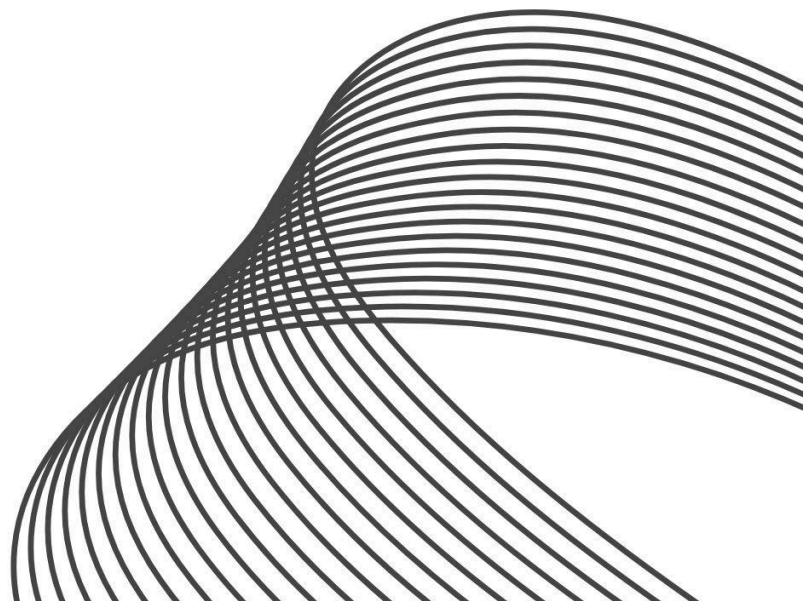


**COMPARATIVE OUTCOMES OF SHORT-TERM
AND LONG-TERM HOLISTIC SUPPORT
PROGRAMS ON WELLBEING AMONG CANCER
SURVIVORS**

**Research Report By
Sanjeevani.....Life Beyond Cancer**



INTRODUCTION

Supportive cancer care recognises the importance of holistic, lifestyle-based interventions in supporting wellbeing and quality of life. While short-term intensive programs initiate healthy habits, however the benefits of sustained supportive care in survivorship are unclear. Sanjeevani...Life Beyond Cancer delivers two structured holistic programs for cancer survivors: Satori is a short-term program and Aham Sanjeevani a long-term program integrating yoga, nutrition, and psychological support. This study compares wellbeing and practice adoption across the programs.

METHODS

128 adults with cancer participated in this cross-sectional study. A four-day Satori program alone (n=63) or followed by long-term Aham Sanjeevani (n=65) was completed by participants. Wellbeing was measured using the WHO-5 index (scores 0–100; higher = better wellbeing). A self-designed Knowledge, Attitude, and Practice Questionnaire (KAPQ) was used to assess integration of holistic practices into daily life. Outcomes between groups were compared using descriptive statistics.

RESULTS

Participants attending both programs reported substantially higher mean WHO-5 wellbeing scores compared to those who attended only short-term programs (80.08 vs 48.42). In the long-term group, 78% of participants scored above the WHO-5 threshold suggestive of good wellbeing (>50), compared to 41% in the short-term group. Overall KAPQ scores were also higher among long-term participants (mean 77.72 vs 50.86), reflecting greater self-reported incorporation of holistic practices into everyday life. Domain-wise analysis revealed higher yoga practice scores among short-term participants, whereas nutrition and psychotherapy-related practices were reported more frequently among those engaged in the long-term program, suggesting different patterns of practice adoption over time.

CONCLUSIONS

Long-term holistic support was associated with better wellbeing and greater lifestyle and psychosocial integration than short-term intervention. These findings highlight the potential

role of ongoing holistic supportive care within survivorship pathways. To assess causality and sustainability longitudinal controlled studies are needed.

Keywords:

Holistic healing, Cancer, Psychotherapy, Yoga, Nutrition, Psycho-oncology.