



**Assessing The Impact of a Two-Week  
Holistic Intervention (Srjan Program) on  
Well-Being and Coping in Breast Cancer  
Patients: Preliminary Findings**

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**Introduction:** Recovery for breast cancer requires holistic care that addresses psychological, emotional and lifestyle needs along with medical treatment. Holistic interventions that address various psycho-social needs related to mental and physical health of patients diagnosed with breast cancer are increasingly identified as important in survivorship care. The SRJAN program, an initiative by Sanjeevani Life Beyond Cancer is a 2-week structured intervention program designed to improve coping, resilience and general wellbeing. The current study presents preliminary findings on its effects among breast cancer patients.

**Method:** The Study employed a pre–post study design which consisted of 18 participants with breast cancer diagnosis enrolled in the Srjan Program (All females, Age range = 30 years to 66 years with mean age = 45.6 years). The intervention consisted of 12 structured sessions delivered over two weeks, integrating psychoeducation, yoga, breathwork, nutrition guidance, reiki healing and facilitated peer interaction. Standardized tools such as Mini MAC were used to assess coping styles such as Helplessness-Hopelessness, Anxious Preoccupation, Fighting Spirit, Cognitive Avoidance, and Fatalism—and well-being was assessed using the WHO-5 Well-Being Index. Descriptive statistics were used to compare pre- and post-intervention mean scores.

**Results:** Preliminary analysis indicates improvement in psychological outcomes. Reductions in maladaptive coping styles were observed, including Helplessness-Hopelessness (20.72 to 10.39) and Anxious Preoccupation (23.17 to 14.33). There was a slight increase in Fighting Spirit (15.61 to 15.83), while modest declines were observed in Cognitive Avoidance and Fatalism. Notably, overall well-being improved substantially (WHO-5: 55.06 to 80.00).

**Conclusion:** Preliminary findings suggest that the Srjan Program might be helpful in reducing psychological distress and improving well-being in breast cancer patients. Holistic interventions integrating peer support and lifestyle approaches can have promising results for strengthening survivorship care; however, further analysis with larger samples and inferential statistics is needed.

**Keywords:**

Breast cancer, holistic care, psycho-oncology, well-being, coping, survivorship, peer support, integrative intervention