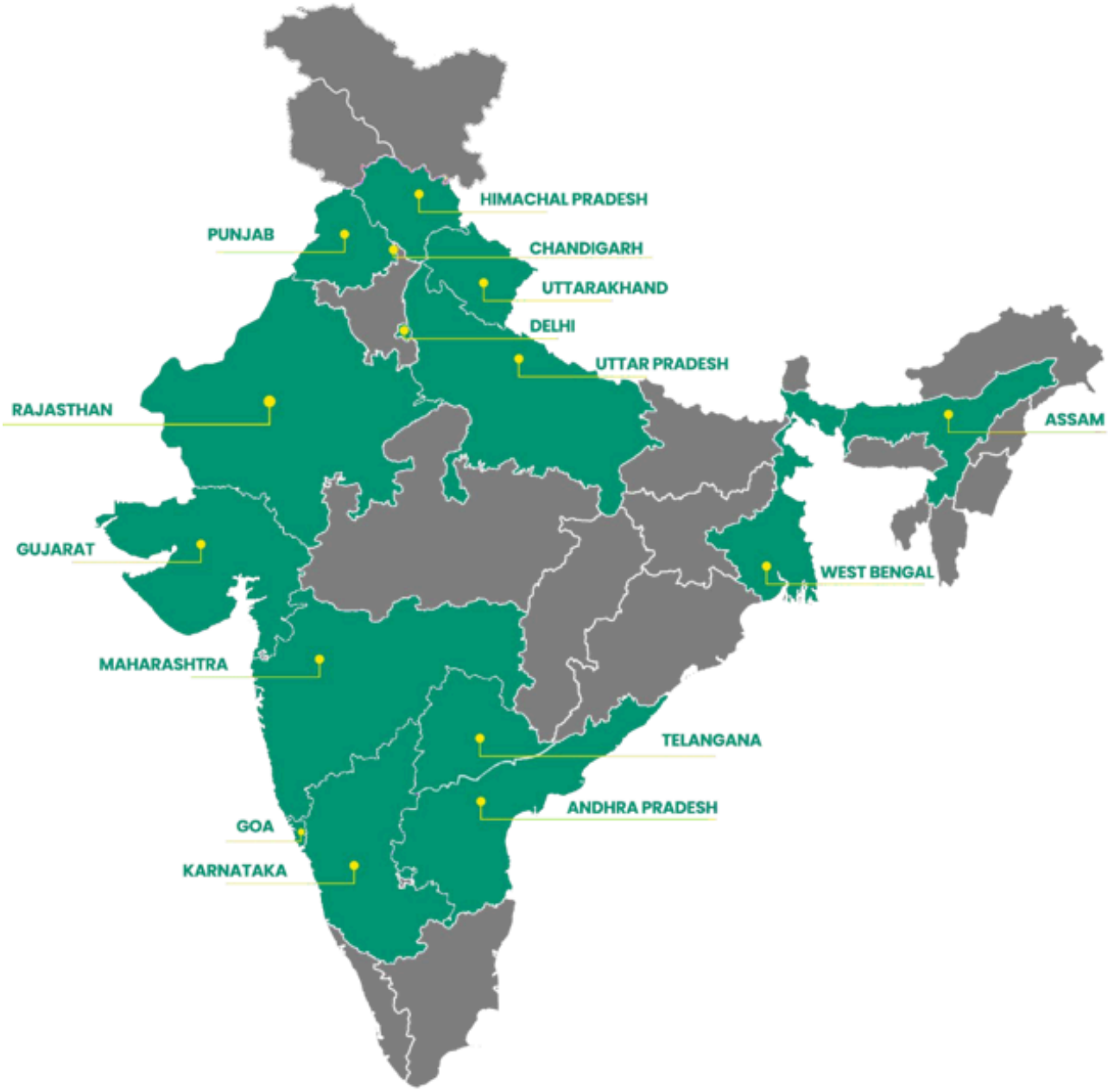
SANJEEVNI

... life beyond cancer

YEARBOOK 2024

Transforming Lives Beyond cancer...

THE ONLY PAN-INDIA FULL-STACK CANCER CARE PLATFORM



"At Sanjeevani Life Beyond Cancer, we stand as a beacon of hope, offering comprehensive care that spans the entire cancer journey; from prevention and detection to treatment, rehabilitation, and beyond. Our commitment is to ensure that every patient receives the support they need to live a life beyond cancer."

2024 IMPACT

"More than 13 lakh lives touched, countless hopes rekindled. At Sanjeevani, we don't just fight cancer; we empower, uplift, and transform lives beyond it."

CanSahyogi

Patient Assistance Program

Total Impact: 162888 Beneficiaries

CanChetna

Mass Connect Programs To Create Awareness

Total Impact: 13529 Beneficiaries

Satori

Holistic Immunity Building Sessions

Total Impact: 9532 Beneficiaries

CanAhaar

Nutritional Support Program For Underprivileged Patients Fighting Cancer

Total Impact: 6340 Beneficiaries

CanSaarthi

Certificate Course in Oncological Caregiving

Total Impact: 224 Graduates

Aham Sanjeevani

Change-Makers Program

Total Impact: 759 Change-Makers

Sanjeevani Life Beyond Cancer has established India's first full-stack cancer care platform, offering holistic support through every stage of a patient's journey, from prevention and detection to treatment, rehabilitation, and survivorship. Already, Operating in 30+ government hospitals across 15 states. Every year, the organization supports 16% of all newly diagnosed cancer patients in India, providing emotional, nutritional, and financial assistance. With an ambitious vision, Sanjeevani aims to expand its reach and support 60% of newly diagnosed cancer patients over the next five years, ensuring that no one faces cancer alone.

FOUNDER'S NOTE

A Vision of Healing, Hope, and Transformation

When I look back on my journey with cancer, I remember not just the struggle but also the profound realisation that healing is more than just medical treatment; it is a journey of the mind, body, and soul. It was this understanding that led me to create Sanjeevani Life Beyond Cancer, a movement that ensures no one has to walk this difficult path alone.

> ***"Cancer may have entered my body, but I refused to let it enter my spirit. Healing began the moment I chose to see beyond survival; to find purpose in pain, strength in struggle, and a new meaning in life itself "***

From the very beginning, my dream was to build a community of care, where cancer patients and their families would find not just support but also strength, knowledge, and empowerment. Over the years, this vision has grown beyond what I could have imagined. Sanjeevani is no longer just an organisation; it is a family, a lifeline, a beacon of hope and transformation for thousands.

This Yearbook 2024 is a testament to the unwavering commitment of our team, volunteers, and supporters who have dedicated themselves to our mission. This year, we have taken bold strides forward; expanding our reach, launching new programs, deepening our impact, and embracing innovation in cancer care.

> ***"Sanjeevani was never just an organisation; it was a promise, to myself and to every warrior, that no one should battle cancer alone. It is a movement built on the belief that healing is not just medical, but emotional, psychological, and deeply human."***

Yet, our journey is far from over. As we step into the future, our focus on Sustainable Wellness will guide us in creating solutions that are inclusive, accessible, and life-changing. We are laying the groundwork for CanCare Navigator, a digital platform that will revolutionise patient support, bringing resources and guidance to those who need them the most.

To every patient, caregiver, volunteer, and well-wisher who has been part of this journey, thank you. Your faith and belief fuel our mission. Together, we will continue to rewrite the narrative of cancer care, making healing holistic, dignified, and full of life.

> ***"I have walked this path, felt the weight of uncertainty, and emerged with one undeniable truth; when healing is infused with love, dignity, and empowerment, it transforms lives beyond measure."***

With gratitude,

Ruby Ahluwalia

Founder & Trustee, Sanjeevani Life Beyond Cancer

FOREWORD

Some journeys begin long before we even realize we are on them. Mine with Sanjeevani… Life Beyond Cancer started on a waterfall trek, a setting so raw and untamed, much like life itself. It was there that I first met Ruby Ahluwalia, a lady whose presence radiated quiet strength and purpose. As we navigated the terrain, she spoke about her own battle with cancer; not just the physical toll, but the emotional, mental, and social upheaval that came with it. Ruby did not let cancer define her. Instead, she turned her personal struggle into a force for change, ensuring that no one would have to walk the difficult path alone.

> ***"Cancer does not just test the body; it tests the soul. But with the right support,no one has to face it alone."***

In 2012, Sanjeevani was born out of that conviction, starting as a grassroots movement to support cancer patients beyond medical treatment. Ruby saw the gaps; how cancer care often ended at hospital doors, leaving patients and caregivers with nowhere to turn. She envisioned a world where healing wasn't just about fighting a disease but about holistic wellness, where physical recovery was deeply intertwined with emotional resilience, financial stability, and social support. Over the years, that vision materialised into programs that touched thousands of lives across India.

When I first heard about the initiatives; like CanSahyogi, Satori, CanChetna, CanAhaar, I was intrigued. When I saw their impact firsthand, I was moved. And when I became a part of them, I was transformed. What began as a personal curiosity soon became a commitment and I found myself stepping into a larger role, taking on the challenge of leading Sanjeevani's growth and evolution.

As I look at where we stand today, I see an organisation that has built a strong foundation in holistic wellness; one that has empowered thousands to fight not just cancer but the fear, loneliness, and despair that come with it. But now, it is time for us to take the next step forward. The world is changing, and so must we. With technology reshaping every aspect of healthcare, we are now evolving into a model of Sustainable Wellness, ensuring that our support is not just impactful but also scalable, inclusive, and accessible to all.

> ***"True healing begins when care extends beyond medicine; into the heart, the mind, and the spirit."***

This Yearbook is more than a reflection of what we have achieved; it is an invitation. To partners, volunteers, change-makers, and anyone who believes in the power of compassion, innovation, and collective action. The work we do is not easy. It requires time, commitment, and the courage to challenge the status quo. But if there is one thing I have learned on this journey, it is that the most meaningful changes happen when people come together with a shared purpose.
Sanjeevani is not just an organisation; it is a movement. And we are just getting started.

धन्यवाद:

JIGAR MOTTA

CXO, Sanjeevani Life Beyond Cancer

THE YOUTH REVOLUTION IN CANCER CARE: IGNITING AWARENESS, WELLNESS, AND CHANGE

Youth is often called the promise of the future, but in reality, it is the power of the present; a force that drives change, ignites hope, and shapes a world where healing is not just about survival, but about living with dignity, purpose, and wholeness.

Young individuals have an extraordinary opportunity, not just to witness transformation but to be at the heart of it. The battle against cancer is not only fought in hospital rooms; it is fought in conversations, in awareness, in lifestyle choices, and in the willingness to embrace holistic well-being. Their role is not defined by medical degrees or years of experience; it is defined by their passion to spread awareness, energy to break taboos, and compassion to stand with those who need them the most.

Sanjeevani Life Beyond Cancer is not just treating an illness; it is shaping a movement; a movement where youth play a pivotal role in cancer awareness, integrative healing, and sustainable wellness. From volunteering at cancer care centres to leading wellness initiatives, from digital advocacy to grassroots outreach, every action taken has the potential to change a life.

Holistic healing is not just for those battling cancer, it is a philosophy that needs to be woven into the fabric of daily life. What people eat, how they breathe, the thoughts they nurture, and the balance they seek, all contribute to a world where prevention and healing go hand in hand. The youth of today must champion this cause, ensuring that wellness is not an afterthought but a way of life. They are the bridge between generations, the voice that redefines wellness, the strength that turns awareness into action.

Sustainable wellness is more than an initiative; it is a responsibility. As the future unfolds, there is a need to integrate ancient wisdom with modern innovation, using technology and awareness to make healing accessible to all. CanCare Navigator, Sanjeevani's digital initiative, is not just a technological advancement; it is a call for youth to lead the way in digitising support, bringing cancer care to every home, and ensuring no one fights alone.

> ***"The strength of a generation is not measured by its years but by its courage to challenge the past, transform the present, and build a future where healing is a right, not a privilege."***

The time for action is now. Whether through education, advocacy, research, or direct patient support, the youth have the power to build a world where healing is not just possible but inevitable, not just medical but holistic, not just for some but for all.

This is the generation that does not just hope for change but becomes it.

With purpose, passion, and the will to make a difference,

Shivanjali Ahluwalia

Trustee & COO, Sanjeevani Life Beyond Cancer

ABOUT SANJEEVANI... LIFE BEYOND CANCER

MISSION, VISION, AND CORE VALUES

Our Mission :

To raise the bar of cancer care in India through a community-building exercise thus covering the entire patient cycle from prevention to rehabilitation by providing comprehensive care and preparing them for a sustainable life.

Our Vision :

Every cancer patient is provided with holistic and comprehensive cancer care to be able to win the battle against cancer and is provided with skills to use this cancer experience as an opportunity to live an enriched and productive life.

Our Core Values :

- **Compassion**: Offering care that is rooted in empathy and understanding.
- **Empowerment**: Equipping patients and caregivers with knowledge and resources.
- **Innovation**: Continuously evolving to provide sustainable and impactful cancer care solutions.
- **Collaboration**: Building partnerships to strengthen and expand our reach.
- **Integrity**: Committing to transparency and ethical care in all that we do.

HOW SANJEEVANI IS CHANGING LIVES – A JOURNEY SINCE 2012

Sanjeevani Life Beyond Cancer was founded in **2012** by **Ruby Ahluwalia**, a cancer survivor whose personal battle ignited a vision to transform cancer care in India. From its humble beginnings as a grassroots movement, Sanjeevani has grown into a **nationwide force for holistic healing**, touching the lives of thousands of patients, caregivers, and communities.

Over the years, Sanjeevani has:

- Established **multiple programs** addressing emotional, nutritional, financial and social aspects of cancer care.
- Expanded to **various cities across India**, providing personalized support to cancer patients.
- Partnered with hospitals, research institutions, and government bodies to strengthen integrative cancer care.
- Launched **CanSahyogi, CanChetna, CanAhaar, CanSaarthi, Satori**, **Srjan, and Aham Sanjeevani** each tailored to meet specific needs of the cancer community.
- Pioneered the development of **CanCare Navigator**, a platform that will revolutionize accessibility and guidance for cancer patients in the future.

Through **community engagement, research, and continuous innovation**, Sanjeevani continues to redefine healing, ensuring that cancer care extends beyond hospitals and into the lives of those who need it most.

As we look ahead, Sanjeevani remains committed to deepening its impact, embracing **Sustainable Wellness**, and reaching even more individuals with the care, dignity, and hope they deserve.

TATA MEMORIAL CENTRE

SANJEEVANI: A LIFELINE BEYOND CANCER

Sanjeevani Life Beyond Cancer is not just an organization; it is a hand to hold, a voice that soothes, and a presence that whispers, "You are not alone." It stands like a comforting shade beneath the harsh sun, a place where weary hearts find rest and broken spirits mend. Here, every story matters, not for the battles fought, but for the courage that rises in the face of fear.

Cancer may cast long shadows, but at Sanjeevani, light finds its way through. It is in the gentle words of a counselor, the nourishing touch of a shared meal, and the knowing glance of a survivor that says, "I understand." Healing is not bound by medicine alone; it is stitched together with laughter, tears, and the unwavering belief that life is still beautiful.

> ***"Hope is not a distant star; it is the flame we kindle together. And with every spark, the darkness recedes."***

At Sanjeevani, the journey is never walked alone. Patients become family, caregivers find strength in solidarity, and survivors carry the torch of resilience. It is a circle of kindness that grows wider with every soul it touches. Here, hope is not a fleeting promise; it is a steady heartbeat, a rhythm of care that echoes in every shared moment.

There are no numbers that can capture the essence of what Sanjeevani truly offers. It is found in the eyes of a mother who sees her child smile again, in the sigh of relief when a burden is shared, and in the quiet bravery of those who choose to keep going. The walls of Sanjeevani hold not just memories of hardship, but stories of triumph and love that linger like a soft breeze.

> ***"To heal is not merely to cure. It is to stand tall in the face of fear, to find joy in the smallest moments, and to know that even the darkest nights give way to dawn."***

And still, Sanjeevani will go on, like the river that never ceases, like the sun that rises anew. With every step forward, it will continue to stand as a beacon of hope, offering strength, comfort, and unwavering support. This is not just a lifeline; it is life, beyond cancer. The story will carry on, as long as there are hands to hold and hearts to heal.

> ***"From Kashmir to Kanyakumari, from Gujarat to Arunachal, Sanjeevani envisions a future where holistic cancer care reaches every corner of India. One mission, 30 states, countless lives touched."***

His Excellency, Hon'ble Governor of Goa, Shri P.S. Sreedharan Pillai

NATIONAL CONFERENCE ON INTEGRATIVE CANCER CARE (NCICC 2024)

The **National Conference on Integrative Cancer Care (NCICC 2024)**, held in **April 2024 in Goa**, was a defining event in the journey toward holistic and patient-centric cancer care. Conceptualised and executed by **Sanjeevani… Life Beyond Cancer**, the conference brought together a distinguished gathering of **oncologists, researchers, wellness practitioners, policymakers, cancer survivors, and caregivers** to explore the **integration of conventional cancer treatment with complementary healing approaches.**

The conference was inaugurated by **His Excellency, Hon'ble Governor of Goa, Shri P.S. Sreedharan Pillai**, who delivered a powerful address emphasising the need for an **integrative approach to cancer care**. His words resonated deeply with the audience, reinforcing the importance of bridging the gap between **medical treatments and holistic wellness strategies**. The event set a **new benchmark in interdisciplinary collaboration**, paving the way for a more inclusive, patient-centered approach to cancer management.

CONFERENCE HIGHLIGHTS

The NCICC 2024 was a confluence of **visionaries, practitioners, and survivors**, offering a platform for meaningful discourse and actionable insights. Over **300 participants attended in person**, while the **live-streaming sessions reached more than 1,00,000 virtual attendees**. The conference agenda was structured to cover **scientific advancements, holistic healing practices, survivor-led discussions, and artistic expressions of healing**. Some of the most compelling highlights included:

- **Thought-provoking panel discussions** featuring **Oncologists, Psychologists, Yog and Ayurveda experts, Nutritionists, and Policymakers**, addressing the **integration of medical and holistic cancer care.**

- **Interactive masterclasses** on **therapeutic yog, nutritional guidance, breath-work, art therapy, sound therapy, pranic healing, acupressure, circadian rhythm alignment, and reflexology**, equipping participants with practical skills to incorporate into their healing journeys.

- **Survivors' Panel** featuring firsthand accounts from cancer warriors, emphasising the **transformative power of integrative healing**.

- **The "Towards Satori" Art Exhibition**; a deeply personal showcase of Ruby Ahluwalia's healing journey through art, highlighting the role of creative expression in emotional recovery.

UNDERSTANDING CANCER THROUGH INTEGRATIVE HEALING: INSIGHTS FROM NCICC 2024

At NCICC 2024, the emphasis on **understanding cancer at its biological core** brought to light the profound **impact of integrative healing.** The conference underscored the **role of food, breath, and mental constructs as the foundational pillars of holistic wellness**. Experts shared how these elements influence the **biochemistry of the body, creating an internal environment conducive to healing and recovery.**

Panel 1: Addressing Cancer Challenges Through Integrative Care

Moderated by Ruby Ahluwalia, Founder, Sanjeevani Life Beyond Cancer, this session explored the critical **interplay between conventional medicine and complementary therapies**. The panel highlighted how targeted **nutrition, mindful breathing practices, and mental resilience** work synergistically to **enhance patient outcomes**. Participants discussed the urgent need for healthcare policies that integrate these approaches **into mainstream oncology**.

Panel 2: Holistic Approaches to Healing

Leading practitioners of **Yog, Ayurveda, Nutrition, and Psychology** presented evidence on how **lifestyle interventions influence the biological processes that drive cancer progression**. Key insights included the role of:

- **Food** – How personalized, nutrient-dense diets reduce inflammation and support the immune system.
- **Breath** – Techniques like pranayama and mindful breathing that regulate stress hormones and improve oxygenation.
- **Mental Constructs** – The impact of positive mindset shifts, meditation, and emotional support in reshaping cellular responses and promoting healing.

Panel 3: Survivors' Insights – A Journey to Wellness

Moderated by Ms. S.C. Sharada, Cancer Victor, this panel brought forward **personal stories of resilience**. Survivors shared how **adopting a holistic lifestyle** empowered them to not only recover but thrive. Faith, community, and the **alignment of body, mind, and spirit** emerged as recurring themes in their journeys. Their experiences reinforced the scientific evidence **that integrative therapies significantly enhance long-term well-being and reduce the risk of recurrence.**

Sanjeevani's Commitment to Holistic Healing

The insights from **NCICC 2024** reaffirm **Sanjeevani's commitment to expanding access to holistic care across India**. Through initiatives like Satori and CanSahyogi, we continue to **prioritize personalized, patient-centric care that addresses the root causes of cancer** while supporting emotional and mental well-being. As we advance, our mission remains clear; to **empower cancer warriors with the tools and knowledge to reclaim their health, foster resilience, and embrace life beyond cancer.**

MASTERCLASSES & WORKSHOPS: LEARNING BY EXPERIENCE

To ensure **practical application of integrative healing techniques, NCICC 2024 featured immersive masterclasses** conducted by leading practitioners. Some of the **most impactful sessions included:**

- **Healing with Breath and Pranic Energy** – A deep dive into **breath-based energy healing** for managing pain and emotional distress.
- **The Science of Acupressure** – Training in **pressure-point techniques for pain relief and immune strengthening.**
- **Circadian Rhythms & Cancer Healing** – Insights into **how aligning daily routines with natural cycles aids recovery.**
- **Therapeutic Reflexology** – Practical demonstrations of **self-healing through foot and hand reflexology.**
- **Nutritional Guidance for Recovery –** Understanding the **role of diet in boosting immunity, managing side effects,** and **enhancing overall well-being** during cancer treatment and recovery.

EMINENT ATTENDEES & EXPERTS

NCICC 2024 was attended by some of the most **renowned figures in the fields of oncology, holistic healing, and public policy**. Among the distinguished speakers were:

- **Dr. Sudeep Gupta,** Director, Tata Memorial Centre, Mumbai. (Virtual)
- **Dr. Gopinath K.S.,** Padma Shri Awardee, Founder, HCG Hospital, Bengaluru.
- **Dr. Vani Parmar**, Chief, Breast Surgical Oncology, HNCI, Mumbai.
- **Dr. Ashish Gulia**, Director, HBCHRC, Mullanpur & Sangrur.
- **Dr. Pankaj Malhotra**, HoD, Clinical Hematology & Medical Oncology, PGI Chandigarh.
- **Dr. Sandeep Jasuja**, Medical Superintendent, State Cancer Institute, Jaipur.
- **Dr. Ganesh Rao**, Ph.D Yoga & Philosophy, Professor, KKKSU & Mumbai University.
- **Dr. Melvin Chagas Silva**, MD Psychiatrist, MBBS, MRC Psych, Psychotherapist.
- **Dr. Sara Chimthanawala**, DHMS & Life Therapist.
- **Dr. Jyotsna Mehta**, Gynaecologist, Director, City Hospital, Lucknow.
- **Dr. Anupama Borkar,** HoD, Medical Oncology, GMC.
- **Dr. Swapnil Auti,** Ayurveda & Panchakarma Specialist, AIIA, Goa.
- **Dr. Gauri Rokkam,** Holistic Nutritionist, Yoga & Nature Cure Therapist.
- **Dr. Mayur V. Kaku,** Neurosurgeon & Expert in Yoga and Neurosciences.
- **Dr. Pramod Salgaonkar,** Member, Goa Cancer Society.
- **Dr. Jyoti Sardesai,** Director FDA
- **Dr. Geeta Kadodkar,** DHS, Goa.
- **Dr. Kedar Raikar,** State Nodal Officer (Health), Goa.

Their expertise and insights helped shape **conversations on the future of integrative oncology**, making **NCICC 2024 a transformative milestone in cancer care**.

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Use the QR code or web link to access the feedback survey.

YOGA IN CANCE
YOGA IN
CANCER CARE:

Advocating Holistic Cancer Care on Global Platforms

The vision of Sanjeevani... Life Beyond Cancer is not only to provide **direct support to cancer warriors** but also to **reshape the global dialogue on integrative healing**. In the year 2024, Ruby Ahluwalia, the founder of Sanjeevani, took this mission **beyond borders** by representing the **patient's perspective and the power of holistic healing at prestigious international conferences.**

VARIAN'S INTERNATIONAL CONFERENCE IN HANOI – A PATIENT'S VOICE ON THE GLOBAL STAGE

At the International Conference in Hanoi, hosted by Varian, **Ruby Ahluwalia was invited to present the patient's perspective in cancer care**. In a gathering of some of the most distinguished medical professionals and researchers, she delivered a powerful presentation that **resonated deeply with the audience.**

Through her personal journey as a cancer survivor, she highlighted the **emotional, psychological, and physical challenges** faced by patients and emphasized the **urgent need for a compassionate, patient-centric approach in cancer care**. Her words echoed the mission of the conference; to build a world where cancer is no longer feared but **understood, addressed, and overcome through holistic, integrative solutions.**

KAIVALYADHAMA CONFERENCE – YOG IN CANCER CARE

Furthering **Sanjeevani's commitment to holistic healing**, Ruby Ahluwalia was also **invited to speak** at the prestigious Kaivalyadhama International Conference. Her session on "Yog and Cancer Care" underscored the **transformative power of yog in cancer recovery**, reinforcing the idea that healing extends **beyond medical treatment** to **embrace mental, emotional, and spiritual well-being**. She shared insights on how **yog, breathwork, and mindfulness** play a critical role in **reducing stress, improving immunity, and enhancing the quality of life for cancer patients.**

INTERNATIONAL WOMEN'S CANCER CONFERENCE - ADVOCATING FOR PATIENT SUPPORT

Continuing her advocacy for holistic cancer care, Ruby Ahluwalia also represented Sanjeevani at the **International Women's Cancer Conference held in Chandigarh**. Engaging with **oncologists, researchers, and healthcare leaders**, she emphasized the need for **comprehensive patient support systems** that address not only the physical aspects of cancer but also the **emotional and social challenges faced by patients**. Her participation in the open house patient meeting with advocacy groups brought forth valuable insights on how patient-centric initiatives like **Sanjeevani's CanSahyogi and CanSaarthi programs are transforming lives**. This collaborative platform further strengthened Sanjeevani's commitment to making holistic cancer care accessible and **empowering survivors to become changemakers.**

A YEAR IN REVIEW: KEY MILESTONES

As we look back at 2024, it has been a **remarkable year of progress, expansion, and transformation** for **Sanjeevani Life Beyond Cancer**. This year, we have reached **new cities, launched critical healthcare initiatives, expanded our core programs, and laid the foundation for a future where technology meets compassionate care.**

Each milestone reflects our **commitment to holistic healing, patient empowerment, and sustainable wellness.** Here's how we made a difference in 2024:

SANJEEVANI'S COMMITMENT TO HOLISTIC HEALING

🌿 Satori's Transformative Expansion: Embracing Healing Through Language 🌿

Recognising the diversity of India and the need to **make holistic healing accessible to all**, Sanjeevani took a significant step by **expanding the Satori Program into vernacular languages like Kannada, and Telugu**. This initiative ensures that **cancer warriors across regions can embrace the benefits of yog, mindfulness, and holistic wellness** in a language they resonate with. By **breaking language barriers**, Sanjeevani empowers patients to **navigate their healing journey with confidence, understanding, and emotional resilience**.

Expanding Satori in regional languages not only **widens the reach of integrative care** but also **fosters deeper community engagement**, reinforcing the belief that **healing is a right, not a privilege**.

LAUNCH OF NEW INITIATIVES

Expanding Outreach: Recognizing the growing need for localized, on-ground cancer support and the importance of **institutionalising our efforts**, Sanjeevani took a significant step by launching **City Chapters in Goa, Pune, Mumbai, and Delhi**. These chapters serve as the **first steps towards institutionalisation**, providing a robust framework for **local leadership and community engagement**. More importantly, these chapters are **led by eminent individuals who bring their expertise and dedication to furthering Sanjeevani's vision and mission**.

Why This Expansion Matters:

- **Localized Car**e: Bringing counseling, emotional support, and awareness programs closer to those in need.
- **Stronger Volunteer Network**: Mobilizing trained caregivers, survivors, and healthcare professionals to offer direct, on-ground support.
- **Community Engagement**: Conducting awareness drives, workshops, and patient wellness sessions to prevent, detect, and manage cancer better.
- **Path to Institutionalization**: These chapters act as the foundation for a decentralized yet unified network that enhances both regional care delivery and national impact.
- **Eminent Leadership**: Guided by prominent leaders and experts who align with Sanjeevani's values, these chapters ensure the organization's mission is represented at every level.

Through these chapters, **Sanjeevani has laid the foundation of a sustainable, institutionalised network** that ensures no patient or caregiver feels isolated. By **fostering local leadership and community-driven initiatives**, we are making strides toward a future where **compassionate cancer care is accessible in every corner of the country.**

Counselling,
Handholding
and
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LYMPHEDEMA CARE CENTRE IN JAIPUR: A NEW ERA OF POST-MASTECTOMY SUPPORT

One of the **most significant healthcare initiatives** of 2024 was the **establishment of a dedicated Lymphedema Care Center in Jaipur. Lymphedema**, a common and often debilitating condition faced by **breast cancer survivors**, results in **chronic swelling, discomfort, and restricted mobility** post-mastectomy.

How This Center is Making a Difference:

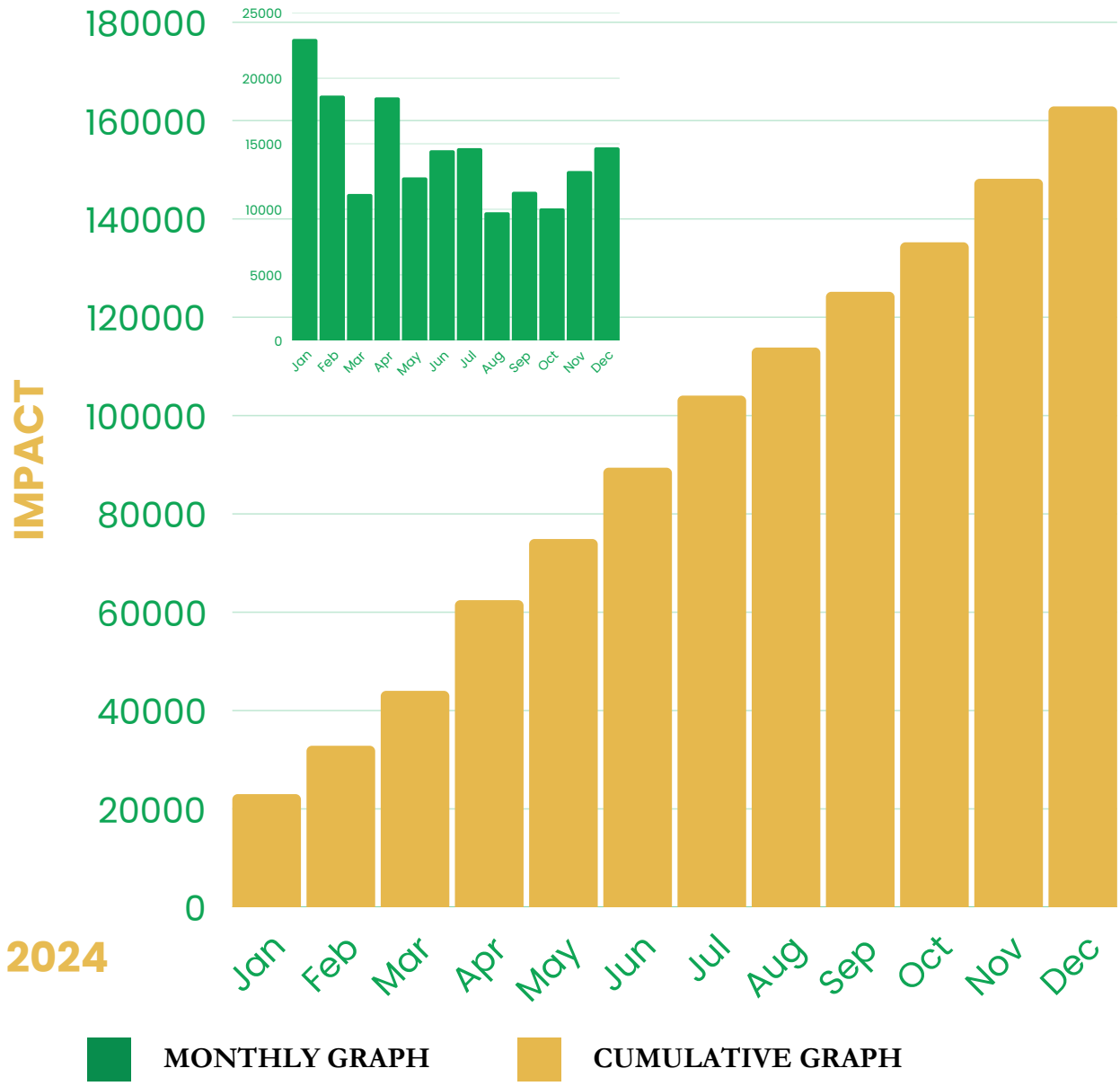
- **Expert Physiotherapy & Rehabilitation Services –** Offering professional care to help patients regain movement, reduce swelling, and improve quality of life.
- **Compression Therapy & Customised Solutions –** Providing compression garments, sleeve fittings, and self-care education for long-term management.
- **Empowering Survivors Through Knowledge –** Training patients to manage their condition effectively, enabling them to lead healthier, and more confident lives.

For many breast cancer survivors, **this centre has been a beacon of hope,** proving that **life after treatment can still be fulfilling, mobile, and empowering.**

CanSahyogi

Patient Assistance Program

Total Impact: 162888 Beneficiaries



CANSAHYOGI: COMPLETE PATIENT ASSISTANCE PROGRAM

Program Overview

A cancer diagnosis can be overwhelming, not just for the patient but for their entire family. **Navigating hospitals, understanding treatments, coping with emotional distress, and making crucial healthcare decisions** can often leave individuals feeling lost and unsupported.

CanSahyogi, one of Sanjeevani Life Beyond Cancer's **flagship programs**, was designed to **bridge this gap** by providing **compassionate, personalised support** to cancer patients and their caregivers.

Objective:

To offer **emotional, financial, social, and logistical support** to cancer patients, ensuring they receive **guidance, encouragement, and empowerment** throughout their treatment journey.

Services Provided:

- **One-on-One Counselling**: Helping patients and caregivers cope with the emotional impact of cancer.
- **Hospital Navigation Support**: Assisting patients in understanding treatment processes, medical procedures, and paperwork.
- **Mentorship for Caregivers**: Equipping family members with essential skills to provide physical and emotional care to their loved ones.
- **Peer Support Groups**: Connecting patients with survivors and caregivers for shared experiences and guidance.
- **Facilitating Financial Support**: Assisting patients in accessing financial aid, government schemes, and charitable resources for treatment expenses.

Who Benefits from CanSahyogi?

- **Newly Diagnosed Patients** – Understanding their treatment options and emotional coping strategies.
- **Caregivers & Family Members** – Learning how to support a loved one with cancer.
- **Underprivileged Patients** – Receiving guidance on accessing free or subsidised treatment resources, and social and financial support for continued treatment.

2024 Achievements & Data-Driven Impact

This year, **CanSahyogi has expanded its reach** significantly, impacting thousands of lives through direct **patient interactions, counseling sessions, and mentorship programs.**

- **Over 1,62,000 patients assisted** across hospitals and cancer care centres.
- **Expanded to 30+ centres across 30 hospitals in 15 states,** ensuring greater accessibility..
- **Hundreds of caregivers trained** in emotional and practical caregiving skills.
- **Increased collaboration** with hospitals and healthcare providers to offer structured support services.

Through its **personalised, compassionate approach**, CanSahyogi continues providing support, resources, and tools to **alleviate fear, uncertainty, and isolation**, ensuring that no one fights cancer alone.

Future Plans for 2025

As **CanSahyogi** continues to evolve, our vision for 2025 is to expand its depth and impact even further:

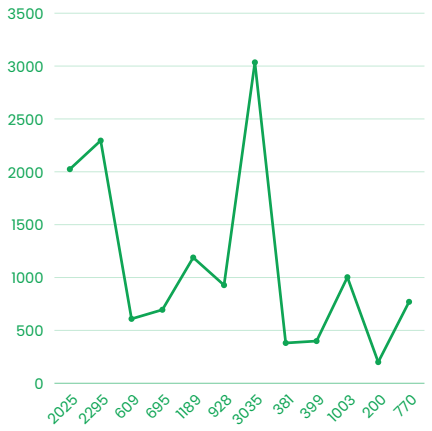
- **Scaling up to 40+ centres** across India to serve even more patients.
- **Introducing virtual mentorship programs** to reach those in remote areas.
- **Developing a structured caregiver training module** to equip family members with enhanced caregiving skills.
- **Collaborating with more hospitals and NGOs** to extend holistic cancer support services.

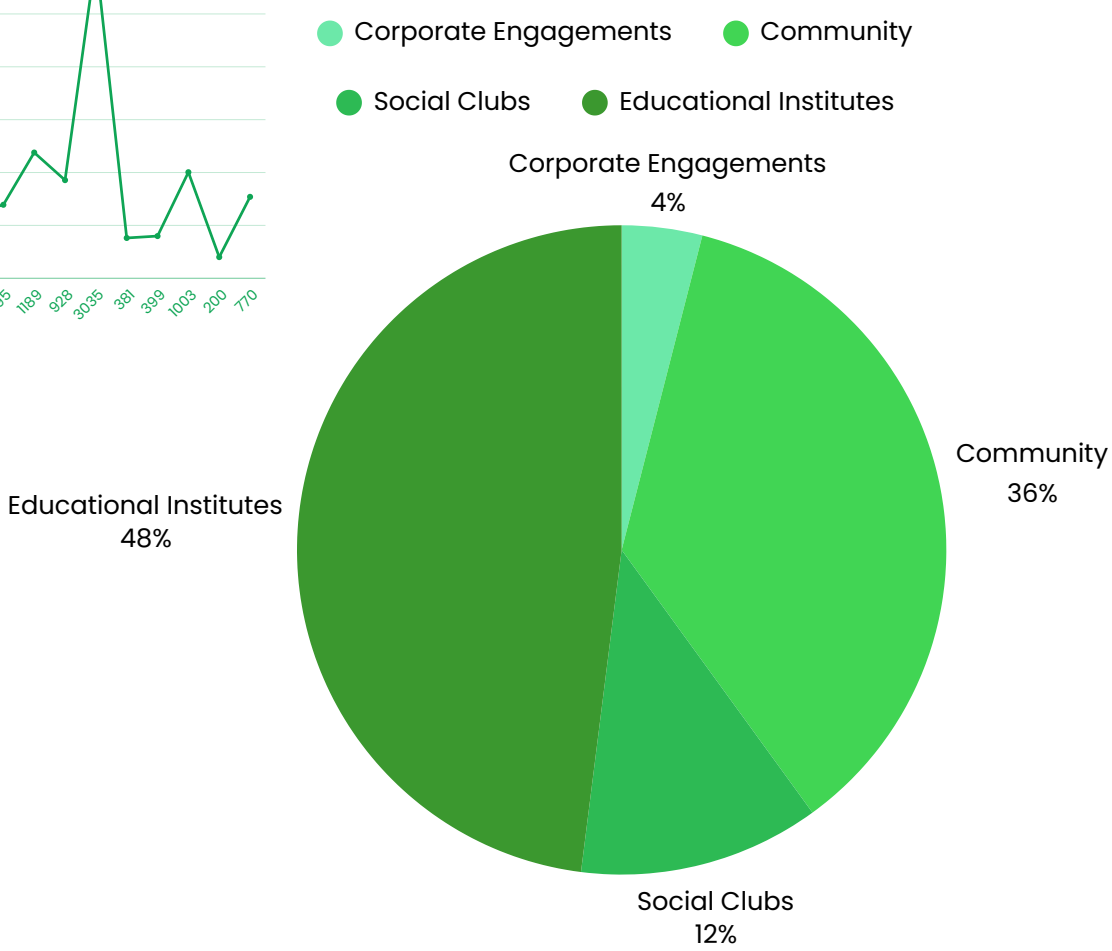
Through **compassion, connection, and care**, CanSahyogi will continue to be a **lifeline for patients and families**, ensuring that no one faces cancer alone.

CanChetna

Mass Connect Programs To Create Awareness

Total Impact: 13529 Beneficiaries





CANCHETNA: AWARENESS & EDUCATION

Knowledge is power, and in the fight against cancer, **awareness can save lives**. Early detection, preventive lifestyle changes, and timely medical intervention significantly increase the chances of survival. However, **lack of awareness, myths, and misinformation** continue to pose challenges, especially in rural and underserved communities.

Recognising this gap, **CanChetna** was launched to **educate, inform, and empower individuals with accurate cancer-related knowledge**, ensuring that more people have the tools they need to **detect, prevent, and fight cancer effectively.**

Objective:

To create a **well-informed society** by conducting cancer awareness and education sessions across **schools, colleges, workplaces, and rural communities**, breaking stigmas, and promoting **early detection and prevention.**

Services Provided:

- **Cancer Awareness Sessions** – Educating individuals on risk factors, symptoms, and prevention strategies.
- **Workshops in Schools & Colleges** – Teaching young minds about healthy lifestyle choices and tobacco-free living.
- **Corporate Awareness Drives** – Engaging employees in discussions about occupational health, stress management, and early screening.
- **Rural Cancer Education Initiatives** – Reaching remote villages where cancer awareness is minimal and superstitions prevail.
- **Community Engagement Activities** – Walkathons, survivor storytelling, and interactive health talks to spread awareness.

Who Benefits from CanChetna?

- **Students & Youth** – Learning the importance of **healthy habits and early screenings**.
- **Employees & Corporates** – Gaining insights into lifestyle changes for **cancer prevention**.
- **Rural & Underserved Communities** – Receiving **crucial cancer education** in areas with limited access to healthcare.

2024 Achievements & Data-Driven Impact

This year, **CanChetna witnessed unprecedented growth**, expanding its reach and breaking barriers in **cancer awareness and education**.

- **Over 500 awareness sessions conducted** across urban and rural India.
- **More than 13000 individuals educated** on cancer prevention, early detection, and risk factors.
- **Special initiatives launched in remote villages,** ensuring rural populations have access **to accurate cancer information.**
- **Successful partnerships with schools, universities, corporate offices, and NGOs** to **amplify awareness efforts**.
- **Tobacco de-addiction & lifestyle modification campaigns** reached thousands, encouraging preventive health measures.

Through these efforts, CanChetna has **saved lives, debunked myths, and encouraged proactive healthcare choices.**

Future Plans for 2025

Scaling Up & Expanding Reach:

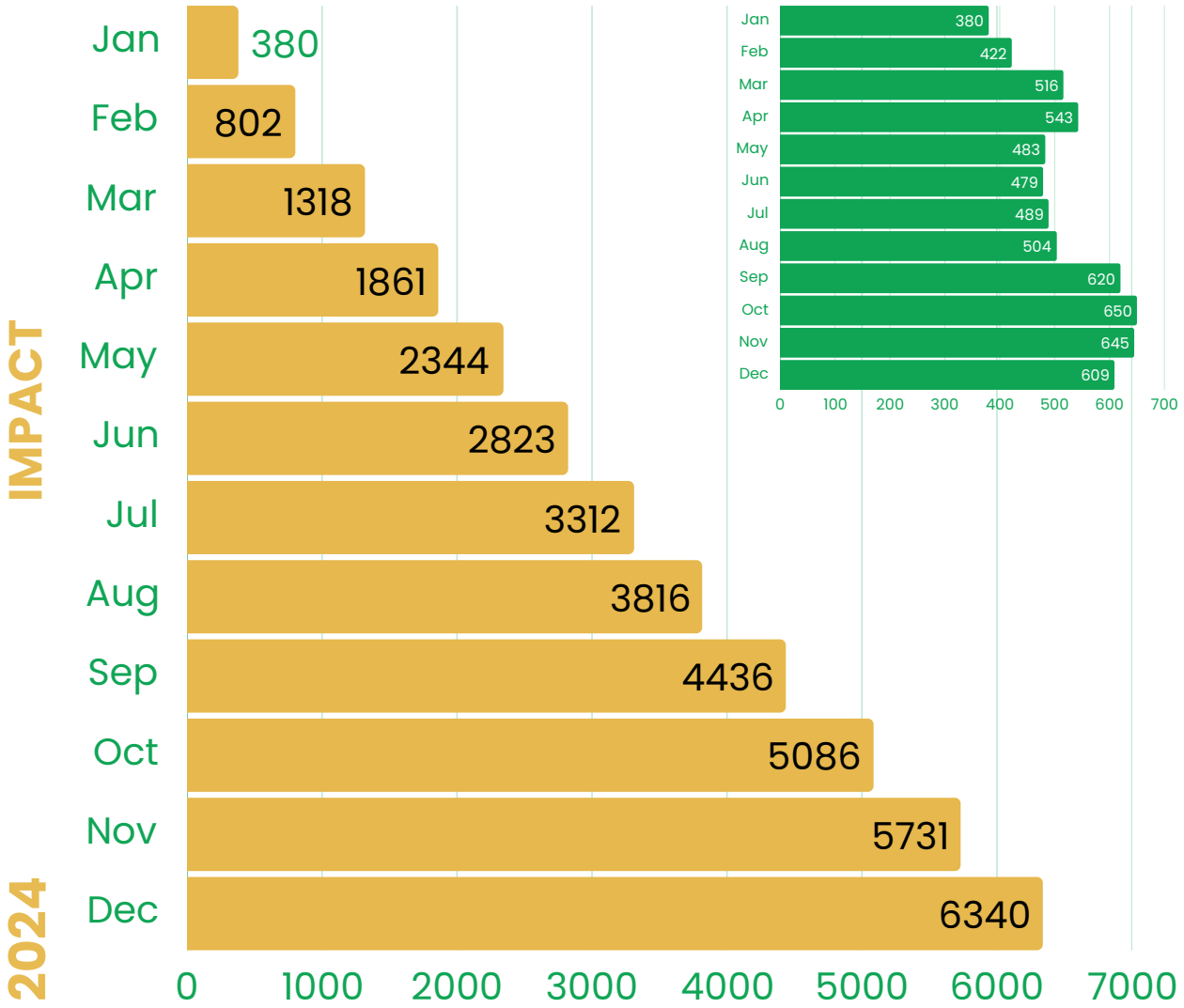
- **Conducting 1,500+ awareness sessions** to educate even more individuals.
- **Launching mobile education units** to reach deeper into rural India.
- **Developing digital awareness modules** for schools and corporates.
- **Strengthening partnerships** with healthcare institutions to promote screenings after awareness programs.
- **Focusing on gender-specific cancer awareness** (breast, cervical, and prostate cancer) to encourage proactive screening.

CanChetna is not just an awareness program; it is a **movement that empowers individuals, transforms communities, and saves lives.**

CanAhaar

Nutritional Support Program For Underprivileged Patients Fighting Cancer

Total Impact: 6340 Beneficiaries



MONTHLY GRAPH CUMULATIVE GRAPH

CANAHAAR: NUTRITIONAL SUPPORT

Program Overview:

Cancer treatment can be physically exhausting, and **nutrition plays a vital role** in a patient's recovery. However, for many underprivileged cancer patients, **access to nutritious meals, dietary guidance, and proper nourishment remains a challenge**. CanAhaar was created to bridge this gap, ensuring that no patient fights cancer without adequate nutrition.

Curated and crafted by Senior Nutritionists using locally sourced ingredients, CanAhaar promotes both nutritional balance and dietary education. Every meal is designed to meet the specific **nutritional needs of cancer patients, providing essential nutrients that aid recovery, boost immunity, and improve overall well-being**. This initiative not only nurtures patients but also strengthens the local agricultural ecosystem, reflecting Sanjeevani's commitment to **holistic, sustainable care.**

Objective:

To provide daily **nutritional support, and dietary education** for malnourished cancer patients, especially those from economically weaker backgrounds, helping them build strength, improve immunity, and enhance recovery outcomes.

Services Provided:

- **Distribution of Nutritional Kits**: Specially designed for malnourished patients undergoing chemotherapy, these kits are packed with natural protein-rich foods, vitamins, and essential nutrients to support their treatment and recovery. Patients are adopted for their entire chemotherapy journey to ensure consistent nutritional support.
- **Nutritional Counselling Workshops**: Expert-led sessions educating patients on dietary changes, immunity-boosting foods, and post-treatment nutrition to enhance their overall well-being.

Who Benefits from CanAhaar?

- **Underprivileged cancer patients** – Receiving critical **nourishment** during treatment.
- **Patients undergoing chemotherapy or radiation** – Learning how proper nutrition can **boost strength and reduce side effects.**
- **Caregivers & Families** – Understanding how to **prepare balanced meals** for their loved ones to aid recovery.

2024 Achievements & Data-Driven Impact

- **6,300+ cancer patients provided with essential nutritional support**.
- **360+ Nutritional counselling workshops expanded across hospitals and communities.**
- **Introduction of specialised diet plans** for patients with specific treatment-related dietary needs.

Through **CanAhaar**, we have not only provided **nutritional kits** but also **empowered patients with knowledge about the healing power of nutrition.**

Future Plans for 2025

Expanding CanAhaar's Reach & Impact:

- **Providing nutrition support to 7,500+ underprivileged patients.**
- **Launching a digital nutritional guide** to help patients and caregivers with meal planning.
- **Introducing disease-specific dietary plans** for different types of cancer treatments.
- **Organising more hands-on cooking workshops** to teach caregivers how to prepare **affordable, healthy meals** at home.

CanAhaar is not just about **supplementing nutrition**; it's about **nourishing hope, restoring strength, and ensuring that no cancer patient is left behind.**

CanSaarthi

Certificate Course in Oncological Caregiving

Total Impact: 224 Graduates

13TH BATCH

14TH BATCH

15TH BATCH

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

2024

CANSAARTHI: TRAINING CANCER CAREGIVERS

Pedagogy of CanSaarthi Program

The CanSaarthi Program by Sanjeevani… Life Beyond Cancer is a **six-month intensive certification course** designed to **train professional oncology caregivers**, particularly cancer survivors and those with firsthand caregiving experience. **Combining 120 hours of online theoretical learning with 240 hours of hands-on training at leading hospitals across India,** CanSaarthi equips participants with **critical skills in patient care, emotional support, and holistic healing**.

By raising the standard of **cancer caregiving**, developing a **skilled workforce**, and creating **employment opportunities for underprivileged survivors**, this program is not just about learning, it's about **transforming lives and redefining cancer care with empathy and expertise**.

Objective:

To **train, educate, and empower caregivers** so they can provide **effective, informed, and compassionate care** to cancer patients while also taking care of their **own mental and emotional well-being.**

Services Provided:

- **Comprehensive Caregiver Training Program** – Covering medical modules, psychological and logistical navigation tools.
- **Mental Health & Stress Management Modules** – Teaching caregivers how to cope with emotional burnout and maintain their well-being.
- **Professional Caregiver Certification** – Equipping individuals with the skills to become certified oncology caregivers.
- **Online Learning Platform** – Offering flexible, accessible digital training modules for caregivers across India.

Who Benefits from CanSaarthi?

- **Family caregivers** – Learning how to support their loved ones with proper **medical, nutritional, and emotional care.**
- **Healthcare volunteers** – Gaining structured training in **cancer caregiving techniques.**
- **Cancer victors aspiring to become professional caregivers** – Acquiring **certification and career opportunities** in the field of cancer care.

2024 Achievements & Data-Driven Impact

- **220+ caregivers trained** through this intensive 6 month certification course.
- **New curriculum introduced** with a dedicated mental health and emotional resilience focus.
- **Launch of an online learning platform**, making caregiver training **accessible to all, anytime, anywhere.**
- **Expanded partnerships with hospitals and NGO**s, integrating caregiver training into hospital support programs.
- **Caregiver support circles established**, fostering peer-to-peer learning and emotional encouragement.

Through CanSaarthi, we have **empowered cancer victors and caregivers with knowledge, skills, and emotional resilience**, ensuring that **patients receive better, more compassionate care** while graduates of the program feel **supported, opening up employment avenues** for them.

Future Plans for 2025

Expanding CanSaarthi's Reach & Impact:

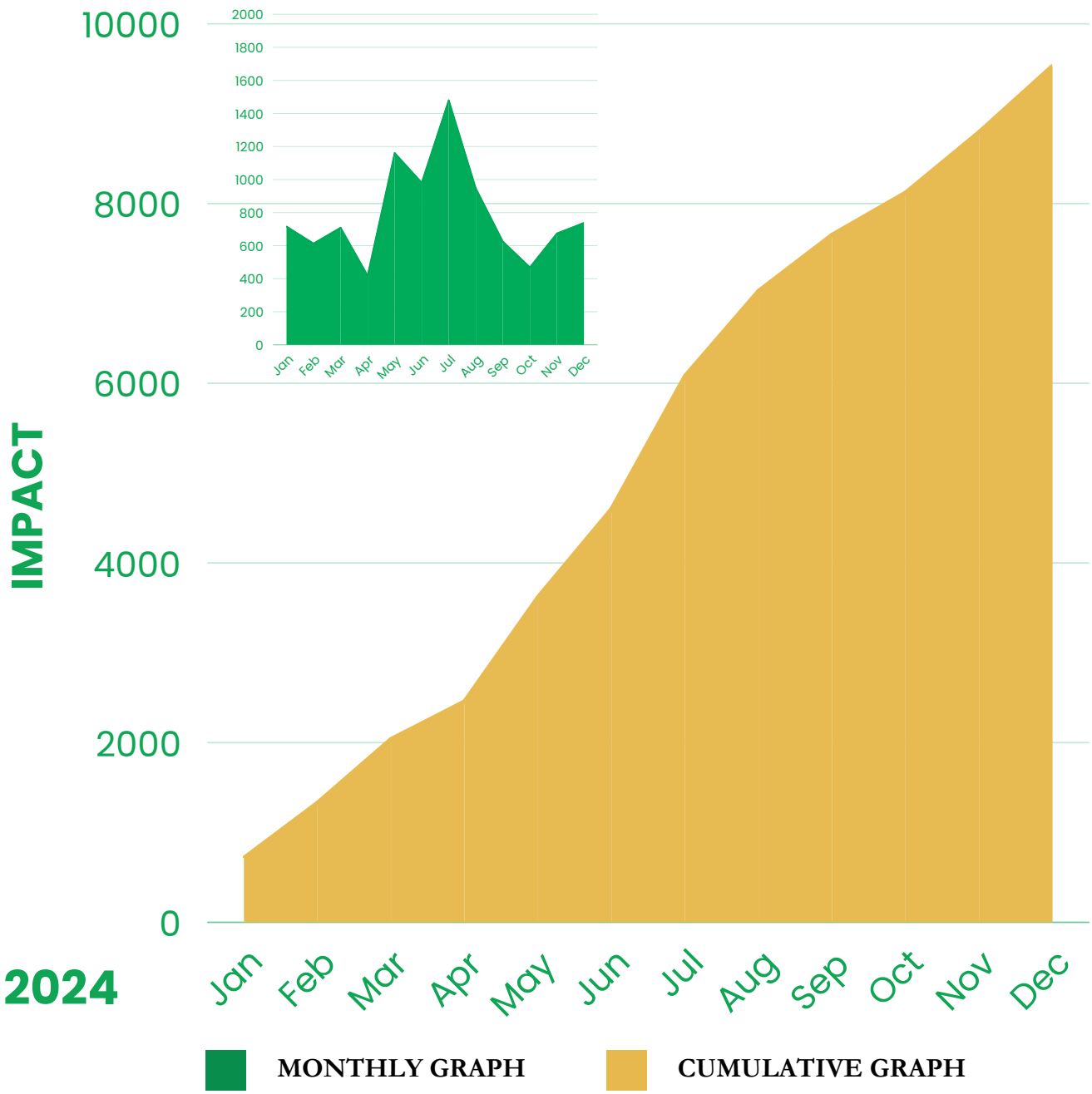
- **Training 300+ victors and caregivers** across India.
- **Enhancing digital learning modules** to cover advanced caregiving techniques.
- **Collaborating with hospitals to integrate caregiver training into patient care plans.**
- **Providing specialised training for caregivers of terminally ill patients to offer palliative and end-of-life care.**
- **Launching a 24/7 online caregiver support helpline** to assist family members facing caregiving challenges.

CanSaarthi is not just about **training caregivers**, it is about **building a compassionate community** where no patient or caregiver feels alone. By **empowering caregivers**, we create **a stronger, more resilient cancer care ecosystem.**

Satori

Holistic Immunity Building Sessions

Total Impact: 9532 Beneficiaries



SATORI: HOLISTIC HEALING FOR MIND, BODY & SPIRIT

Program Overview

Cancer is not just a physical battle; it is a journey that challenges the **mind, body, and spirit**. Patients often experience **stress, anxiety, and emotional turmoil**, which can impact their overall well-being and recovery. Recognising the need for **holistic healing, Satori** was created to integrate **mindfulness, yog, meditation, pranayam, nutritional guidance, and emotional resilience techniques** into cancer care.

Objective:

To provide cancer patients and caregivers with **holistic healing tools** that improve **mental well-being, emotional stability, and physical relaxation**, fostering a **sense of peace, strength, and balance** during and after treatment.

Services Provided:

- **Guided Meditation & Mindfulness Sessions** – Evidence-based practices that **regulate the HPA axis, lower cortisol levels**, and reduce stress-induced inflammation.
- **Therapeutic Yog for Cancer Recovery – Restorative yog** using asanas and pranayama to enhance flexibility, reduce fatigue, and support lymphatic drainage.
- **Breath-work & Relaxation Techniques – Controlled breathing exercises** like pranayama to improve oxygenation, regulate the nervous system, and strengthen immunity.
- **Healing through Sound & Art Therapy – Using vibroacoustic therapy** and creative expression to enhance neuroplasticity, relieve anxiety, and foster emotional resilience.
- **Emotional & Mental Health Support – Providing psycho-oncology counseling and CBT** to help patients and caregivers navigate emotional challenges and develop adaptive coping mechanisms.
- **Nutritional Guidance Sessions** – Tailored **dietary plans based on nutrigenomics** to optimize immune function, manage inflammation, and support treatment outcomes.

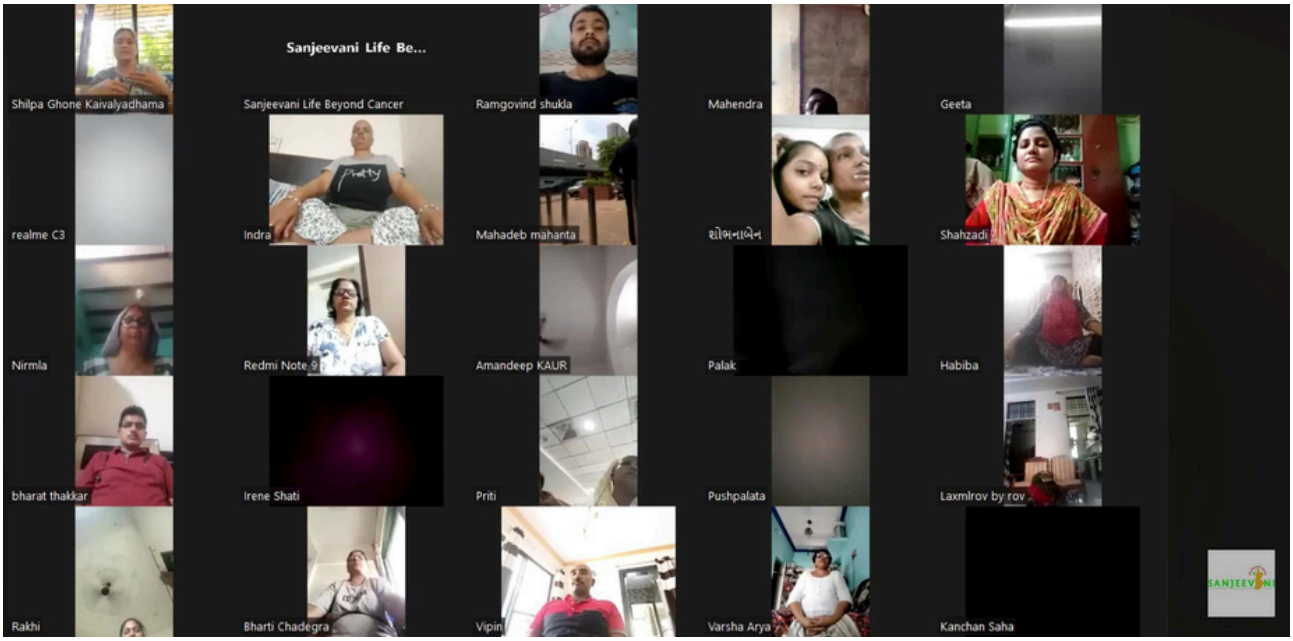
Who Benefits from Satori?

- **Cancer patients in treatment or recovery** – Managing **stress, fatigue, and emotional distress**.
- **Caregivers & family members** – Learning how to maintain their own mental health while caring for a loved one.
- **Cancer survivors** – Finding emotional healing and a **sense of purpose after treatment**.

2024 Achievements & Data-Driven Impact

- **9,500+ patients benefited** from Satori's holistic healing programs.
- **Expansion to Kannada and Telugu** making sessions more accessible to diverse linguistic communities.
- **Introduction of virtual mindfulness sessions**, allowing patients to participate from home.
- **Enhanced collaborations with hospitals and wellness centres** to integrate holistic healing into standard cancer care.
- **Development of structured mindfulness modules** tailored for different stages of the cancer journey.

Satori has become a **beacon of hope and transformation**, proving that **healing extends beyond medicine.**



Future Plans for 2025

Scaling Up Satori's Impact:

- **Reaching 12,000+ patients** through in-person and online holistic healing programs.
- **Expanding language accessibility** to include more regional dialects, making Satori available to a wider audience.
- **Launching specialised modules for paediatric cancer patients** to help children cope with fear and anxiety.
- **Integrating emotional healing sessions into hospitals** as a part of standard cancer care.
- **Developing a self-paced digital course** on mindfulness and healing for survivors and caregivers.

Satori is more than just a program; it is a **journey to inner peace, resilience, and healing**. By nurturing the **mind, body, and spirit**, we are ensuring that cancer patients and caregivers **find strength not just to fight, but to truly heal.**

Srjan: A Holistic Pathway to Cancer Recovery

Cancer is not just a physical battle; it is an emotional and psychological upheaval that **reshapes a person's identity, confidence, and future**. While medical treatment is essential, true healing extends beyond hospital walls. **Srjan, an initiative by Sanjeevani Life Beyond Cancer,** was created to **empower survivors** with the tools to **reclaim their lives, equipping them to rebuild, redefine, and rejuvenate.**

The inspiration behind Srjan is **deeply personal**. Ruby Ahluwalia, a cancer survivor herself, experienced firsthand the **emotional toll of the disease**. Beyond physical pain, survivors often **struggle with isolation, identity crises, and the fear of recurrence**. These unspoken struggles called for a holistic solution; one that would address not just medical recovery, but **emotional resilience, lifestyle transformation, and sustainable wellness.**

Beyond Survival: A New Approach to Healing

Srjan is more than a program, it is a movement toward **comprehensive recovery**. Rooted in the foundational principles of Satori, it integrates **scientifically backed wellness practices with practical lifestyle modifications, ensuring that healing is sustainable, empowering, and transformative**.

- **Comprehensive Recovery**: Addressing **physical rehabilitation, mental well-being, and emotional resilience.**
- **Knowledge Empowerment**: Equipping survivors with **practical tools** to make **informed, health-conscious decisions.**
- **Improved Quality of Life**: Moving **beyond survival** to **embrace vitality, purpose, and emotional balance.**
- **Reducing Risk of Recurrence**: Encouraging **lifestyle modifications, nutrition awareness, and stress management.**

Scientific Validation & Research-Driven Impact

The efficacy of Srjan is **backed by research**. Monk Prayogshala, a leading non-profit academic research institution, conducted an **in-depth evaluation of Srjan's impact**, assessing its **long-term feasibility and effectiveness**. Their findings reinforced what survivors have experienced firsthand: **Srjan enhances emotional well-being, fosters resilience, and provides survivors with the skills to lead healthier, more fulfilling lives**.

Healing does not end in the hospital; it continues in the **choices survivors make**, in the **strength they cultivate**, and in the **communities that uplift them**. Through Srjan, cancer warriors are not just surviving; they are **creating, thriving, and reclaiming their futures**.

> ***"True recovery is not about going back to who you were before cancer, it is about embracing who you can become beyond it."***

SANJEEVANI

Aham Sanjeevani: Communities Empowering Communities

Cancer is not just a personal battle; it is a **collective journey of resilience, hope, and support**. **Aham Sanjeevani**, an initiative by Sanjeevani Life Beyond Cancer, is a transformative program built on the philosophy of **"Communities for Communities."** It **empowers cancer survivors and victors** to become **ambassadors of change, guiding and supporting others at the grassroots level**.

A Leadership Movement for Holistic Healing

Aham Sanjeevani fosters the **creation of Cancer Community Leaders** who carry forward the **spirit of collective strength**. These leaders, having experienced the challenges of cancer firsthand, provide **emotional, practical, and informational support** to those still navigating their cancer journey. By **sharing experiences, enhancing knowledge, and promoting integrative healing**, they create a ripple effect of **empowerment and awareness**.

Enrichment at Every Step

The program offers **continuous enrichment opportunities** through **workshops, mentorship programs, and awareness campaigns**. Members **grow personally while giving back to their communities**, gaining not only fulfillment but also **contributing to the larger mission of making cancer care accessible and compassionate**.

Gold and Platinum Memberships

Recognising the dedication of its leaders, Aham Sanjeevani offers Gold and Platinum Memberships for those who make **exemplary contributions**. These memberships symbolize the **spirit of service and commitment**, celebrating individuals **who go above and beyond in supporting cancer warriors**.

Impact Created: A Growing Force of Change-Makers

With 759+ members and counting, Aham Sanjeevani continues to grow as a **powerful community-driven movement**. Each member stands as **a beacon of hope**, demonstrating how communities can **heal and uplift one another**. Through their dedication, we are not just changing individual lives, we are **building a culture of care and resilience that echoes far and wide**.

Aham Sanjeevani is more than a program; it is a **movement of empowerment** where healing **transcends the individual, spreading strength and support to entire communities**.

> ***"When survivors become leaders, healing multiplies. Aham Sanjeevani is a testament to the power of communities empowering communities — where resilience ignites resilience, and every voice strengthens the journey of another."***

Can Utsav

Life beyond cancer is not just about survival; it is about reclaiming joy, embracing purpose, and celebrating the journey of healing. **Can Utsav, Sanjeevani Life Beyond Cancer's flagship event**, was created to honour this spirit, bringing together cancer warriors, caregivers, medical professionals, and volunteers in a **powerful tribute to resilience, camaraderie, and hope**.

What began in **2018 as an initiative to recognise the efforts of social workers and volunteers** in the field of cancer care has since evolved into a **nationwide movement of empowerment and appreciation**. The first edition of Can Utsav saw **20 cancer care organisations unite** in a groundbreaking event dedicated to those who dedicate their lives to serving others.

Following its success, the celebration expanded to felicitate **oncology nurses from premier institutions**, a tribute to their tireless efforts in patient care. Encouraged by its impact, **Can Utsav then traveled to other locations pan India**, reaching more communities and reinforcing the bonds of **solidarity, trust, and motivation** among all those involved in cancer care.

More than just an event, **Can Utsav is an experience of joy, music, art, and togetherness**. The festival's **Survivors' Walk** stands as one of its most profound moments, as individuals who have conquered cancer take centre stage; **not as patients, but as warriors, testaments to the human spirit's resilience**. The event fosters an atmosphere where cancer is not whispered about in fear but embraced with **strength, laughter, and a sense of renewed purpose**.

Beyond celebration, Can Utsav serves as a **platform for advocacy, awareness, and integrative healing**. It bridges the gap between medical treatment and emotional well-being, reinforcing the message that **cancer care must extend beyond hospitals to holistic support systems** that nurture the mind, body, and spirit. Through performances, storytelling, and interactive sessions, it **unites communities and strengthens the support network for those affected by cancer.**

Can Utsav is not just about looking back on the struggles endured; it is about **moving forward with renewed energy, faith, and a shared commitment to making life beyond cancer vibrant and fulfilling**.

With every edition, it continues to leave a lasting imprint on the hearts of those who attend, proving that **even after cancer, life can and should be joyous, meaningful, and full of possibilities**.

> ***"Survivorship is not just about leaving cancer behind; it is about embracing life with courage, gratitude, and the determination to uplift others."***

Adopt a Patient: Extending a Lifeline of Support

The journey through cancer treatment is not only physically and emotionally taxing but also financially overwhelming. Many patients, especially those from underprivileged backgrounds, are forced to make an impossible choice between **paying for life-saving treatment and meeting basic daily needs**.

Recognising this urgent need, **Sanjeevani Life Beyond Cancer launched the 'Adopt a Patient' initiative, providing assistance to patients on all frontiers**.

Through this program, donors; including individuals, corporate sponsors, and philanthropic organisations, are connected with cancer patients in need, offering them the **support required for treatment, medication, nutrition, and rehabilitation.**

Each contribution has a tangible, life-changing impact, ensuring that **no patient is denied a fighting chance.**

The significance of this initiative goes beyond medical aid. It is a **gesture of humanity, solidarity, and hope**, a reassurance to patients that they are not alone in this battle.

Many beneficiaries of this program have not only survived cancer but have gone on to become advocates, volunteers, and caregivers, paying forward the support they once received.

By choosing to **Adopt a Patient**, donors are not merely providing funds; they are **restoring hope, preserving families, and rewriting futures**. Each patient supported is a life saved, a dream sustained, and a testament to the power of collective compassion.

> ***"A helping hand does more than provide treatment—it restores hope, preserves dignity, and gives someone the strength to fight another day."***

For just ₹500, you can **adopt a cancer patient** and provide them with essential care, nutrition, and emotional support. **Your contribution ensures that no patient is left to battle cancer alone**. A **small amount for you**, a **lifeline for them.**

Scan the QR code now and make a difference today.

DONORS: EMPOWERING LIVES, CREATING IMPACT

We are proud to be associated with Sanjeevani Life Beyond Cancer (SLBC) and deeply appreciate the remarkable work being done by the organization. Our Jodhpur Association admires SLBC's commitment to its noble cause and values our connection with the team.

Pradeep R Lodha
President
Jodhpur Association

It gives me immence pleasure to support Sanjeevani Life Beyond Cancer...I admire their dedicated team who is giving selfless service to the Cancer patients of all age group. Motivating them and inspiring them to embrace life.

Sujata Verma
President
IWC- INNERWHEEL CLUB, JAIPUR EAST

The Inner Wheel Club of Chandigarh Midtown made a heartfelt donation to cancer patients through Sanjeevani – Life Beyond Cancer. Our contribution aims to support patients in their journey towards recovery, providing them with essential care and assistance. We believe that every act of kindness can bring hope and strength to those battling this disease. By extending our support, we hope to make a small but meaningful difference in their lives. Together, we stand in solidarity with cancer warriors, encouraging them to stay strong and never lose hope.

Jyoti Sharma President- Innerwheel Club Chandigarh Midtown

Sanjeevani Life Beyond Cancer is a diligent humanitarian platform. It positively impacts the lives of cancer fighters. I am deeply thankful for the team's multifaceted support, including physical, medical, economic, and emotional guidance. Your great work is truly appreciated.

ANAMIKA ACHARYA.
VIRGINIA, USA

DONORS: EMPOWERING LIVES, CREATING IMPACT

With their dedication, hard work, and relentless efforts, each member of the Sanjeevani…Life Beyond Cancer (SLBC) team is making a tangible difference in the lives of cancer survivors and their caregivers.

SLBC stands as a true beacon of hope, offering not just valuable guidance and support but also inspiring individuals to embrace life with "joie de vivre" on their journey to recovery!

Ms Ramaah Devie

The increasing prevalence of cancer is a major concern, impacting patients and their families physically, emotionally, and financially. Many hospitals and NGOs are working towards cancer prevention, detection, cure, and care, providing crucial support.

Our company proudly supports Sanjeevani…Life Beyond Cancer, an organization that supplements medical care in hospitals through holistic patient support. Their initiatives include admission assistance, hygiene awareness, extra nutrition, and well-being sessions promoting yoga and a positive mindset.

Dedicated to this cause, the Sanjeevani team also trains cancer survivors to support patients on their recovery journey. We are honoured to back their program at a cancer hospital in rural Gujarat. We appreciate their relentless efforts and wish them continued success in improving cancer care!

Mr Hoshang Irani Jewelex India Pvt. Ltd.

We are thrilled to support Sanjeevani's remarkable efforts in cancer care. Their Patient Assistance Program and Skill Development Program are truly transformative, positively impacting thousands of lives.

Sanjeevani's commitment to holistic healing and empowerment is inspiring, and we are honored to be part of their journey. Together, we can make a meaningful difference for those affected by cancer.

Kudos to the Sanjeevani team for their tireless dedication to creating a positive impact!

Mr Sanjay Mehta
Joint General Manager – Civil/ CSR

I am delighted to be associated with Sanjeevani Life Beyond Cancer (SLBC). As a cancer survivor and gynecologist, I understand the disease's profound impact. I was inspired by SLBC's work and established two centers in Surat. SLBC's holistic approach provides comprehensive healing and support. I congratulate Mrs. Ruby Ahluwalia and her team on organizing NCICC 2025. I wish them success in transforming cancer care.

Dr Malti Shah

LEADERSHIP: GUIDING CHANGE, INSPIRING HOPE

Sanjeevani' means reviving or restoring life. After over a decade with SLBC, I proudly say we're the modern-day Sanjeevani for cancer patients. Our programs bring hope, confidence, and smiles to their faces. CanChetna program promotes awareness, healthy lifestyles, and early detection. SLBC is truly the elixir of life!

Ila Vora - Gujarat
Sr. Program Coordinator, SLBC

I am grateful for my 7-year journey with Sanjeevani, a sanctuary where I have grown and evolved. Witnessing the transformative impact on cancer patients and families has been a privilege. Sanjeevani is a beacon of hope, providing holistic healing, emotional support, and care. It's a symbol of compassion, kindness, and dedication. I am honoured to be part of this remarkable family.

Sumki Begum - Community Outreach
Sr. Program Coordinator, SLBC

I have spent 9 incredible years with Sanjeevani, growing personally and professionally. Working with cancer patients has honed my skills and transformed me. I'm humbled by the trust patients place in me. Sanjeevani has taught me empathy, compassion, and resilience. I'm grateful for this journey and look forward to continuing our mission.

Abhishek Joshi - Rajasthan
Sr. Program Coordinator, SLBC

I'm Archita, proud to be part of Sanjeevani Life Beyond Cancer since 2014. Sanjeevani has been a life-giving force, bringing hope to thousands. Under Ruby Ma'am's leadership, I have grown professionally and personally. Sanjeevani has taught me to live a meaningful life and cultivate gratitude. I look forward to continuing our mission of touching more lives.

Archita Verma - Rajasthan
Sr. Program Coordinator, SLBC

LEADERSHIP: GUIDING CHANGE, INSPIRING HOPE

Sanjeevani is an exceptional organization that not only supports cancer patients but also values and uplifts its staff. For me, it is more than just a workplace, it is a place of deep respect and inspiration, where dreams turn into reality.
I aspire to soar high, and Sanjeevani has become the wind beneath my wings, empowering me to make a meaningful difference in the lives of those in need.

Divya Joshi - Punjab
Sr. Program Coordinator

My journey with Sanjeevani Life Beyond Cancer has been a profoundly moving experience. As I have witnessed their tireless efforts to support cancer patients and their families, I have been inspired by their compassion, empathy, and dedication. Sanjeevani's holistic approach to cancer care is truly remarkable, and I feel grateful to be a part of their mission to bring hope, healing, and happiness to those affected by cancer.

Krishna Mali - Ahmedabad
Program Coordinator, SLBC

I am proud to be associated with Sanjeevani - Life Beyond Cancer for 10 years. Serving cancer patients with dedication and compassion has been a fulfilling experience. Sanjeevani is more than a workplace, it's a family. I'm grateful for the platform to contribute to this noble cause. Looking forward to many more years of this meaningful journey!

Sonal Virkayade - Mumbai
Program Coordinator, SLBC

I have had the privilege of working as a Program Coordinator with Sanjeevani…Life Beyond Cancer for the past four years. During my time here, I have been actively involved in supporting the organization's mission of providing comprehensive cancer care, focusing on the physical, psychological, and financial rehabilitation of patients. This role has allowed me to be part of a transformative movement, creating self-sustaining cancer-care communities nationwide.

Mouli Dutta Program Coordinator, SLBC

EMINENT CATALYSTS: INSPIRING CHANGE WITH COMPASSION, TRANSFORMING LIVES

Cancer is a battle one doesn't choose, but if it happens one has to fight it. However, no matter how bravely you may be fighting to finish the fight that cancer has started, we all need support, sometimes financially, at other times physically and most times emotionally. And SLBC is that platform, that lighthouse to help one navigate the journey. That home to come to, irrespective of your role - (the patient, the healer, the care provider or simply a kind heart that wants to help) in the journey!

Ashwini Ragha

Cancer is a life-altering battle affecting patients and families, requiring proper support and guidance. Sanjeevani Life Beyond Cancer (SLBC) provides comprehensive care, from detection to rehabilitation. SLBC's approach combines compassion, medical expertise, and community support, emphasizing holistic well-being. Their mission is fueled by dedicated volunteers, professionals, and donors. Together, we can create a world where no one faces cancer alone.

Anita Pai Kamat

Sanjeevani - Life Beyond Cancer brings hope and resilience to those battling cancer through holistic care. They address medical, emotional, psychological, and financial needs of patients and families. Sanjeevani provides free support, creates volunteer groups, and empowers patients to reclaim their lives. Their outreach programs promote healthy lifestyles and educate communities. Sanjeevani's selfless service brings humanity, science, and compassion together to create life-changing impact.

Ripal Doshi

Sanjeevani - Life Beyond Cancer brings hope and healing to underprivileged cancer patients. I was inspired by Ruby Ahluwalia's book and courage in overcoming cancer. Sanjeevni's holistic approach addresses emotional, nutritional, and psychological needs. Their programs offer hope to patients and families, providing counselling, nutrition, and reassurance. I'm honored to volunteer with Sanjeevni and contribute to their noble efforts.

Harish Awal

EMINENT CATALYSTS: INSPIRING CHANGE WITH COMPASSION, TRANSFORMING LIVES

To decimate cancer we decimate fear and hopelessness in our minds first. Sanjevani is Life beyond Cancer, where we walk the path of holistic care and nurture, along side integrated care; where patients, families and caregivers hold hands and become bigger than the cancer itself.

Dr. Rama Sivaram

Sanjeevani- Life Beyond Cancer is an emerging force to reckon with in the world of integrative healthcare. With a strong patient centric focus, each of their programs helps to address the many needs of its beneficiaries in a holistic manner. "Care beyond Cure" is synonymous with Sanjeevani and this resonates in their work. In the healing journey, they not only touch human lives,they transform them!

Meena Sahib Parulekar

Cancer is a life-altering battle affecting patients and families, requiring proper support and guidance. Sanjeevani Life Beyond Cancer (SLBC) provides comprehensive care, from detection to rehabilitation. SLBC's approach combines compassion, medical expertise, and community support, emphasizing holistic well-being. Their mission is fueled by dedicated volunteers, professionals, and donors. Together, we can create a world where no one faces cancer alone.

Dr. Priyanka Sahasrabojanee

Sanjeevani-Life Beyond Cancer is doing an incredible job by providing hope, solace, and care to underprivileged patients. They are helping fill a vital gap in cancer care, offering emotional, psychological as well as nutritional and holistic support that is often overlooked in the busy medical world. Their comprehensive approach, right from when a cancer patient gets the diagnosis, through treatment and beyond is so important in easing the burdens faced by patients and caregivers.

Dr. Angu Kagal

VOLUNTEER & DONOR APPRECIATION

The heart of Sanjeevani Life Beyond Cancer lies in the **unwavering commitment** of our volunteers and the **generosity of our donors**. Their contributions go beyond financial aid and service hours; they bring **hope, comfort, and resilience** to cancer patients and their families. The impact of their support is **immeasurable**, creating a ripple effect that extends **from individual patients to entire communities**.

From the doctors who dedicate their time beyond hospital hours to counsel and guide patients, to the volunteers who offer **emotional and logistical support**, each individual involved in this mission plays a crucial role. Whether it is a student who spends weekends assisting in awareness programs or a corporate executive championing fundraising initiatives, **every effort contributes to our shared vision** of **ensuring that no one faces cancer alone**.

RECOGNIZING KEY VOLUNTEERS & CORPORATE PARTNERS

Our volunteers are the **backbone of our mission**, working tirelessly across hospitals, outreach programs, and community initiatives. From providing **one-on-one emotional support to patients** to **organising large-scale awareness events**, they are the true change-makers. Special recognition goes to those who have dedicated **countless hours** to ensuring that no patient walks their cancer journey alone. Many of our volunteers are survivors themselves, returning to Sanjeevani to support others in their battle, a testament to the strength of the human spirit and **the impact of community-driven healing.**

Corporate partnerships have also played a pivotal role in **expanding our reach and strengthening our programs**. These partnerships have enabled us to **launch new centres, provide transportation assistance, and extend our nutritional support programs** to underserved patients. Their support has gone beyond financial contributions, with employees actively participating in awareness campaigns, mentorship programs, and volunteering activities, embodying the spirit of corporate social responsibility in its truest sense.

LOOKING AHEAD: VISION FOR 2025

As we are into 2025, Sanjeevani Life Beyond Cancer has entered a new phase of **expansion, innovation, and deeper impact**. Building on the success of our existing programs, we are committed to **leveraging technology, strengthening community-based support, and fostering collaborations** that will redefine integrative cancer care. Our vision for 2025 is not just about growth; it is about **sustainability, accessibility, and creating a future where every individual affected by cancer receives holistic and personalised care**.

A Vision for the Future: Expanding Hope Across India

Recognizing the success of our City Chapters in Goa, Pune, Mumbai, and Bengaluru, we are committed to expanding this model to new cities in 2025. However, the role of these chapters is not in the direct implementation of programs but in creating a supportive ecosystem for cancer warriors, caregivers, and volunteers. Each City Chapter functions as a local engagement hub, ensuring that our services are localized, accessible, and aligned with regional healthcare needs.

Each chapter is led by a dedicated team, with roles including Chapter Head, and Leads for Corporate Relations & Fundraising, Volunteers, Research, Programs, Partnerships, Community Engagement, Wellness, Medical, Patron, PR, and Communications. These leaders work collaboratively to enhance fundraising, awareness, research, and patient engagement, strengthening the overall impact of Sanjeevani's mission. As we expand, our focus will be on ensuring that each new chapter is financially sustainable, well-integrated into the healthcare ecosystem, and actively engaged with the local community.

Building a Nationwide Support Network

At Sanjeevani, we envision a future where cancer care is not limited by geography. Our goal is to be present in all 30 states of India, creating a nationwide support system that ensures no patient fights alone. This vision is driven by our commitment to:

- Fostering Sustainable Wellness Initiatives – Integrating nutrition, mental health, and lifestyle modificationsinto cancer care to enhance long-term patient outcomes.
- Developing Community-Driven Awareness and Fundraising Models – Empowering local chapters to mobilize resources, sustain operations, and drive grassroots awareness.
- Strengthening Collaborations with Hospitals, Corporate Sponsors, and Local NGOs – Expanding partnerships to enhance patient support services and access to integrative cancer care.

A Year of Growth, A Future of Possibilities

2024 has been a year of remarkable impact, innovation, and outreach. From the expansion of our core programs to the conception of CanCare Navigator, and from the success of NCICC 2024 to the deepened engagement of our City Chapters, every milestone has brought us closer to our mission of holistic, patient-centric cancer care. Yet, our journey does not end here.

As we move forward, we reaffirm our unwavering commitment to:

- Making integrative cancer care accessible to every individual, regardless of socio-economic background.
- Harnessing technology to bridge healthcare gaps, ensuring timely guidance and support.
- Expanding our reach to touch more lives, bringing hope, healing, and strength to every corner of India.

Together, we are not just fighting cancer; we are rewriting the story of survivorship, resilience, and holistic healing.

> ***"A future where no one fights alone is not just our vision; it is our mission, and together, we will make it a reality."***

A COLLECTIVE COMMITMENT TO TRANSFORMING CANCER CARE: THE IMPACT OF NCICC 2024

The impact of NCICC 2024 **transcends the conference halls, leaving a lasting mark on the future of cancer care**. It served as a dynamic platform where **diverse stakeholders**; including **oncologists, researchers, healthcare professionals, policymakers, and cancer survivors, came together** to exchange insights and ideas. The event was a convergence of **intellectual brilliance and compassionate perspectives, fostering a deeper understanding of integrative healing**.

Through **thought-provoking discussions and evidence-based presentations**, participants explored how the **synergy between modern medicine and holistic approaches** can revolutionize patient care. **Knowledge enhancement was at the heart of every dialogue**, with a focus on the **biological, emotional, and social dimensions** of cancer.

The conference also exemplified **Sanjeevani's commitment to actionable change**. The insights gained will directly inform the **expansion of integrative care initiatives, further embedding patient-centric and evidence-based approaches into mainstream healthcare**. With leading voices uniting for a common cause, **NCICC 2024** was not just an event, it marked the beginning of **a new era in cancer care, one that prioritizes healing in its most complete form**.

ART EXHIBITION: "TOWARDS SATORI" – RUBY AHLUWALIA'S JOURNEY

A significant highlight of NCICC 2024 was the **art exhibition "Towards Satori"**, which showcased a series of **paintings by Ruby Ahluwalia**, chronicling her **emotional and spiritual transformation** through cancer. The exhibition, inaugurated by **His Excellency, Hon'ble Governor of Goa, Shri P.S. Sreedharan Pillai**, depicted the **journey from emotional turmoil to self-realisation and healing**, underscoring how **art can serve as a therapeutic outlet for those battling cancer.**

ART FOR A CAUSE: RUBY AHLUWALIA'S CANVAS OF COMPASSION

When words fall short, **art becomes the voice of the soul**. Through her evocative paintings, **Ruby Ahluwalia**, the visionary founder of **Sanjeevani Life Beyond Cancer**, has transformed her personal journey of resilience into a source of healing and hope. Embracing the concept of **Art for a Cause**, Ruby initiated the **Donation of Paintings**, a heartfelt gesture where creativity meets compassion to raise funds that directly support cancer patients.

Each brushstroke tells a story of **courage, survival, and the triumph of the human spirit**. These artworks are not merely pieces of decor; they are **symbols of empathy and solidarity**. The funds generated through the donation of these paintings contribute towards Sanjeevani's holistic care programs, ensuring that **nutritional support, emotional counseling, and integrative therapies** remain accessible to those in need.

This initiative exemplifies how **art and advocacy** can converge to create profound impact. Just as Ruby's paintings bring color to blank canvases, her contributions bring light to the lives of cancer warriors. Through this act of giving, **healing transcends the clinical space, reaching hearts and homes**. With each painting, a new chapter of hope unfolds; a reminder that even in the face of adversity, beauty and compassion prevail.

STRENGTH IN SOLIDARITY: OUR VALUED SUPPORTERS

CONNECT. ENGAGE. EMPOWER.

SanjeevaniLBC

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