

## International Women's Day: A Musical Evening

8th March as we all know is International Women's Day, and this year 8th March gets marked in Sanjeevani's calendar as a special day.

Perfect Harmony in association with Radio City presented an event in aid of SLBC at Dublin Square Phoenix Marketcity, Kurla.

Arriving at the venue, one could feel the excitement that is reserved solely for one of the famous musicians of India. What's special about a live concert? In a live performance, artists put themselves on the line; their training and magnetism overcome technical difficulties to involve the listeners' emotions. What is performed, how it sounds, and how the artist feels about the performance and the occasion—these are elements that exist for only a fleeting moment and can never be repeated.

The evening commenced with our Founder, Mrs Ruby Ahluwalia, speaking about the importance of taking care of one's own self and giving a vote of thanks to Perfect Harmony & Radio City for giving SLBC an opportunity to be a part of this evening and interact with the beautiful people present.

The special attraction of the evening was the opening performance of Mitali Collectives, an all-women's band who mesmerized the crowd with their music.

And finally, it was time to step foot in a magical journey of music by Lucky Ali, a man of many personas - singer, songwriter, actor and capturer of hearts, globally acclaimed for his rhythm and romance, Lucky Ali continues to enchant music lovers with his 30+ Year experience in creating sounds that tug at your heartstrings.

The concert that lasted three hours and played to a packed fully seated venue, was replete with moments of delight for concert goers based in the city.

After all some voices warm the heart, evoking the nostalgia of good times gone by and enchanting us with the hope of happy tomorrows.



# MESSAGE FROM FOUNDER

Women have come a long way in terms of their contribution to the society, the economy and their families. Women in rural and urban areas have been achieving a great balance in their various roles and reaching the status of super professionals and super moms and wives apart from being super daughters and daughters in law. The message from Sanjeevani, this year on women's day on March 8th, was not to become 'below average me' in the process of achieving other accolades.

Women need to 'balance their inner core' first. The balance between their mind, body and soul is of supreme importance. They need to listen to the needs of their body, the dreams of their mind and the song of their soul to keep their core in balance.

With the above as the theme, Sanjeevani reached out to thousands of women on this women's day in all our centres. Not only doctors and patients but eminent women of the respective cities where we work, joined hands and shared their experiences. What a beautiful space of sharing and caring by the women, for the women and from the women was created at all Sanjeevani centres.

My gratitude to all of those who made time, to get together, the Sanjeevani angels who facilitated it and the ones who supported the events.

It is only when the blessed women support and help other women climb up the ladder, that the women empowerment in the true sense happens.

Cheers to all the amazing women and the men who make this world a better place to live in, in some way, everyday.



**Ruby Ahluwalia**  
**Founder**

Sanjeevani...Life Beyond Cancer





# FACULTY SPEAK

## SHILPA GHONE

*'Working in Sanjeevani gives me the same energy that one gets when performing a puja.'*

While taking her class at Kaivalyadham, Shilpa Ghone (Senior Yoga teacher at Kaivalyadham) had a few cancer patients among those attending the sessions. She noticed that they got the mental strength from yoga asanas especially pranayama and meditation. It got rid of fatigue and they would leave class feeling refreshed with beautiful smile on their face.

Chronic back problems, stress, and allergies got her to the doorstep of Kaivalyadhama 17 years ago. She became a member for 3 months and got totally cured. Inspired by this she did her Certificate Course in Yoga Education, she got a job in the yoga center and has seen that many people being helped by it.

When Sanjeevani approached her to do yoga with cancer patients at our Wellness Center, she was happy to start yoga sessions and spread yogic joy among them. It has been found that whenever the sessions are held at the Wellness Center, the patients feel calm and relaxed after the sessions.

The positive change in her overall health after doing yoga inspired her to spread the message of Swami Kuvalyanand that "YOGA HAS COMPLETE MESSAGE FOR HUMANITY".

Although an Economics graduate, she changed streams and did a Certificate Course in Yoga, P. G. Diploma in Yoga Ed. and M. Sc. in Yoga, Certificate course in Yoga Ayurved , Certificate in Yoga and Naturopath. Since last 15 years Shilpa is actively working at Kaivalyadham as Senior Yoga Teacher and she is also a academic faculty at Kaivalyadham teaching theory and Practical to CCY, P.G. DIPLOMA STUDENTS spreading knowledge about yoga to quench thirst of knowledge, benefitting many people not only physically but mentally as well.



# INTERN'S MESSAGE

## ALWIN AUGUSTINE

*Alwin Augustine is currently studying in CHRIST (Deemed to be University), Bangalore. In the beginning of this year, he interned with us. He shares his experience with us.*

Interning with Sanjeevani has been a good learning experience for me. The concept of "Beyond Cancer" touched me a lot. The moments I spent with cancer warriors have been memorable. I gained a lot of experiences whether it was helping to organizing the Can - A -Thon or conducting awareness programs in colleges. I gained a lot of knowledge by visiting Tata Memorial Hospital.

Thank you, Mrs. Ruby Ahluwalia and Mr. Anil Ahluwalia for giving me this wonderful opportunity to do my internship in Sanjeevani.



## TARA RANADE

*Tara Ranade is currently studying at H.R college, Mumbai. She interned with us in 2 stints. She shares her experience of interning with us.*

After my grade 10 board exams, with plenty of time on my hands, I decided to give "Social work" a try. I chose Sanjeevani LBC as my avenue to release my creativity and ideas. Without much knowledge of the "real world" and very little knowledge of Cancer, I began my internship. I interned with Sanjeevani for 5 months in 2 stints.

At first stint, I did minor tasks like interacted with the patients and understand how harshly cancer can impact the patient and the family. I was introduced to a whole new world and I enthusiastically roped in my friends to help too. One day, my friends and I took a bunch of Patients to a nearby "Starbucks" ( they had never heard of it ), for coffee and we had enlightening conversations amongst ourselves.

I once again interned in Jan 2019. This time I had ambitious plans. I wanted to do a "Canathon", a Walk-for-a-cause to spread awareness about Cancer and to showcase the great work being done by Sanjeevani LBC. With the enthusiastic support of team Sanjeevani, we began planning and executing this mega event. It was a hard task to get the men, money and material for this event together; we visited colleges and used social media to mobilise youngsters. We conducted the marathon successfully on Feb 17th!

Thank you to everyone at Sanjeevani for giving me the chance to intern, and supporting and helping me with everything.



# INTERN'S MESSAGE

## CHARLES CHERIAN

*Charles Cherian is currently studying in CHRIST (Deemed to be University), Bangalore. In the beginning of this year, he interned with us. He shares his experience with us.*

Interning at Sanjeevani was a great learning opportunity, which not only helped me gain experience for professional learning but also inspired my life. The interactions and discussion I had with the founders of the organization, the members of Sanjeevani, cancer survivors and the patients gave me invaluable insights and a greater understanding on the real meaning of hand holding the patients and providing them with holistic care.

I want to express my deepest gratitude to the whole Sanjeevani Family, especially Anil Sir, Ruby ma'am and Priyasha Ma'am for giving me an opportunity to intern with them.



## CHERISE DIAS

*Cherise Dias is currently studying in CHRIST (Deemed to be University), Bangalore. In the beginning of this year, she interned with us. She shares her experience with us.*

My experience at Sanjeevani was amazing. Apart from learning about cancer, I learned many other things like how to organize events like the Can-A-Thon, awareness programmes in colleges. The most important thing I learned was how to be professional.

I thank the entire team of Sanjeevani for making me feel comfortable and helping me through out my internship.

# INTERN'S MESSAGE



## EMMANUEL SEBASTIAN

*Emmanuel Sebastian is currently studying in CHRIST (Deemed to be University), Bangalore. In the beginning of this year, he interned with us. He shares his experience with us.*

It was an awesome experience working with Sanjeevani. We, as social work students, learned about a new clinical as well as a community approach from Sanjeevani - Life beyond Cancer. The guidance and the effort which the National Programme Manager Ms. Priyasha Pyne gave was nice and we are really thankful for that.

At the Tata Memorial Hospital, Archana madam had a very motherly attitude and patiently explained to us the hospital setting and the interaction with patients. This gave us a clear picture about the challenges which they are facing.

The energetic Sonal madam lead us like a teacher. she shared was the rough face of reality and how inspite of that it is possible to continue working with inspiration and dedication.. All the other social workers as well as Daksha ma'am and Paresh made sure that our experience with Sanjeevani was novel and enriching.

I especially want to thank our founder Ms. Ruby Ahluwalia and co-founder Mr. Anil Ahluwalia. They were always supportive, patient and all that they have taught us is going to better our future. As a trainee, it was really a valuable month for me.



# MUMBAI CHAPTER

## WOMEN'S DAY PROGRAMME

The hall in Tata Memorial Hospital was buzzing. In one corner there were women applying makeup. In another corner, women were getting beautiful intricate henna designs on their hands. All these women had gathered to celebrate a day dedicated to them – Women's Day along with Sanjeevani, an NGO called Women's Cancer Initiative and NGO Gunwanti.

A Manipuri folk dance and a Marathi folk dance which was performed by the patients of Sanjeevani's Wellness Center which entertained the audience. The patients from our wellness center also did a ramp walk to the Bollywood song 'Kala Chashma'.

Mrs. Ahluwalia's Women's Day message was shown. Each dancer was felicitated by the doctors. Mr. Ahluwalia felicitated the choreographer.

Each and every person went home after a fun filled day with a token of appreciation.



# MUMBAI CHAPTER

## DHARAVI AWARENESS CAMP

Covering over 2.1 square kilometers and house to about 700,000 people, Dharavi is one of the largest slums in Asia. This Women's day, as part of our outreach programme, we conducted an awareness camp along with Dharavi Diary in Dharavi. Around 30 women attended this event. The women were unaware about cancer until Archana Vishaye (Hospital co-coordinator, Sanjeevani) educated them about the different types of cancers, signs, and symptoms and how to conduct self-examination.

They then gave each of them a rose and a chocolate for women's day.





# AHMEDABAD CHAPTER

## WOMEN'S DAY

At the Women's Day celebration on 8th March 2019, the Sanjeevani team warmly welcomed esteemed guests and twenty eight patients.

The programme started with a prayer. A video about our vision and mission was shown followed by Mrs. Ahluwalia's Women's Day video.

Dr Pariseem (Deputy Director, GCRI) shared the importance of maintaining a balance between our thoughts and our body.

Dr. Rohini Patel, (Head Awareness Dept. GCRI), Ms. Sharmisthaben (Rt. Judge Sessions Court, Rotary club), Dr. (Professor) Shikha (who is active in woman welfare work, Lioness Club), Ms. Mona Darji (Matron GCRI), Dr. Ishani Patel (Vidyapith, Social Work) and Ms. Pratimaben Desai (Lions Club) were also present.

Everyone had a very enlightening day and light refreshments.



# BIKANER CHAPTER

## BALANCE FOR BETTER – WOMEN'S DAY PROGRAM

International Women's Day is a global event celebrating the social, economic, cultural and political achievements of women. It is all about unity, celebration, reflection, advocacy and action.

This Women's Day, Sanjeevani's Abhishek Joshi and Meenkashi Bhatia present a rose bud to esteem guests Mrs. Madhu Khatri (President of Lioness Club) Mrs. Sangeeta Daga (Mahaveer International Bikaner Veera Kendra), and Mrs. Pushpa Singhvi (President of Innerwheel)

Dr. Malik (Senior Dental Surgeon – Railway Hospital) was pleased to see Sanjeevani's commitment to their vision.

Dr. (Professor) Deepali (Shri Jain Kanya) was emotionally moved to by Sanjeevani's effort and confessed that this was the first time she was closely seeing cancer patients.

A light refreshment was served and each guest went home with a small token of appreciation.





# GUWAHATI CHAPTER

## WOMEN'S DAY EVENT

Renowned women from various fields were dignitaries for the Sanjeevani Women's Day event at Dr. B. Borooah Cancer Institute, Guwahati.

Madhuchanda Adhikari (DGM Corporate Communications numaligarh Refineries Limited), Professor Kalpana Sarathy (Tiss), Moshumi Kalita (Assistant Police Commissioner) Julie Borgohain (Founder and president AAJYAVEER Foundation) and Dr. Amal Chandra Kataki (Director, Dr.B.Borooah Cancer institute) were the distinguished guests.

Each of them spoke about their struggles in their respected fields and highlighted the need for women's empowerment. They also motivated and appreciated our female cancer warriors for being so strong. Dr. Minati Baruah (anaesthetist specialist at BBCI) also spoke about women empowerment.

The survivors as well as the patients shared their experience of their struggle with cancer.

The vote of thanks was given by Dr.Srabana Misra Bhagabaty (Associate Professor Oncology).

A cake was cut to celebrate the day and each participant went home with a smile on their face and a small token of appreciation.





# BANGALORE CHAPTER

## WOMEN'S DAY EVENT

The scene in Sky View of CHRIST (Deemed to be University) 15th March was that of women having fun at Sanjeevani's Women's Day event, 'Balance is Better' held by Anupa Samuel.

Dr. Sheeja (Professor MSW – CHRIST (Deemed to be University) and Pavithra Devraj were among the audience along with eighty other people.

Arundathi (NLP therapist and wellness coach) stressed about the importance of positivity and gratitude.

Dr. Prabha (RMO of Kidwai Hospital, Bangalore) gave a health perspective and talked on women's health. Dr. Poornima Jogi (State Implementation officer NSS) addressed the gathering about the importance of leading a balanced life.

Yashoda (Pharmacist at Kidwai Hospital and Helping hand volunteer at Banjara Academy and De Addiction Counsellor) shared her journey and how she defeated cancer

Sowmya Ayyar (founder and executive director – Prafull Oorja Charitable Foundation stressed the importance of finding our centre and staying grounded and balanced. She along with Lalitha Modali (Yoga and Dance therapy, facilitator with Prafull Oorja Foundation) demonstrated how to stay grounded and balanced. They did a grounding exercise with the gathering. They had to pretend that their legs were roots grounded in the soil and their arms were branches. The whole audience participated.



Shloka Devraj who accompanied her mother performed the Natesha Kautavam.

By the end of the programme, everyone was on their feet singing and swaying to the three songs performed by Moepriya (A professional singer) and two others who accompanied her. They also received a token of appreciation.

We would like to thank Shuja (Infosys) for sponsoring the snacks.





# JAIPUR CHAPTER

## BALANCE FOR BETTER

The Sanjeevani's Women's Day programme hosted by Archita Verma and Angana Goswami started with a screening of Ms. Ahluwalia's speech on 'Balance for Better'. The audience was a mixed one. Cancer survivors, Members of NGOs like Jaipur Cancer Relief Society, Sakhi Group, Koshish, Asha Kiran Organization, and Palliative Team from Jeev Daya Foundation.

Dr. Shalu Gupta (Onco-surgeon) spoke to the audience about breast and cervical cancer

Professor Nikkee Chaturvedi (History) encouraged the participants to recommit to self-love.

Jagriti Saxena (yoga specialist), Rekha Singh (sound therapist) and Archana Jain (nutritionist) gave valuable guidance on how to keep the mind cool and calm.

The event ended with everyone playing games and winners being felicitated.





# GOA CHAPTER

## BALANCE FOR **BETTER**

Each lady who attended Sanjeevani's Women's Day celebration was welcomed with a rose in appreciation of the gentleness and strength each woman embodies.

Dr Anupama Borker ((Medical Oncologist at the Goa Medical College) stressed upon how lifestyle patterns are largely the cause of cancer in women.

Dr Sharmila Sardesai Corriea (Muskaan for Cancer Survivor) stressed on the importance of psychosocial support for cancer survivors.

Mrs Babita Agarwal (Founding member of Muskaan group) shared with the audience that when she was suddenly diagnosed with cancer it was a rude shock to her. Post-surgery met Dr. Sardesai and that was the beginning of 'Muskaan', created for helping cancer patients.

Dr Daisy John (associate professor home science) spoke about how as a part of her teaching at the Home Science College, she spreads the knowledge about healthy diet and food habits in society.

The catechism children from Parish of Bambolim Village enacted a beautiful performance called "The Sanjeevani Angels Will Always Help You."



They did a small activity where the audience looked at the person beside them, asked their name and said "You have a beautiful smile."

Mrs. Ahluwalia's Women's Day video was shown. Following which Sonia gave the vote of thanks and the programme concluded with the women's anthem by Shankar Mahadevan and refreshments.





# WARDHA CHAPTER

## BEHIND EVERY SUCCESSFUL WOMEN THERE IS HERSELF

Team Wardha conducted a breast cancer awareness programme on the occasion of International Women's Day. The chief guests were from Wardha and Nagpur. The focus was on breast cancer, signs and symptoms, the importance of early detection and the need for balance between mind and body.

Mrs. Jyoti Kadu (Women and Child Welfare Development Officer, Wardha), Dr. Nitin Gangane (Dean MGIMS Sevagram), Dr. Prachi Mahajan (surgical oncologist, Nagpur), Dr. Manjeet Rajput (Pathologist, Nagpur), Mrs. Sonali Shraawne (President – Helping Heart Charitable Trust, Wardha), Mrs. Vijay Adyalkar (President - Lioness Club), Mrs. Jaya Ahluwalia (Principle of Comic Public School), Dr. Sudha Jain (Prof. of Anesthesia), Dr. Vyas (Radiation Oncology) were the chief guests at this programme. Also present breast cancer warriors, and Team Sanjeevani.



# PUDDUCHERY CHAPTER

At Sanjeevani's Women's Day event, Dr Smita Kayal (Consultant Medical Oncology, JIPMER) welcomed Dr. Kathambari (Head of Surgery, JIPMER) and Dr. Smita Kayal (Consultant Medical Oncology, JIPMER) with a rose and memento.

Mrs. Ahluwalia's women's day message about Balance is Better was shown. The chief guests and special invitees addressed the audience according to the theme. Two survivors shared their experience.

Sixty five patients along with twenty five medical students from Pondichery University's Social Work department were present. The chief guests also included Rotarian Dr. Vanaja Vaidyanathan, Lion Jayashree and Dr. (Professor) Shahin Sultana (Social Work).

The participants had a yummy lunch and tea. They also received water bottles, courtesy of Mrs. Meena Thirunavukarasu (Secretary of Inner Wheel club) and Mrs. Claudine (President of Innerwheel club). The vote of thanks was giving by Sridevi.





# THE COLORS OF HOLI WITH SANJEEVANI

CANCER STRIKES.. WORLD SHAKES.. SOUL SHUDDERS..  
 HOSPITAL VISITS.. ANXIETY.. MEDICAL JARGONS...  
 TRAUMA.. RESTLESSNESS.. FEAR.. DENIAL.. DEPRESSION.. CANCER PATIENT...  
 NEEDS CONCERN... COMPASSION, CARE.. LIFE BEYOND CANCER

## COLORS OF HOPE

HAPPY  
HOLI







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'I'llness Becomes  
'We'llness

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