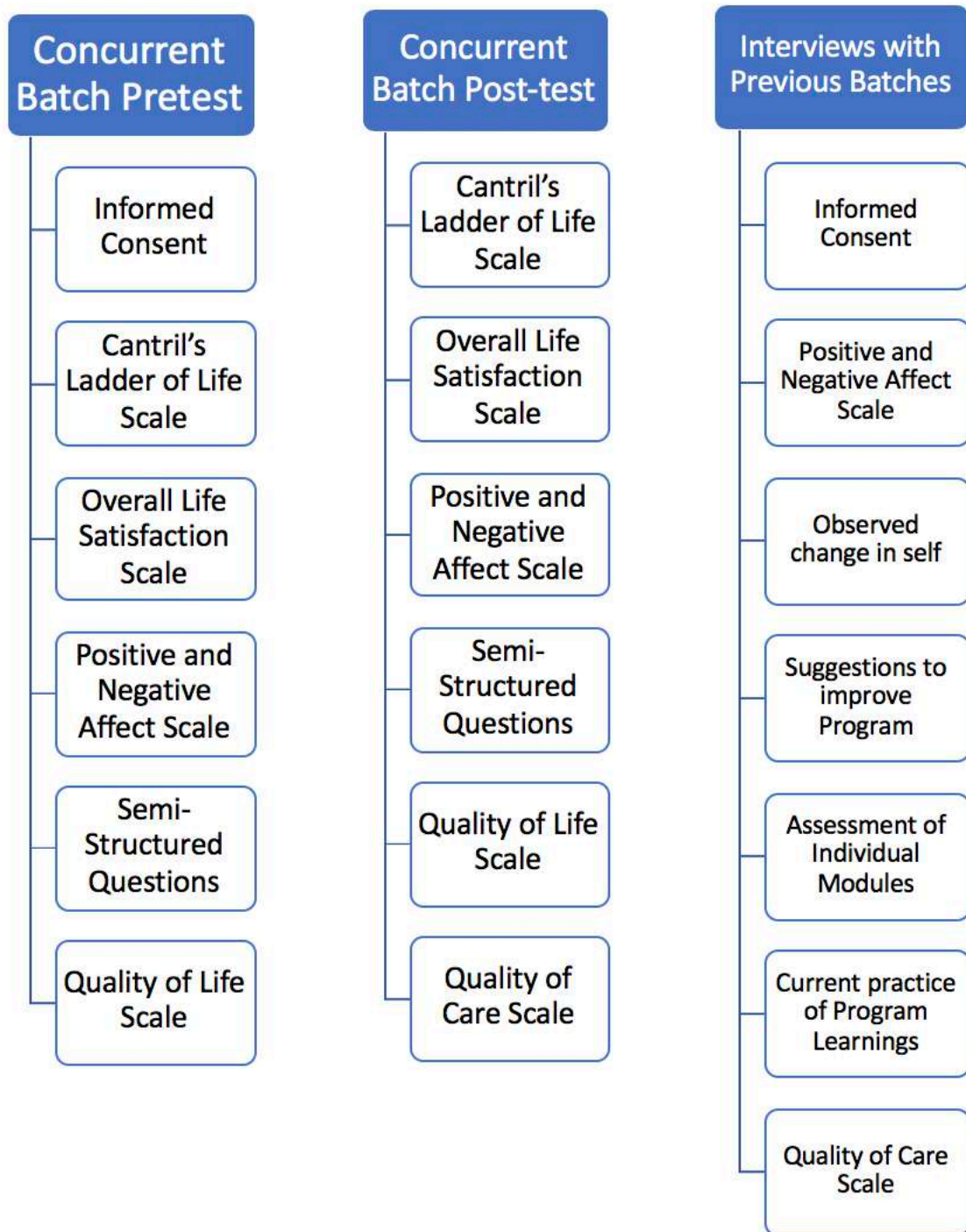


Figure 4. Scales used in each type of interview conducted.

## ANALYSIS PLAN

All quantitative data were analysed by use of the Statistical Package for Social Sciences (SPSS) V22.0.0.0. Descriptive analyses were conducted to understand and summarize the basic features of the sample. To assess any significant changes that may have occurred as a consequence of the program, data pertaining to satisfaction, affect, and quality of life, collected at the beginning and at the end of the four concurrent batches, were analysed using Student's Paired Samples *t*-test. The *t*-test is an inferential statistic which is used to determine whether there is a significant difference between the means of two groups. The alpha level was determined to be 0.05, a universally accepted benchmark across research fields. This level of significance indicates only a 5% risk of committing a Type I error, i.e. concluding that a difference exists when there is none. The quantitative responses of affect and quality of care gleaned from participants of the previous batches were also assessed with similar measures from the post-test of participants of the concurrent batches. Assessing these responses using an Independent Samples *t*-test enabled in the assessment and interpretation of the long-term consequences of the *Sanjeevani* program.

Content analysis was undertaken to determine trends in the qualitative data. Content analysis is a method of analysing written, verbal or visual communication messages (Cole 1988), with an aim to condense large data into concepts or categories broadly describing the phenomenon. Content analysis of the interviews revealed similar responses that were classified into broad categories, uncovering trends in the thoughts and opinions of the participants, allowing for a deeper understanding of their experiences. Findings from the quantitative and qualitative analyses are reported and discussed in the following sections.

# KEY FINDINGS

## PSYCHOLOGICAL ASPECTS

Interviews with participants from four concurrent batches ( $N = 34$ ) revealed several benefits of the Wellness Program. Given the devastating nature of the illness, affective states of individuals suffering from cancer are severely impacted. This may be in the form of acute distress, anxiety, depression, emotional numbness, and an inability to cope with or disinterest in daily life situations. One of the primary aims of the program is to equip the participants to allay their emotional distress, and increase their experience of positive affective conditions such as general interest and excitement in undertaking varied activities, mental strength, alertness of mind, and overall activity levels. Participants' positive and negative affect before starting and after completion of the program was measured via the Positive and Negative Affect Scale (PANAS). T-tests indicated that there was a significant decrease in participants' negative affective conditions (see Table 2) such as being upset, scared, irritable, nervous, or feeling guilty, after completion of the program. Although there was no significant difference in positive affect before and after the program, the mean positive affect scores were slightly higher after the participants had completed the program, indicating a positive trend for that component of the program.

Table 2: Comparisons of positive and negative affect before and post completion of the Wellness Program.

Affect	Pre-test		Post-test		<i>T</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
<i>Positive</i>	33.06	7.34	34.44	7.79	-0.94	0.35
<i>Negative</i>	20.29	6.22	14.97	5.00	5.05	0.000

Note: *M* = Mean; *SD* = Standard Deviation.



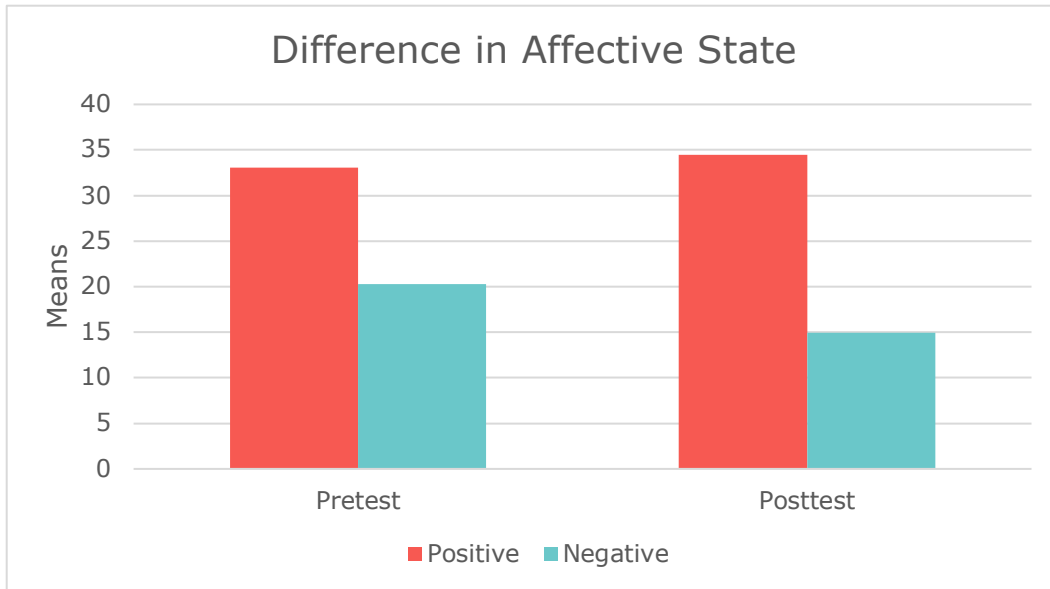


Figure 5: Pre- and post-test comparisons of positive and negative affect for Concurrent Batches (N = 34)

When compared with participants who had completed the program in the past ( $N = 70$ ), it was found that there was no difference in the positive affect levels of the current batches, which indicated that the effect of the program is prolonged. While the overall negative affect of participants from previous batches was higher as compared to the concurrent batches, this result must be interpreted with caution. This is because many patients reported multiple medical relapses, family problems, and other chronic health issues to be the reasons for general anger and irritability. Overall high positive affect indicates that even though the ex-participants exhibited some strong negative emotions, they were also able to manage them effectively.

Table 3: Comparisons of positive and negative affect between participants who completed the Wellness Program before May 2018 versus those who completed it between May-September 2018.

Affect	Previous Batches		Concurrent Batches		<i>T</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
<i>Positive</i>	32.41	7.41	34.44	7.79	1.29	0.201
<i>Negative</i>	22.97	7.72	14.97	5.00	-5.50	<0.000

Note: *M* = Mean; *SD* = Standard Deviation.

In addition to positive and negative affect, the program also focused on the participants' overall emotional and cognitive functioning, which included factors such as ease in performing daily life tasks which require concentration, ease in noticing and remembering things, their own mental condition, and their own perceptions of how much their family, social, and financial aspects of life have been impacted by their illness. This aspect was evaluated via the Quality of Life Questionnaire (QLQ-30), formulated by the European Organisation for Research and Treatment of Cancer (EORTC). Participants reported improved cognitive, emotional, and social functioning (see Table 4). Better functioning in these aspects indicated an improved ability to perform routine tasks, and a more positive frame of mind (Figure 6). The Wellness Program, therefore, equipped the participants to accept their condition better, through a greater understanding of their own thought processes and encouragement to freely express their feelings about their illness. Moreover, the program promoted higher self-acceptance, through a combination of self-affirmations and calming exercises. This is evident through some participant responses such as

***"Feels well now, and determined that everything is going to turn out well. Perspective changed after coming to Sanjeevani", "irritable/"why me"/ suicidal ideation when the diagnosis was given. Since coming [I am] feeling better, feel like living, enjoy interacting with the people here" and "has reduced anger and hostility increased positive attitude has started waking up earlier (6 am), used to wake up at 10–11am reduced appetite more active (does yoga, goes on morning walk)."***

This aspect may have led the participants to change their perceptions about their daily experiences and focus on attaining a proactive and healthier lifestyle.

Table 4: Comparison of overall emotional, cognitive, social, and total distress before and post completion of the Wellness Program.

Functioning	Pre-test		Post-test		<i>T</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
<i>Emotional</i>	1.93	0.59	1.63	0.61	2.73	0.010
<i>Cognitive</i>	1.61	0.73	1.32	0.46	2.45	0.020
<i>Social</i>	1.46	0.79	1.22	0.53	1.99	0.054
<i>Total</i>	1.65	0.37	1.46	0.38	3.20	0.003

Note: *M* = Mean; *SD* = Standard Deviation. Lower scores correspond to lower distress and better functioning.

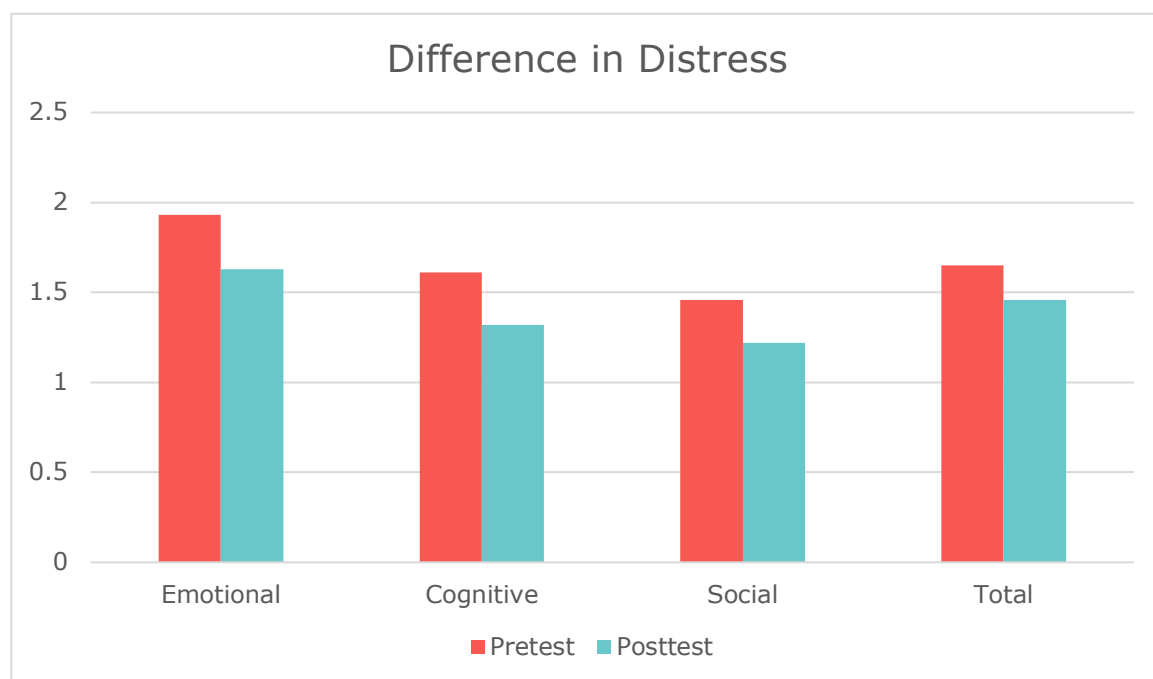


Figure 6: Pre- and post-test comparisons of emotional, cognitive, social, and total functioning for Concurrent Batches (*N* = 34).

When probed with the question ‘*Could you tell us what changes you have noticed in yourself, before the onset of your illness and since then?*’, several participants indicated that they experienced a range of negative emotions, such as fear about the illness, irritability, shame and social withdrawal, as well as stress and anxiety. However, these concerns had reduced after attending the program. After completion of the Wellness Program, many participants reported feeling more in control of their emotions, which led to lower anger and hostility, better understanding of feelings of people around them, and higher inner

strength. One participant mentioned that she experienced mental distress from having to deal with hospital protocol. She started feeling more self-sufficient after joining the Wellness Program, and also started feeling more hopeful. Another participant asserted that she had better knowledge of her illness after joining the program, and garnered better strength to fight it. While she was sad for a few months after undergoing surgery, she had stopped actively worrying about her illness after completion of the program. Similarly, another participant mentioned feeling upset and irritable about her illness, but those feelings subsided after joining the Wellness Program. Yet another participant offered a different perspective, when she said that she found a routine and a purpose by joining the program. She also started feeling more confident and rediscovered her identity because of that. Participants of the Previous Batches noted that they continued feeling more positive in their lives after completion of the Wellness Program and did not feel scared as they used to before, when asked 'Did you notice any changes in yourself after participating in this program?'. One participant said she **"felt more confidence."** Two of the past participants felt changes across a variety of factors; while one said that

***"lot of self-doubt and anxiety was eased after attending this program, pay more attention to self, thinks positively, daily exercise, follows strict timing for lunch/dinner/etc. as much as possible. To look after self-first before anything else."***

Another said she

***"changed food habits, stopped eating some types of food. Meditation helped with side effects of chemo, health complications reduced, other lifestyle changes, relaxed feeling overall."***

Some of the participants of the Previous Batches mentioned feeling emotionally stronger, and more comfortable going out and being in social situations.

***"There has been a lot of change in me. Earlier I had no will to live. You perhaps have seen my videos, I mean the videos of***

*my interview, it was like earlier I did not want to live. Just as my radiation finished, and Sanjeevani began, Archana madam forced me to come...After coming to Sanjeevani everything has changed. Everything like, eating, sleeping, sitting, living, the way I see things, the way I speak...A lot of positive change has come. And so has a lot of confidence."*

## **PHYSICAL ASPECTS**

The physical toll that cancer takes is associated with physiological symptoms of the illness itself, as well as the side effects of its treatment modalities. For instance, the surgical scars, and exposure to radiation in chemotherapy can cause intense pain and burns. Moreover, chemotherapy can also result into nausea, vomiting, and associated physiological symptoms. The Wellness Program employed modules such as yoga, reflexology, and nutrition management, in order to help the participants improve their immunity and endurance to pain. The physical aspects of their quality of life were also measured via the QLQ-30. After completion of the program, the participants reported lower overall pain and other symptoms of physical discomfort. Specifically, there was a significant reduction in symptoms of dyspnea, constipation, and diarrhoea, among the participants (Table 5). While the changes in symptoms of nausea and vomiting, insomnia, fatigue, and appetite loss were not statistically significant, the post-test means for these variables indicated a reduction in these symptoms (Figure 7). There was an improvement in overall quality of life due to the combined effect of physical activity induced by modules such as yoga, with the focus on eating right and healthy, which is addressed later in the chapter.

Table 5: Comparison of physical symptoms before and post completion of the Wellness Program.

Symptom	Pre-test		Post-test		<i>T</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
<i>Pain</i>	1.82	0.61	1.44	0.53	3.36	0.002
<i>Dyspnea</i>	1.62	0.89	1.35	0.54	2.32	0.03
<i>Constipation</i>	1.29	0.52	1.12	0.33	1.98	0.06
<i>Diarrhoea</i>	1.29	0.68	1.03	0.17	2.18	0.04
<i>Total Symptoms</i>	1.60	0.35	1.46	0.36	3.43	0.002

Note: *M* = Mean; *SD* = Standard Deviation.

## OTHER ASPECTS

### Financial

Cancer treatment is expensive and can result in financial burdens for the patients. Even if there is no direct cost for the treatment, there can be an indirect depletion of financial resources when cancer patients are unable to regularly attend work because of their ailment or have to quit their jobs altogether. The mere perception of these financial difficulties may result into mental stress and aggravate the illness-related issues. Upon completion of the Wellness Program, participants' perception of their own financial difficulties reduced considerably ( $M_{\text{Pre}} = 2.03$ ,  $SD_{\text{Pre}} = 1.09$ ;  $M_{\text{Post}} = 1.50$ ,  $SD_{\text{Post}} = 0.79$ ;  $t = 3.02$ ;  $p = 0.005$ ). The changes in their experience of positive affective conditions may have contributed in enabling the participants to view their financial difficulties in a different light and handle financial stressors effectively (Figure 8). One participant, when asked about the changes she saw in herself since the beginning of her illness till the date of the interview, stated that money was a major fear and problem. However, she wasn't scared, she remained strong. This indicated that she saw her finances as a major hurdle and was stressed about it, but after completion of the Wellness Program, she remained strong and was not scared any more.

Another participant mentioned being worried about her financial condition but stressed that this was before beginning the program.

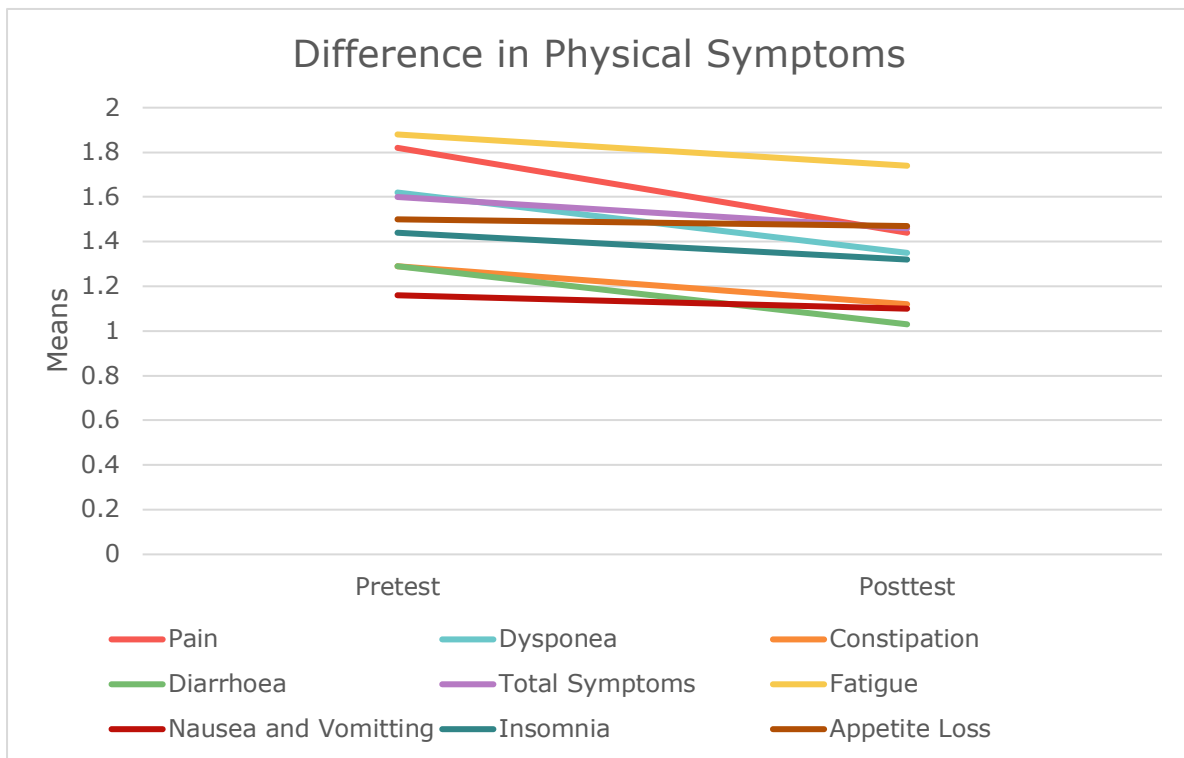


Figure 7: Pre- and post-test comparison of physical symptoms.

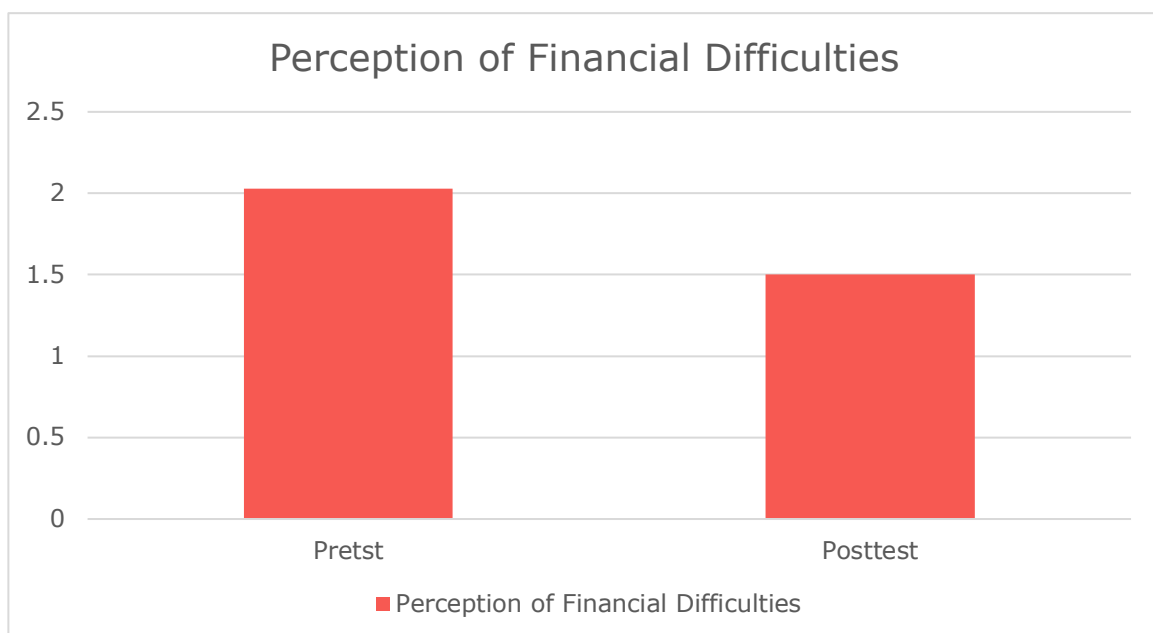


Figure 8: Pre- and post-test comparison of participants' perception of their own financial difficulties.

## **Nutritional**

Qualitative analyses of participants' responses indicated that they had tailored their food habits based on the information provided in the Wellness Program. Generally, participants reported changes in their food intake frequency as well as the type of food they consumed. For instance, most participants included fruits and dry fruits in their diet and converted to black or sugarless (or both) tea and coffee rather than regular ones. The nutritional advice stressed upon consumption of more fibrous and milder, and less spicy and oily foods. All participants incorporated this advice into their daily diet plans by consciously avoiding oily and spicy foods, lowering intake of non-vegetarian food items, and eating more pulses. These changes may have particularly aided those participants who were still undergoing chemotherapy while in the program, as some of them reported higher endurance against the radiations, resulting in lower or no side-effects of the therapy. A participant of the previous batch similarly summed up these findings by stating

## **Quality of Care**

Overall merit of the Wellness Program was also assessed based on how the participants of Concurrent and Previous Batches perceived the quality of care they received throughout the duration of the program. This was evaluated in context of the quality of information they were provided about the program before deciding to join it, the personal qualities of the personnel teaching various modules, as well as the content of these modules, and the accessibility and general maintenance of the Wellness Centre. Majority of the participants found the program to be extremely beneficial and rated the quality of care they received highly. Of the 34 participants interviewed, 30 cumulatively rated the quality of care to be 45 and above out of a possible 65, while the scores of four participants ranged between 39-44. Upon being probed further regarding the lower ratings, none of the participants mentioned any specific issues that may have impacted the score. It is therefore possible that these participants had a general tendency toward average scoring. Barring four, all participants from the previous batches also rated the overall quality of care to be 45 and above. Some of these participants



mentioned that it was taxing for them to travel to the center as many lived at the other end of the town. This issue was soon addressed by the center by moving to a more central location in the city, which was easier to access for the following batches. There were no differences in perception of the overall quality of care received in the program for current participants as well as past beneficiaries ( $M_{\text{Previous Batches}} = 54.63$ ,  $SD_{\text{Previous Batches}} = 6.83$ ;  $M_{\text{Current Batches}} = 55.79$ ,  $SD_{\text{Current Batches}} = 7.87$ ;  $t = 0.78$ ;  $p = 0.44$ ; Figure 9), which indicated that the high-standards of information dissemination were maintained throughout various batches. The Wellness Program was therefore consistently being administered through its modules across batches.

Similar findings were echoed in the qualitative interviews with participants of the previous batches. One participant stated:

***"...they motivate us a lot. They show everyone love, and treat everyone with respect. They don't think that 'we are patients' and hence treat us differently; they interact with us very well. Actually, I too want to join Sanjeevani and help people the way they have helped me..."***

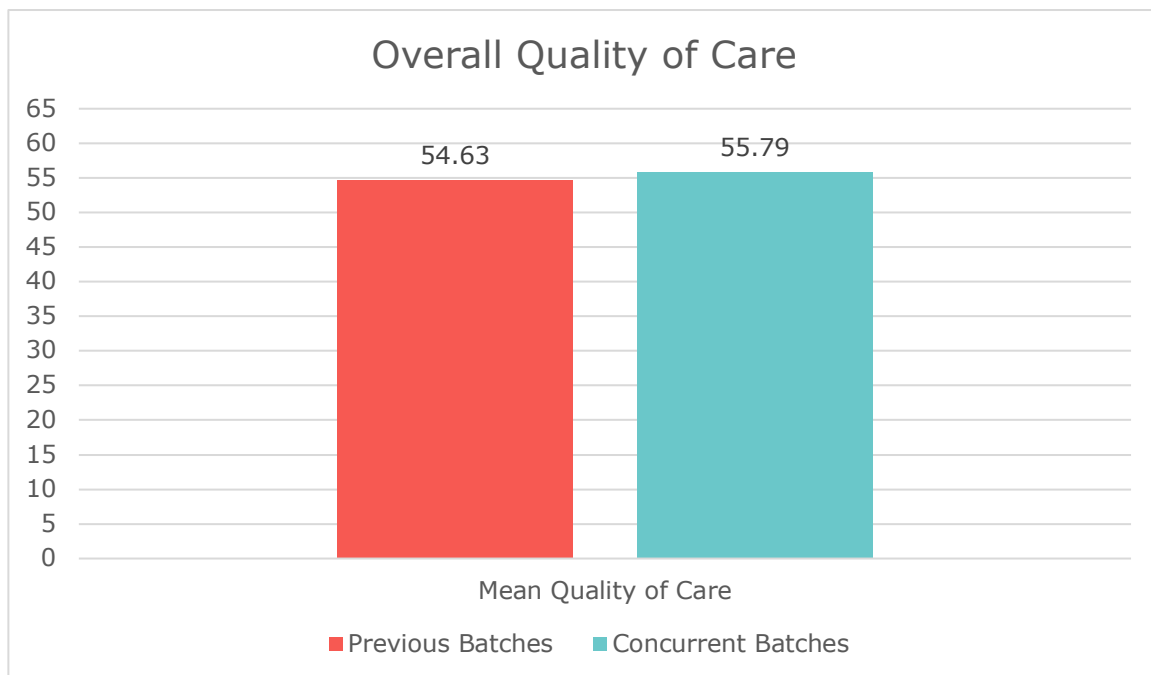


Figure 9: Perception of quality of care received in the Wellness Program for Previous and Concurrent batches.

## OVERALL HEALTH

As a result of the positive difference in their affective conditions as well as alleviation of distressing physiological symptoms, the participants' evaluation of the overall quality of their lives was higher after the completion of the Wellness Program. This was reflected in the Global Health Status aspect of the QLQ-30, which assess how individuals perceive their mental and physical health in totality. The participants perceived themselves to be in better overall health after completion of the program as compared to that during enrolment in the program ( $M_{Pre} = 5.21$ ,  $SD_{Pre} = 1.23$ ;  $M_{Post} = 5.66$ ,  $SD_{Post} = 1.13$ ;  $t = -1.91$ ;  $p = 0.06$ ; Figure 10).

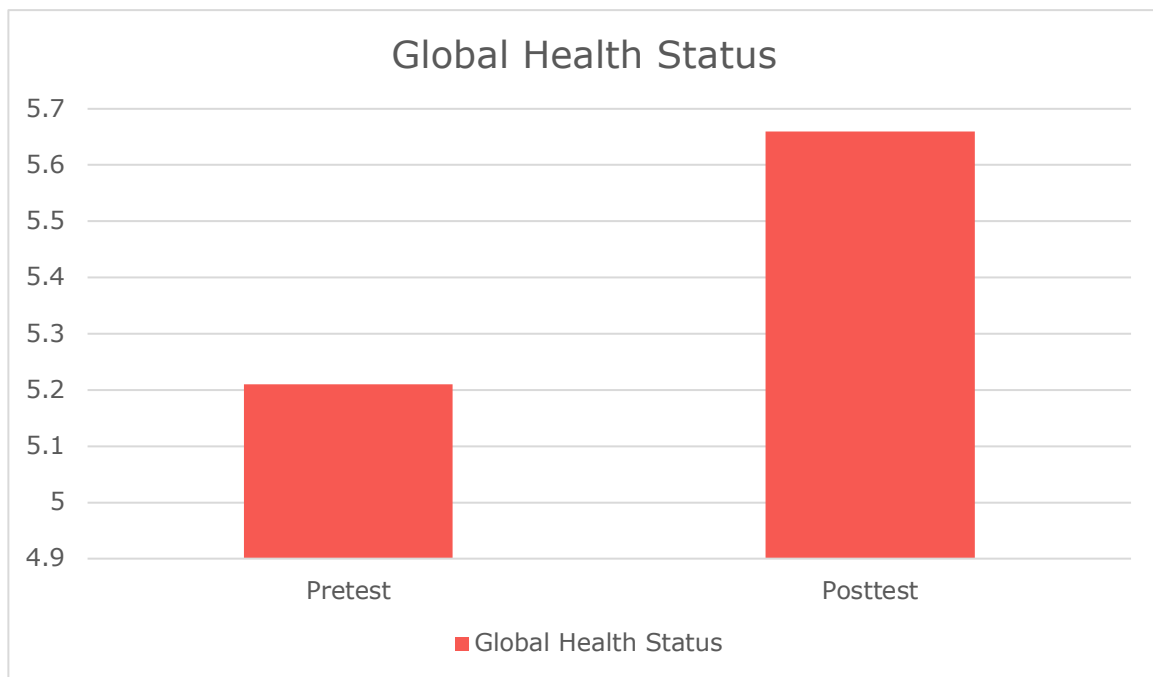


Figure 10: Pre- and post-test comparison of the Global Health Status of participants from Concurrent Batches.

Interviewees who had previously completed the program gave a mean rating of 8.69 out of 10, on their overall satisfaction with the program, and with the exception of 2 participants, all beneficiaries mentioned that they still practiced some or all of what was taught to them in the program, as it reaped several health benefits. Yoga and nutrition were the most commonly practiced aspects of the program, followed by dance therapy and emotional freedom techniques.

## SUGGESTIONS FOR CHANGES

The most common feedback given by participants from Concurrent and Previous Batches were for infrastructure-related changes. Participants consistently mentioned difficulties with travel and transport to the centre and suggested a need for better accessibility. Another common concern was regarding having better sanitation facilities inside the centre as opposed to a common washroom outside. However, both these concerns were effectively handled by *Sanjeevani* during the course of the study itself, by moving the centre to a different, more central location. Participants of the last Concurrent Batch and a few participants from the Previous Batches, who visited the new centre, expressed satisfaction with the new location and amenities.

Some participants felt that there should have been a social aspect to the program such as a group outing or activity. Given the emphasis that *Sanjeevani* Wellness Program puts on community healing, group activities such as educational outings, outdoor physical activity, or a change in the settings of modules could potentially aide in their overall wellbeing. Research finds that cancer survivors who get physical activity score better on quality of life measures (Fong et al., 2010; Speck et al., 2016; Schmitz et al., 2005). Cancer patients and survivors are at risk of struggling with stress, depression, and anxiety, but time spent outdoors can provide a significant mood boost. Engaging in social activities is generally associated with positive outcomes, but for cancer patients who maybe struggling with isolation or depression, getting active outdoors with other people can have particularly substantial benefits. Social activities promote stronger relationships and new friendships, and reduce isolation and mortality (Kroenke et al., 2005). A strong social network is important for both physical and mental health, boosting mood, improving cognition, and even increasing survival rates in people with cancer.

# CONCLUSIONS AND IMPLICATIONS

The evaluation of *Sanjeevani...Life Beyond Cancer's* Wellness Program unearthed the importance of a rounded intervention emphasising on both physical and mental health aspects of the fight against cancer. Overall, the participants' physical, cognitive and social functioning improved, and they reported positive mental health at the end of their sessions. Additionally, the program was found to have assisted in regulation and reduction of negative affect and feelings, reduction in stress concerning finances, and reduction in physical symptomology such as pain and discomfort. The program learnings were found to be retained in the long-term, with most participants of Previous Batches reporting that they continue to integrate their learnings in daily life.

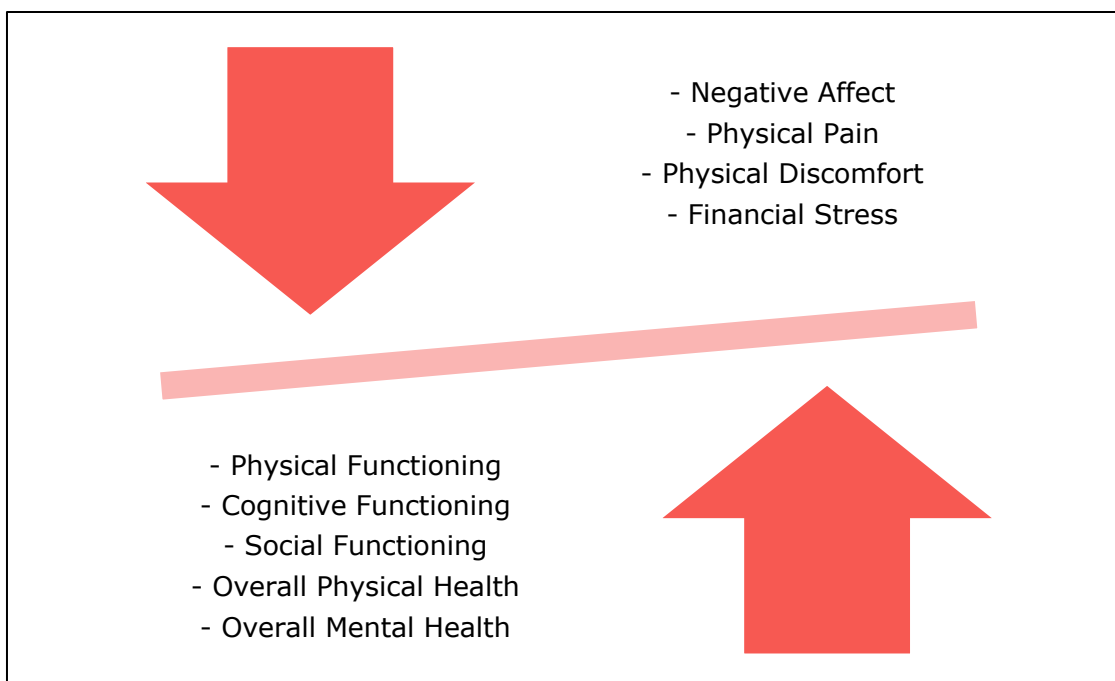


Figure 11. Illustrations of key findings of impact evaluation.

Using measures which were scientifically sound and reliable, along with the combination of semi-structured interviews, this report was able to evaluate the efficacy of the *Sanjeevani* Wellness Program as well as systematically document the opinions and feedback from its beneficiaries.

The integrative model of the Wellness Program works successfully alongside mainstream onco-medical procedures, allowing beneficiaries to manage any side-effects of such interventions. Additionally, the complimentary therapies employed by *Sanjeevani* have been proven in scientific studies to be low-risk and decidedly useful in managing the physical and psychological health of patients. The multidisciplinary modules employed by the Wellness Program unequivocally impact the lives of the beneficiaries for the better, helping them manage the emotional burden of their treatment, its side-effects, and improve the overall quality of life.

Integrative and complimentary treatments such as those employed by *Sanjeevani's* Wellness Program are not easily accessible to all, especially those from lower socioeconomic backgrounds. A growing body of literature has confirmed that disparities exist with regards to treatment services for patients of cancer, based on socioeconomic factors such as poor educational status, low income, unemployment, and lack of health insurance. *Sanjeevani...Life Beyond Cancer* provides a service that is unique in its outreach to women from poorer backgrounds, who often hold the most disadvantaged positions due to their gender and economic circumstances. These women often do not have the support and understanding from their surroundings to help them navigate through their illness. Additionally, their existing burdens and those of their families are exacerbated by their illness and its treatment procedures. The *Sanjeevani* program centre creates a space of understanding, acceptance, and community for its beneficiaries which goes a long way in reducing distress and coping with the diagnosis of cancer and its side-effects.



Figure 12. Variables which contribute to the overall wellbeing of the beneficiaries of Wellness Program.

Overall, the Wellness Program proved beneficial to the participants immediately after its completion as well as in the long run. Benefits included better physical and mental endurance to the challenges posed by cancer, and a better response to its treatment. Moreover, the program also encouraged participants to adopt a healthier lifestyle via exercise and better food habits. The knowledge gleaned from the program was retained by the beneficiaries in the long run, and practiced in daily life over time.

Through its unique model and ethos, the *Sanjeevani...Life Beyond Cancer's* Wellness Program provides a holistic method of healing for cancer patients and survivors. The glowing commendations from its beneficiaries shows that the program significantly impacts their lives and if the feedback from participants is incorporated efficiently, there is a potential for *Sanjeevani* to expand its operations and touch the lives of more individuals in need.

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# APPENDICES

## APPENDIX A: INFORMED CONSENT

### **Informed Consent Form for Impact Assessment of *Sanjeevani...Life Beyond Cancer Wellness Program***

We are from Monk Prayogshala, an NPO that conducts research. We are assessing the impact of the Sanjeevani Wellness Program on your health and wellbeing. From your feedback we hope to understand what you think about the program and whether or not you have benefited from it. Your feedback will help in improving the program and will also help in assessing the effectiveness of the different therapies you have received. If you wish to participate, we will ask you a few questions now and then meet with you again at the end of the program to ask you some more questions. These interviews will take up to 20-40 minutes.

हम Monk Prayogshala, एक NPO से हैं जो शोध आयोजित करते हैं। हम आपके स्वास्थ्य और कल्याण पर Sanjeevani Wellness Program के प्रभाव का आकलन कर रहे हैं। आपके जवाबों से हम यह समझने की उम्मीद करते हैं कि आप प्रोग्राम के बारे में क्या सोचते हैं और क्या इससे आपको लाभ हुआ है या नहीं। आपके जवाब प्रोग्राम को बेहतर बनाने में मदद करेंगे और यह समझने में मदद करेंगे कि यह therapies कितने प्रभावी हैं। अगर आप भाग लेना चाहते हैं, तो हम आपको कुछ प्रश्न पूछेंगे और फिर प्रोग्राम के अंत में आपको कुछ और प्रश्न पूछने के लिए फिर से मिलेंगे। ये interviews सिर्फ २०-४० minutes लम्बे होंगे।

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. If you choose not to participate all the services you receive at this Centre will continue and nothing will change. If at anytime you want to stop the interview and not participate, it will not affect the services you receive here. If after completing the interviews you do not wish to have your responses used, you can inform us and we will not use your responses.

इस साक्षात्कार में आपकी भागीदारी पूरी तरह से आप कि इच्छा पर निर्भर है। यदि आप इस interview में भाग नहीं लेना चाहते, तो सभी सेवाओं जो Sanjeevani प्रोग्राम से मिल रही हैं वह जारी रहेगी और कुछ नहीं बदलेगा। अगर आप interview बीच में रोकना चाहते हैं तो यह भी सम्भव है। यदि interview खत्म होने के बाद आप हमें आपके जवाबों का उपयोग करने की अनुमति नहीं देते, तोह आप हमें यह बता सकते हैं और हम आपके जवाबों का उपयोग नहीं करेंगे।

Whatever feedback and answers you give us will remain confidential and it will not affect the quality of services you receive here.

जो भी जवाब आप हमें देंगे, वे गुप्त रहेंगे और इससे आपको यहाँ प्राप्त सेवाएं कि गुणवत्ता प्रभावित नहीं होगी।

There are no risks involved in taking part in the study. There will be no direct benefit to you, but your participation is likely to help us improve this program.

यह साक्षात्कार में भाग लेने में कोई जोखिम नहीं है। आपके लिये कोई लाभ नहीं होगा, लेकिन आपके जवाबों से हमें इस प्रोग्राम में सुधार करने में मदद मिलेगी।

If you have any questions, you can ask me now or later at +919167226464

यदि आपके कोई प्रश्न हैं, तो आप मुझसे वह अभी पूछ सकते हैं या बाद में इस फ़ोन नंबर पर बुला सकते हैं।

**I have been invited to participate in the research study. I have read the information, or it has been read to me. I have had the opportunity to ask questions about it and any questions I have been asked have been answered to my satisfaction. I consent voluntarily to be a participant in this study.**

मुझे यह साक्षात्कार में भाग लेने के लिए आमन्त्रित किया गया है। मैंने सूचना पढ़ी है, या यह मुझे पढ़ा गया है। मुझे इसके बारे में प्रश्न पूछने का अवसर मिला है और मेरे सभी सवालों का जवाब संतोषजनक ढंग से दिया गया है। मैं इस अध्ययन में स्वेच्छा से भागीदार होने की सहमति देता / देती हूँ।

Print Name of Participant/ नाम

Signature/Thumb impression/ हस्ताक्षर

Date/ तारीख

Participant ID \_\_\_\_\_

I have spoken with \_\_\_\_\_ about the current research study, its potential risks and benefits, and have answered his/her queries to the best of my abilities.

Signature \_\_\_\_\_ Recruiter Name: \_\_\_\_\_  
(Authorized Experimenter)

Date \_\_\_\_\_

## APPENDIX B: OVERALL LIFE SATISFACTION SCALE AND CANTRIL'S LADDER OF LIFE SCALE

### Overall Life Satisfaction Scale

All things considered, how satisfied are you with your life as a whole these days? If 1 means you are "completely dissatisfied" and 10 means you are "completely satisfied" where would you put your satisfaction with life as a whole?

*Jab sabhi cheezon ko maana jaata hai, tab aajakal aap apne jeevan ke saath kitne santusht hain? Yadi 1 ka matlab hai ki aap "poori tarah se asantusht" hain aur 10 ka matlab hai ki aap "poori tarah santusht" hain, toh aap poori tarah se jeevan ke saath apni santushti kahaan rakhenge?*

1      2      3      4      5      6      7      8      9      10

---

### Cantril's Ladder of Life Scale

Please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. If the top step is 10 and the bottom step is 0, on which step of the ladder do you feel you personally stand at the present time?

*Maanlijiye ek seedhi hai, jo aapke jeevan ki tarah hai. Seedhi ka sabse neecha kadam aapka sabse kharaab sambhav jeevan hai aur sabse ooncha kadam aapake liye sabse achchha sambhav jeevan darshaata hai. Sabse neecha kadam 0 hai aur sabse ooncha kadam 10 hai. Aap apne vartaman jeevan ko 0-10 ke beech mein kahaan khade dekhte ho?*

0      1      2      3      4      5      6      7      8      9      10

## APPENDIX C: POSITIVE AND NEGATIVE AFFECT SCALE

Indicate the extent you have felt this way over the past week

	1 Very slightly or not at all बहुत कम या बिल्कुल नहीं	2 A little थोड़ा सा	3 Moderately मध्यम	4 Quite a bit बहुत	5 Extremely अत्यंत
Interested इच्छुक					
Distressed व्यथित / bohot pareshan					
Excited उत्साहित					
Upset परेशान hona					
Strong बलवान/sahansheel					
Guilty दोषी					
Scared भयभीत					
Hostile शत्रुतापूर्ण/ विरुद्ध					
Enthusiastic उत्साहयुक्त					



Proud गर्व					
Irritable चिड़चिड़ा					
Alert सतर्क					
Ashamed शर्मिदा					
Inspired प्रेरित					
Nervous बे चैन					
Determined अवधारित					
Attentive सचेत					
Jittery कमजोर नसों का hona					
Active सक्रिय					
Afraid डरा हुआ					

## APPENDIX D: EORTC QUALITY OF LIFE QUESTIONNAIRE C-30



### EORTC QLQ-C30 (version 3) (वर्शन ३.०)

हम आपके और आपके स्वास्थ्य के बारे में कुछ बातें जानना चाहते हैं . कृपया आप सब प्रश्नों का उत्तर स्वयं उस अंक पर गोला बनाकर दें जो आपको सबसे सही लगता है . कोई भी उत्तर सही या गलत नहीं है . आपके द्वारा दी गयी जानकारी गुप्त रखी जाएगी .

केस फाईल क्रमांक : अनुक्रमांक :

आपके नाम के अक्षर :

आपकी जन्मतिथि (दिन, मास, वर्ष) :

आज की तिथि (दिन, मास, वर्ष) :

क्रमांक		विलकुल नहीं	थोड़ा सा	थोड़ा अधिक	बहुत अधिक
1.	क्या आपको मेहनत के काम करने में कठिनाई होती है? जैसे कि बाजार की भारी थैली या सुटकेस उठाना?	1	2	3	4
2.	क्या आपको दूर तक टहलने में कोई कष्ट होता है?	1	2	3	4
3.	क्या आपको घर के आसपास थोड़ा टहलने में कोई तकलीफ होती है?	1	2	3	4
4.	क्या आपको दिन में कुर्सी में बैठने की या विस्तर पर लेटे रहने की जरूरत महसूस होती है?	1	2	3	4
5.	क्या आपको खाने, कपड़े पहनने, नहाने या शौचालय जाने में मदद की जरूरत पड़ती है?	1	2	3	4
	पिछले एक सप्ताह के दौरान	विलकुल नहीं	थोड़ा सा	थोड़ा अधिक	बहुत अधिक
6.	क्या आपको अपना काम करने में या दूसरे दैनिक कार्यों में रुकावट महसूस हुई?	1	2	3	4
7.	क्या आपको अपने शौक पूरे करने में या दूसरे फुर्सत के कार्यों में रुकावट महसूस हुई?	1	2	3	4
8.	क्या आपको साँस लेने में तकलीफ हुई?	1	2	3	4
9.	क्या आपको दर्द था?	1	2	3	4
10.	क्या आपको आराम की जरूरत थी?	1	2	3	4
11.	क्या आपको सोने में कठिनाई हुई?	1	2	3	4
12.	क्या आपको कमजोरी महसूस हुई?	1	2	3	4
13.	क्या आपकी भूख कम हो गयी थी?	1	2	3	4
	अगले पन्ने पर				



## APPENDIX E: QUALITY OF CARE ASSESSMENT

We are interested in some things about you and your experience of the care received during your hospital the program. There are no 'right' or 'wrong' answers. The information that you provide will remain strictly confidential.

*Hum aapake aur kaaryakram ke dauraan praapt dekhabhaal ke aapake anubhav ke baare mein kuchh cheezen jaanana chaahate hain. Koi bhi savaal sahee ya galat nahin hai. Aapake uttar sakhtee se gopaneey rahenge*

During the term of the program, how would you rate the personnel in terms of: <i>Kaaryakram ke avadhi ke dauraan, aap karmiyon/personnel ko kaise rate karenge:</i>	1 Poor घटिया	2 Fair संतोषजनक	3 Good अच्छा	4 Very Good बहुत अच्छा	5 Excellent उत्तम
Their knowledge and experience of your illness? <i>Aapakee beemaaree ka unaka gyaan aur anubhav?</i>					
The treatment and follow-up they provided? <i>Upachaar aur anuvartee ve pradaan kie gae?</i>					
The attention they paid to your physical problems? <i>Unhonne aapakee shaareerik samasyaon par dhyaan diya?</i>					
Their willingness to listen to all of your concerns? <i>Aapakee sabhee chintaon ko sunane kee unakee ichchha?</i>					
The interest they showed in you personally?					

<p><i>Kya unhone aap mein aur aap ki halat mein kuch byaaj deekhaee?</i></p>					
<p>The comfort and support they gave you?</p> <p><i>Unhonne aapako aaraam aur samarthan diya?</i></p>					
<p>The information they gave you about your treatment?</p> <p><i>Unhonne aapake ilaaj ke baare mein jaanakaaree dee?</i></p>					
<p>Their human qualities (politeness, respect, sensitivity, kindness, patience,...)?</p> <p><i>Unake maanav gun (vinamrata, sammaan, sanvedanasheelata, dayaaluta, dhairy, ...)?</i></p>					
<p>The exchange of information between caregivers?</p> <p><i>Dekhabhaal karane vaalon ke beech jaanakaaree ka aadaan-pradaan?</i></p>					
<p>The information provided on your admission to the program?</p> <p><i>Kaaryakram mein aapake praves par dee gae jaanakaaree?</i></p>					
<p>The ease of access (parking, means of transport,...)?</p> <p><i>Pahunch kee aasaanee (paarking, parivahan ka saadhan, ...)?</i></p>					

<p>The environment of the building (cleanliness, spaciousness, calmness,...)?</p> <p><i>Imaarat ka paryaavaran (saphaee, vishaalata, shaanti)?</i></p>					
<p>In general, how would you rate the care received during the length of the program?</p> <p><i>Sab dekha jaye toh kaaryakram kee lambaee ke dauraan praapt dekhahaal ko aap kaise rate karenge?</i></p>					

## APPENDIX F: SEMI-STRUCTURED QUESTIONS ON NUTRITION

How many meals do you have per day? (Aap kitni baari ek din mein khaana khaate ho?)

0                      1                      2                      3                      >3

What do you normally have for a meal? (Khaane mein aap normally kya khaate ho?)

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Have your food preferences changed lately? (Haal hi mein kya aapki khaane ki pasand badli hai?)

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Could you tell us what changes you have noticed in yourself before the onset of your illness and since then? (kya aap hamein bata sakate hain ki aapakee beemaaree kee shuruaat se pahale aur tab se aapne kuch parivartan aapke jeevan ya swabhav mein dekha hai?)

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## APPENDIX G: SEMI-STRUCTURED QUESTIONS FOR PARTICIPANTS OF PREVIOUS BATCHES

The following questions will revolve around your overall experience in the program. There are no right or wrong answers. Please try to respond to the following questions in as much detail as possible.

Ab hum aapke iss program ke anubhav ke baare mein kuch sawaal karenge. In sawalon ke koi sahi yaa galat jawaab nahin hai. Kripaya jitna sambhav ho utne vistaar se nimnlikhit sawaalon ke uttar de.

- 1. Did you notice any changes in yourself after participating in this program?*

*Iss program mein sahabhaagi hone ke baad kya aapko apne aap mein kuch badlaav nazar aaye?*

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- 2. Do you think this program could be improved in any way?*

Kya aapko lagta hai ki iss program ka koi hissa aur behtar ho sakta hai?

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- 3. Which aspect of the program did you think helped you the most? (e.g. yoga, physiotherapy, nutrition, dance movement therapy, emotional freedom technique, reflexology)*



*Iss program ka kaunsa hissa aapke sabse upyukt saabit hua? (e.g. yoga, physiotherapy, nutrition, dance movement therapy, emotional freedom technique, reflexology).*

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- 4. On a scale of 1-10, how would you assess the overall quality of this program? (1 = not at all satisfactory; 10 = extremely satisfactory)*

*Iss program ki samasta gunvatta ka akalan kaise karenge? (1 = bilkul asantushta; 10 = bilkul santusht).*

- 5. Do you still practice what you learned in this program?*

*Kya aap iss program mein sikhayi gayi cheezon ka abhi bhi abhyas karte hai?*

Yes

No

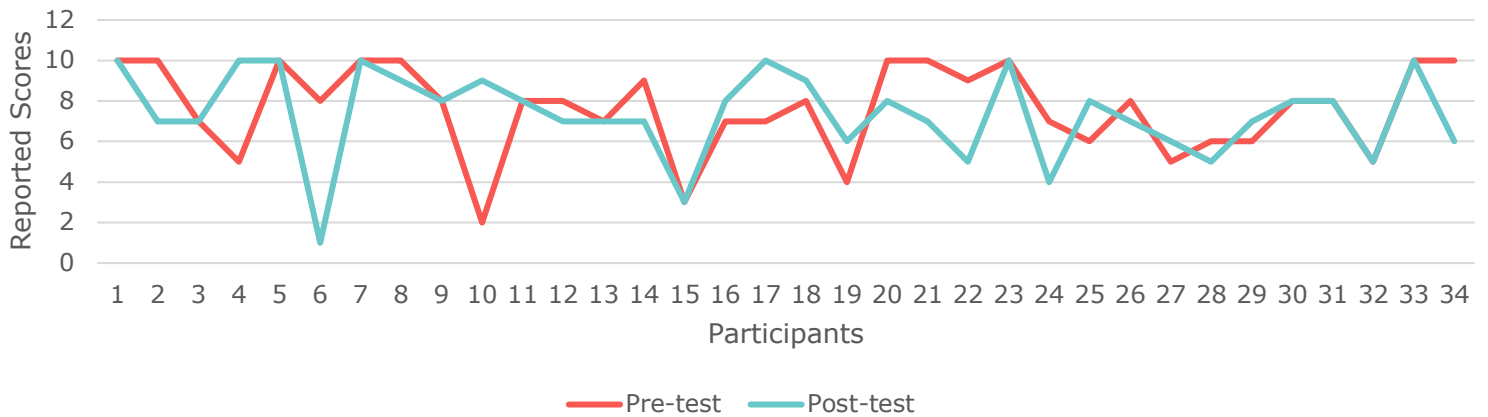
Practice some things (please mention which):

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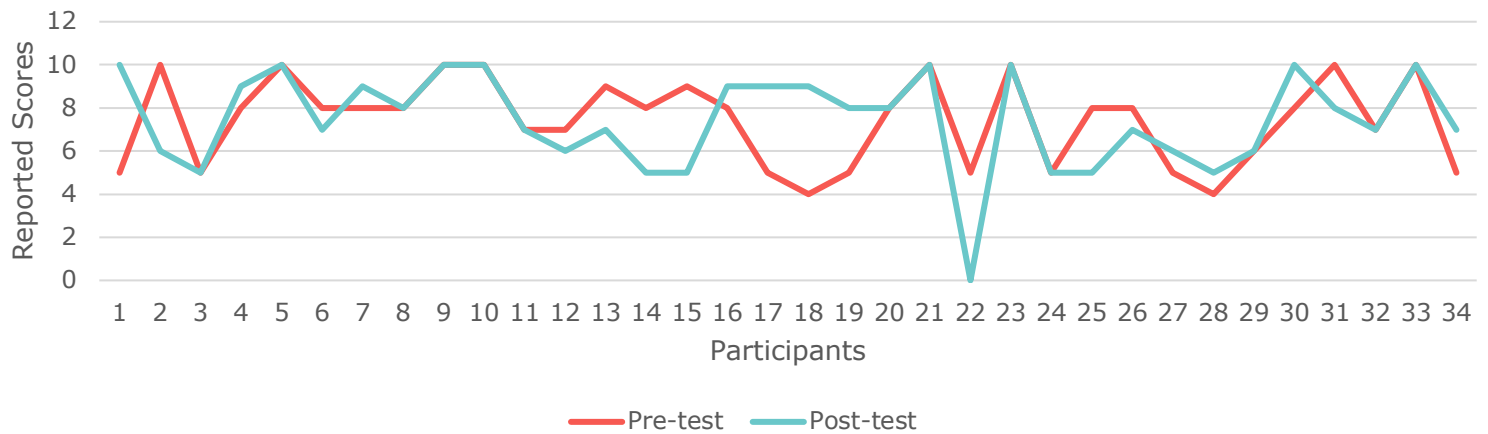
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## APPENDIX H: COMPARATIVE FIGURES ASSESSING TRENDS IN QUANTITATIVE VARIABLES

Comparison of Pre- and Post-test Responses on the Overall Life Satisfaction Scale



Comparison of Pre- and Post-test Responses of the Cantril's Ladder of Life Scale



## **APPENDIX I: TRANSCRIPTS OF INTERVIEWS WITH PARTICIPANTS OF PREVIOUS BATCHES**

Interview No.: 1

Date of Interview: 26/06/2018

Language of Interview: Hindi

**INTERVIEWER:** Aap aapka naam batayenge?

**PARTICIPANT:** Mera naam Noorjana Sheikh hain.

**INTERVIEWER:** Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein kuch badlav nazar aaye?

**PARTICIPANT:** Haan bohot mujhe badlav nazar aaya jabse main yahan aayi- zyaada kisi se baat nahi karti thi, aapne tabhiyat ke bare mein soochti thi. Yahan aane ke baad sabse milti hoon, khush ho jati hoon, sab yahan milte hain aapas mein, sab ek doosre se woh ho jaate hain- aapas mein jo hain, judh jaate hain- aisa mehsoos karti hoon.

**INTERVIEWER:** Aur aapke swabhav mein kuch badlav mehsoos aaye?

**PARTICIPANT:** Swabhav mein bohot badlav aaya hain mera

**INTERVIEWER:** Kya- kya badlav?

**PARTICIPANT:** Badlav aaya hain ki mein kabhi kisi se chidchidapan nahi karti hoon aur yahan sikhaya gaya hain ki zyaada gussa mat dikhaun. Iske liye main abhi zyaada gussa nahi hoti hoon. Gussa hoti hoon toh yeh sochti hoon ki mujhe aapne aap pe takleef hogi isliye main abhi yeh sab chod dhi hoon.

**INTERVIEWER:** Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho sakta hain?

**PARTICIPANT:** Haan iss mein programme batatein hain- ki dosron ko bhi bataun , yeh programme isse aur bhi accha ho sakta hain, aap log bhi ek-dosre ko leke ao. Toh hum jate hain survey ke liye aur 2-4 log ko leke bhi aaye the , jab waha ki sanjeevani thi. Haan toh yeh sab karte hain.

**INTERVIEWER:** Yeh yoga sikhaya aur doosre therapies bhi sikhaye. Toh programme ka kuch bhi bhaag aapko aisa lagta hain ki behtar ho sakta hain?

Nahi, behtar ho sakta hain. Hum woh yoga aur programmes karenge toh humko bhi behtar ho sakta hain. Aur dosre ko batayenge toh unko bhi behtar ho sakta hain.

PARTICIPANT:

**INTERVIEWER:** programme behtar ho sakta hain? Kuch badal sakta hain-

PARTICIPANT: Haan bohot kuch badal sakta hain.

**INTERVIEWER:** Kuch accha nahi laga?

PARTICIPANT: Nahi nahi, accha laga. Kabhi bhi mein aayi toh bohot accha laga.

**INTERVIEWER:** Iss programme ka kaunsa hissa aapke sabse upyukt sambit hain?

PARTICIPANT: Yoga aur tapping sikhate the. Aur ek ma'am aate the music pe woh karte the woh accha lagta tha.

**INTERVIEWER:** Iss programme ki samstha, gunvartha ka kya alaakan karenge? 1 se 10 ke beech mein? 1 matlab bilkul asantusht the aap programme se aur 10 matlab bilkul santusht

PARTICIPANT: Bikul santusht the.

**INTERVIEWER:** Aap kaunsa number deyenge? agar aap 1 denge toh aap poori tarah se asantusht ho, 5 matlab teek hain-

PARTICIPANT: -Nahi bohot zyaada hi santusht the.

**INTERVIEWER:** Toh 10?

PARTICIPANT: Haan 10.

**INTERVIEWER:** Kya aap iss programme mein sikhayi gayi cheeson ka abhi bhi abhyas karte hoon?

PARTICIPANT: Haan karti hoon. Kabhi yaad karti hoon. Yoga karti hoon, woh therapy ka jab kuch takleef hota hai toh karti hoon. Lekin aab zyaada yaad nahi rehta hain, phir bhi apne hisab se karti hoon. Thoda abhi bholne ki aadat ho gaya hain.

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Interview No.: 2

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER:** Aapka naam bolengi?

**PARTICIPANT** Anita Wangle.

**INTERVIEWER:** Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein kuch badlav nazar aaye?

**PARTICIPANT:** Haan.

**INTERVIEWER:** Kya badlav?

Mein yahan pe aane ke bad har rooj yoga karti hoon, aur khane peene kya dhyaan rakhti hoon, aur meri sharir pe bohot fayda hua hain. Tabhi se mujhe kuch thakan-vikan kuch aati nahi hain. Aur mein ghar mein bhi batati hoon, ki yeh karna hain,

**PARTICIPANT:** woh karna hain, bachein logo ko sikhathi hoon

**INTERVIEWER:** Kya aapko lagata hain ki iss programme ka koyi hissa behtar ho sakta hain?

**PARTICIPANT:** Haan.

**INTERVIEWER:** Kya? Kaunsa hissa behtar hona chahiye?

**PARTICIPANT:** Khaane peene kya dhyaan rakhna chahiye-

**INTERVIEWER:** Nahi, yeh programme mein aap the- aapko kabhi laga ki yeh thoda aur karna chahiye, ya yeh achi tarah se nahi kiya?

**PARTICIPANT:** Yoga

**INTERVIEWER:** Yoga? Achi tarah se nahi kiya?

**PARTICIPANT:** Nahi, kiya magar mein time pe nahi aati thi

**INTERVIEWER:** Matlab time bohot jaldi tha aap ke liye?

**PARTICIPANT:** Yahan pe 10, 10:30 ka time tha aur mein 12:30 aati thi. Tabhi toh yoga khatam ho jata tha. Thoda bohot sikha hain maine

**INTERVIEWER:** Toh timing ka aapka- Idhar bohot jaldi hota tha yoga ke time pe

**INTERVIEWER:** Iske siwa appko kuch laga ki yeh inti achi tarah se nahi kiya, shayad thodi behtar tarah se kar sakte the?

**PARTICIPANT:** Nahi aisa kuch nahi laga. Jo bhi tha accha hi tha.

**Iss programme ka kaunsa hissa aap ke liye sabse upyukt hain? Matlab yoga**  
**INTERVIEWER:** tha, khaana ka tha-

Khaane peena kya jo sikhate the woh mujhko sabse pasand aya. Yoga ka bhi  
**PARTICIPANT:** pasand aya

**INTERVIEWER:** Aur kuch?

**PARTICIPANT:** Woh dance bhi sikhaya- jo ati thi na madam. Mereko sab session accha laga

**INTERVIEWER:** Par khaane ka aur yoga ka sabse upyukt tha?

**PARTICIPANT:** Haan.

**Aap mujhe 1 se 10 ke beech mein aankh dejiye-iss programme se aap kitne**  
**INTERVIEWER:** santusht hain. 1 matlab bilkul asantusht aur 10 matlab bilkul santusht

**PARTICIPANT:** 10

**Kya aap iss programme mein sikhayi gayi cheeson ka abhi bhi abhyas karte**  
**INTERVIEWER:** hoon?

Abhyas nahi karti hoon. Lekin mein khaane peene ka dhyaan rakhti hoon aur yoga  
**PARTICIPANT:** karti hoon

---

Interview No.: 3

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER:** Aap aapka naam batayenge?

**PARTICIPANT:** Sakuntala Dhule

**Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein**  
**INTERVIEWER:** kuch badlav nazar aaye?

**PARTICIPANT:** Haan aya.

**INTERVIEWER: Kya badlav?**

Sabh accha lagta hain idhar aane ke baad. Dancing, yoga sabh sikhate hain.

Mera ek pair dukhta tha pehle, kamar dukhta tha - gap bola tha doctor ne.

PARTICIPANT: Idhar ake bohot accha laga- woh kam ho gaya mera sab dard.

**INTERVIEWER: Aur kuch?**

PARTICIPANT: Ye hi, aissa lagta hain phir aaun idhar . Aaungi mein idhaar phirse.

**Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho**

**INTERVIEWER: sakta hain?**

PARTICIPANT: Ho sakta hain.

**INTERVIEWER: Kya behtar ho sakta hain?**

Aur ayega toh aur accha lagega aapne ko. Apne liye aana mangta hain na

PARTICIPANT: idhar, toh accha lagega na idhar aane par.

**Accha toh aapki yeh iccha hain ki yeh thoda aur lamba ho-sablog ko aana**

**INTERVIEWER: chahiye ?**

PARTICIPANT: Haan sablog ko aana chahiye.

**Par iss programme mein, matlab ek mahine aap idhar aye, iske dauraan**

**[kya] aapko laga - haan yeh inhone accha nahi kiya, arre yeh thoda behtar**

**INTERVIEWER: ho sakta tha?**

Aisa kabhi nahi laga , bohot hi accha laga idhar aane ke bad, kuch aisa kabhi

PARTICIPANT: nahi laga.

**INTERVIEWER: Iss programme ka kaunsa hissa aapke liye sabse upyukt raha?**

Mera yoga se bohot aaram mila, idhar woh karte hai na, woh point waghera

PARTICIPANT: isse mereko bohot faayda mila.

**INTERVIEWER: Accha yoga aur point se?**

PARTICIPANT: Haan.

**Iss programme ki gunvartha aap kitna rate deyenge? Matlab 1 matlab**

**bilkul asantusht , 10 matlab bilkul santusht - 1 se 10 ke beechme kya**

**INTERVIEWER: deyenge?**

PARTICIPANT: Sab , sab shikayat nahi tha, sabhi sir aur madam log,sabhi accha laga.

**INTERVIEWER: Aap bohot santusht the?**

PARTICIPANT: Sab se santusht the.

**INTERVIEWER: Matlab 9, 10?**

PARTICIPANT: 10. Pura 10.

**INTERVIEWER: 8,9,10?**

PARTICIPANT: Nahi pura 10.

**Kya aap iss programme mein sikhayi gayi cheeson ka abhi bhi abhyas**

**INTERVIEWER: karte hoon?**

PARTICIPANT: Karti hoon.

**INTERVIEWER: Kya cheeson?**

Sabh sikhaya -yeh points sikhaya idhar ka,dance sikhaya- dance main kabhi

karti nahi thi, abhi shaddi mein gayi thi, sab sikhaya udhar, toh abhi dance free

PARTICIPANT: mein karti thi, bohot accha laga.

---

Interview No.: 4

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER: Aapka naam bolenge please?**

PARTICIPANT: Sharmila Praveen Agarwal

**Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein**

**INTERVIEWER: kuch badlav nazar aaya?**

Main baat toh mera gussa kam ho gaya. Sabse milne jhulne lag gayi. Aur phir

PARTICIPANT: iss centre mein ake toh mere bohot sare frienPARTICIPANT ho gaye.



**INTERVIEWER:** Accha toh gussa kam. Aur kuch badlav aaya?

Humein jo hai, iss cheez ko bholne ki takat aa gayi. Jo pehle iske bare mein  
**PARTICIPANT:** depressed rehte the, ab woh nahi hai. Use peecha chuda diya

**Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho**  
**INTERVIEWER:** sakta hain?

**PARTICIPANT:** Ho sakta hain.

**INTERVIEWER:** Kya ho sakta hain?

Yeh hum ek saath rehte hain, mix hote hain yaha. Sabh milte hain tabhi behtar  
**PARTICIPANT:** ho jate hain.

**Haan par yeh programme mein aapne bohot si aalag therapies**  
**experience ki- yoga tha, nutrition tha, dosre cheez ke teacher the, woh**  
**saab. Usme pure programme mein aapko aisa laga ki yeh thoda behtar**  
**INTERVIEWER:** karna chahiye tha, ispe thoda dhyaan dete toh accha hota?

Nahi aise toh kabhi socha nahi, bas enjoy karte rahe. Jo bhi mila usko accept  
**PARTICIPANT:** karte the.

**INTERVIEWER:** Iss programme ka kaunsa hissa aapke liye sabse upyukt raha?

Yeh tapping, Daisy ma'am ka. Woh dard ko mita deta hain. Woh bohot accha  
**PARTICIPANT:** laga.

**Toh 1 se 10 ke beechme iss programme ki samastha, gunvartha ka kya**  
**alakan karenge? 1 matlab bilkul asantusht , 10 matlab bilkul santusht.**  
**INTERVIEWER:** Aap kya rate karenge?

**PARTICIPANT:** Kiss cheez ka?

**INTERVIEWER:** Pura programme ka

**PARTICIPANT:** 7

**Kya aap iss programme mein sikhayi gayi cheeson ka abhi bhi abhyas**  
**INTERVIEWER:** karte hoon?

**PARTICIPANT:** Karte hain.

**INTERVIEWER:** Kaunsi-kaunsi cheezon?

Yoga karte hain. Tapping jabhi kuch pain hota hain toh tapping karti hoon, woh  
PARTICIPANT: tapping joh dard ke liye bola hai woh karti hoon.

---

Interview No.: 5

Date of Interview: 29/06/2018

Language of Interview: Hindi

**INTERVIEWER:** Madam aapka naam battayengi please?

**PARTICIPANT:** Mera naam Shruti Sherlekar

**INTERVIEWER:** Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein kuch badlav nazar aaya hai?

**PARTICIPANT:** Haan bohot badalv aaya hai

**INTERVIEWER:** Kya badlav ?

Matlab pehle main bohot simple si, baat zyaada nahi karti thi. Saanjeevani  
PARTICIPANT: class mein me jabse ayi hoon, tabse mujhe matlab thoda confidence aaya hain- bohot confidence aaya hain, aur bohot kuch karne ki umeed bhi jagi hain.

**INTERVIEWER:** Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho sakta hain?

**PARTICIPANT:** Haan , bohot behtar ho sakta hain.

**INTERVIEWER:** Kya matlab, iss programme mein aap kuch badlav lana chahte hain? jo isko aur behtar kar sakta hain?

Haan matlab yaha pe jo naya sikha rahe hain, woh sabh dekh ke mujhe lagta  
PARTICIPANT: hain ki apna life mein log hum kuch zyaada kar sakte hain. Jo nahi kiya hai woh kar sakte hain. Aisa lag raha hain.

Aur aapko aisa lagta hain, ki iss programme aap 1 mahina gaye the, usme  
**INTERVIEWER:** se kuch -yeh kuch bhaag accha nahi tha, usko aur behtar bana sakte hain, aisa kuch laga?

PARTICIPANT: Nahi

**INTERVIEWER: Matlab yeh accha nahi hai**

PARTICIPANT: Nahi sab accha tha.

**INTERVIEWER: Iss programme ka kaunsa hissa aapke liye sabse upyukt raha?**

PARTICIPANT: Jo ek madam hain, mujhe abhi naam unka yaad nahi aa raha hain, lekin woh matlab counselling karte the. Jo koi aisa age nahi aa raha hain, usko age aake, unka takleef puchi thi, aur takleef bolke phir unko samne aake bolte the ki aap aapke maan ki sabhi baat bol do. Toh matlab jo maan mein apne andar rehta hain, woh bahar nikalta hain. Abhi bemari toh aisi hi yeh ho jati hain, soch rehta undar, kuch feeling rehta hain, woh bahar nahi nikalti hain, toh phir woh baat sabke samne jo bolte hain hum log, toh apna thoda dukh kam hota hain. Usse woh baat bohot acchi lagi.

**INTERVIEWER: Toh woh counselling aapke liye. Aur kuch?**

PARTICIPANT: Nutrition ke bare mein woh hum log ko doctor madam ne ye kiya. Woh bhi bohot accha laga.

**INTERVIEWER: Iss programme ki samstha, gunvartha aap 1 se 10 ke beech mein ka number deenge? 1 matlab aap yeh programme se bilkul asantusht ho-**

PARTICIPANT: Nahi main 10 se 10.

**INTERVIEWER: Kya aap iss programme mein sikhai gayi cheeson ka abhi bhi abhyas karte hain?**

PARTICIPANT: Exercise karti hoon main, aur khane mein bhi change laya, matlab jo diet mein madam ne sikhai hain woh bhi main follow karti hoon.

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Interview No.: 6

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER: Aapka naam bataiyengi ?**

PARTICIPANT: Surekha Sudhakar Naik

**Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein**

**INTERVIEWER: kuch badlav nazar aaya hai?**

Haan, pehle cancer tha toh mujhe jine ki umeed hi nahi thi. Main boli cancer hua toh abhi main jaaongi. Aisa sochte the na sabh log- cancer hua toh jaayegi- lekin mujhe confidence nahi tha, aur koyi aaya na deekhe ko toh rothi thi, rothi thi. Aur itni bhi umar hai meri, abhi toh shaam ho gayi, zindagi ki. Lekin idhar aayi na toh mujhe jine ki umeed ho gayi, idhar aane se. Confidence baad gaya mera, athmavishvas baad gaya mera, aur kya khaane ka, kaise rehne ka,

PARTICIPANT: exercise kaise karne ka, yeh sabh idhar sikhaya, toh mujhe bohot accha laga.

**Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho**

**INTERVIEWER: sakta hain?**

PARTICIPANT: Yeh hissa na?

**INTERVIEWER: Koi hissa? iss programme ka koi bhi hissa behtar ho sakta hain?**

Woh joh exercise sikhaye na, woh saas kaisa lena, chodna, itne saal abhi mere 62, 63 ho gaya, lekin saas ke upar dhyaan hi nahi diya maine. Aur mere sharir pe bhi dhyaan nahi diya. Sab ghar ka kaam karne ke baad, dhyaan nahi diya mere upar. Idhar aaya, saas kaise lena ka, saas par dhyaan kaise dene ka, aur Ruby ma'am ne wahi sikhaya- cancer. Main boli, main toh kuch, mujhe toh waisa nahi hai, bahar ka khati nahi, toh mujhe kyun hua cancer? Lekin

PARTICIPANT: Ruby ma'am ne sikhaya tha, bataya, cancer kaise hota hai

**Par yeh aap 1 mahine idhar aaye the correct? Iss programme mein kuch**

**INTERVIEWER: aur behtar aapko lagta hai yeh kar sakte hain?**

PARTICIPANT: Hum?

**INTERVIEWER: Nahi , programme wale, Sanjeevani kuch aur behtar kar sakte hain?**

PARTICIPANT: Yeh toh sabh karte hain idhar.

**INTERVIEWER: Sabh karte hain idhar, kuch aur behtar aapko nahi chahiye?**

Haan karte hain idhar. Abhi toh idhar exercise hota hain, kaana kaisa leke, yeh

PARTICIPANT: khel [inaudible]

**Par aapko aisa kabhi yeh mehsoos nahi hua ki haan yeh aur karna**

**INTERVIEWER: chahiye tha, yeh behtar karna chahiye tha**

Mujhe aisa lagte hain ki roz ek ghanta toh idhar aana chahiye, toh accha lagta hain. Roz!. Idhar 1 mahina hua ghar mein, aisa mujhe lagta hain roz ek ghanta

PARTICIPANT: aayega idhar toh maan prafoolit hota hain.

**INTERVIEWER: Iss programme ka kaunsa hissa aapke liye sabse upyukt raha?**

Yeh exercise . Exercise se mujhe bohot accha laga. Aur yeh Priyal madam

PARTICIPANT: dete hai na- dance therapy- woh bhi accha laga.

**Iss programme ki samstha, gunvartha ka alakaan kaise karenge? 1**

**INTERVIEWER: matlab bilkul asantusht , 10 matlab bilkul santusht.**

PARTICIPANT: Bilkul santusht.

**Aap number dejiye, 1 se 10 ke beech mein. 1 matlab bilkul asantusht , 10**

**INTERVIEWER: matlab bilkul santusht.**

PARTICIPANT: Santusht hain.

**INTERVIEWER: Toh aap number dejiye.**

PARTICIPANT: 9

**Kya aap iss programme mein sikhaye gayi cheeson ka abhi bhi abhyas**

**INTERVIEWER: karte hain?**

Haan, karti hoon. Main abhi ghar pe , khaane peene ka, madam ne sikhaya na, chai nahi peene ka, aisa khane ka, woh karti hoon. Aur exercise karti hoon, joh Vipul sir ne bataya woh karti hoon. Aur doosra toh dance therapy, ghar

PARTICIPANT: mein akeli hoti hoon toh karti hoon.

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Interview No.: 7

Date of Interview: 25/10/2018

Language of Interview: Hindi

**INTERVIEWER** Kya programme join karne ke baad, Sanjeevani, aapko apne aap me koi badlaav nazar aaye?

PARTICIPANT Bohot, bohot.

**INTERVIEWER** Jaise?

PARTICIPANT Jaise darna nahi hai, abhi confidence aaya. Abhi mai bohot hi theek hu. Bohot parivartan hua, bohot tez hua. Toh alag se jee rahi hu. Apni khud ki life, jo mujhe pasand hai mai woh karungi. Jo mujhe chahiye mai, karungi. Aur usme saamne waale ka bhi faayda hota hai, saamne waale ko bhi kuch milta hai toh woh bhi khush rahenge. Mai yahan par aayi hu toh mai saamne waale ko bhi achhe se bataungi. Bohot kuch seekha hai maine yahan par.

**INTERVIEWER** Kya aapko lagta hai ki iss programme ka koi bhi hissa aur behtar ho sakta hai?

PARTICIPANT Yes. Aisa lagta hai ki aur kuch na naya hona chahiye, behtar. Sabka mann behla rahe. Sabko khushi milni chahiye.

**INTERVIEWER** Aur yeh kaise kar sakte hai?

PARTICIPANT Ek dusre ka dukh dekh ke, ek dusre ki help karke, madad karke. Jo bhi uska problem hai toh usko milke solve karne ka.

**INTERVIEWER** Iss programme ka kaunsa hissa aapke liye personally sabse jyaada upyukt saabit hua? Jaise ki yoga ya physiotherapy, nutrition, dance.

PARTICIPANT Humko sab kuch achha laga. Koi bhi aisi baat nahi thi ki yeh nahi laga, woh nahi laga. Sab achhe lage.

**INTERVIEWER** Achha, theek hai. Toh agar aapko iss programme ko overall rate karna ho, ek se dus ke beech me; ek matlab aap bilkul hi asantushta the programme se aur 10 matlab bilkul hi santushta .Toh aap kitna rate karoge?

PARTICIPANT 10

**INTERVIEWER** Kya aap abhi bhi programme me koi bhi sikhayi hui cheezo ka abhyaas karte ho?

PARTICIPANT Haan karti hu. Woh jo bolte hai na khaane me. Jo kuch kuch, dance. 2 mahine se jo bhaavna thi jo hum nahi kar paaye, ab man me jo bhaavna hai woh mai karungi. Baaki bhi karungi, par jo apne man me iccha hai woh bhi karungi.

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Interview No.: 8

Date of Interview: 25/10/2018

Language of Interview: Hindi

**INTERVIEWER** Kya iss programme me sabhaagi hone k baad aapko apne aap me koi badlaav nazar aaye?

**PARTICIPANT** Haan. Bohot badaav azar aaye. Pehle beemari beemari ka darr ya andar hi andar bolte the, abhi aisa nahi hai. Khul ke bolana seekh liya. Bohot badlaav aaya. Akele kahi bhi jaa sakti hu, aa sakti hu.

**INTERVIEWER** Achha, aur kuch?

**PARTICIPANT** Yoga, nutrition ka. Aur mentally bhi bohot strong ho gayi hu.

**INTERVIEWER** Kya aapko lagta hai ki iss programme ka koi bhi hissa aur bhi behtar ho sakta hai?

**PARTICIPANT** Theek hai, waise toh hi theek hai.

**INTERVIEWER** Achhha, toh aapke dhyaan me kuch nahi aa raha jo aur bhi behtar ho sakta hai?

**PARTICIPANT** Haan.

**INTERVIEWER** Toh programme ka kaunsa hissa aapke liye jabse jyaada upyukt saabit hua?

**PARTICIPANT** Woh dieting ka jo madam seekhati thi. Usse meri body me junk food kam hua. WOh mere liye jyaada achha tha. Aur mentally.

**INTERVIEWER** Agar aapko iss programme ka overall quality ke baare me aise bolna ho, toh ap kaise bologe? Matlab ek se dus ke beech me. Ek agar aap bilkul asantushta the aur 10 matlab bilkul santushta the.

**PARTICIPANT** 8

**INTERVIEWER** Kya aap iss programme me seekhayi gayi cheezo ka abhi bhi abhyaas karte ho?

**PARTICIPANT** Haan, madam. Karti hu. Exercise.

**INTERVIEWER** Roz karte ho?

**PARTICIPANT** Haan.

**INTERVIEWER** Aur kuch seekhaya gaya ho jo aap abhyaas karte ho?

**PARTICIPANT** Haan, laughing exercise, aur yoga. Aur jo dieting, agar pain start hua toh. Roz karte hai. Continue karte hai shavasan, bohot relief milta hai usse.

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Interview No.: 9

Date of Interview: 26/10/2018

Language of Interview: Hindi

**INTERVIEWER** Sanjeevani me participate karne ke baad, aap me kuch badlaav nazar aaye?

**PARTICIPANT** Bohot, bohot badlaav aye. Mai kaise ki pehle jaanti hi nahi thi ki Sanjeevani me kya hota hai aur kya nahi hota hai. Archana madam mili thi mujhe, mai tata me jaati thi na, woh mujhe baar baar boti thi ki ek baar Sanjeevani me aao, tum dekho seekho. Par mai bolti thi ki weekly aana jaana bohot dikkat hai, ghar se time nahi hai. Lekin jaane ka rehta hai toh ho jaaata hai na kuch na kuch? Aisa hi hua, madam boli ki tum sunti nahi ho karti nahi ho, tum dekhlo jaake ek baar kaisa lagta hai. Aur sab wahan, Tata me meeting hoti thi toh bolte the bohot achha hai, wahan jao ek baar tum. Isiliye mai gayi, wahan jaane ke baad, jo nahi jaanti thi, woh jaan gayi mai. Jeene ka life, woh kya hai, mai pehle nahi jaanti thi. Kuch bhi khaa leti thi. Wahan jo nutrition madam hai, woh batayi ki kya khaana hai, kaise khaana hai, kab khaana hai, shareer ke liye kya achha hai. Wahan jaakar jab pata chala toh woh sab maine change kiya abhi. Abhi mujhe dhyaan rehta hai ki yeh khaana hai ki nahi khaana hai. Pehle nahi tha yeh. Yoga ke baare me pata chala, laughter ke baare me pata chala, khul ke jeena hai, hassna hai. Yeh sab toh hai woh lekin yahan kya hai ki ghar pe thoda problem bhi hai, family ka, toh thoda ho jaata hai, dukh bhi hai. Lekin isse nikalne ke liye bhi apna hi tareeka aa gaya. Kaise nikalke apna life jeena hai.



Toh, Sanjeevani me jaake toh mujhe bohot, mai toh roz yaad karti hu Sanjeevani ko.

**INTERVIEWER** Kya aapko lagta hai ko Sanjeevani ka koi bhi hissa aur behtar ho sakta hai?

**PARTICIPANT** Sochna padhega thoda. Itna toh bohot hai. Mai jab jaati thi toh 10:30 se chalta tha, abhi 4 tak. Usme behtar kya hai.

**INTERVIEWER** Iss programme ka koi sa hissa jo aapke liye sabse zyada upyukt saabit hua?

**PARTICIPANT** Woh jo class ka jo hai?

**INTERVIEWER** Haan ji.

**PARTICIPANT** Sab kuch achha hi tha. Apne apne jagah sab sahi hi the. Jo yoga seekhate hai, woh bhi achha tha, laughter aur dieting ka jo hai, sab achha hai. Lekin jo sabse jyaada achha mujhe nutrition laga. Nutrition ka sabse achha laga kyuki khaana ka dhang nahi tha mujhe. Beemari ka pehla .. pet se hi jaata hai. Khush bhi rehna hai, lekin uske saath khana sahi nahi tha mera. Mai kuch bhi khaa leti thi. Lekin jabse woh kha rahi hu na, mujhe achha hai khaana. Naashta nahi khaana hai subah me. Aur thoda sa dry fruits kha lo, fruits kha lo, Nimbu paani pee lo. Nimbu paani mai peeti bhi nahi thi, ab aisa hai ki wohi leke mai reh jaati hu.

**INTERVIEWER** Theek hai. Agar programme ko ek se 10 beech me aapko rate karna hoga toh aap kitna karoge? Poora programme Sanjeevani ka?

**PARTICIPANT** 10

**INTERVIEWER** Aur kya aap iss programme me seekhayi gayi cheezo me se kisi cheez ka abhi bhi abhyaas karte ho? Diet ko chhodke.

**PARTICIPANT** Paani me thoda pudhina daalke, kabhi methi uss tarah se, sauf, woh karti hu. Aur bus, itna. Time kidhar rehta hai. Bohot saar akaam bhi rehta hai na ghar pe. Nahi ho paata. Subah yoga rehta hai, aur meditation, woh paani peeti hu. Dhup me rakhke, paani ko addha ghanta ke liye fir waise peeti hu. Aur normal paani me daalke, kabhi dhanya patti, tulsi ka patta, aur kaise karke peeti hu.

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Interview No.: 10

Date of Interview: 29/06/2018

## Language of Interview: Hindi

**INTERVIEWER:** Aapka naam battayengi please ?

**PARTICIPANT:** Mera naam Parveen Ansari hai

Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein

**INTERVIEWER:** kuch badlav nazar aaya hai?

**PARTICIPANT:** Haan mereko accha laga.

**INTERVIEWER:** Accha kya badlav tha?

Main waise bhi chahti hoon ki naye naye logo se miloon thoda mereko bhi

**PARTICIPANT:** accha lage, mera mind change ho ai

**INTERVIEWER:** Kaise change hua?

Abhi jaisa friend hain mere, family circle ke jaisa hain. Toh aise lagta hain ki mere ghar wale mereko mil gaye hain. Archana madam hain, Ruby madam hain, yeh Sanjeevani mein ake hum log toh sabh bhool jate hain. Apna sabh tension- yaha pe aisa lagta hain mera pura parivaar mil gaya hain appne ko, bichda hua. Toh aisa bohot accha lagta hain, humlog yaha aate hain, khaana khate hain ek saath mein ,bait the hain, enjoy karte hain, gaane gate hain, jo humko karna hai hum woh bacche ban jate hain, jo karna hain woh karte hain

**PARTICIPANT:** khulke.

**INTERVIEWER:** Aur aapke swabhav mein kuch badlav aaya?

Bohot badlav aaya. Pehle main bohot gussa karti thi, chid-chid karti thi, bohot matlab har log, admi se aisa lagta hain ki main naraz hoon. Lekin yahan aane ke baad mein mereko yahan pe bataya ki aisa matlab tension mat lo, gussa mat karo, khaane peene ka sabh bataya. Abh jab aake usko follow karte hain na, toh uss hisab se hamara dimag bhi mera shanth rehta hain, aur bolne se pehle main sochti hoon- ki main kya bolna chahti hoon. Aur agar mujhe jawab dena hota hain toh main deti hoon, nahi dena hota hain toh main haaske chup baith jati hoon. Kyunki usme mereko badlav aaya ye ki aapne energy khatam matt karo-faltu kissi ko bolke, ya gussa karke. Samne wala tumko jawab nahi de raha, hum bol rahe hain toh apni energy khatam ho rahi hain. Kyun humlog apni energy khatam [inaudible]. Yeh humko Sanjeevani mein sikhaya- khaana

**PARTICIPANT:** khaane ka, kya cancer patient thi toh kya khaane ka hain, kya, matlab kaisa rehne ka style batate hain, khush raho, bacchoon ke saath mein, aapne family

ke saath mein - bohot jiye logoon ke liye abh apne liye jio. Abh hum apne liye jithe hain. Yahan pe aate hain toh aisa lagta hain humko ek bachpan mein class milti hain, jabh bachpan mein maa-baap se class milthi hain toh teacher logoon se milthi hain- abhi meri age jo hain na, 58 hain, toh mereko aisa lag raha hain ki mereko iss umar mein ake class mile toh main jaoon class mein. Khushi khushi aati hoon, shauk se aati hoon, subhe aapna oothi hoon issiliye kyunki mujhe class jaana hain. Kya abh yeh umar mein class mil rahi hain, hum enjoy karne aate hain , aur kuch nahi hain, yahan pe koyi aisa kaam nahi hain. Enjoy karte hain, khaate, peete hain, khelte hain aur apne ghar pe jaate hain. Toh wohi sabh hum log aapna jo humko knowledge milti hain, hum bahar batate hain ki humko aisa mila. Patient log mile ya nahi patient log mile, unko khaane peene ke bare mein batatein hain, ki yeh yeh cheezain khao, toh tumko age bimari se bachaav hoega.

**Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho**

**INTERVIEWER: sakta hain?**

PARTICIPANT: Yeh toh abhi apne uske upar baat hain. Ho sakta hain, karna chahe toh.

**INTERVIEWER: Kya ho sakta hain?**

Nahi abhi jaisa madam ne yaha pe thoda changing kiya hain, pehle kaisa na - humlog abhi yaha pe aaj class diye, khaana banana kaisa, without oil, matlab usme simple khaana aur calcium ka, takat ka , woh abhi yahan pe mereko

PARTICIPANT: change lag raha hain. Toh yeh bohot accha kiya mere hisaab se.

**INTERVIEWER: Accha toh yeh change accha hain?**

PARTICIPANT: Haan.

**Paar ap 1 mahine mein yeh sabh therapy woh sabh kiya, yeh Fort pe gaye the, usme kuch badlav aane ka, aapko lagta hain? Ho sakta hain aur**

**INTERVIEWER: behtar?**

Nahi waise toh matlab main joh sikhi hoon na yahan pe, mujhe toh wahi better laga hain, pehle wale se. Lekin woh agar, jaisa ki, mera toh wahi mind hain, agar doosra kissi ka kuch change karne ka mind hain toh usme main nahi bol

PARTICIPANT: sakti.

**INTERVIEWER: Nahi aap ke liye hi batta rahi hoon.**

Mere liye toh wohi teekh tha, kyunki mere age ke hisaab se mereko bataya unhone. Aisa nahi ki Sanjeevani mein ki age ke hisaab se woh help karte hain. Jaisa ki koyi young hain, toh uss hisaab se un log ko woh karte hain, jaisa old

hain, toh unko baithne ki suvidha hain, "baithke karo aap, khade rehke karo", jaise aapko aacha lage, waisa karo.

**Iss programme ka kaunsa hissa aapke liye sabse upyukt raha hain?**

**Matalb yoga, physiotherapy, nutrition, aap ke liye kaunsa sabse upyukt**

**INTERVIEWER: sambit hain?**

PARTICIPANT: Mereko toh pure acche rahe.

**INTERVIEWER: Accha sab?**

Sabh mereko toh usse labh ho raha hain. Mereko diabetes thi, yahan pe aake mereko maloom pada khaane peene- gud ki chai piyo, toh main gud ki chai leti hoon, aur pani lehti hoon, garam pani , toh sabh cheez se mereko fayda hua hain. Mereko kissi cheez se maine ekek cheez ka labh li hoon yahan se.

Matlab koi cheez aise choodi nahi hoon agar mereko Sanjeevani mein se joh

PARTICIPANT: matlab jitni bhi hui, maine koi cheez chodi nahi , sabh ka labh li.

**Iss programme ki samstha, gunvartha aap 1 se 10 ke beech mein kaha**

**INTERVIEWER: deyenge?**

PARTICIPANT: Main toh 10 ki 10 hi doongi.

**Kya aap iss programme mein sikhaye gayi cheezon ka abhi bhi abhyas**

**INTERVIEWER: karte hain?**

PARTICIPANT: Haan karti hoon

**INTERVIEWER: Kaunsi cheezon ka?**

Yoga ka karti hoon, khaane peene ka karti hoon, aur dancing sikhaya tha humko madam ne jaise ki tumhare har shaarir ka jo kissa hain, movement karta rehna chahiye. Toh woh bhi karti hoon, aur laughter karti hoon jaisa.

PARTICIPANT: Bahane bahane se zyaada tar toh main laughter karti hoon, kiss ko bhi.

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Interview No.: 11

Date of Interview: 11/06/2018

Language of Interview: Hindi

**Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein**  
**INTERVIEWER** kuch badlav nazar aaya hai?

Haan mereko toh, jab mein aaya tha tab mereko utna nahi , par abhi exercise karti hoon toh mereko accha lagta hain. Toh usme mereko thoda thakani bhi mehsoos ho jata hain, aur mood bhi halka ho jata hain toh usme happy bhi ho  
**PARTICIPANT:** jati hoon.

**Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho**  
**INTERVIEWER** sakta hain?

**PARTICIPANT:** Ho sakta hain.

**Kya cheez behtar ho sakti hain? Kuch bhi aapko aise laga ki teekh nahi**  
**INTERVIEWER** tha, ya yeh better ho sakta hain?

Better ho sakta hain, kyun nahi ho sakta hain. Insaan hi toh sablog kar rahe hai  
**PARTICIPANT:** na. Karna chahiye, accha bhi hona chahiye.

**Kya kuch aise cheez hain jo aapko accha nahi laga, ya yeh improve ho**  
**INTERVIEWER** sakta hain iss programme mein?

Yeh programme mein matlab jo yaha pe sikati hain woh mereko accha lagta hain  
**PARTICIPANT:** aisa kuch nahi hain.

**Iss programme ka kaunsa hissa aapke sabse upyukt sambit hua? Aapne**  
**bohot cheez ki iss programme mein jaise ki yoga, physiotherapy, dance**  
**INTERVIEWER** therapy, toh unme se-

**PARTICIPANT:** -Unme se sabse accha yoga hi laga.

**INTERVIEWER** Aapne idhar kaunse sessions mein bhaag liye?

**PARTICIPANT:** Matlab zyaada time mein yoga mein hi aati thi.

**Kya aap iss programme mein sikhaye gayi cheezon ka abhi bhi abhyas**  
**INTERVIEWER** karte hain?

**PARTICIPANT:** Haan karti hoon. Jabh time milta hain karti hoon.

**INTERVIEWER** Aap bata sakte hoon kaunse cheesain ?

**PARTICIPANT:** Main daily yoga karti hoon.

**INTERVIEWER** Aur kuch, yoga ke alava?

**PARTICIPANT**: Nahi mereko utna time nahi milta hain.

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Interview No.: 12

Date of Interview: 11/06/2018

Language of Interview: Hindi

**Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein  
INTERVIEWER** kuch badlav nazar aaye ?

**PARTICIPANT** Matlab Sanjeevani join kiya uske baad?

**Haan, jo bhi sambhav mein changes aap deekh rahe ho Sanjeevani join  
INTERVIEWER** karne ke baad

Yeh toh Sanjeevani join karne ke baad toh bohot matlab badal ho gaya. 2 saal hue operation ke baad. 2 saal ke baad ye malum pada tha Sanjeevani ka. Bohot matlab ghar me akeli, tension mein rehti thi. Lekin Sanjeevani aane ke baad pura thoda thabyat aacha ho gaya. Jo bhi yoga sikhaya idhar, dance therapy, "reki" thi, aur drawing. Isme se sab roj ek ek naya naya sikhne ko mila. Maan ki Baat thi, woh Priyal madam hai, woh apne maan mein se nikhal leti hai, kuch bhi sadness waghera ho. Main idhar aake, kabhi dance nahi kya, magar idhar aake dance karne lagi- woh mera bohot bada change hain. Bachpan se aaj tak 50 saal umar mein kabhi kiya nahi. Isme mujhe bohot change hone laga hain. Jo yoga sikhate hain, yoga se maan ko bohot aaram milta hain. Jo bhi stress tha, thoda kaam hota hain usse. Main 5-6 mahine yaha nahi aaya toh thoda stress bad gaya hain. Accha hain idhar aane ke baad bohot accha hain. Tapping hain, tapping madam woh jo aapna juice waghera leke aati hain, peene ki liye paani lathi hain- usme alag alag tusli ka patha, kadipatha, aisa dhaniya ka patha, humlog ka bhi ghar mein chalu hain roj alag alag - matlab dhaniya ka paani-isse thoda aaram hi milta hain bohot. Aur yeh massage karte the Ruby madam ka, usse toh bohot hi aaram milta hain. Matlab abhi bahar jaake kuch toh bol sakti hoon. Stage ke upar jaake 2 shabdh bol sakti hoon -

**PARTICIPANT** itna confidence ho gaya hain.

**Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho**  
**INTERVIEWER** sakta hain?

Haan wohi ki zyaada karke bhi -idhar aate hain meetings waghera ke liye, matlab sabko bulathe hain, woh alag baat hain. Lekin bahar jake bhi hum log ko bahar leke jaake kuch alag alag programme. Matlab abhi dekho jaisa Anita ne paani foundation ka kiya tha, usme bhi hum log hissa le sakte hain, Sanjeevani ka kuch group ho sakta hain. Aisa hum log ka bhi kuch hona chahiye, hum log udhar jaake kaam kar sake. Woh accha lagta hain. Matlab jitna zyaada samaj mein mix ho jaaye na, utna accha, kyunki humlog ko deekhone ka hi dusre ka yeh rehta hain na, adhar society mein rahega toh bhi dekhenge ki haan, isse cancer hua hain. Woh kam ho jayegi, mere khayal se aissa. Hum aapne aap

**PARTICIPANT** kuch nahi kar sakte.

**Iss programme ka kaunsa hissa aapke sabse upyukt sambit hua? Toh aap bol rahe the na, yoga hain, tapping hain, unme se sabse upkyut, sabse**  
**INTERVIEWER** help aapko kiss therapy ne kiya?

Sabse accha hain joh Priyal madam woh Maan Ki Baat, woh session accha  
**PARTICIPANT** laga.

**Kya aap iss programme mein sikhaye gayi cheezon ka abhi bhi abhyas**  
**INTERVIEWER** karte hain?

Matlab jo hum log ko paani ka bataya madam ne, joh juice banena ka matlab diet ke bare mein hum karte hain. Jo tapping madam- Daisy madam aur Ruby madam bohot batate the diet ka- hum sab follow karte hain ghar mein bhi.  
**PARTICIPANT** Matlab chai peene ka hain toh doodh nahi dalne ka usme.

**INTERVIEWER** Aur kuch aise cheezain hain joh aap abhi bhi kar rahe ho?

**PARTICIPANT** Yoga ke baare mein karte hain, zyaada yaad nahi rehta par kar lete hain.

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Interview No.: 13

Date of Interview: 29/06/2018

Language of Interview: Hindi

**Iss programme mein sahabhagi hone ke bad kya aapko aapne aap mein**  
**INTERVIEWER** kuch badlav nazar aaye ?

Sanjeevani mein aane se mujhe apne aap mein bohot badi himaat mili. Pehle mere mein itni himaat nahi thi, par bohot himaat idhar aane se mili. Aur jo bimaari se main lad rahi thi toh woh bimari se ladna sikhaya Sanjeevani walo ne. Usse main aur ladhne sikhi. Aur abhi main zyaada hi matalb ekdum himaat se ladthi hoon, har cheez se. Sanjeevani ne humein jeena sikhaya, khukle hasna bhi sikhaya aur jeena sikhaya aur haar jaga bole ki aap himaat se kaam karo , bhale aapko koi bhi bimari rahe hum haske nikal jaate hain bimari se. Aur Sanjeevani ne humein yoga bhi sikhaya. Hum humesha tension mein rehte the par sanjeevani jabse mili humein bohot khushi mili. Aise laga humein kuch ,  
**PARTICIPANT:** hamari kuch himaat mili, humari undhar ki iccha unse baat karne lage.

**Kya aapko lagta hain ki iss programme ka koi bhi hissa aur behtar ho**  
**INTERVIEWER** sakta hain?

Ho sakta hain. Iss Sanjeevani ka behtar hissa hin. Inhone jeena sikhaya ladies  
**PARTICIPANT:** logon ko. Itni patient hain, bohot acche se sikhaya.

**Prashn hain ki kya programme behtar baan sakta hain? Kya koi**  
**INTERVIEWER** improvement ho sakta hain?

Main Sanjeevani se jud ke aur patient ko waha se, matlab Tata mein jake unko batana chahti hoon ki aap bhi Sanjeevani join karo, jahan itni khushi milti hain, aap gum mein matt raho. Waha haske raho, bohot kuch sikhaya jata hain  
**PARTICIPANT:** Sanjeevani mein.

**Aur aise programme ke bare mein aapko kuch laga ki yeh behtar ko sakta**  
**INTERVIEWER** hain?

Bohot acchi programme sikhate hain yahan pe. Itne acche sikhate hain. Jo nahi kabhi life mein kabhi nahi dekhi hain woh Sanjeevani mein humein mila hain.  
**PARTICIPANT:** Sanjeevani ne humein bohot kuch diya hain.

**INTERVIEWER** Accha. Iss programme ka kaunsa hissa aapke sabse upyukt sambit hua?

Zyaada karke humein khul ke baat karne mein zyaada help kiya. Kyunki kabhi hum muh nahi kholte the ghar mein Yeh Sanjeevani ne humein sikhaya. Yeh  
**PARTICIPANT:** hissa humein bohot pasand aaya.

**INTERVIEWER** Accha iss hissa ka naam aapko batata hain?



Matlab apni teacher se himaat se baat karo, daro maat humse. Jo tumhare dil  
*PARTICIPANT:* mein woh humein bata do aap.

**Accha aur aisa kuch programme tha- jaise apne yoga ki, dance therapy**  
*INTERVIEWER* woh sab-

*PARTICIPANT:* Haan woh dance, woh m'aam ka naam nahi aata mujhe.

*INTERVIEWER* Woh teekh hain.

Dance wali teacher. Bohot accha. Unki jab class chalta tha, itna dance accha lagta tha, usme hum ekdum khush ho jati thi. Aur yeh jo abhi ma'am aayi thi na,  
*PARTICIPANT:* unka ek.

*INTERVIEWER* Woh kya sikhati hain?

Yoga hi sikhati hain. Jwani madam. Bohot accha hain. Yoga ka sir bhi hain, par unka kya hota hain, woh poochte hain prashn toh thode hum daar jaate hain. Par woh bhi bohot accha sikhate hain. Zyaada tar dance aur khaane ka. Magic bhi sikhaya woh ma'am ne humein . Jo kaam nahi ho raha hain woh turant ungli daba do , ho jata hain woh kaam. Woh kahi hum ruk gaye, kahi hum log ko  
*PARTICIPANT:* takleef ah rahi hain, sahi mein gayab ho jata hain.

**Iss programme ki samstha, gunvartha ka alakaan kaise karenge? 1 matlab**  
*INTERVIEWER* bilkul asantusht , 10 matlab bilkul santusht-

*PARTICIPANT:* -Pura 9.

**Kya aap iss programme mein sikhaye gayi cheezon ka abhi bhi abhyas**  
*INTERVIEWER* karte hain?

*PARTICIPANT:* Karte hain.

*INTERVIEWER* Toh woh kaunse cheezain hain.

Jo dance teacher ne yoga teacher ne sabh sikhaya woh hum karte hain ghar mein pura. Khaane ka bhi. Yaha tak ki joh chitrakala, hastakala jo sikhaya maam ne abhi woh bhi hum log karte hain kabhi kabhi hum. Tapping maam ka bhi karti  
*PARTICIPANT:* hoon. Mainly dance ka aur yoga hi karti hoon.

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Interview No.: 14

Date of Interview: 11/06/2018

## Language of Interview: Hindi

- INTERVIEWER** Tar, ya programme madhe bhaag gehtiya pasun tumhala swatahat kahi badal distat ka?
- PARTICIPANT** Haan, ya programme madhe bhaag ghetlya pasun mala.....(audio is cut in between)...nantar mag maazi chemo hote. Chemo kelya nantar...mi gelyach mahinyat 2 session purna kele, nantar ek sessin maaza baaki aahe karaycha aata. Mala to purna karaychay. Ankhi nantar nantar jo course aahe 4 mahine to mala shikaychay tithe. Mala te shikayla avadnaar aahe tithe.
- INTERVIEWER** Aani aata jo wellness programme zhala pathlya eka athawdyat....je kaay zaala ikde - yoga, therapy vagere - ajun kahi tumhala yatla kahi better karta yeil ka?
- PARTICIPANT** Haan, yatla ajun mhaje shikayla avdel kahi kela tar.
- INTERVIEWER** Aani aata he je kaay zaale yoga, physiotherapy, nutrition, DMT, emotional freedom technique, reflexology, ya saglyamadhla tumhala kaay vatata, tumahala kasli madat zaali ya saglyamadhun.
- PARTICIPANT** Yachamadhe saglich mala madat zaali. Asa pan nahi ki ekach yachamadhe saglich madat zaali, nutrition, EFT chya madam chi, dance therapy, fakta mala te dhyaan asta na dyaan cha, te mala ajun jaga nahi sapadli dhyaan chi. Mhanje dhyaan chi boltat na madam, dhyaan kelyanantar tumchi jaaga shodha mhanun ajun ti jaaga sapadli nahi. Pan ajun prayatna chaluch aahet maaze. Yoga pan. Yoga madhe shwaas kasa ghyaycha te amhala shikavlay. Shwaas kasa ghyaycha, kasa sodaycha, tyamule pan mala khup faayda zalay. Mhanje, mi daily karte te yoga vagere. Nutrititon cha pan aata kaay khaycha, kaay naahi, chaha tar aata madam ni sangitlay purna sodun dya. Mazyahun sutat nahiye, pan mi prayatna kartey sutaycha. Mhanje mi kaay karte, mjanje kasa, chaha madhe budavte aani chaha fekun dete. Je budvaycha te budvun khaate fakta. Chaha fekun dete. Kasa ti savay zaali na sakali chapati uthun chaha madhe budvun khaychi oli karun tasa karte. Pan aahe, nutrition cha faayda zalay mala.
- INTERVIEWER** Tumhi aata jar....ya programme la tumhala jar 1-10 paiki gun dyayche astil, jikde 1 cha....overall ha programme tumhala kasa vatla tyabaddal, tar 1 cha artha hoto ki tumhala ajibaat santushtata nahi milali ya programme madhna, aani 10 mhanje purna santushta, tar...
- PARTICIPANT** 10

**INTERVIEWER** 10. Tar tumhi aata sangat hota ki ya programme madhe tumhi je kahi shiklaat te kaay tumhi ajun hi practice karta ka programme nantar.

**PARTICIPANT** Ho practice chaaluch aahe maazi.

**INTERVIEWER** Achcha. Kuthlya kuthlya goshti practice karta tumhi?

**PARTICIPANT** Pahile sakali yoga cha asta, yoga cha karte. Yoga asto. Parat te nutrition cha asta. Dance aapla, haasya therapy kadhi kadhi karte. Karte pan mi. Asa chaluch asta. Baslya baslya chaluch asta. Aani nutrition aani yacha pan chalu asta...EFT cha pan karte.

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Interview No.: 15

Date of Interview: 11/06/2018

Language of Interview: Hindi-English

**INTERVIEWER** Did you notice any changes in yourself after participating in this programme?

**PARTICIPANT** Sanjeevani programme?

**INTERVIEWER** Yes

**PARTICIPANT** Haan, mere life mein bahut changes aaye. Ek toh mera diet jo chart tha usmein changes aaye. Kyunki idhar ka jo diet chart hota hai woh, raat ka jo dinner tha woh, poori family ka hi change ho gaya. Food habit change hua hai. Phir, food habit mein mera changes hua....idhar ka diet chart, kya khana kya nahin khana... mera (inaudible) nikal gaya hai, phir maida, maida ke related jo bhi khana hai, woh cheez. Idhar humlog jabhi bhi aate the, tabhi Saneep sir aate the jo humlog ko meditation karate the; uska bahut faayda hua mereko. Meditation mein bahut, mera chemo ka...uss time bhi mera chemo continue tha. Chemo ka toh side effect tha na, usmein mujhe kuch problem nahi aaya. Kuch side effect aaya hi nahi uske baad se. Main Sanjeevani join karne ke baad chemo ka mujhe side effect aaya hi nahi. Meditaiton mein jo message karte hai usmein. Phir Bipin sir ka jo yoga karate hai, 4-8 sessionm, usmein bahut.... Kyunki mein asthma ka patient hoon, toh mera ye sab nikal gaya. Phir mujhe pehle pehle inhaler tha woh sab band ho gaya. Life mein changes bahut kuch hua, ek toh food habits

change hua, lifestyle bhi...khaana peena ka jo bhi habits hai woh bahut sara changes hua hai.

**INTERVIEWER** Anything else? Any personal or mental changes or something?

*PARTICIPANT* Haan mental changes bolenge toh, idhar aane ke baad bahut relax lagta hai. Sanjeevani ke entry liya na, bahut relax ho jaata hai...body relax karti hai.

**INTERVIEWER** Anything else you want to add?

*PARTICIPANT* That's it

**INTERVIEWER** Okay. So do you think this program could be improved in any way?

*PARTICIPANT* Improvement?

**INTERVIEWER** It is okay as it is?

*PARTICIPANT* Okay

**INTERVIEWER** Do you think they could add something more? Maybe some components were not helpful for you or something?

*PARTICIPANT* Beech mein main ek baar aayi thi toh bola Sandeep sir ne meditation chalu karna hai phir se. Toh bahut faayda hua.

**INTERVIEWER** Okay. So which aspect of the program do you think helped you the most? There was yoga, physiotherapy, DMT, EFT, reflexology, any particular modules that helped you the most?

*PARTICIPANT* Diet chart jo likh ke dete hai woh bahut help karta hai. Kyunki humlog ko proper tareeke se pata hi nahi hai kya khaana hai kya nahi khaana, food habits kaisa hai.

**INTERVIEWER** Anything else?

*PARTICIPANT* Haan, aur yoga bhi bahut effective tha. Lifestyle mein bahut changes aaye. Body fit rakhne ke liye. Beemar hone se pehle hi hum agar yeh karte toh yeh position mein nahi aate. Kyunki mein bahut saare aise dekhti hoon, cancer return aata hai toh woh na aaye iske liye jo batate hai idhar woh barabar se follow karte toh mere khayaal se nahi aayega.

**INTERVIEWER** Any other additions?

**INTERVIEWER** So the diet chart and yoga are components you found most helpful for you?

*PARTICIPANT* Most helpful

**INTERVIEWER** On a scale of 1-10, how would you assess the overall quality of the program with 1 being not satisfactory at all and 10 is extremely satisfactory.

*PARTICIPANT* Satisfactory. Extremely satisfactory

**INTERVIEWER** So 10?

*PARTICIPANT* Yes

**INTERVIEWER** And do you still practice what you have learned in this program?

*PARTICIPANT* Sorry?

**INTERVIEWER** Do you still practice what you have learned in this program? Any particular aspects?

*PARTICIPANT* Haan, program jo....practice toh mein karti hoon.

**INTERVIEWER** What do you practice?

*PARTICIPANT* Ek toh main yoga karti hoon, diet chart follow karti hoon, toh phir woh dance therapy kuch tips diya tha ma'am ne jo humlog follow karte hain. Dance therapy mein humlog kuch...khud ka ek identity, my self-consciousness, main kaun hoon, jo bhi inner hum feel karte the woh bol sakte hai, toh woh helpful laga.

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Interview No.: 16

Date of Interview: 11/06/2018

Language of Interview: Marathi-English

**INTERVIEWER** Did you notice any changes in yourself after participating in the programme?

*PARTICIPANT*     Ithe participate kelya nantarche?

**INTERVIEWER**     **Nantar che changes**

*PARTICIPANT*     Thoda confidence aalay swataha madhe. Aajarpanatun baher padlyasarkha vatla mala.

**INTERVIEWER**     **Anything else? Any physical changes? Or changes in your food preferences? Or psychological changes?**

**INTERVIEWER**     **Anything else?**

**INTERVIEWER**     **Do you think that this programme could be improved in any way? Anything particular that you did not like? Or you think that they can add something to the programme?**

**INTERVIEWER**     **Nothing particular? Okay.**

**INTERVIEWER**     **Which aspect of the programme do you think helped you the most? In this there is yoga, nutrition, DMT, EFT, and reflexology.**

*PARTICIPANT*     Yoga

**INTERVIEWER**     **Yoga helped you the most? Any other asepect?**

*PARTICIPANT*     Physiotherapy

**INTERVIEWER**     On a scale of 1-10 how would you assess the overall quality of this programme? With 1 being not satisfactory at all and 10 being extremely satisfactory. So you can even say a number between 1 and 10.

*PARTICIPANT*     1-10 madhe anka vaprun sangaycha?

**INTERVIEWER**     **1-10 madhe tumcha satisfaction kiti aahe? 1 is not at all satisfied and 10 s extremely satisfied. Aani tumhala 1-10 chya madhe kuthe vatat asel ki that is my level of satisfaction tumhi te pan sangu shakta.**

*PARTICIPANT*     Erm....5

**INTERVIEWER**     **Do you still pratice what you have learnt in this programme?**

*PARTICIPANT*     Aata kahich practice karat nahi.

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Interview No.: 17

Date of Interview: 11/06/2018

Language of Interview: Marathi

**INTERVIEWER** Yachaat pahila prashna asa aahe ki ya program madhe sahabhaagi zalyanantar tumhala swataha madhe kaahi badal janavle ka?

**PARTICIPANT** Ho, badal janavle na - suruvaat tyani jevanacha vagere te teacher yaychya na, te sangitla na kaay kaay karaycha kaay nahi, aani te mi aata nehlich karte swataha. Mhanje sakali uthun nibacha vagere paani karun te pite sakali uthlya uthlya pahila. Tyachanantar 15 mintani te garam panyamadhe halad takun te pite. Tyachamule mala aciditycha kiva dusra kuthlach asa, mhanje he vagere...cough vagere vhaycha na, asa traas ajibaat hot nahi. Purna mhanje mi normal aahe.

**INTERVIEWER** Ajun kahi?

**PARTICIPANT** Ankhi maaza te, sakali he karte na mi uthlyavar...nehmi uthlyavar pahila vyayam karte. Mhanje pahila te nimbu avgere te ghetete aani tyachanantar mi vyayam karte.

**INTERVIEWER** Mag tyachamule tumhala physically kiva mentally kahi vegale badal janavlet ka tumchyamadhe?

**PARTICIPANT** Vyayam kelyamule mala jara bara vatata. Mhanje ha vagere, ekhada bhaag vagere aapla kasa ghatta hoto na aapla, aani vyayam kela ki ekdum....te ekdum normal zalyasarkha vatata, ekdum fresh vatata. Aani mi compulsory vyayam kartech. Aani mala toh karaylach pahije nahitar mala to ekdum asa ghatta zalyasarkha hota.

**INTERVIEWER** Ajun kahi yachamadhe add karal?

**PARTICIPANT** Ankhin dusra kaay...mhanje tumhi sangitlat tar mi sangen na.

**INTERVIEWER** Nahi, tumhala kahi je tumhala badal vatale, ki ha program samplyanantar tumhi je pan kela ya program madhe shikavlela, kiva ha program chalu astana.

**PARTICIPANT** Yachamadhe tyani aata jevanacha vagere program kela tyavelela tynani sangitla doodh pyaycha nahi, he karaycha nahi, te karaycha nahi, te mi chaha purna 6 mahine zaale, treatment ghetlyapasun mi chaha banda kela. Kadhich chaha ghet

nahi. Plain chaha pan ghet na, aani saadhi pan ghet nahi. Mhanje mala asa kahi vatata nahi chaha ghetli nahi tari. Changla vatata...fresh vatata. Aathvan pan yet nahi chaha chi, gheuya mhanun. Gharat aamchya kartat chaha, pan mi kevhach ghet nahi chaha.

**INTERVIEWER** Theek ahe. Aata yachat pudhcha prashna asa aahe ki tumhala vatata ka ki ya program madhe ajun he loka kahi badal karu shaktat ajun ha program changla banvalyla, kiva ekhadi goshta hoti ki ji tumhala avadli nahi? Change karu shaktat?

**PARTICIPANT** Asa kahi nahi...je techer loka...shikshak yayche roj, je yoga vagere ghyayche....aani mi roj meditation karte. Roj compulsory.

**INTERVIEWER** Tumhala jar samja asa vicharla ki tumhala kahi suggestion aahe ka, ya program madhe aapan add karu shakto, tar tumhi kahi sangal?

**PARTICIPANT** Je meditation kartat na, te mala ekdum uttam vatata. Mhanje tyamule aapla sharir halka hota. Yoga vagere sangitla karayla, yoga changla aahe. Mhanje shareer vagere dukhat asel tar, yoga kelyanantar kuthe sheer atakli asel tar kaay, tyachani te vyavasthit hota. Tyachamule yoga karna pan khup changla aahe.

**INTERVIEWER** Nahi, ajun kahi add karava tyani asa tumhala nahi vatat?

**PARTICIPANT** Jari maza paay kadhi kadhi dukhayla lagla, tar ithe kelela na yoga, tar bara vatata.

**INTERVIEWER** Mag next prashna vichaarte mi - ya program cha kuthala bhaag tumhala saglyat jasta avadla? Mhanje yoga, physiotherapy, kiva nutrition baddal tyani ji mahiti sangitli, dance aani music movement therapy hoti...

**PARTICIPANT** Music pan avadli mala. Dance kela te pan avadla. Tyachanantar tyani khanyacha je sangitla na teacher ni te pan sagala mala purna avadla. Fruits ghya, he ghya, te ghya, sagala mjanhe ekdum mhanje changla aahe. Te sagala jar ghetla na tar ekdum halka vatata aplyala. Aani mi thode divas te sagala karun baghitla...8 ek divas....pan te tevdha nahi jamat. Saglya goshti karuch shakat nahi na. Aapan kasa, swtantra aslo tar aapan te sagala karu shaku...kutumbamadhe rahaycha mhanje rahaycha bolala mhanje sun-mulga aahe gharat, tyachamadhe evdha sagala aaplyala te nahi jamat na karayla. Pan thode divas karun baghitla na mala masta vatata.

**INTERVIEWER** Aani 1-10 ya scale madhe tumhi ya program la overall kiti marks dya? Tyachamadle 1 mhanje tumhala ajibaat avadla nahi aani 10 mhanje tumhala khup avadla. Tar overall tumhi kiti sangal? 1-10 chya madhla pan tumhi kuthala hi number sangu shakta.



*PARTICIPANT* Yachamadhe...jo program zaala tyachamadhe kaay avadla?

**INTERVIEWER** Kiti avadla tumhala? Jar tumhi 1 mhanalat tar mhanje ajibaat nahi...

*PARTICIPANT* Nahi, khup avadla. Tar ithe kaay mahitay, pahile maaze Mr. yayeche mala gheun ikde. Aani yoga Mr. pan maaze kartat ghari, baghun. Mhanje avadla na amhala to. Te swataha kartat te sagla. Teacher vagere sangtat te sagala kartat te.

**INTERVIEWER** Mhanje tumhi atishay santusht ahaat?

*PARTICIPANT* Ho ho.

**INTERVIEWER** Mhanje tumhi 10 sangal?

*PARTICIPANT* Sangin. Ekdum changla aahe. Mhanje te shikshak vagere yetat te...tyani aankhin tyachat kahi add kela na, tar aankhin lokana tyachi he hoil...

**INTERVIEWER** Aani, ya program madhe je je kaahi tumhala shikavla tyatla tumhi ajun kahi karta follow?

*PARTICIPANT* Yoga karte, aani meditation kaayam karte. Jevanacha vagere sangitla te mi swatahach karte. Aani khanyamadhe mi he karat nahi...hanamadhe sangitla na tyani mala ki ek time machchi khaaychi aani ek time khaychi nahi...mag mi sakali ek time machchi khaate aani sandhyakali machchi cha fakta ras ghet, aani tyacha barobarach jevate. Parat machchi sandhyakali ghet nahi...ek timeach. Parat bhaaji, paale bhaaji vagere he sagla ghet. Tyachani pan bara vatata te....ek time machchi khaate na....bara vatata te sandhyakali ras aani palyachi bhaaji khaate. Masta vatata te.

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Interview No.: 18

Date of Interview: 11/06/2018

Language of Interview: Marathi-Hindi

**INTERVIEWER** So yachaat pahila prashana aahe - iss program mein sahabhaagi hone ke baad aapko apne aap mein kuch badlaav nazar aaya?

*PARTICIPANT* Mereko achcha laga.

**INTERVIEWER** Ajun tumhi detail madhe jevdha jamel tevdha sanga kaay changes tumhala janavle te.

*PARTICIPANT* Sanjeevani changlach aahe, aani ithe aalyanantar khup changla vatata.

**INTERVIEWER** Health-wise changla vatata? Mentally changla vatata?

*PARTICIPANT* Mentally changala vatata...

**INTERVIEWER** Kiva tumchi mental state jasta changli hoti program zalyanantar?

*PARTICIPANT* Haan. Mentally changla vatata.

**INTERVIEWER** Ajun kahi specific tumhala swataha madhe farak janavle asa vatata ka?

*PARTICIPANT* Ekdum fresh vatayla lagla ithe aalyanantar....purna divas kasa jaycha te kalaychach nahi. Fresh vataycha. Mhanje asa ghari aslyavar tech tech tech tech dokyat asta na, ithe aalyanantar asa sagla visrayla vhaycha, aani kahich dokyat rahaycha nahi.

**INTERVIEWER** Mhanje tumhala thoda mentally divert zalyasarkha vatla?

*PARTICIPANT* Haan.

**INTERVIEWER** Kya aapko lagta hai ki iss program ka koi hissa aur behtar ho sakta hai?

*PARTICIPANT* Sab kuch hai...sagla chaan aahe.

**INTERVIEWER** Ekhadi goshta ji tumhala nahi avadli, kiva ekhadi goshta ji tumhala vatata ki add karu shaktat program madhe?

*PARTICIPANT* Nahi, sagla program khup chhan hota.

**INTERVIEWER** Yacha nantar - iss program ka kaunsa hissa aapko sabse upayukt saabit hua?

*PARTICIPANT* Tapping ani therapy....dance therapy bhi achcha laga.

**INTERVIEWER** He tumhala ka avadla sangu shakta?

*PARTICIPANT* Tapping mule mazya payala jara relaxed vatata...bara vatata.

**INTERVIEWER** Mag he don aspects tumhala saglyat jasta avadle? Tapping aani dance...

*PARTICIPANT* Aani dancing madhe kasa, aapan veglyach duniya madhe aahe...aapan ghari gelyavar he karat nahi, tyamule veglach vatata. Chaan vataycha mhanje asa.

**INTERVIEWER** Okay. Iss program ki samasta gunvatta ka aakalan aap kaise karenge? 1 mhanje bilkul asantusht aani 10 mhanje bilkul santusht. Tumhi overall kasa aakalan karal yaacha?

*PARTICIPANT* Santushtach aahe.

**INTERVIEWER** Mag 10? Tumhi 1-10 madhla pan kuthla hi number sangu shakta tumhala ty level la vatata asel satisfaction tar.

*PARTICIPANT* 10. Mhanje chaanach aahe sagala.

**INTERVIEWER** Aur, kya aap iss program mein sikhayi gayi cheezon ka abhi bhi abhyas karte hai?

*PARTICIPANT* Tapping karti hoon. Yoga poora nahi hota hai, lekin main thoda main karti hoon.

**INTERVIEWER** Ajun kahi?

*PARTICIPANT* Abhi yeh mahine mein mehmaan aaye toh itna nahi hua....

**INTERVIEWER** Pan generally tumhi tapping, yoga, aani he karta?

*PARTICIPANT* Diet cha he.

**INTERVIEWER** Nutrition madhe tumhala je sangitlay te follow karta?

*PARTICIPANT* Haan.

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Interview No.: 19

Date of Interview: 11/06/2018

Language of Interview: Marathi-English

**INTERVIEWER** So the first question is - did you notice any changes in yourself after participating in the program?

**PARTICIPANT** Mhanje participate kelyanantarche?

**INTERVIEWER** Nantar che changes.

**PARTICIPANT** Thoda confidence aala swatahamadhe. Aajarpanatun baher padlyasarkha vatala.

**INTERVIEWER** Okay. Anything else? Physical changes? Or changes in your food preferences? Or psychological changes?

**PARTICIPANT** Khanyapinyamadhe thodya changes aalya mazya. Mhanje kasa khaaycha, kaay khaaycha, kasa rahaycha, te sagla changes zaale.

**INTERVIEWER** Anything else?

**PARTICIPANT** Just this...

**INTERVIEWER** Do you think that this program could be improved in any way? Anything particular that you did not like, or you think maybe they could add?

**PARTICIPANT** Nothing.

**INTERVIEWER** Nothing?

**INTERVIEWER** Then, which aspect of the program did you think helped you the most? So in this there is physiotherapy, yoga, nutrition, DMT, EFT, and reflexology.

**PARTICIPANT** Yoga.

**INTERVIEWER** Yoga helped you the most? Any other aspect?

PARTICIPANT Physiotherapy.

On a scale of 1-10 how would you assess the overall quality of this program,  
**INTERVIEWER** with 1 being not satisfactory at all and 10 is extremely satisfactory. So you can even say a number between 1 and 10.

PARTICIPANT 1 te 10 madhe anka sangaycha?

1-10 madhe tumcha overall satisfaction kiti hota? 1 mhanje not at all satisfied  
**INTERVIEWER** aani 10 is extremely satisfied. Aani tumhala 1-10 chya madhe kuthe vatat asel ki that is my level of satisfaction tar tumhi te pan sangu shakta.

PARTICIPANT 5

**INTERVIEWER** 5?

**INTERVIEWER** Do you still practice what you have learnt in this program?

PARTICIPANT Kahich practice karat nahi.

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Interview No.: 20

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER** Aapka naam kya hai?

PARTICIPANT Mera naam -

**INTERVIEWER** Aur iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav dikha hai?

Badlaav toh bahut aaya hai, aur matlab exercise karne me, tabhi kaisa mai dhyaan nahi deti thi, kaunsi bhi cheez. Bacho ka karna hai, aadmi ka karna hai,  
**PARTICIPANT** aise unke peeche hi padhti thi. Mera kuch dhyaan nahi deti, matlab aisa kuch nahi. Abhi idhar aayi na Sanjeevani me toh apne aap par dhyaan dene lagi hu. Dieting karne me, yoga karti hu aur subah jaldi uthti hu mai, matlab aur mai apna bhi khud dhyaan rakhti hu aur bacho ka bhi dhyaan rakhti hu aur gussa

bhi. Pehle gussa bohot aata tha, ab gussa kam kar diya hai aur bacho ke upar bhi thoda chillana kam kiya hai. Chidchid toh bohot kam ho gaya hai. Aur mera zyada mai dhyaan deti hu. Idhar khaane me aur dekh bhaal karne ke liye bhi sab, saaf-safaai karne me aur usme toh zyada hi dhyaan deti hu. Pehle itna nahi deti thi sab cheez par. Matlab bacho ka karna hai, idhar jaana hai, udhar jaana hai. Abhi kidhar jaati nahi thi kaam par, khaali kaam hi kaam. Kidhar jaana hai bolte toh nahi hi bolti thi. Time nahi hai, chutti nahi hai, aisa bolti thi. Aur abhi mai, chhuti toh abhi mai ghar par hi hu par fir bhi chhuti nikaalti hu. Nahi rahega toh bhi jaati hu, kidhar enjoy rahega na toh udhar jaati hi jaati hu.

**INTERVIEWER** Haan ji. Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?

**PARTICIPANT** Ho sakta hai.

**INTERVIEWER** Kya?

**PARTICIPANT** Matlab idhar exercise sikhate hai aur yoga sikhaate hai. Aur isko kya bolte hai? (INTERVIEWER prompts reflexology). Aur reflex karte, woh toh bahut achha lagta hai, matlab achha lagta hai, woh karte hai na tabhi bohot achha lagta hai aur idhar aane ka man laga rehta hai. Chalo ek mahina ho gaya, doorsra mahina bhi aa gaya. Par abhi hum log udhar jaa rahe hai, isiliye idhar aane ko time nahi hai. Isiliye toh hum log, agar har-roz bolega na toh har-roz aa sakte hai. Isiliye.

**INTERVIEWER** Toh bus jaisa hai waisa ..

**PARTICIPANT** Waisa hi theek hai.

**INTERVIEWER** Aur kuch daalna waghera, nikaalna?

**PARTICIPANT** Nikaalna toh bilkul nahi, daalna toh aur daalo, kuch bhi hai toh. Aur kuch nikaalo mat.

**INTERVIEWER** Aur iss programme ka kaunsa hissa aapko sabse upyukt saabit hua?

**PARTICIPANT** Exercise.

**INTERVIEWER** Exercise. Aur matlab yoga?

PARTICIPANT Yoga.

**INTERVIEWER** Aur baaki sab?

PARTICIPANT Baaki sab bhi achha laga. Aisa kuch nahi hai.

**INTERVIEWER** Aur iss programme ki samstha, gunvartha ka kya alaakan karenge? 1 se 10 par ...

PARTICIPANT 1 se 10 par? 10

**INTERVIEWER** Aur kya aap iss programme me seekhayi gayi cheezo ka abhi bhi abhyaas karte hai?

PARTICIPANT Haan, thoda bohot. Zyaada nahi par thoda bohot karti hu.

**INTERVIEWER** Achha, kaunsi cheez?

PARTICIPANT Yoga, diet ka karti hu. Subah jaldi uthne ka, woh karti hu. Dance therapy thoda sa, thoda sa, zyaada nahi toh time milta hai toh karti hu.

**INTERVIEWER** Achha ok, thank you.

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Interview No.: 21

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER** Aapka naam kya hai?

PARTICIPANT Mera naam PARTICIPANT hai.

**INTERVIEWER** Toh iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaya hai?

Badlaav toh aaya hai Sanjeevani me aake. Kyuki diet ke baare me, apne khud ke baare me. Subah mai roz uthke yoga karti hu, walking pe jaati hu aur mujhe fresh lagta hai. Sanjeevani me toh ek prakaar ka naya Sanjeevani hi diya hai hum logo ko. Jaise Hanumaan ne Lakshman ke liye aisi Sanjeevani laayi thi na, waise

PARTICIPANT hi hamare jeevan me Sanjeevani hai.

**INTERVIEWER** Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?

Hoyega toh achha hai, idhar kuch bhi hoyega na toh achha hai aur hum logo ko hamesha bulayenge toh hum log aayenge bhi. Picnic pe lekar jayenge toh aur

PARTICIPANT achha hai.

**INTERVIEWER** Aur toh kya matlab, bahar jaana ya aisa kuch programme me kuch aur daalna hai? Aisa kuch hai.

Sanjeevani ne 6 mahine me ek baar toh picnic nikaalna hi chahiye. Sab saath me rehta hai toh achha rehta hai. Apna tension poora nikal jaat ahai aur free mind

PARTICIPANT rehte hai. Dil khul ke sab ho jaata hai idhar.

**INTERVIEWER** Toh iss programme ka kaunsa hissa aapko sabse upyukt saabit hua? Matlab yoga physiotherapy, nutrition, dance ya aisa kuch.

PARTICIPANT Woh hai, khaane peene ka hai, woh aur yoga ka.

**INTERVIEWER** Yeh dono sabse zyaada?

PARTICIPANT Zyaada, haan

**INTERVIEWER** Aur matlab 1 se 10, jahan 1 bilkul asantushta aur 10, bilkul santusht hona ka mahsoos, matlab anubhav.

Santusht toh hum sab me hue. Aisa nahi ki idhar aake ek me bhi hum asantusht

PARTICIPANT hai. Aisa nahi hai.

**INTERVIEWER** Toh aap iss programme ko aap kya rating doge.

10 me se 8 toh e hi dungi mai. Ek dum achha laga. Aur khud me bohot farak

PARTICIPANT raha.



**Aur kya aap iss programme me seekhayi gayi cheezo ka abhi bhi abhyaas karte**  
**INTERVIEWER hai?**

Karte hai, haan aur paalan bhi karte hai hum log. Yoga ka karte hai, waking par  
**PARTICIPANT** jaane ka aur khaane ka bhi karte hai.

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Interview No.: 22

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER Aapka naam kya hai?**

**PARTICIPANT** Mera naam **PARTICIPANT**.

**Iss programme me sabhaagi hone ke baad kya aapko apne aap me kuch**  
**INTERVIEWER badlaav nazar aaye hai?**

Mujhe iss programme me bhaag lene ke baad, mujhe yahan se maine bohot kuch  
seekha hai. Matlab dieting ke baare me seekha hai, woh itna follow nahi karte  
magar usse mujhe thoda farak, relax hota hai. Aur yahan pe toh aisa bohot  
sikhaya, bohot sikhaya. Ruby Ma'am ne toh itna seekha diya ki pankh laga ke udd  
jaate. 1-2 session attend karo, aapko khudi samjah me aayega. Mere bole ki  
**PARTICIPANT** zaroorat hi nahi, mai toh aise hi.

**Toh aapko lagta hai ki progamme me, matlab behtar banaane ke liye kuch hai**  
**INTERVIEWER ki aisa hi theek hai?**

Nahi, nahi. Behtar toh hai, karaane ke liye hai, jaisa abhi samjho 1 se 10 aur aa  
jayenge toh aur behtar ho jaayega na, aur toh, matlab patient log aur bhi achhe  
**PARTICIPANT** ho jayenge, toh isse behtar kya ho sakta hai.

**INTERVIEWER Toh matlab programme jaisa hai waisa hi achha hai?**

Achha hai, bohot achha hai. Achha nahi, bohot achha hai. Mujhe toh bohot achha lagta hai, aur yahan Sanjeevani me jab bhi bulaate hai, hum log ko call aata PARTICIPANT hai toh hum baaki sab chhodke aate hai.

**Um toh, iss programme ka kaunsa hissa aapke sabse upyukt saabit hua? Matlab yoga, physiotherapy, nutrition, dance, emotional freedom technique ya INTERVIEWER reflexology jo hai toh inme se kaunsa aapko sabse zyada ..**

Mereko sabse diet aur yoga se. Bohot achha lagta hai. Aur usse mujhe bohot madad mila ki aur dance ka bhi aur thoda physiotherapy ka bhi. Sabse zyada PARTICIPANT mereko yoga, Sir ne bohot achha sikhaye, usse mujhe farak bhi padha hai.

**Aur abhi iss programme ki savasta gunvatta ka kalan kaise karenge? Matlab ki uski overall matlab quality jo thi, programme ki, kaisa tha, woh aap kaise INTERVIEWER batayenge. 1 se 10 me se 10 out of 10 denge ya fir like 8 out of 10 denge.**

PARTICIPANT 10 out of 10 dunga mai toh.

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Interview No.: 23

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER Aapka naam kya hai?**

PARTICIPANT PARTICIPANT.

**INTERVIEWER Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaya hai?**

PARTICIPANT Bohot badlaav aya. Bohot.

**INTERVIEWER Jaise ki?**

PARTICIPANT Jaise yahan aake, yahan ke sabhi ladkiya, yahan hamare sab behen log hai, ke saath rehke mujhe itna badlaav aaya ki mai darr gayi thi ki problem ayegi. Jabhi

inke saath rehti hu na, tabhi mai boli ki nahi, kuch toh hai yahan par aake. Isiliye mai ekdum fit rehti hu, fit rehti hu. Hai apna, isiliye mai zyaada karke inn logo ka programme jo bhi hoga na tabhi mai aati hu. Aisa mujhe kuch chahiye, aisa nahi. Sirf seekhne milta hai, kaise karna hai, kyuki mai hi darri hu, mujhe hi yeh hua, mereko kyu hua. Nahi lekin, yeh sab problem sab hi ko hai, isiliye mai aati hu. Sab kaam chhod ke aati hu. Sahi baat hai.

**INTERVIEWER** Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?

**PARTICIPANT** Hoyega, aur behtar hona chahiye. Mai jaise jahan ke saath, poore ladies log, sabke alag-alag, sabke alag-alag yehi hai, problem hai na, toh woh jo bolte hai, aise bolke lena. Toh usse kya hota hai, hum log baat karte hai na, toh usse aadha shareer apna achha hota jata hai. Jaise mai tere se baat kar rahi hu, sorry 'aapse'. Mai jaise aapse baat kar rahi hu na toh mera shareer bohot achha ho raha hai. Jaise hum log bahar jayenge, saheli log milenge toh idhar ki-udhar ki baate hogi. Jahan-jahan hamare gile-shiqwe, hamare future me kya ho raha hai uski baat karege.

**INTERVIEWER** Toh aapko lagta hai ki baat karne se .. aur baat karna chahiye aise

**PARTICIPANT** Aur baat karna chahiye

**INTERVIEWER** Aur iss programme ka kaunsa hissa aapko sabse upyukt saabit hua? Matlab yoga physiotherapy, nutrition ..

**PARTICIPANT** Yoga. Total hi, yoga, nutrition, dance therapy. Yeh poora hi, bohot-hi.

**INTERVIEWER** Toh aapko kya lagta hai, aapke liye sabse behtar kya hua hai?

**PARTICIPANT** Yoga humko bohot hi achha laga. Yoga aur dance therapy na woh. Usse woh jo unhone bataya tha woh aur sab baaki ka middle cheez sikhaya tha.

**INTERVIEWER** Aur matlab 1-10 lekar, aap iss poore programme ko kaunsa number doge?

**PARTICIPANT** Yoga.

**INTERVIEWER** Nahi matlab, iss programme ki gunwata kaise karenge. Matlab kya number dengi poore programme. 10 me se 10, ya 10 me se 9 ya kya dengi aap?

PARTICIPANT Nahi, 8 toh dungi hi.

**INTERVIEWER** Matlab aap bilkul santusht ke paas hai.

PARTICIPANT Bohot santusht.

**INTERVIEWER** Toh kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?

PARTICIPANT Karti hu.

**INTERVIEWER** Theek hai. Kaunse? Agar aap practise karte ho, toh kya kya?

Jaise mai yoga karti hu, woh yeh Jennita madam jo sikhaati hai, kya khaana hai, nutrition woh karti hu. Dance Therapy karti hu. Aur kabhi kabhi tap bhi karti hu. Woh jo dance sikhaate hai na, woh waala. Jaisa mujhe laga ki mujhe tap karna hai toh mai karti hu. Jaise kyuki mai hu, mere se mai pyaar karti hu, usse mai

PARTICIPANT pyaar karti hu. Woh sikhaate hai, woh. Jaise baalti me paani bhar ke peena, aise daal-cheeni daalke, nimbu aur adrak daalke. Kaanch ka bottle diya unhone. Usme ka paani mai dawa ke liye, dawa ke liye istemaal karti hu. Usse agar subah dawa lena hai toh woh bhar ke rakhti hu raat ko, raat ko jo dawa leti hu woh bharke rakh ke, fir usme doosre din dawa ke saath khaati hu.

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Interview No.: 24

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER** Aapka naam bataiye?

PARTICIPANT PARTICIPANT.

Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch

**INTERVIEWER** badlaav nazar aaya hai?

Haan, badlaav toh nazar aaya hai. Chirchirepana kam ho gaya hai. Fir kuch man me jo bhi aisa yeh aata tha, woh nahi aata hai abhi. Fir bohot saare aisa means shaant ho gayi hai. Kuch kuch aisa krodhit hote the toh nahi ho gayi hai. Aisa.

PARTICIPANT Thoda kam ho gayi. Aisa usse.

**Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

**INTERVIEWER** Matlab programme aur behtar ho sakta hai?

Haan, behtar toh ho sakta hai. Yoga me na, thoda zyaada karke hona chahiye. Means acchhi tarah se, means yeh hona chahiye, padhne ka. Thoda sa means hum logo ko aise samjhta nahi hai na toh woh samjhna chahiye. Fir baaki drawing ka bhi achha ho raha hai. Aur yoga ka bhi aise achha ho raha hai, lekin thoda samjhta nahi hai hum logo ko. Haan, thoda sa. Difficulty ho rahi hai. Aur yeh ho raha hai. Baaki sab achha hai. Nutri woh. Fir apna dancing wagera, woh

PARTICIPANT bhi achha hai sab, poori.

**Aur iss programme ka kaunsa hissa aapke liye upyukt saabit hua? Matlab yoga**

**INTERVIEWER** sabse laabit hua ki, nutrition, kaunse waala sabse behtar raha. Aapke liye.

Mere liye yoga bhi achha hua. Kyuki roz mai yoga karti hai. Nutrition ka bhi bohot maine usme yeh kiya. Ghar me woh karti hu. Waisa, jaisa bataya waise.

PARTICIPANT Nutrition ka.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**

**Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya**

**INTERVIEWER** number denge?

Aisa nahi, mujhe sab, programme me sab achha hi hai. Aisa kuch nahi hai, 10 me

PARTICIPANT se 10 de denge.

**Toh kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte**

**INTERVIEWER** hai?

Mai yoga karti hu ghar me. Khaane ka, woh nutrition ka wo sab bhi karti hu. 12 baje khaane ka, 8 baje ye raat ka khaana. Dopahar ka 12 baje. Aisa sab karti hu

PARTICIPANT mai.

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Interview No.: 25

Date of Interview: 11/06/2018

Language of Interview: Hindi

**INTERVIEWER Did you notice any changes in yourself after participating in this programme?**

Yes, I have started going out more often. I learnt about proper diet and nutrition, and how to live a better lifestyle. My interaction with everyone at

PARTICIPANT Sanjeevani also taught me a lot.

**INTERVIEWER Do you think this programme could be improved in any way?**

Yes. It is so far away. I have trouble traveling on the days when I am feeling

PARTICIPANT weak.

**Which aspect of the programme did you think helped you the most (e.g. yoga, physiotherapy, nutrition, dance, emotional freedom technique ya**

**INTERVIEWER reflexology)?**

There was a Bengali madam in Churchgate who would sing and entertain us. We would play games. It was very stress relieving. I also loved Prujal Madam's 'Man

PARTICIPANT Ki Baat' activity. All the negativity would be released.

**On a scale of 1-10, how would you assess the overall quality of this**

**INTERVIEWER programme?**

PARTICIPANT 10

**INTERVIEWER Do you still practice what you learnt during the programme?**

PARTICIPANT Yes. Diet. I also practice yoga as much as my body allows.

\* **Audio didn't record till the end, transcript based on the notes in questionnaire**

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Interview No.: 26

Date of Interview: 05/10/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch**  
INTERVIEWER **badlaav nazar aaye.**

Haan, badlaav toh mai boli na aapko. Positive thinking, thoda aise jeene ka apne  
ko energy milta hai. Beemari hai nahi, aisa lagta hai. Haan bus. Itna toh badlaav  
PARTICIPANT hai. Kuch kar sakti hu kaam hai, itna confidence aata hai.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Nahi. Kuch samajh nahi aa raha.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Mujhe woh diet, khaane ka. Woh sab achha laga. Yoga.

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, abhyaas karti hai. Wohi hisaab se mai khaati hai, zyada yeh nahi karti.  
PARTICIPANT Unhone jo bataya wohi ussi hisaab se mai samaalti.

INTERVIEWER **Aur kuch abhyaas karte ho aap?**

Woh jo bhagwaan ka bataya, woh karti hai. Yoga karti hai, yoga ka jitna jamta  
PARTICIPANT hai woh kar leti hai.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**  
**Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko**  
**kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya**  
INTERVIEWER **number denge?**

PARTICIPANT Meri awaaz se? Mere paas se na?

INTERVIEWER **Haan, haan.**

Mai 4-5 tak kar sakti hu. 10 nahi, kyuki itna toh mai attend bhi nahi karti programme. Lekin fir bhi, jitna kiya hai utna mujhe bohot mila. Aisa mujhe lagta

PARTICIPANT hai.

INTERVIEWER **1 se 10 me aap kitna bol rahe hai?**

Mai 5. 10 tak nahi jaa sakti kyuki itna toh maine attend nahi kiya hai Sanjeevani

PARTICIPANT ka. Jo bhi kiya, woh mujhe yaad hai.

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Interview No.: 27

Date of Interview: 06/10/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch**

INTERVIEWER **badlaav nazar aaye.**

Haan, bohot badal gayi. Jab Sanjeevani me aaye the toh bohot negative rehti thi, yahan aakar toh aatma sammaan badha. Sab saath me rehte the aur baat karke bohot achha laga. Abhi khatam ho gaya hai toh thoda khaali lagta hai.

Lekin Sanjeevani ke baad maine apni tabiyat ka pareshaan hona chhod diya.

PARTICIPANT Buss ghar me thodi pareshaani ho jaati hai. Toh uska bura lagta hai.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Aisa toh kuch nahi hai. Sanjeevani me aakar mujhe bohot achha laga. Sab pyaar se rehte the. Ghar par jab mere chhote pote aate the. Toh sab bolte the ki lena mat, usko lena mat. Aisa nahi hai. Mai kitni baar, apni maa ko bhai ko sabko boli. Lekin Sanjeevani me aakar mujhe bohot achha laga. Sabhi mere saath the, mujhe aisa laga. Thodi beemari ka darr bhi gaya. Sabhi mere saath the, mujhe

PARTICIPANT aisa laga. Teacher bhi hamare saat thi. Mujhe bohot achha laga udhar.



**INTERVIEWER** Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?

Upyukt toh sabse, exercise toh mai abhi bhi karti hu. Jo sikhaya na Vipul Sir ne, woh mai roz karti hu. Subah uthke, woh karti hu toh achha lagta hai mujhe. Priyal madam bhi woh bolti ki tumhare man me, man me kya hai. Idhar mai bolti nahi, ghar me, leking udhar mai sab boli. Toh man ko bhi achha laga. Woh madam khel bhi leti thi hamaare saath. Itne bade hai, lekin hum sab khel lete the unke saath. TOh woh bhi achha laga. Woh feeling bohot achha tha wahan pe. Baaki kuch karti nahi, par exercise roz karti mai, aadha ghanta roz karti hu

**PARTICIPANT** mai.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**

**Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya**

**INTERVIEWER** number denge?

Sanjeevani se santunsth hai aisa? Udhar jaati thi toh achha hi lagta tha, abhi Byculla me hai na. 9. Khaali woh window nahi tha, par fir bhi bohot achha hai. Abhi itna kaun deta hai, Ruby Ma'am ne toh bohot kiya. Sab hi ko mai bohot dhanyavaad deti hu. Mere man me jo jab cancer hua toh feeling thi, woh chali gayi. Mujhe bohot achha laga wahan aake. Jagah ka kya, idhar achhi jagah hai,

**PARTICIPANT** udhar bhi achhi thi.

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Interview No.: 28

Date of Interview: 06/10/2018

Language of Interview: Hindi

**INTERVIEWER** Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.

**PARTICIPANT** Mujhe toh aisa laga ki wahan par aise naya jeevan mila. Mai kabhi nahi bhool sakti Sanjeevani ko. Bohot kuch seekhi mai. Jo mera darr tha, rona tha, aur aisa lagta tha ki kuch dunkya me hai hi nahi. Lekin mujhe Sanjeevani ne sabkuch sikhaaya. Apne aap me rehna sikhaaya, apne aap me kaam sikhaya. Lekin aaj Allah ki shuqar se, mai do saalo se kaam kar rahi hu. Sanjeevani ki hi

den hai. Unhone hausla diya, samjhaya, bolo. Woh cheez toh mai bhul nahi sakti.

**INTERVIEWER Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

**PARTICIPANT** Mai sochti hu kabhi kabhi ki unse bhi baat karu. Mujhe aisa bohot log hai jo kuch nahi chala sakte, kuch nahi kar sakte. Toh unke liye koi aisi community banana chahiye ki kuch kaam unko mile. Kaam karke apna ghar chalaaye. Aur woh paiso se apna Sanjeevani ko bhi faayda ho. Meri ichha yeh hai. Mujhko bohot bura lagta ha. Ghar nahi chal sakte unke, kaam nahi hai unko. Aisi condition me unko kaam kaun dega. Toh mai chahti hu ki Sanjeevani me aane ke baad, sabko kaam mile aur humko, Sanjeevani ko bhi faayda ho. Aisa meri ichha hai. Mai bohot din se iss baat ko Gaur kar rahi hu. Mai bolungi unko.

**INTERVIEWER Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

**PARTICIPANT** Sanjeevani ki planning me toh sab cheez mere ko achhi baat lagi. Yoga seekhe. Woh bhi achha hai. Aur jo khaan paan ka batati thi. Woh bhi theek laga. Sabse zyada toh wahan pe utsaah dete hai, kalpana dete hai, woh mujhe bohot achha laga. Hum beemar hai, hum nahi samjhte.

**INTERVIEWER Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**  
**Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

**PARTICIPANT** Mai toh poore 10 dunggi. Bohot achha laga. Sab bohot achhe hai, aur dhyaan rakhte hai.

**INTERVIEWER Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

**PARTICIPANT** Haan, mai roz exercise karti hu. Yoga bhi jitna ho jaata hai utna karti hu. Achha se rehti, apna khyaal rakhti hu zyada pehle se. Khaane ka bhi.

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Interview No.: 29

Date of Interview: 06/10/2018

Language of Interview: Hindi

INTERVIEWER **Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

PARTICIPANT Haan, aaye nazar. Thoda mujhe kabhi thakaan mehsoos hoti thi. Matlab zara bhi kar do toh ichha nahi hoti thi. Magar dhyaan karne se ab aisa lagta hai jo mera shareer hai, matlab. Mujhe achha lgta hai madam.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Achha hai. Pehle se hi achha hai madam. Aisa toh kuch nahi hai. Kyuki mai wahan jaati hu toh mujhe aise lagta hai ki apne hi logo me jaa rahi hu. Aur kuch badlaav karenge toh mujhe toh achha hi hai. Aur jaungi udhar.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Khaane ka bhi batate hai na. Kya khaana hai, nahi khaana hai. Matlab pehle hum log confused the ki jab beemari ho jaye aur chemo, radiation se matlab thakaan si mahsoos hoti hai. Tabhi pata nahi chalta ki apna treatment complete hone ke baad kya khaana chahiye, kya nahi khaana chahiye. Yeh class me aakar jo bhi bataya woh uska knowledge mila. Bahar se koi itna achhe se nahi batata. Yahan par mai gayi toh mera mind fresh ho gaya. Mujhe maloom ho gaya ki aise diet karne se apna sehat bhi achha rehta hai.

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Mujhe jo yogasana sikhaya hai Sir me, woh mai thoda bhool jaati thi lekin jab bhi mai firse dekhi toh ab tak woh mai dhyaan me rakhti hu. Apna matlab dhyaan kaisa karna chahiye. Aur diet kaisa karna chahiye.

INTERVIEWER **Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT Sabse zyada. Sabse zyada dungi.

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Interview No.: 30

Date of Interview: 06/10/2018

Language of Interview: Hindi

INTERVIEWER **Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

PARTICIPANT Haan, hua badlaav.

INTERVIEWER **Kaise badlaav?**

PARTICIPANT Thoda darr kam ho gaya hai, aur thoda achhe se rehne ka, apne aap ko, apna khyaal karne ka aise. Apne upar dhyaan dena. Dusro ki baat na sunna. Yeh sab seekha hai wahan jaane ke baad.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Ho sakta hai?

INTERVIEWER **Kaunsa hissa?**

PARTICIPANT Filhaal mere jodo me bohot weakness aa gayi hai. Toh abhi wahan jaati hu toh darr lagta hai ki kahi kami ki wajah se gir-wir toh nahi jaungi. Kamzori ki wajah se.

INTERVIEWER **Theek hai, toh matlab wahan pohochne tak ka problem hai?**

PARTICIPANT Haan.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Woh apna candle jala ke, agnee ko sakshi maan ke woh kiye the, shapat lee thi, woh achha laga. Aur yoga, exercise, woh bhi achha laga. Aur sab achha hai,

Sanjeevani me aake, sab fresh ho jaati thi. Jabse aai hu na, ghar par rehti hu toh aisa hota hai ki jaana chahiye wapas se.

**INTERVIEWER Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

**PARTICIPANT** Haan, karti hu thoda jo hota hai. Dieting karti hu, thoda exercise karti hu. Aur thoda, thoda sa hi karti hu.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab**

**INTERVIEWER 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

**PARTICIPANT** Mai 4.

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Interview No.: 31

Date of Interview: 09/11/2018

Language of Interview: Hindi

**INTERVIEWER Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

**PARTICIPANT** Bohot aaya, fresh lagne lagi hu mai. Aur chehre par khushiya bhi aayi. Aur khush rehna chahti hu mai.

**INTERVIEWER Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

**PARTICIPANT** Haan, sab me bohot achha laga. Aur logo ko bolenge, patient ko ki aise programme me sab ekatrit hote hai toh achha lagta hai.

**INTERVIEWER Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

**PARTICIPANT** Diet. Bohot upyukt hua.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab INTERVIEWER 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10 dunga mai.

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Haan, yoga bhi karti hu. Aur khaane waala bhi, health ke baare me bhi.

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Interview No.: 32

Date of Interview: 09/11/2018

Language of Interview: Hindi

INTERVIEWER **Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

Bohot, bohot badlaav nazar aaye hai. Mai apne upar confidence aaya hai. Ab mai patient rahi nahi hu. Mai abhi achhi ho gayi hu, mai normal zindagi jee sakti hu. Aur bohot se, apne aap me confidence aaya aur taakat mili jeene ki. Jo bhi hoga, woh negativity thi na, woh negativity chali gayi. Aur bolu toh woh jo iet diya, uss diet ko follow karti hu toh body me ek achhi feeling aati hai.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Haan abhi jo chal raha hai, woh bohot achha hai. Jyaada hoga isse aur toh pata nahi, par abhi jo hai un logo ka programme woh bohot achha hai. Hum logo ko bohot motivate karte hai. Aur sabko pyaar chahiye, sabko achhi tarah se seekhate hai. Aisa nahi hai ki hum patient log hai, aisa believe nahi karte, humko bohot achhi tarah se seekhate hai. Actually mujhe khud ko Sanjeevani me join hona hai ki mai bhi Sanjeevani me help kar saku. Logo ko help karu. Mere jaise logo ko help karu. Toh inko patient logo ko bhi train karenge toh hum bhi madad kar sakenge apne jaiso ko.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Diet aur yoga. Usse bohot farak padha hai. Aur Man Ki Baat, woh bhi achha tha.  
PARTICIPANT Aur woh jo arts ka humko dikhaya uske through humne baat ki, woh bhi achha tha. Sab hi achha tha.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**  
INTERVIEWER **Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT Mai toh poora 10 dunga. Mujhe wahan se bohot achha hua. Mujhe wahan se bohot sakti mili. Jo negativity thi na, woh sab positivity me badal gayi.

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, karti hu. Khaane aur nutrition ka. Kitne baje khaana hai, 8 baje khaana hai toh. Aur woh jo diet ka bola hai, ki kya kha sakte hai. Jaise jaise bola hai, woh  
PARTICIPANT toh mai follow kar rahi hu. Haan aur woh yoga ka bhi jo teacher ne bataya hai. Jaise saans kaise leni hai, aur kaise dhyaan karna hai. Jo bhi yoga sikhaya hai woh karti hu. Morning walk bhi jaati hu.

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Interview No.: 33

Date of Interview: 09/11/2018

Language of Interview: Hindi

INTERVIEWER **Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

Haan, badlaav toh nazar aaye, ussi ki wajah se toh badlaav hua. Operation toh hua, but uske baad aage ki life me kya karna hai, subah kya karna hai, shaam ko kya karna hai, aise dukhi nahi baithne ka; aage ki life kaise jeene ka hai woh unhone bataya.  
PARTICIPANT

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Sanjeevani ka? (laughs)

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Jo programme liya, woh sab achha laga. Aur ulta woh tapping liya na, woh bhi achha laga mujhe. Kabhi kabhi tapping woh mai karti hu. Aur woh dieting ka deti thi, matlab poora dhyaan kaise dena hai aur kya khaana hai, woh sab unhone bataya wahan pe.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**

INTERVIEWER **Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10. Mai poora santushta thi.

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Haan, khaana peena woh sab karte hai. Yoga bhi chal raha hai abhi. Aur woh paani me daalke peena hai woh bhi chal raha hai. Aur woh shaam ko jo dryfruits bola hai, woh sab yaad hai mujhe.

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Interview No.: 34

Date of Interview: 09/11/2018

Language of Interview: Hindi

INTERVIEWER **Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

PARTICIPANT Haan, confidence bohot aaya hai. Vichaar badle bohot saare, positive thinking ho gayi bohot. Matlab confidence badh gaya bohot. Matlab aisa hai ki hamare saath kisi ne bura kiya hai toh usse maaf karke, chalo theek hai, aisa, aisa kiya sab.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Haan. Time thoda kam hona chahiye. Time bohot zyada hai, 10 se lekar 4 baje tak hota hai na aapka session. Samjh lo kisi ke ghar me koi beemar hai ya kuch hai toh woh log attend nahi kar paate. Ya jiske ghar me chhota bache ho toh



woh itna time nahi de paate. Aur aisa toh kuch nahi, baaki sab bohot achha tha. Bohot pyaar se samjhate the, doctor, teacher log. Matlab unse bohto seekha ja sakta tha. Ki kaise rakhna chahiye aur dard ki baat koi nahi rakhni, chhod dene ka. Woh sab seekhe hum log. Bohot achhe din dekhe humne. Ek hi baar humne class attend kiya, humko lagta hai ki aur attend kare, aur seekhe kuch.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Meditation, yoga, aur jo doctor diet batate hai, woh sab.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**

INTERVIEWER **Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 8

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Haan, woh jo yoga bataya hai aur jo doctor diet bataya hai, woh sab karte hai.

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Interview No.: 35

Date of Interview: 10/11/2018

Language of Interview: Hindi

INTERVIEWER **Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

PARTICIPANT Haan, bohot badlaav nazar aaye. Matlab aisa lag raha hai ki haan, kabhi kabhi mujhe bohot tension hota tha hai ki kya karna hai, jeena nahi hai, bus ho gaya, ki ab jo mera hai yeh sab karke chale gaye toh, aisa karke mujhe kabhi kabhi feel hota tha. Sanjeevani me jaane ke baad woh cheez nahi hai, aisa nahi hai, mujhe jeena hai, mere akele ke liye jeena hai. Ab aisa lagta hai. Pehle jo bhi mera hai, responsibility, woh karke bhi mujhe khud ke liye jeena hai. Abhi khul ke bolti hu ki mujhe aisa karna hai ya mujhe waise karna hai. Aajtak itni badi ho gayi hu lekin maine kabhi khud ke baare kabhi socha nahi. Abhi mai khul ke bolti hai ki

mujhe jeena hai, mujhe kuch karna hai, Mujhe akele bhi rehna hai, akele hai ghumna hai. Aisa Sanjeevani jaake aa gaya.

**INTERVIEWER Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Sab hi achha tha, aisa boring toh kuch bhi nahi laga. Khaana peene ke baare me mujhe aise notice hua, jo doctor batate hai na, toh sab logo ko bohot confusion hota hai. Clear nahi hota hai, thoda usko clear batana chahiye. Jaise hum logo ko bola ki naashta nahi karne ka, fruits lena ka, dryfruits khaane ka, ki dopahar ko lunch lena ka aur lunch me itna khaane ka; shaam ko kuch khaane ka, 6 baje kuch khaane ka. Lekin woh bohot saare log hai toh unko bohot

**PARTICIPANT** confusion hai ki hume kya nahi khaana hai. Jyada tar log non vegetarian hai, mai bhi par mujhe itna pasand nahi toh chal jaata hai. Lekin bohot saare log non vegetarian hai, woh logo ko wohi confusion tha. Poochne ko teacher se ya doctor se hichkicha rahe the, toh uske baare me bhi thoda bohot clear karna chahiye, aisa lagta hai. Khaane peene ke baare me un log ko clarity batana chahiye, batate hai, lekin bohot saare log hai toh confusion bohot ho jaata hai. Aur clear hona chahiye.

**INTERVIEWER Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Yoga, tapping aur khaane peene ka jo bole doctor. Unka bohot achha laga.

**PARTICIPANT** Tapping se mujhe bohot faayda hua, jo bhi pain hota hai na woh tapping ke class se mujhe bohot baar, jaisa unhone bataya waisa kiya toh faayda hua. Aur yoga toh achha hi lagta hai. Aur yeh bhi batana chahiye, yoga ki class me agar teacher baar baar change hote hai toh usse bhi bohot confusion hota hai. Usme bhi likh ke dena chahiye ki aisa karna hai iske baad waisa karna hai.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge?**

**INTERVIEWER** Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?

**PARTICIPANT** 10 bolungi mai.

**INTERVIEWER Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, roz yaad karti hu. Mujhe toh wapas, abhi kal se tap start hoga par mai ja

**PARTICIPANT** nahi sakti kyunki radiation chalu hoga. Radiation complete hone ke baad wapas se join karna chahti hu.

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Interview No.: 36

Date of Interview: 12/11/2018

Language of Interview: Hindi

INTERVIEWER **Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

PARTICIPANT Haan, bohot badlaav nazar aaye. Jaise pehle khaane ko lekar, yeh nahi khaungi, woh nahi khaungi, aur ab jo bhi deta hai kha leti hu. Aur jo kahi jaane ka, pehle nahi jaati thi aur ghar par rehti thi, aaj sabse baat karti hu. Koi puchta hai ki kya hua toh maine bola kuch nahi. Pehle koi puchta that toh aisa lagta tha ki 'yeh huaaa, mai ky karu, kaise hoga', abhi yeh sab nahi hota hai.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Jaisa hai waisa hi theek hai, aur nahi chahiye. Jaisa hai waisa hi bohot achha hai, hum logo ko samjhate hai, samjhate hai aur hum logo ko pyaar dete hai enjoy karte. Sab batate hai, kaise rehna hai aur kaise khaana hai, sab bolte hai. Kabhi kabar lagta hai ki hum log chhote bache baat baat kar rahe hai aur side me hamari maa hai.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Bohot, mujhe sabse zyada faayda hua woh man ki baat se. Unhone bola tha ki jab bhi shareer me kahi bhi dard ho toh apne aap ko bolo ki mere shareer me itna dard hai fir bhi mai khush hu, fir bhi mai apne shareer se zyada pyaar karta hu, usse mujhe zyada free hua. Aisa karne se dard turant gayab ho jaata hai. Jo ma'am ne baate bolti thi, woh baate yaad aati hai.

INTERVIEWER **Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10. Asantushta kabhi nahi tha. Wahan jaake naya jeevan mila, naya jeevan milta hai toh koi kya kabhi asantushta hota hai?

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Haan, haan. Yoga karti hu. Chemo khatam hua shanivaar ko, toh somvaar se kara nahi. 8 din ho gaye. Ma'am ne bola tha ki tabiyat theek nahi hoga toh nahi karne ka, baith baith ke karne ka. Isiliye mai kam karti hu, jaise ma'am ne bola waise karti hu.

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Interview No.: 37

Date of Interview: 10/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Abhi bohot positive ho gayi hu mai. Ab darr nahi lagta kisi se, apne liye jeena hai.  
PARTICIPANT Bahar akele kar leti hu. Ab aage ka dekhna hai.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Nahi, jo bhi madam log ne bataya, woh bohot achha laga. Aage aur kya ho sakta  
PARTICIPANT hai woh mujhe nahi pata. Sab kuch bohot achha hai.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Yoga, aur khaane peene ke baare me bohot kaam aaya. Sabse gayi na, radiation  
ho gaya tha toh haath kaam me nahi aa raha, yoga se mere liye bohot faayda  
PARTICIPANT hua. Bohot achha laga.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab**  
**1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**  
INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, haan, mai sab chaalu rakhti hu. Woh subah uthke garam paani peene,  
subah shaam yoga aur raat me kya khaana. Kaise rehna, kya karna, follow karti  
PARTICIPANT hu. Sab follow karti hu.

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Interview No.: 38

Date of Interview: 26/11/2018

Language of Interview: Hindi

INTERVIEWER **Did you notice any changes in yourself after participating in this programme?**

Yes, now I am more careful about my diet, nutrition and well-being. I have even started  
PARTICIPANT going out more often.

INTERVIEWER **Do you think this programme could be improved in any way?**

PARTICIPANT No suggestions. Good as it is.

**Which aspect of the programme did you think helped you the most (e.g. yoga,  
INTERVIEWER physiotherapy, nutrition, dance, emotional freedom technique ya reflexology)?**

PARTICIPANT Diet was the best part for me. I was very ignorant before Sanjeevani

INTERVIEWER **On a scale of 1-10, how would you assess the overall quality of this programme?**

PARTICIPANT 8

INTERVIEWER **Do you still practice what you learnt during the programme?**

PARTICIPANT There is not a lot of time.

\* **Audio didn't record till the end, transcript based on the notes in questionnaire**

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Interview No.: 39

Date of Interview: 26/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Haan badlaav nazar aaye. Rehan-sehan, khaana-peena. Firr, woh jo log batate  
hai, exercise aur kya bolte hai usko, nutrition wagera. Haan woh sab aur yoga-  
PARTICIPANT voga, nutrition. Aur fir woh jo dance, EFT wagera, sab kiya tha maine.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Haan, banaya jaa sakta hai. Jaise woh jo patient aate hai, unke relatives jo bhi  
baithte hai, unko bhi bolna chahiye. Woh (Sanjeevani) toh bolte hi hai par aur bhi  
PARTICIPANT bolna chahiye, activities wagera me, usse woh bhi aur satark ho sakte hai.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Nutrition ka woh jo batate hai aur yoga.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab**  
**1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**  
INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 9

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Haan, karti hu. Yoga, nutrition, wagera sab.

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Interview No.: 40

Date of Interview: 26/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Haan, bohot badlaav nazar aaye. Mai khud ke ko zyada jaan-ne lagi hai. Bus ab kabhi kabhi tension ho jaata hai jaise aapko bola na ki peechle hafte thoda lekin mai apne aap ko zyaada dhyaan dene lagi hai, mere upar. Pehle itna dhyaan nahi PARTICIPANT deti thi.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Nahi, abhi mai jaa rahi waisa hi achha hai.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Wahi ki apne upar khud ko dhyaan dena chhiye, apne ko achhe se khaana peena sab, achha khaane me rehna. Yeh aisa waisa wahan par bola toh woh sab hai, PARTICIPANT karti mai.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**  
INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, karti hai mai. Thoda sa yoga, pranayam karti thoda aur woh jo jo unhone bataya, apna haath-pao ka, sabka woh, yeh sab karti hai. Apna woh, .. , jaise PARTICIPANT wahan par jo jo karti thi na waisa mai subah sab karti hu.

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Interview No.: 41

Date of Interview: 26/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Haan ji. Mai jeena seekh gayi. Mai woh beemari se mai bohot depressed me thi.  
PARTICIPANT Sanjeevani me jaake chhuti ho gayi dimaag se.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Abhi jo karte hai wohi bohot hai na. Hum log kya suggest karenge.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Sabhi toh hue hai. Baaki ek do ko chhodke sab hi se prerna mili hai. Mujhe toh  
PARTICIPANT mili hai.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab**  
**1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**  
INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Ji, pranayam wagera karti hu, tapping karti hu, dieting bhi karti hu.



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Interview No.: 42

Date of Interview: 26/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Yes, I was calmer. I mean consciously calmer and .. Yeah, that is the only change,  
PARTICIPANT consciously calmer and aware. Otherwise nahi, nothing.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

The location, washroom and all, that is bad. Otherwise it was fine. The teachers  
were fab, there was lots of sympathy, positivity. Lots of encouragement. They  
brought out some people's bad or whatever but they did not say ki "arey aisa  
PARTICIPANT nahi waisa". Thye accepted everybody. It was beautifull conducted.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT I think EFT and dance-music.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab**  
**1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**  
INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 7

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Noo, no, no. I have been so busy, that is one thing I have to get back to.

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Interview No.: 43

Date of Interview: 26/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav  
INTERVIEWER nazar aaye.**

Haan, bohot achha laga mujhe Sanjeevani aake. Koi bhi activity hoti hai, jaise  
dance competition hota hai, usse hi apna jo bhi kuch dimaag me hai woh nikal  
PARTICIPANT jaata hai.

**INTERVIEWER Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Nahi.

**INTERVIEWER Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Music ka achha tha.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab  
1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number  
INTERVIEWER denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 7

**INTERVIEWER Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Nahi.

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Interview No.: 44

Date of Interview: 28/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**

**INTERVIEWER nazar aaye.**

Bohot, bohot, bohot badlaav ho gaya hai mere me, sachi. Mujhe aise na pehle life se bohot shiqayat rehti thi, ki matlab meri life aisi kyu hai. Matlab mera beta padhta nahi tha toh mera hi bet kyu nahi padhta hai. Fir aisa bohot saari pareshaani thi jo mai aise blame karti thi. Aur fir shayad wohi stress aur uski wajah mujhe, matlab bohot stress leti thi mai. Abhi itna nahi, abhi matlab pooraa unhone jo kaha mujhe ki sochna nahi hai zyaada, man me vichaar nahi laana hai, achhi baate sochni hai, yeh sab mai bahar se bhi sunti thi magar inhone jo kaha matlab kaise yoga se achhi soch aur yeh sab leke aur unhone jo meditation karwaya, usse mera matab pooraa .. abhi mere me matlab mere me positive thinking zyaada aati hai, pehle mere me negative thinking hi zyaada rehti thi. Matlab mere man me negative hi zyaada tha. Abhi nahi, abhi sab positive hi thinking hoti hai. Bohot changes hai. Matlab Sanjeevani ke baad ek - dher mahine maine woh meditation ka bhi jo unka 4 din ka course tha wohi bhi kara, woh bhi

**PARTICIPANT** mast tha, woh bhi bohot acchha tha. Mera life bohot change ho gaya.

**INTERVIEWER Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Behtar um mujhe shayad lag raha hai ki yoga aur jyaada thoda hona chahiye aur nahi par waise sab theek tha, balanced tha. Sab thoda thoda bhi karenge toh bus hai, apna pooraa life me. Aisa mujhe lag raha hai. Aisa kuch nahi hai, sab jo hai woh balanced hai. Woh nutrition waali ma'am jo aati hai, woh barabar se seekhati hai, aur jo meditation hai aur fir woh tapping ka bhi hai, woh bhi mast seekhati hai. Mujhe toh sab balance lag raha hai, aisa kuch nahi hai. Bus mujhe

**PARTICIPANT**

woh thoda yoga ka lag raha tha, thoda zyada seekhana chahiye tha. Woh toh par

hum yahaan bhi kar sakte hai, aisa. Baaki jo important tha, woh unhone sab seekhaya.

**INTERVIEWER** Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?

Haan mere breast ka, yeh breast cancer hai na mereko, toh matlab jo heart ka jo bhi seekhaya na, matlab yoga me jo bhi heart ka seekhaya, woh. Woh exercise bohot achhe hai. Usse mujhe faayda bhi milta hai. Fiir mera pet thoda aage hai, toh unhone pet ke thode exercise bataye, woh sab wohi mai karti hu. Matlab roz subah uthkar wohi karti hu, baaki mai kuch karti nahi hu, par mujhe ab waise aadat ho gayi hai mujhe ki owh nahi karega toh, matlab yoga nahi karungi toh mujhe fresh nahi lagta hai, waisa bhi ho gaya hai. Subah uthkar mai karti hu, baad

**PARTICIPANT** me mera baaki ka routine chalu ho jaata hai

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**

**INTERVIEWER** denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?

**PARTICIPANT**

10

**INTERVIEWER** Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?

Haan, sab mai follow karti hu. Woh ma'am ne jo tapping seekhaya tha Daisy ma'am ne. Woh tapping karti hu mai beech beech me kabhi kabhi. Woh mera pain kabhi jyaada hota hai toh. Fir yoga mai roz follow karti hu. Aur fir Ma'am ne woh jo nutrition ka bola tha, jo diet diya tha, woh mai poora follow, waise hi

**PARTICIPANT** follow karti hu mai. Haan bus yehi karti hu.

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Interview No.: 45

Date of Interview: 28/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Bohot confidence aa gaya tha. Kyuki waha yoga, sab seekhate the, dieting kaise karni hai, yoga kaise karna hai, massage kaise karna hai, woh sab seekhate the na, bohot confidence aa gaya hai. Tabhi toh humko lagta bhi nahi tha ki hum log  
PARTICIPANT beemar hai.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Haan woh Sanjeevani jab bhi training deti hai na, toh, hum log na jyaada tar Maharashtrian hai, koi Baiyaa hai, koi Bangali hai, toh English ke liye thoda sa  
PARTICIPANT zyaada yeh karna chahiye.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Mujhe sabse jyaada yoga. Yoga karne se fitness aata hai.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**  
INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Karti hu, khud bhi karti hu. Mai abhi na kapaalbhaati karti hu aur Yamalom - vilom  
PARTICIPANT karti hu mai.

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Interview No.: 46

Date of Interview: 28/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Haan. Badlaav toh aa gaya hai. Thoda active bhi ho gayi hu mai wahan jaake  
warna aise baithe-baithe aise hi dimaag me khayaal aata tha ki mai beemar ho  
PARTICIPANT gayi.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Haan, aur behtar banaya ja sakta hai. Bhtar hi hai, aur banaya ja sakta hai. Woh  
kuch activities toh chaalu hai hi na, kuch aur agar activities mile toh zyada ho  
PARTICIPANT sakta hai, behtar.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Nutrition ka.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab**  
**1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**  
INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT 10 hi dunga mai.

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, haan. Jo ma'am ne bataya tha na, palak ka juice, nimbu sharbat, nimbu ka  
PARTICIPANT juice karke peena, woh sab.

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Interview No.: 47

Date of Interview: 28/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Haan aye ma'am. Matlab sab ko khaane ppe jo bola ma'am waise hi kar rahi hai.  
PARTICIPANT AUR jo pranayam kaise karte haim, woh bhi.

INTERVIEWER **Aur kya आपको लगता है कि इस programme का कोई हिस्सा और बेhtar हो सकता है?**

Haan, जा सकता है ना. Aur patient aa sakte hai, aur acche se seekh sakte hai ना.  
PARTICIPANT Jo hai woh achhe se hi seekhate hai, karate hai.

INTERVIEWER **Is programme का कौनसा हिस्सा आपके लिये सबसे उपयुक्त साबित हुआ?**

Mai udhar Sanjeevani me join kiya toh maine aisa socha hi nahi ki mujhe cancer hai. Udhar जाके सब भूल गया. Mera tension bhi dur ho गया. Tension. Aur mujhe  
PARTICIPANT toh dance bohot achha lagta hai.

**Aur अभी इस programme की समस्त गुंवत्ता का आकालन कैसे करेंगे? Matlab 1 से 10 के scale पर, 1 से 10 के number पर, आप इस programme को कितने number  
INTERVIEWER देंगे. 10 में से 10 की आप बिल्कुल संतुष्ट हैं कि 10 में से 8, क्या number देंगे?**

PARTICIPANT 10

INTERVIEWER **क्या आप इस programme में सीखी गई चीजों का अभी भी अभ्यास करते हैं?**

Haan, ghar pe, khaana, nutrition ke baare में थोड़ा करते हैं, yoga करते हैं aur  
PARTICIPANT dance करते हैं.

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Interview No.: 48

Date of Interview: 28/11/2018

Language of Interview: Hindi

**Is programme में सहागी होने के बाद क्या आपको अपने आप में कुछ बदलाव  
INTERVIEWER नज़र आये.**

Bohot zyada. Pehle toh jeene की umeed. Jaise आपने शायद अगर मेरे videos  
PARTICIPANT देखे होंगे, matlab interviews देखे होंगे, जैसे कि पहले बहुत ही matlab jeena hi nahi tha. Aur जैसे ही मेरा radiation khatam हुआ, aur Sanjeevani join किया aur

Archana madam ne bohot force kiya tha aur mai jaana hi nahi chahti thi kyuki mujhe nahi chahiye tha, kuch bhi nahi chahiye tha jeevan me. Jaise taise treatment karna hai toh kiya, aise karke kiya tha. Sanjeevani jaane ke baad poora change ho gaya. Poora matlab, uthna baithna, rehna, khaana peena, dekhne ka nazeeriya, baat karne ka, khushi. Bohot bohot positive changes aaye, bohot zayada. Aur bohot zyaada confidence aaya.

**INTERVIEWER Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Behtar toh kar hi rahe hai madam, abhi yahan Lalbaug me hai na unka, pehle wahan VT me tha, tabhi bhi hum 4 mahine tak complete jaate the roz, har alternate day, toh unko saamne se humko bolna padha ki abhi aap log break lelo, naye logo ko aane do. Matlab itna utsah aur itna woh ek attachment ho gaya tha ki chhodna hi nahi chahte the, bohot. Jab maine kiya tha course, tab Shanu thi, bechari bolti thi ki please ma-beheno niklo abhi kyuki usko bhi band karke nikalna tha. Abhi bhi Sanjeevani se bohot attachment hai lekin abhi mai apne personal kaamo me bohot woh uljhi hui hu toh uske liye, nahi toh abhi Lalbaug me bhi Daksha ka bhi phone aaya tha, bataya unhone ki aana hai par maine bola ki

**PARTICIPANT** koshish karti hu par keh nahi sakti. Kyuki abhi mujhe job ki hi pareshaani hai.

**INTERVIEWER Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Daisy madam aate hai na, jaise tapping seekhate hai, bohot kuch motivation hota hai unke paas. Woh bohot achha laga, usse mujhe bohot faayda hua. Daisy madam ko toh kabhi mai bhul hi nahi paungi. Unki waajah se mera pura mind

**PARTICIPANT** clear ho gaya, poora dimaag se mere tension hi gaya.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**

**INTERVIEWER denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

**PARTICIPANT**

9

**INTERVIEWER Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, tapping toh mai hamesha karti hu. Daisy madam ko toh mai nahi bhulungi mai. Unhone jo kuch seekhaya hai, woh karti hu. Fir jaise Reflexology ka hai, woh. **PARTICIPANT** Aur fir ek Haseena madam bhi thi woh jo khushi dete hai andar se aur jaise



creativity ya fir dukh dard jo andar se nikaalna hai, yeh jo activity hoti thi. Ashley madam, woh jab meditation jaise kuch hota hai toh jab woh sir par haath rakhti thi toh poori vibrate ho jaati thi. Apne aap aankh se paani nikalta tha. WOh bohot hi alag experience tha.

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Interview No.: 49

Date of Interview: 30/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**  
INTERVIEWER **nazar aaye.**

Bohot zyada. Badlaav matlab khud par confidence aaya aur jeene ki raasta mili. Pehle toh soch rahi thi ki ab mujhe cancer hua toh ab sab mera khatam ho gaya. Lekin jab Mumbai me aayi, yahan ke log dekhi, matlab jo cancer se juj rahe hai, mujhse bhi burii haalat aur un logo ka dum bohot zyada hai. Jeene ki iccha bohot zyada hai, fir mera toh dard kuch bhi nahi hai toh ab nahi lagta hai ki aisa kuch hua hai. Haan hua hai toh just theek ho jayega, kuch nahi hai. Sanjeevani me jaakar mai bohot happy bhi ho gaya, aur kuch aage badhne ka jo mera dreams tha, mummy papa ko kuch karke dikhaau aur apne pairon par khada hu aur woh jo confidence tha woh Sanjeevani me jaakar fir se aa gaya. Jo dab gaya tha cancer ki PARTICIPANT wajah se. Thanks bolna chahti hu mai Sanjeevani ko.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Mere hisaab se toh mai join karna chahti hu, mai madad karna chahti hu aur fir mere taraf se jitna bhi ho sake, mai karna chahti hu. Theek hone ke baad agar mai PARTICIPANT help karna chahti hu, mujhse kuch help ho jaaye.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Madad mujhe mere mind ko fresh karne ke liye hua. Jo mera man dukhi ho gaya tha cancer sunke, jo mai sochi thi ki mera life khatam ho gaya toh wahan par PARTICIPANT jaake mujhe bus yahi himmat mili ki mujhe kuch nahi hua hai. Paro ma'am ko jo

class hoti thi, usme drawings hoti thi, apne mind se khud banana aur aise bohot kuch hota tha toh mujhe woh achha lagta tha. Aur ek Tapping ma'am aati thi, jab depress ho jaate the tab tapping se kaise theek ho jaye. Aur woh laughing class bhi. Bohot achha lagta tha.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number INTERVIEWER denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

PARTICIPANT Mai toh apne taraf se toh 10 hi dunga.

**INTERVIEWER Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan karti hu mai, follow karti hu, lekin matlab thoda dard ki wajah se bedrest ho  
PARTICIPANT gaya hai toh kar nahi pa rahi hu.

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Interview No.: 50

Date of Interview: 30/11/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav INTERVIEWER nazar aaye.**

Bohot saara badlav aaya hai. Matlab bohot maine free mehsus kiya maine apne  
PARTICIPANT aap ko.

**INTERVIEWER Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Haan, yoga aur behtar banaya ja sakta hai. Yoga me bohot badlaav hai. Kyunki hum jab aate hai toh bohot thoda milta hai. Yoga ke upar bohot dhyaan dena chahiye, ussi par zindagi bani hai. Baaki sab activities bhi hai, par yoga ko aur behtar karna  
PARTICIPANT chahiye.

**INTERVIEWER Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

PARTICIPANT Wahi yoga ka aur yoga ka hi. Yoga ka hi bohot upyukt hua.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

10 hi dunga. Maine matlab jo ghar pe nahi kiya na, woh saari activities udhar aati thi, uske liye 10 hi number dunga.

**Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan abhi bhi karti hu. Khaane peene ki zheeze jo sikhaya tha. Jitna seekkhaya utna nahi kar paati hu lekin bohot kuch karne ka sochti zaroor hu.

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Interview No.: 51

Date of Interview: 12/12/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav nazar aaye.**

Haan badlaav aya hai nazar, bohot aaya. Kyuki bohot saari cheeze hai na, idhar seekhne ko mili. Bohot cheeze hai na jo hum life seekhna chahte hai lekin nahi complete kiye aur time nahi mil paata hai karne ke liye, woh sab kiya. Aur zaroorat bhi rehti hai apni life me, lakin karte nahi hai, woh sab udhar jaake samjh aaya.

**Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Haan ho sakta hai, aur bhi behtar ho sakta hai. Woh jo log periods lete hai na, ek mahine ka, itna seekhane ka hai ek mahine ka, woh aur zyada time lenge na, ussi patient ko leke ya therapy jo 2-3 mahine ka time denge na toh waise hi continue chalta rahega na toh achha hai. Kyuki patient log bhi, koi log toh jaate bhi nahi hai

aur kantaal karte hai, leking achha hai; patient logo ke health ke liye achha hai.  
Itna zyada time woh sab seekhenge na, utna jyaada achha hai unke liye

**INTERVIEWER Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Sabse zyada upyukt mere liye yoga ka hissa saabit hua aur nutrition ka. Wahan par mujhe zyada, actually, khaana peene ki cheeze thi na woh bohot saari mujhe pata nahi thi ki kya khaana zaroori hai, zyada mujhe pata nahi tha, wahan jaake samjh aaya. Aur health ke liye bohot saara, matlab yoga, yahan se maine seekha

**PARTICIPANT** thoda bohot but wahan uske liye interest bada, yoga karne ke liye.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab 1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**

**INTERVIEWER denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

**PARTICIPANT** 10 number.

**INTERVIEWER Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

Haan, nutrition ka jo bataya tha na, woh properly nahi kar paati, lekin jitna ho sakta hai utna karti hu. Yeh yoga ka thoda bohot mai karti hu. Abhi maine join bhi kiya yoga ka, dusri jagah par, woh karti hu. Itna nahi kar paati kyuki abhi dawaai

**PARTICIPANT** ka wajah se.

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Interview No.: 52

Date of Interview: 12/12/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**

**INTERVIEWER nazar aaye.**

Haan, thoda confidence bada hai. Mai sabko prerit karne ka woh swabhaav thoda

**PARTICIPANT** zyada aaya hai.

**INTERVIEWER** Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?

Jo tha tabhi hum logo ne, maine toh, ek saal ho gaya hai na, tab hi bol diya tha.

Woh changes aa gaye, abhi toh badal bhi gaya hai, teachers bhi badal gaye hai,

**PARTICIPANT** sab ho gaya.

**INTERVIEWER** Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?

Sab, sab, sab hisse achhe the, relaxation ka seekhate the aur yoga wagera,

tapping ka seekhate the. Sab achha laga mujhe toh, koi bhi aisa nahi hai ki woh

**PARTICIPANT** kam aur yeh zyada, aisa kuch bhi nahi tha.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab**

**1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**

**INTERVIEWER** denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?

**PARTICIPANT**

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**INTERVIEWER** Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?

Haan. Yoga wagera, thoda bohot meditation. Dance therapy. Kabhi kabhi dance

**PARTICIPANT** wagera ghar me aise hi, music ka.

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Interview No.: 53

Date of Interview: 12/12/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**

**INTERVIEWER** nazar aaye.

Haan, ho gaya na, bohot asar padha mereko. Jaise yoga karne ke liye bol rahe the

na, yoga seekha, idhar jaati thi mai yoga karne ke liye bataya, churgate me, udhar

mereko bheja tha Riya madam ne. Riya madam ki wajah se mereko yeh yoga

**PARTICIPANT** maalum padha. Mai baadme fir 1-2 mahina gayi mai, achha laga.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

PARTICIPANT Abhi kya banane ka.

INTERVIEWER **Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?**

Yoga. Jaise bataya waisa hi karta hai. Fir baad me mai kya kiya, idhar mereko

PARTICIPANT lamba padhta tha na jaane ko, churchgate me, toh mai Virar me hi jaati hu ab.

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab  
1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**

INTERVIEWER **denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?**

3. 2 mahina udhar gayi thi, aur fir baad me kya, idhar ka yoga alag rehta hai. Yeh  
zyada karne ko nahi milta hai, idhar ka, idhar ka hi mereko dhyaan aata hai.

PARTICIPANT Shuruaat toh mai idhar se hi kiya.

INTERVIEWER **Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?**

PARTICIPANT Karti hai, kabhi kabhi karti hai, dhyaan jaisa ayega. Yoga ka hi hai waise roz.

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Interview No.: 54

Date of Interview: 14/12/2018

Language of Interview: Hindi

**Iss programme me sabhagi hone ke baad kya aapko apne aap me kuch badlaav**

INTERVIEWER **nazar aaye.**

Yes, bohot kuch hai. Mujhse jeena seekhna hai aur sukh samjh aaya hai. Warna

PARTICIPANT mai andar bohot hi kuch hua hai soch rahi thi ki kuch hua hai.

INTERVIEWER **Aur kya aapko lagta hai ki iss programme ka koi hissa aur behtar ho sakta hai?**

Nahi, bohot badhiya hai. Mai toh aap logo ka abhaari hu ki aap log bohot mehnat

PARTICIPANT kar rahe hai.

**INTERVIEWER** Iss programme ka kaunsa hissa aapke liye sabse upyukt saabit hua?

Diet. Woh jo madam dance ka kara rhi thi, woh bhi bohot badhiya laga. Sabhi,

**PARTICIPANT** achhi jagah hai, aisa kuch yeh nahi hai, exercise wagera hoti hai

**Aur abhi iss programme ki samasta gunvatta ka aakalan kaise karenge? Matlab  
1 se 10 ke scale par, 1 se 10 ke number par, aap iss programme ko kitne number**

**INTERVIEWER** denge. 10 me se 10 ki aap bilkul santusht hai ki 10 me se 8, kya number denge?

**PARTICIPANT** 10 hi denge.

**INTERVIEWER** Kya aap iss programme me sikhayi gayi cheezo ka abhi bhi abhyaas karte hai?

Yes, sugar maine kam ki hai. Gudd ka istemaal kiya hai, sugar matlab mai leti hi

nahi hai. Khaana, fruits ka toh bohot hota nahi hai, maintain nahi hota. Fruits nahi

**PARTICIPANT** kha sakte. Lekin jitna maintain hota hai, utna karti hu.