

**PLEASE TAP TO OPEN**

**CELEBRATING INTERNATIONAL YOGA DAY**

Yoga is an ancient form of exercise for the body and mind. It not only aims to create harmony between your mind, body and spirit but also helps you feel centred, improves strength, flexibility and breathing through a series of postures and movements. It is a whole body philosophy that started over 5,000 years ago in India. There are about 80 main postures that you can do standing, kneeling, sitting or lying down. There are several different styles of yoga including Hatha, Iyengar and Ashtanga yoga. Some forms of yoga are quite strenuous, while others are gentler and focus more on meditation and breathwork.

In cancer patients, although there is no scientific evidence to prove that yoga can cure or prevent cancer, research does show that it helps people with cancer cope with the symptoms and side effects. In March 2010 a review of research into yoga for patients with cancer was published. It included ten trials. It found that while yoga could help to reduce anxiety, depression, tiredness (fatigue) and stress for some patients, for others it improved the quality of sleep, mood and spiritual well being. (retrieved from [https:// www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/yoga](https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/yoga))



# MESSAGE FROM FOUNDER

Yog is a way of life, which brings peace, and harmony in one's day to day life apart from the spiritual outcomes of the practice. Sanjeevani recognizes, acknowledges, and also actively encourages the practice of Yog for patients for healing their cancer.

All of our 11 centres encourage patients to learn this practice and include it in their daily lives. Asanas, Pranayam, and meditation performed with proper discipline along with sattvik food and proper conduct brings massive improvements in the wellbeing of the patients. It not only makes it easy for them to deal with the side effects of modern treatment but also helps them to heal from it from the inside.

In Mumbai, Ahmedabad, and Bikaner, we impart this training through expert yog teachers as a part of SATORI, our wellness initiative with amazing outcomes in the physical and mental condition of patients.

June 21st, the International Yog Day was thus celebrated in its full spirit in all our centres. Special sessions were arranged for patients to understand the ethos of this practice and get a feel of it, even at places where we have not yet initiated the Satori centres. The attendance of the patients, as well as the community of young and old, was a sight to see. Hospitals and their doctors and staff also came forward to participate.

Sanjeevani will continue to make its efforts to encourage patients to follow the Yogic way of life to heal their cancer completely.



**Ruby Ahluwalia**  
**Founder**

Sanjeevani...Life Beyond Cancer

## Yoga: A useful adjuvant intervention during cancer care

**Dr Amal Chandra Kataki**

**Director**

Dr. B. Borooah Cancer Institute

A. K. Azad Road,

Guwahati-781016 (India)



### MESSAGE

Cancer is a group of more than 100 different diseases. Cancer can develop almost anywhere in the body. Diagnosis and treatment of cancer poses immense physical and psychological pressure to patients. Cancer treatment aims to enable patients to live longer and with a better quality of life than without treatment. Treatment regimens for cancer can pose side effects in patients such as change in appearance, altered sexual functioning, hair loss, fatigue, nausea and vomiting, pain, infections, and low blood counts, which grossly affect the patient's overall quality of life. The advances in cancer treatment have improved survival rates for most of the cancers with many of them surviving with cancer for a longer time than ever before.

Yoga means union with God, or, union of the little, ego-self with the divine Self, the infinite Spirit. Yoga aims to create harmony between a person's mind, body and spirit. Yoga is a promising mind-body intervention for integration in an oncology setting. Yoga is not an alternative form of cancer treatment, but only helps to reduce treatment related distress and improve quality of life. Yoga has been used in the management of a variety of symptoms such as fatigue, sleep disturbances, loss of appetite, chemotherapy-induced nausea and vomiting (CINV), and pain in cancer patients. Limited studies have demonstrated benefit of Cooling Pranayama such as Sheetal, Sheetakari, and Sadanta in managing vomiting along with Pavanamuktasana (supine knee-chest) and Uttana padasana (straight leg raise). Loosening exercises, gentle stretches, Yogasanas (stretching postures), Sudarshan kriya, and relaxation techniques have been shown to be effective in managing fatigue, pain, and sleep problems. Similarly, techniques that use postures with relaxation have been found to be useful in reducing stress and improving sleep. However, one must exercise caution while dealing with cancer patients due to their disease condition and increased propensity for injury.

It must be borne in mind that, standard of care for cancer still are radiotherapy, surgery, and chemotherapy in combination or alone. Yoga is a feasible intervention that can be effectively used to reduce symptom burden and improve quality of life in cancer patients. Practicing Oncologists now fully understand the role of yoga to break the vicious cycle of symptom-distress-symptom in cancer patients while they undergo treatment.

**Dr A C Kataki, M.D.(Hons.)**

Director

Dr B Borooah Cancer Institute

Guwahati-16



# FACULTY SPEAK

## SHILPA GHONE

*The word 'Yog' is derived from the Sanskrit word 'YUJ' which means 'to join.'*

Yoga is the joining of the breath to the body and mind to help one achieve self-realization. Yoga includes physical, mental and spiritual practices that focus on discipline, control over body and mind, attention and a better understanding of life in general.

For cancer patients, Shilpa says, there are many benefits of practising yoga regularly. Those who attended the session and practice it daily have experienced this.

- It reduces the side effects of the treatment and helps patients relax and learn how to deal with a terminal illness.
- It reduces pain from the cancer or the side effect of chemotherapy and radiation. It also helps in reducing fatigue.
- Dealing with a terminal illness, painful treatments, surgery, unpleasant changes in appearance and physical abilities can cause anyone to experience depression and anxiety. Research shows that yoga has a strong positive effect on the mood and can significantly relieve depression, anxiety, as well as stress.
- Pain, nausea, or depression can affect the quality of sleep in cancer patients. Yoga practices significantly reduce stress, improves the mood, duration and quality of sleep.
- Difficulty in breathing and shortness of breath are common side effects of cancer. Exercise does help, but some patients find it difficult to exercise. Yoga has been proven to be a gentle way to help patients and survivors of cancer breath easier. We have experienced this at Sanjeevani.

All these factors come together to demonstrate that yoga can help improve the quality of life for a patient living with cancer.

### Senior Yoga Teacher

Ishwardas Chunilal Yogic Health Centre Kaivalyadhama  
43 Netaji Subhash Road,  
Near Taraporvala Aquarium,  
Netaji Subhash Chandra Bose Rd,  
Mumbai 400002

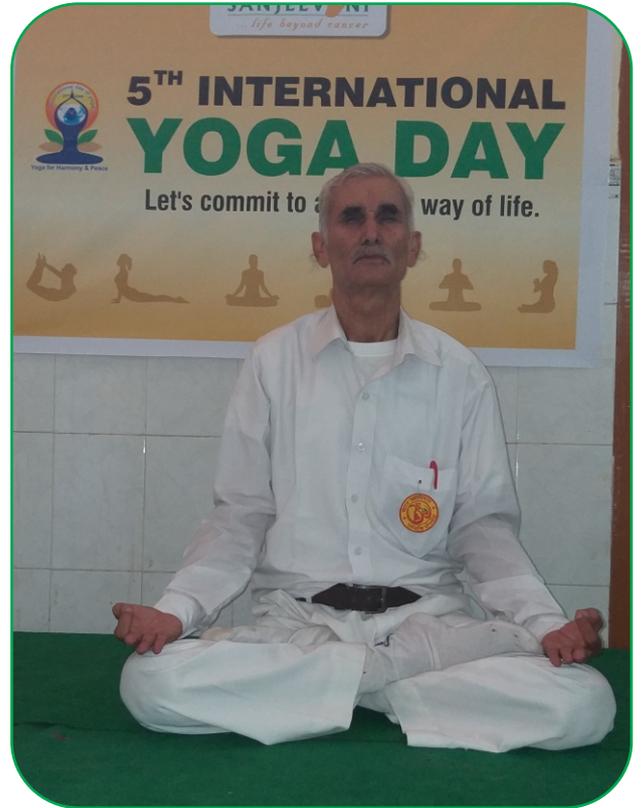
## BANSILALJI PRAJAPAT, Yoga Instructor, Bikaner

### योग-प्राणायाम का महत्व

योग भारतीय संस्कृति है, योग कृषि मुनिओं की परम्परा है। सदियों पहले ऋषि मुनि, पहाड़ों गुफाओं और कन्दराओं में जा कर किसी विशेष स्थिति को प्राप्त करने के उद्देश्य से योग करते थे लेकिन अती इस औपचारिक युग में प्रचीनरी युग में ऐसा करना सम्भव नहीं है ऐसी स्थिति में वसिष्ठ युग में परम पूज्य स्वामी रामदेव जी प्रसारण ने पतंजलि योग पीठ व 14 इन्डियन जी ने अपने अनुसारे कम समय में अधिक लाभ कैसे मिले उस उद्देश्य से 1 घन्टा या 1.5 घन्टे का छोटा योग प्रोग्राम जनता के स्वस्थ रहने के लिए दिया है जिसे आज हम 8 घन्टा संसार कम रहा। दुनिया में आंतराष्ट्रीय अन्तर्गत एन सांख्यिक बाद के कारण अज्ञान वतावरण बना हुआ है इस संदर्भ में विश्व शांति के लिए भारतीय प्रधान-मंत्री श्रीमान मोदी जी ने संयुक्त राष्ट्र संघ में 27 सितम्बर, 2014 को इसे विश्व में योग का प्रस्ताव रखा जिसके 193 देशों में से 147 देशों ने स्वीकृति देरी और 11 दिसम्बर 2014 को प्रस्ताव पास हो गया जो प्रति वर्ष 21 शत के अन्तर्गत प्रथम योग दिवस के रूप में स्थापित किया है। अर्थात् 5 वा अन्तर्राष्ट्रीय योग दिवस 21/12/2014 को मनाया गया।

योग से शारीरिक, मानसिक एवं आध्यात्मिक मजबूती मिलती है। शरीर के निरंतर परम पुच्छ परमात्मा द्वारा दी गयी संरक्षण शक्ति जो जोड़ी पड़ी है उसे जगाया जाता है। शरीर के अनेक अंग, अंगों के शैल्य को जागृत किया जाता है। किन्ती भी चिकित्सा पद्धतियां है वे सिस्टमस के आधार पर इलाज करते है लेकिन योग, प्राणायाम द्वारा इसे सिस्टम का इलाज हो जाता है। शरीर के आठ सिस्टमस है इन आठो सिस्टम का इलाज आठ प्राणायाम के द्वारा हो जाता है। शरीर में आठ तक छोटे है वो एक एक्टिव हो जाते है जिससे सनी योग नष्ट हो जाते है और शरीर में दिव्यता आ जाती है। योग से गंध, पल्परी, मेन्सब, जोड़ो का दर्द, स्लिप डिस्क, मसूर दर्द, घूटनो का दर्द, फाइटिका, सरनाइकल पेन, सर दर्द, चिन्ता, तनाव, गुरुसा, माटीगोत, गंधिपा, लम्बा गैस, श्मिटिरी, कब्जी, पान्चन किता असतुल्य, सुगर थॉयराइड ब्लड प्रेशर आदि सनी बीमारियां खत्म हो जाती है। यह दैनिक दिन चर्चा का घुटे है। \* इससे मन भी स्थिति स्थिर होती है। लकी जिवगी, खुशहाल जिवगी होती है।

मेंसब क्वीन के लिये योग प्राणायाम राम बाण का काम करता है। रोगी के मन भी स्थिति को शान्त करता है। कपालघाति, अंजुलोग तिलोग, प्राणरी एवं श्मिती व शीतकारी प्राणायाम मेंसब क्वीन को बहुत लाभकारी होते है। रोगी के योग का निवृत्ता करते है साथ साथ उसका आत्म निवृत्तास पैदा करते है। रोगी को योग के अर्थ रहित करके योग से लड़ने की हिम्मत प्रदान करता है इसके साथ 2 योग प्रतियोगात्मक व फि उदाण करता है। शरीर के प्रत्येक अंगों के cells (शैल्य) को चर्चा करता है।



## A message from Jagriti Saxena

### The positive impact of Yoga in Cancer patients



Cancer is a leading cause of death worldwide. "The disease accounted for 7.4 million deaths (or around 13% of all deaths worldwide) in 2004." Patients with cancer often have to deal with severe side effects and psychological distress during cancer treatment, which has a substantial impact on their quality of life (QOL). Among the most common symptoms of cancer and the results of treatments for cancer are pain, depression and fatigue. These symptoms may appear or persist, even after treatment ends. Retrieved from [https:// www. hindawi. com/ journals/ ecam/2011/659876/#B5](https://www.hindawi.com/journals/ecam/2011/659876/#B5)

In addition to physical symptoms, people with cancer nearly always experience considerable levels of psychological distress. Psychological health in cancer patients is defined by the presence or absence of distress as well as the presence or absence of positive wellbeing and psychological growth. It is determined by the balance between two classes of factors: the stress and burden posed by the cancer experience and the resources available for coping with this stress and burden. Retrieved from [https:// www. hindawi. com/ journals/ ecam/2011/659876/#B5](https://www.hindawi.com/journals/ecam/2011/659876/#B5)

Yoga aims to create harmony between your mind, body and spirit to help you feel calmer. It is promoted as a way of staying healthy and preventing illness. As with many types of complementary therapy one of the main reasons that people with cancer use yoga is because it makes them feel good. Yoga can also have an impact on sleep. Some people reported that their sleep improved after following a regular yoga program. ([http:// www. cancerresearchuk.org/about-cancer/ cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/yoga](http://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/yoga))

Yoga promotes it as a natural way to help you relax and cope with stress, anxiety, and depression. Generally, it can help to lift your mood and enhance well-being. Yoga can also help to recover more quickly and easily post surgery. Overall yoga may be associated with some positive effects on psychological well being for people with cancer. studies have shown yoga can help reduce tiredness and depression in people with breast cancer. A small study of men with prostate cancer also noted an improvement in their quality of life and general well being when they practised yoga regularly. ([http:// www. cancerresearchuk.org/about-cancer/ cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/yoga](http://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/yoga))

Jagriti Saxena

## A Message from Dinesh Patel



# MESSAGE

"On the occasion of International Yoga Day, Dinesh Patel, yoga instructor Ahmedabad shares his views on the importance of Yoga in healing cancer from within.

The first thing that I want to tell you is how the disease enters the body. The mind is the gateway of disease in the body. If work is done on the mind, if we can understand the law of the mind, if we know the nature of the mind, then of the body begins to heal itself.

So the question arises, what work should be done on the mind that the body begins to heal itself. If we can keep the mind calm and happy, then we can ideally achieve anything that we want.

So what exactly is the law of mind... for example either our mind will sit with an incident of the past or think about the future. If the mind dwells in the past, the secretion of bile/pitt will increase in the body and if it ponders over the future then the air element/vayu starts increasing in the body. Hence due to the imbalance of vaat & pitt in the body diseases are generated, which in turn could lead to cancer.

We all know that cancer cells thrive in a poorly oxygenated environment. In a body affected by cancer the intake of oxygen is generally low. So if we focus on increasing the levels of oxygen in our body, we give our body the chance to heal from cancer.

We often tell the patients who come to the Sanjeevani Wellness Centre that ideally nothing is wrong with you just that your body needs time to heal from the imbalance, because whatever your mind thinks your body goes through.

Hence at the Wellness Centre we focus a lot on positive thinking and increasing the levels of oxygen in the body by teaching the patients various asanas and most importantly teaching them the art of pranayam.

Pranayam helps with mind body synchronization, through which can one achieve the ultimate desired goal : to heal oneself from cancer."

**Dinesh Patel**

# MUMBAI CHAPTER

Team Sanjeevani celebrated International Yoga Day by inviting the senior teacher of Kaivalyadhama, Shilpa Ghone to come and conduct a session and emphasize the importance of yoga in everyday life and especially in cancer.

The session was attended by 16 patients and the team of Sanjeevani. Mrs. Ghone got her assistant Jyoti Katkar who demonstrated easy to do asanas while Mrs Ghone explained the steps involved in the asanas.

As our patients are being taught yoga in the wellness program, an event like this reinforced the importance of yoga. The patients went back refreshed and fully determined to make it part of their lives.



# AHMEDABAD CHAPTER

On the 5th International Yoga day, team Sanjeevani organized a yoga programme for all at GCRI Hospital. Present were 150 patients and caregivers, one nurse from each ward and a yoga guru ( From Ashtang Yoga and Ayurveda Therapy Center).

Dr Rohini Patel, Dr Manali Shah, Dr Dipal Patel and Dr Niyanta Sailor gave a short speech about the importance of yoga and how it can heal.

Yoga guru, Dinesh Patel and his wife explained the importance of yoga in day to day life, the importance of breathing, proper technique and Pranayam.

They started the session with chanting a mantra and then the asanas. They also shared the benefit of those asanas, the duration and perfect time to do them. They ended the session with relaxation.

The session was thoroughly enjoyed by the patients and the member of GCRI.



# GUWAHATI CHAPTER

## Yoga is the Journey of the **Self, through the self, to the Self.**

The Bhagavat Gita

The ancient Indian practice of yoga not only helps us in building strength but also helps in creating awareness and harmony in both our mind and body.

Keeping in mind the importance of yoga especially in relation with cancer, Sanjeevani in association with Sacred Heart Palliative Care centre organized a yoga session with 60 cancer crusaders on the 5th International Yoga Day

Dr Gitartha Roymedhi attended the event as the chief guest. He spoke extensively on how yoga can help prevent cancer and the after-effects of it.

Bikash Baruah (a national and international yoga silver medalist and an international certified yoga referee) highlighted the benefits of practising yoga regularly and how yoga can help us battle with our day to day health issues.

Two young national yoga practitioners, Gargi Mazumder Phukon and Jennifer Afrin also were present. The participants not only enjoyed themselves but also were deeply benefited by the yoga session headed by Bikash Boruah and Dipsikha Hazarika. During a feedback session, the attendees spoke about their experience in the session and on how they were enlightened by it.

We are thankful to Ratandeeep Singh Hanspal, Jintu Moni Baruah, Nawab Aftab Khan, Biki Dx, Shahid Choudhury and Anirbaan for being generous enough and contributing to our cause.

A special thanks to Gitartha Roymedhi sir and Bikash Boruah for their valuable time.



# BIKANER CHAPTER

## YOGA IS A WAY OF LIFE OR ART OF LIVING

Yoga is a way of life or art of living through a mental, spiritual and physical path. It allows one to achieve stillness and to tap into the consciousness of our inner self. In people living with cancer, research as shown that Yoga helps them relieve their anxiety and depression and increases a sense of spiritual well being.

Being in rhythm with the world, Team Bikaner celebrated International Yoga Day by having two yoga sessions. In their chaotic and challenging profession, Dr Neeti Sharma, Dr Surender Beniwal, Dr Shankar Lal Jakhar, Dr Mukesh Singhal and Dr Panakj Tantia got a well-deserved opportunity for 45 minutes to take care of their selves by attending a yoga session that team Sanjeevani had organized just for the doctors in the meditation room.

Approximately 40 patients attended the second yoga session that took place at hospital park, which was led by our very own Bansilal Prajapat. They went back with a relaxed mind

The doctors thanked Sanjeevani for organizing such an event for them as they find it difficult to spare time for themselves in their demanding and hectic profession.



# JAIPUR CHAPTER

## “Aao Chalein Swasth Jeevan Ki Aur” (Let’s commit to the healthy way of life).

In collaboration with the Department of Medical Oncology, SMS Hospital, Team Sanjeevani celebrated international yoga day on 21st June.

There was a talk on the " Importance of Yoga for cancer patients where Dr. Sandip Jasuja (HOD, Medical Oncology), Dr Leenu Huda (Medical Oncology) and Jagriti Saxena (yoga instructor) shared their views about yoga and its relevance in modern treatment.

Dr. Sandip Jasuja mentioned that yoga has a positive impact on the treatment of cancer.

Dr Leenu Huda suggested that yoga is very helpful in coping with the side effects of chemotherapy and radiotherapy.

Mrs Saxena talked about simplification of yoga and how we can practice it in our daily life.

In a nutshell, all experts agree that Yoga is very helpful in cancer treatment and it increases the quality of life of a patient.

After the talk, Jagriti Saxena took a yoga session. She



explained to the patients that yoga not only gives physical fitness but also mental relief too. Patients and survivors participated in it with great enthusiasm. In the session, they understood the importance of their wellness and the importance of mental health too. The oncologists as well as patients and survivors all appreciated our initiative and showed a willingness to continue yoga.

We are very thankful to Dr Sandip Jasooja for his valuable talk and for providing us with all the facilities and support.



# KOLKATA CHAPTER

## YOGA CONNECTS THE BREATH AND OUR HEARTBEAT.

If you happened to be at Triangular Park on 21st June 2019 around 3 pm, you would have noticed 32 people doing yoga which was led by Sunita Dhar and Sonjukta Dey. This was organized by Sanjeevani's Kolkata Team. Cancer patients and their family including team Sanjeevani were part of this.

Dr (Prof.) Biswajit Manna (A pain management consultant) talked about how yoga connects the breath and our heartbeat. He also talked about how yoga helps increase the oxygen supply in our bodies. Sunita Dhar and Sanjukta Dey (yoga therapist) stressed the positive impact yoga has on the side effects of the cancer treatments.

At the end of the yoga session, the patients shared their problems with Dr Manna and Mrs Dhar who solved their problems. Dr Manna also gave them tips for pain management.

After the session, light refreshment was served. The victors were very happy with the session and went back feeling refreshed. They were thankful to Sanjeevani.



# PUDUCHERRY CHAPTER

Cancer survivors took part in a yoga session held by team Pudduchery at the ACYTER hall in JIPMER Hospital. Also present was Dr Velkumari (Dept of ACYTER) The programme started with our very own Divya giving an introduction to Sanjeevani. After which Dr G.K Pal gave a brief introduction about how yoga will help get rid of the pain and help us rejuvenate our cells. Mrs Vidyalaksmi conducted the session.

The session had a powerful impact and was enjoyed by the patients who promised to continue the training. The ACYTER department was very happy, so they made a decision and discussed starting sessions for cancer patients. The sessions will start in mid-July.





When 'I' Become 'We'  
'I'llness Becomes  
'We'llness

*Navigating from dis-ease to wellness.*

Sanjeevani Counselling and Rehabilitation Centers (SCRCs) motivate and encourage patients to complete their treatment and keep a positive outlook towards treatment as well as life. **SCR Centers across Mumbai, Nagpur, Wardha, Ahmedabad, Bikaner, Jaipur, Kolkatta, Guwahati, Shillong, Bangalore & Puducherry** have enriched lives of over 1,50,000 patients.



**Fighting against Cancer? We can help.**

**Call us on 8691 000 800**

**Sanjeevani Counselling and Rehabilitation Centers**

**Mumbai | Nagpur | Wardha | Ahmedabad | Bikaner | Jaipur | Kolkatta | Guwahati | Shillong | Puducherry**

✉ [adm@sanjeevani-lifebeyondcancer.com](mailto:adm@sanjeevani-lifebeyondcancer.com)

▶ [www.youtube.com/user/SanjeevaniLBC](https://www.youtube.com/user/SanjeevaniLBC)

🌐 [www.sanjeevani-lifebeyondcancer.com](http://www.sanjeevani-lifebeyondcancer.com)

📘 <https://www.facebook.com/SLBCMain/>