

PLEASE TAP TO OPEN

## THE JOY OF GIVING

In this edition of our newsletter, we would like to express our heartfelt gratitude to our donors, the heads of various universities/colleges and the young interns who have supported us in our fight against cancer and helped us enrich lives in innumerable ways.

To our donors we would like to say: It is hard to overstate the impact you have had as supporters in Sanjeevani's mission. We urge you not to think of this in terms of money raised, but of lives transformed. To say that we are deeply grateful for your generous support does not go far enough. Your donations not only make a material difference in the lives of the patients but make them feel that they are worthy of the care and respect with which we treat them. You are, all of you, changing a world that sorely needs change.

To institute heads and Interns: Because of you, the young will be better prepared to go out into the world and lead with competence, conscience, and compassion. Of course, no one year of internships—even a spectacular one—is enough: our mission is such that the finish line will always recede away from us. Every day shows us a need met, a hurt repaired; every day we add another stone to the edifice of learning and wisdom. And all of this is made possible by you.



# MESSAGE FROM FOUNDER

It is said that when all the fingers of a hand come together, it become a powerful wrist. Similarly, quite a few forces have to come together to produce an exemplary body of work.

Pure intentions, knowledge of the subject and the determination to put in the hard work tirelessly is required to make a meaningful difference in the lives of other people. However financial and human resources are required to scale up the work and create an organization which can create scalable and replicable models.

This issue of our Newsletter is dedicated to those beautiful human beings who held our hand and helped us financially to continue doing the good work. I am extremely grateful to each one of the donors featured here, for their contributions to support the cause.

Another focus of this issue is also on the young people who are supporting this cause by committing their time and energy. The young interns from the social work Colleges in Ahmedabad and Guwahati & Meghalaya have worked tirelessly to further the cause and create awareness. My gratitude to the Royal Global University, University of Science & Technology and Gujarat Vidyapith, who have chosen Sanjeevani life Beyond Cancer to put their students on internship. I would like to assure them an opportunity of meaningful experiential learning in the field of social work.

**I am extremely happy to share that Sanjeevani's hand holding program will now be available in Delhi. Also we are grateful to M/s. Indraprastha Gas Limited for enabling this.**



**Ruby Ahluwalia**  
**Founder**

Sanjeevani...Life Beyond Cancer



# FACULTY SPEAK

**Shambhavi Alve**  
(Psychotherapist – Mumbai)

Shambhavi is a practicing psychotherapist and is the mind behind a holistic studio called 'Uurja...Manifest The Light Within'.

She has completed her Ph.D in Psychology and holds an MBA degree in Human Resources. With a considerate experience in the corporate world, she has bagged first-hand training in various healing modules, which include Arts-Based therapy, Hypnotherapy, Emotional Freedom Technique (EFT), rational emotive behavior therapy (REBT), Cognitive behavioral therapy (CBT) and many more. She has worked with hospitals, military personnel, schools, orphanages, and wellness center in the past.

At Sanjeevani, her sessions focus on empowering cancer patients to manage their mental health more efficiently. Throwing light on the metaphysics of diseases and understanding the connection between thought-mind-body brings a paradigm shift in the way cancer patients to view their future is what Shambhavi strongly believes in.

*"It isn't just satisfying to watch them smile or vent out tears while sharing their life incidents, but it is also therapeutic for me, as it helps me grow as a therapist with every new batch and with every new individual I interact with," says Shambhavi*

# ENRICHMENT FACULTY SPEAKS

## Salome Roy Kapur

Salome Roy Kapur is trained in Western and Indian dance. She has been teaching dance for the last fifty years and by god's grace, still does. She has been dancing on the stage since she was six. In the sixties and seventies she modelled and organized fashion shows. She is a personality development trainer and directs stage production for children from different schools. She won the Miss India 1972 title.

She enriches the lives of those who come to Sanjeevani wellness center in Mumbai.

"Sharing what I know and what I am good at is always a blessing. I am very happy to be conducting sessions at Sanjeevani. The experience of interacting with the participants is very rewarding. The positivity and warmth will always stay with me and I look forward to many more sessions," is how she describes her sessions in Sanjeevani.

We are lucky to have an enriching association with her.



# A MESSAGE FROM SBI LADIES CLUB

SBI Ladies Club

Mumbai

On the onset we at SBI Ladies Club, Mumbai would like to congratulate the whole team of Sanjeevani, under the leadership of Mrs. Ruby Ahluwalia, which entered into its glorious seventh year on April 18, 2019. We were present at Nehru Auditorium to witness the landmark occasion, which was attended by 800 plus people and would like to state, was an eye-opener for so many of us about the various needs of the cancer patients.

We started our association with Sanjeevani 6 years ago in 2013. Members at SBI have to come and go on account of transfers and retirements, but the association went on and on through Mrs. Sujata Malhotra, Mrs. Rita Chari, Mrs. Ranjana Kansal, Mrs. Rama Singh, Mrs. Lakshmi Raghav, and Mrs. Deepika Seth. In future also we assure you that we would like to be associated with this great organization.

The most important reason behind this is that our President Mrs. Reeta Agarwal finds Sanjeevani to be the most genuine institution which cares for the cancer patients in a multi-pronged way. It not only gives material support but most importantly, psycho-social support not only to the patients but also to their families. It teaches patients to change their attitudes and to deal with the disease positively. By bringing the patients together with their families, involving them in various activities like yoga, painting, watching TV, dance, music, etc. It takes on the role



**Deepika Seth**



**Reeta Agarwal**

of caregiver which gives confidence and improves the self-image of the patients.

We at SBI feel very happy to be associated with Sanjeevani's fantastic family. It is humbling for us to be able to do something for the society and for that, thank Sanjeevani, which gave us chances to do so.

Here we would like to mention that this could not have been possible without Ms. Archana Vishaye, who is our contact person from Sanjeevani. Her gentle and kind approach towards the patients is commendable and awe-inspiring.

Once again, we thank the team of Sanjeevani and wishing them the very best.

We want to continue to have an enriching connection with Sanjeevani.

Regards

SBI LADIES CLUB



# A MESSAGE FROM Anil Mathur

President of the Lion's Club  
Sadul Ganj Road, Near Rotrey Club,  
Bikaner, Rajasthan

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The Lion's Club Bikaner works on an international level. Our motive is to serve weak and helpless people. We came in contact with Meenakshi Bhatia and Abhishek Joshi, they introduced us to Sanjeevani, and it's mission. We organized a seminar in the Lions Club Hall on the 4th of Feb. 2019 on World Cancer Day.

In that seminar, Meenakshi and Abhishek proved their hard work. Doctors of Acharya Tulsi Regional Cancer Hospital And Research Center also shared their views about the disease. The patients also shared their experiences regarding the role of Sanjeevani during treatment.

I am very impressed with the dedication of team Bikaner. I am thankful to the Co-Founder of Sanjeevani, Mr. Anil Ahulwalia, and their organization for providing services over India to cancer patients. I am glad to say that my club and I are also with you in this battle.

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# A MESSAGE FROM Madhu Khatri

Lioness Club, Bikaner



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Sanjeevani is a boon for cancer patients in Bikaner. Sanjeevani has taught us as to how to lead a healthy life and beat cancer with simple yet determined lifestyle changes. The organizations psychotherapist at Bikaner, Ms. Anuradha Pareek helped us understand the ways in which we could collaborate with Sanjeevani and make a difference in the lives of cancer patients.

We are grateful for being given a chance to celebrate occasions like Christmas with Paediatric Cancer Patients and World Cancer Day on 4th Feb 2019 and are happy to share that we could distribute hygiene kits, socks and caps to patients in the OPDs of the hospital.

We look forward to a long-term association with Sanjeevani to reach out to many more people and would like to congratulate the team for their outstanding work.

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## A MESSAGE FROM P. K. Malhotra



My wife Mrs. Sujata Malhotra introduced me to Mrs. Ruby Ahluwalia - Founder and Managing Trustee of **"Sanjeevani Life Beyond Cancer."** After that, I got to learn more about her, and her husband Shri. Anil Ahluwalia and a realization grew upon me that a good couple is trying to make a difference to the life of those unfortunate enough to be afflicted by this dreaded malady. Being a survivor herself, Ms. Ruby understands the needs of such people, and her inputs are tailored to give them comfort in her unique way. Theirs is a therapy based on love and understanding and designed to make people believe that there is a way to beat this disease and that Sanjeevani is there to help with financial, logistic and, more important, emotional support. Ahluwalias have been able to inspire many survivors to devote their lives in the selfless pursuit of comforting the patients. Moreover, these volunteers are making a fantastic contribution through their approach.

We feel blessed that we came in contact with Sanjeevani and can do our bit THROUGH THEM with an assurance that the world of cancer patients too has a bright ray of hope.

**PK Malhotra**  
New Chandigarh



# A MESSAGE FROM Amita Prasad Sarbhai



IRAS  
GGM/Finance  
DFCCIL  
(A Ministry of Railways Undertaking)  
New Delhi

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Giving and sharing are values I hold dear. It is a privilege that is not linked to how much material wealth one holds but with how much one feels fulfilled. The fulfillment increases manifold when you are willing to empower the needy and the charities that work towards it. My spouse and I had made a pact when we started our life together -of giving a certain percentage of our earnings to organizations/causes we felt strongly about, as a way of giving back to society. Finding the right charity and cause is often a daunting task. As Aristotle said, 'To give away money is an easy matter, but to decide whom to give & why it is not in every man's power nor an easy matter'.

Cancer is a disease that seems to have assumed epidemic proportions in the last few decades and there is hardly anybody who has not lost somebody to it or watched someone battle it. Having lost a very dear friend while still in my teens to it & a few family members to the dreaded disease, extending a hand to help in 'Sanjeevani's' journey in empowering cancer survivors along with supporting the cancer patients' needs, came as a natural choice. And the fact that the organization had been launched out of her own experience with cancer by my much-admired senior in service, Ruby Ahluwalia Ma'am, left with me with no doubt that the utilization of the help provided would be towards just means. The way Sanjeevani has grown over the years has reinforced my belief that my faith in the organization and the cause were not misplaced. Every little bit counts and I feel privileged that I continue to be a minuscule part of creating a positive impact in some unknown person's life, giving them hope as they bravely fight cancer, thanks to Ruby Ma'am & Sanjeevani.

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# A MESSAGE FROM Ramaah Deviie



IRAS  
GM/Finance  
DFCCIL  
(A Ministry of Railways Undertaking)  
New Delhi

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I don't consider my little financial contribution every month to 'Sanjeevani' is worth writing about, but write I will and utilize this opportunity to express my sincere appreciation to every member of 'Team Sanjeevani' for making it such a phenomenon.

I am a Civil Servant in Indian Railways who, while working in Mumbai many moons back, met Ma'am Ruby Ahluwalia, a senior colleague. As is now, I had always been admiring her ever since I got to know her and was thus both shocked and amazed when she went through Breast Cancer only to rise like a 'Phoenix,' setting up her NGO by deriving inspiration from the experience she went through.

I could relate myself to her, a bit though, as more than a decade back I narrowly escaped Breast Cancer when during the check-up of a lump in my breast a tumor was diagnosed (Benign stage moving on to Malignant) which was successfully operated soon enough. That experience shook me up immensely with the thought that always remains in my mind - what if the tumor turned to cancer?

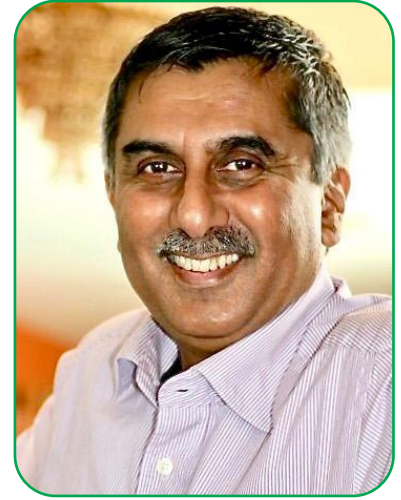
So, it is but natural for me to be empathetic in supporting the cause of 'Breast Cancer' by supporting Sanjeevani set up by Ma'am Ruby. I do hope, in the future, I can contribute more by actively participating in it!

Three Cheers to all of you.

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## A MESSAGE FROM Pradeep Sarin

Having lost my mother to breast cancer many decades ago, when she was still relatively young, I have chosen to volunteer my time with Sanjeevani because of the very empathetic yet systematic process-driven approach. Pscho-social care is often neglected even in economically well off families. With those who are less educated and financially challenged these obstacles become even more challenging to overcome. Sanjeevani provides a helpline for patients and their caregivers so they can be better educated about cancer and healthy living.



## A MESSAGE FROM Rama Vora

Ramaben Vora, wife of a veteran leader, is a rationalist. She was in the nursing profession had has been working for the weaker sections of the society for many years.

Ila Vora from team Ahemdabad came in to contact through Punruththan Trust, a trust set up by her grand uncle late Dr. Jagannath Vora. When Ramaben came to know about activities by Sanjeevani LBC, and Ila's devotion, she was highly impressed and thought to extend her support for the good cause.

THANKYOU Rama Vora for your support!

# SANGEETA TANEJA

I came to know about Sanjeevani from a friend. After meeting the founder and hearing about the tremendous work being done, one is very happy to be associated with Sanjeevani.

Wishing Sanjeevani and everyone associated with it all the best.

# SANDEEP KALRA

" I am impressed by the sincerity of purpose of Sanjeevani' s founder and its team.

Sanjeevani's Founder's, Ruby Ahluwalia and Anil Ahluwalia's efforts to alleviate pain are really touching and commendable," is how Sandeep Kalra feels after coming in contact with Sanjeevani and observing our work.

Thank you Sandeep Kalra for being a support to Sanjeevani



# SANTOSHI KITTUR

Cancer takes everything from a person. It is beyond traumatising not just for the patient but also for caregivers and family members. Patients and family members alike need psycho social support. I was delighted to hear that Sanjeevani is able to offer this support. I decided to become a friend of Sanjeevani



# BIPIN KUMAR SHAH

There is a saying that doing good does you good. True, doing good to other does make you feel better, but that is not the reason I do what I do for Sanjeevani.

I support Sanjeevani because I truly believes in what we do and is inspired by Sanjeevani's efforts.



# A BIG THANK YOU



**Abhijit Bharali**  
Guwahati



**Abhinandan Mishra**  
Guwahati



**Achyut Kalita**  
Guwahati



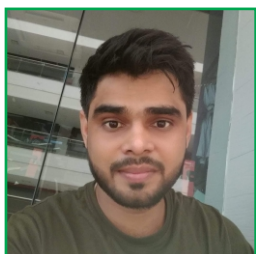
**Aftab Khan**  
Guwahati



**Anirbaan Gogi**  
Guwahati



**Anjushree Phukan**  
Guwahati



**Babar Alij**  
Guwahati



**Barsha Thakuria**  
Guwahati



**Bishal Chawariya**  
Guwahati



**Gitashri Talukdar**  
Guwahati



**Jintu Moni Baruah**  
Guwahati



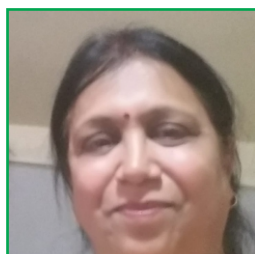
**Mayurakshi Chakraborty**  
Guwahati



**Rajesh K Ranga**  
Bikaner



**Sajad Ali Syiemlieh**  
Guwahati



**Sandesh**  
Bikaner



**Shahnawaz Ullah**  
Guwahati



**Sudip Sharma**  
Guwahati



**Chitra Rawat**  
Jaipur



**Himani**  
Bikaner



**Jaiwati Chimnani**  
Bikaner

# A MESSAGE FROM Sangita Mahanta

Assistant Professor and Head,  
Department of Social Work,  
University of Science and  
Technology, Meghalaya.



Congratulations, Team Sanjeevani for the extraordinary work done in the realm of delivering services in the society and on the release of their latest newsletter. It is a privilege for me to have got this opportunity to express my gratitude towards everyone working for Sanjeevani, for they have given our students the much-needed experience they needed as student social workers. I am also thankful to our well trained and able alumni Ms. Sumki and many others who are sources of pride to the Department of Social Work, USTM.

Our student social workers gained various eye-opening experiences under the kind guidance of team Sanjeevani, and the interns were exposed to equipped learning experiences to meet social work profession's commitment to meet the needs of the vulnerable and oppressed members of the society, particularly important in the context of cancer, serving an essential role in the efforts to eliminate health disparities. Sanjeevani Life Beyond Cancer made our students realize the importance of Social workers as key members of the health care team and how they intervene at various levels and in multiple systems to improve the quality of life and cancer care.

Our students also learned how as social workers we are to provide information on available resources, medical and insurance coverage as well as how to interact with the family members and the children in their lives and make

them aware of cancer. Added to that, our students were also trained by Sanjeevani on how to assist patients in coping with the diagnosis, and they also learned various techniques to reduce anxiety.

I am glad that because of Sanjeevani, our students also learned the importance of providing support to colleagues around compassion fatigue so much that they can deal with the stressors. They are now trained to deal with the psychological, social, emotional, and spiritual problems that people often deal with oncology. As future social workers, they are ready to help people with multiple practical needs, for instance, in searching for resources in institutions, and with such complex requirements such as adapting to an illness, dealing with changes and decision-making, navigating cultural issues, and communicating with family members, friends, and health care providers. They are now becoming more involved in research, designing, conducting, and leading studies that aim to advance knowledge that ultimately will help improve peoples quality of life.

I wish Sanjeevani Life Beyond Cancer a bright future and determination to carry on their crusade against cancer.

# A MESSAGE FROM Dr. Ishani Patel

Faculty of Social Work Department,  
Gujarat Vidyapith, Ahmedabad.



Our Master of Psychiatric Social Work Students from the Social Work Department, Gujarat Vidyapith Ahmedabad, has joined Sanjeevani for their fieldwork. As we know, Sanjeevani is doing immense great work for cancer patients.

Cancer is an illness in which a person gets disturbed physically, mentally as well as economically. In this situation hand holding, motivation to fight back, mental support is essential, and it affects the patient in the recovering stage. Sanjeevani is providing this support to the patients and their family members during the treatment, which is the most crucial role. Most of the time, it is missed out in our hospital settings. As the objectives of Sanjeevani focus on the total wellbeing of patients, it is also fully implemented by them which can be seen in their activities and bonding with the patients, family members as well as hospital settings.

After joining Sanjeevani, our students have been participating in different activities provided to them as a part of work for learning. Within a month, we have noticed several changes in the knowledge, attitude, and skills of our students. They are doing several activities in the organization such as attaining the session in which patients are treated with healing therapies, attaining counseling sessions and observing it carefully, learning the techniques of resource mobilization, etc. our students submit their daily fieldwork report to us and meet us for fieldwork guidance. Here are the several changes that are very progressively developing in our students noticed by us.

- They became more Punctual in work and very regular.
- The ability to observe while working with patients is increasing.
- Improving the skill of report writing.
- Relate to the problem of the patient and understand the social, economic as well as psychological situation affecting the patients
- Discussing the fieldwork experience in the classroom and can see their empathetic way of expressing the phenomena.
- Development of raising ideas for the awareness of cancer illness in society.
- Can see the feeling of satisfaction of doing something better.

# INTERN'S MESSAGE



*Nazia Sultana is a student from the Social Work Department from the University of Science and Technology, Meghalaya. She interned with us for 18 days spanning across the middle of June to the beginning of July.*

My internship in Sanjeevani Life Beyond Cancer was a great learning experience as it opened my gateway of interest towards the word "CANCER." While working with them, I have learned a lot about cancer and got an overall experience of problems faced by those battling cancer. I learned how to organize programs & mobilize people. I traveled to different communities to work with different types of people.

I want to say that working with Sanjeevani Life Beyond Cancer was a privilege to me, and I hope to work with them in the future.



*Ruksana Moni is an MSW student from Royal Global University, Guwahati. She interned with us for six months.*

As an intern, I was placed at Sanjeevani for a period of 6 months, which was the best six months. I got an opportunity to interact with the patients. During my internship, a feeling of emotional bonding was built with the patients. Working with Sanjeevani helped me a lot in developing my skills and professional career. I was able to know more about cancer and also how to deal with the people suffering from it.

My supervisor also helped me a lot. She supported and guided me in every step and made my work easier. Her support helped me in dealing with many obstacles that I was unaware of.



# INTERN'S MESSAGE



*Semim Aktara is from the Department of Social Work from the University of Science and Technology, Meghalaya. She interned with us for 18 days spanning from the middle of June to the beginning of July.*

The internship is a pre-professional experience, so I experienced a lot of new things through my placement in Sanjeevani Life Beyond Cancer. Through my course, I learned about cancer in detail and also learned to organize programs and even learned to be punctual and responsible.

Thank you so much for giving me an opportunity to work with Sanjeevani as an intern.



*Tanisha Dey is a BSW student from Royal Global University, Guwahati. She interned with us for four months.*

The day I was told that I was placed in an organization, which is working for cancer patients, I was very eager to come and join the organization. After joining Sanjeevani Life Beyond Cancer, I was pleased to be helping the patients with filling up their forms. I could learn how to understand the impact of cancer, its type, and its treatment. I even learned how to interact with patients, how to do case studies, observed and learned how to give specific counseling like chemotherapy, lifestyle.

My supervisor Miss Sumki Begum was very supportive. Being a student social worker, she guided me in my fieldwork. She taught me how to become a professional in a field. Mrs. Nandini and Mr. Mridul were also a guiding force.

The experience I got by working in an organization for the first time was very good. I learned how to work in a practical field, how to organize and conduct awareness camps, how to do street plays, YouTube videos. Working for Sanjeevani has been very satisfactory. I can conclude that helping cancer patients is not only my work; it has become my passion.

# INTERN'S MESSAGE



*Abida Ahmed studies in the Department of Social Work in the University of Science and Technology, Meghalaya. She interned with our Guwahati team from the middle of June to the beginning of July.*

During my Internship at Sanjeevani Life beyond Cancer, I was exposed to a detailed knowledge of 'CANCER.' While working with them, I got the opportunity to interact with patients suffering from different types of cancer. I learned how to do counseling and tried helping them to reduce their pain. I learned to organize programs in the community, mobilize the people.

I want to say that working in Sanjeevani life beyond cancer is a great privilege and learning for me. Moreover, I look forward to work Sanjeevani in the future.



*Dhanjyoti Deka is in his 2nd Semester in MSW at Royal Global University in Guwahati. He interned with us for four months.*

During my internship, I gained more knowledge about cancer and experience on how to educate patients and their families and the community about the same.

During the internship, I experienced different types of cancer in a variety of age groups, which taught me how to be a good listener and learned that giving treatment is not the only solution but to encourage them to try different therapies like yoga, music, etc.

Doing case studies helped me to deal with the different age groups and prepared me to handle clients in a competent and non-judgemental way. Extracurricular activities like street plays, awareness programs in separate community areas helped to groom my communication skills, by getting me outside my comfort zone.

I had a great and blessed experience with the Sanjeevani team members and USTM students with regards to CAN-CLUBS which spread the cancer awareness program in schools and colleges to make them aware and also encourage them to share with their family members and dear ones.

Sanjeevani Life Beyond Cancer was an excellent opportunity for me in getting a platform where I could improve myself and know more about the cancer patients in a broader sense as well as understating the merits and demerits of its outcome.

# INTERN'S MESSAGE



*Kulajyoti is a student social worker from Royal Global University. He has interned with us for four months.*

After getting placed in Sanjeevani, I was very nervous. My field supervisor Miss Sumki Begum guided me and gave me the proper idea and structure of the way to work. Every day a new task was given, and with every job, I would feel like I couldn't do it. Mr. Mridul and Mrs. Nandindi always gave me the strength that I can do it.

The experience I got working in this organization was excellent. The people are so energetic that this gave me strength.

Even my field supervisor is very active. She taught me various things like - How to do fundraising, to arrange awareness camp, to conduct street plays, how to support cancer patients and how to take permission from higher government authorities before undertaking any activities in public places and much more.

Finally, I can conclude that every patient fighting against cancer should not worry anymore, as Sanjeevani is always there with them. I can proudly say that they treat every patient equally and never leaves the patient in between.

For any student social worker to gain experience, this would be the best organization to work. In my entire life as a student social worker, I found that the best field supervisor until today's date is Miss Sumki Begum.



*Moonmee Baruah is an MSW student from Royal Global University, Guwahati who interned with us from end June to Mid-July.*

I had a great experience during my internship this summer, and now I have much valuable knowledge with me. There are several essential things which I have learned, such as, learning to plan and administer programs, how to maintain professionalism while working with the patients, how to relate social work skills into practice while working in the community and have gathered vast knowledge regarding cancer. I do hope to work for SLBC soon.

# INTERN'S MESSAGE



*Shreya Anand graduated with a finance degree from KC college, Mumbai. She was working at KPMG and now is studying for her MBA. She interned with us for 1 month.*

My interest in social work started my journey at Sanjeevani, but soon after meeting the patients and the Sanjeevani members, I realized that there is so much more that goes into getting survivors through their healing process.

During my time interning with Sanjeevani, I got a deeper understanding of the numerous problems cancer patients have to deal with on a daily basis. Not just monetary issues, but the psychological pain, bias and misunderstandings from society and even within their families. Sanjeevani has shown me the many ways it has been helping so many cancer patients through their Handholding, Wellness centres and the oncology courses, they have also given me the opportunity to discover my own ways through which we could do better. I have learned a lot about prevention of cancer, living healthy and happy life during my time here and I would try my best to spread this knowledge around me.

During my interactions with the patients I realised that even though they're going through so much, they are still so accepting and loving of anyone who tries to mingle with them, and that is something I will definitely take away with me.

Sanjeevani has shown me a structured way of helping the cancer patients. I hope to take this forward with me, and contribute in a similar manner throughout my life.

# VOLUNTEER'S MESSAGE



*Pratik Permey is an NSS volunteer from Dispur College, Guwahati.*

I have been an NSS volunteer since I first joined college, and that's how I came to know about social work and various organizations associated with it. Amongst all the organizations, Sanjeevani Life Beyond Cancer is the one I've been working with the most. I did not join up directly as a volunteer, but I voluntarily helped in some activities.

Sumki Begum is a very active and humble person who has shown an entirely new point of view of life, value, and care. The activities undertaken by Sanjeevani have a vast range going from conducting seminars to competitions, and street plays to making videos.

The organization does not only focus on one particular issue. They aim at bringing awareness to the people, providing the youths an opportunity to step up and also the jolliest and great thing making the patients happy from the inside, helping their soul to heal.

Sanjeevani has taught me that to cure a person; you must not only rely on medicines but also the positivity. It has been a great experience to work with Sanjeevani, and I'd be glad if I have the opportunity to work for and with the organization in the upcoming years.

# INTERN'S MESSAGE



*Shubh Patel has an MA in psychiatric Social Work from Gujarat Vidyapith, Ahmedabad. He has been interning with for 15 days.*

Since the beginning of my internship with SLBC, I have had the opportunity to learn about the various sessions that are provided which are extremely beneficial. Being a part of the organization has provided me with a chance to closely look into the holistic approach to wellbeing. Wellbeing which is based on the crucial factors like the importance of eating the right food at the right time which is helpful not only to the patients but to everyone in general, the importance of counselling in cancer care and how the use of expressive arts helps the patients to vent out their pent-up emotions, the various asanas that help create a mind-body synchronization.

And most importantly I was touched by seeing the passion with which the Sanjeevani's Team is working towards the wellbeing of the patient.



*Tejas Chotaliya is a Msw Gujarat vidyapith. He is interning with us for 15 days.*

My induction into Sanjeevani started with my mentor introducing the organization to me. It was then that I looked up Sanjeevani on their website which looked interesting to me and hence choose it as the organization for my internship. The first thing that I observed was the dedication of the team that works towards the benefits of the patients. The way in which care and guidance are provided to the affected is heart-warming.

My experience from the beginning of my internship till date has been very nice as it has brought about a change in my mindset towards cancer patients. It has also given me a chance to explore the angle of leading a healthier lifestyle which personally, too I have experienced the benefits of it.

I got a chance to be a part of various sessions conducted at the Sanjeevani Wellness Centre and was particularly interested in the aspect of counselling. The various other sessions also gave me an insight into the psycho-social problems faced by the patients. Yoga helped me understand the importance of breath and the correct process of breathing which helps in mental upliftment, from sessions on Nutrition I learnt the importance of eating the right food and the benefits of it, how pondering over the past could affect our present and future.

Being a part of the sessions has brought in a positive change in me and coming here often boosts my morale.

And lastly, I would like to thank my supervisor Ms Disha Tripathi and Ms. Vanita Vaghela help me learn new things every day.

# INTERN'S MESSAGE

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*Ajay Chauhan has an MA in psychiatric Social Work from Gujarat Vidyapith, Ahmedabad. He has been interning with for 15 days.*

I would like to share my experience about my internship from the stage where choosing the organization was a tedious task. But the moment I joined Sanjeevani, I felt as if this was the right choice for me since the organization is doing amazing work in the field of cancer care.

A deep dive into the nature of work of the organization also shed light on the awareness initiative being taken up by Sanjeevani which is conducted in various colleges, schools and communities.

I got to be a part of the various therapeutic sessions being provided to patients here at the Sanjeevani Wellness Centre. Emotional Freedom technique helped me understand that physical pain is linked to emotional trauma and how necessary it is to release pent up emotions. Session on Yoga taught me the importance of exercise and the process of doing it in the right way. Art Therapy gave me an insight into how the use of colours can help express the state of mind of a person. The various aspects of Nutrition included topics like what to eat, how to eat, the right time to eat. Initially, I used to think that medicines are the only way to cure a cancer patient but coming to Sanjeevani I understood how important a role food plays in the entire journey of cancer and beyond. When I first heard about acupressure, I was under the impression that it is a Chinese technique with the least benefits. But my thinking was challenged when I joined Sanjeevani where I witnessed the positive impact created in the body by massaging the correct pressure points.

As a result of the inputs on various aspects, I would like to admit that my learnings have increased manifold and personally, have seen positive changes in myself.

Lastly, I would like to emphasize on the fact that the way the entire team deals with the patients with compassion is a sight to watch. And we as interns get to learn a lot from the entire team.

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# MUMBAI CHAPTER

## HEALTH AWARENESS CAMP in Mammabai High school

Forty-two girls of class 9th and 10th of Mammabai High school and two school staff attended a wellness and lifestyle modification camp, which was organized by us. The speakers were Dr. Swaati Ahluwalia and Archana Vishay. During the program, awareness on the causation of cancer and life modification in their lifestyle was explained. Dr. Ahluwalia also educated them about timely consumption of food, menstrual and personal hygiene as well as family hygiene. She also gave them tips about avoiding junk food, exercising regularly, and concentration on their breath. A feedback form was given to the students at the end of the program. A quiz based on the information provided during the program was also given.

The program proved to be a great success with 80% of students telling that the information delivered, and usefulness was excellent, while 9.5% felt it was above average. 90% of the students rated the speaker for the day as excellent. To stay connected with the students and their families, a WhatsApp group was created where the students and family members can connect with the Sanjeevani angels to seek any guidance regarding wellness, cancer, and a healthy lifestyle.



# GOA CHAPTER

## GOA MEDICAL COLLEGE

Sonia has been busy in July. She started the month by celebrating Doctor's Day with the doctors who work in the Oncology Department of Goa Medical College. Dr. Anupama Borker (Senior Consultant, Department of Medical and pediatric oncology), Dr. Maxwell Siliva, Dr. Maria Baretto and Dr. Tecy ( Assisting doctors) were presented with a bouquet and given sweets. A patient also brought a cake which added to the celebration.

She then planned an enjoyable event for the children of the Oncology department. Four children accompanied by their Caregivers who attended the activity where they played a game which got them to know each other, they heard A beautiful story of the 'Little Red Ridinghood' from a colorful three-dimensional book. She then told the mothers and caregivers a few nutritional ideas and methods of food preparation for vegetables and fruits, which will be safe for the children's consumption. Finally, she requested Dr. Anupama Borker to gift the children with a drawing kit comprising of a drawing book/color pencils/ crayons/felt pens/ a pencil with a rubber! They participated in a drawing activity and happily took these kits home to spend some time



enjoying this activity at home! In the end, they had an apple and sweet lime as a small snack which they enjoyed.

Let's not forget about the seniors! Sonia reached out to them as well. She organized an awareness program in the Holy family church hall on the 24th of July. Twenty senior citizens from the senior citizens" Golden years association attended this program

Sonia introduced Sanjeevani to them and enumerated what cancer is about, how is it caused, the types, the symptoms of the disease, especially breast cancer, and the various types of treatment available. She also told them about the myths surrounding cancer. The program concluded with small refreshment. All the senior citizens returned home well informed and were very grateful!

**Hey, Did you know:** The First Doctor's Day was celebrated in India in the year 1991. 1st July happens to be the birth and death anniversary of the most famous physician of India - Dr. Bidhan Chandra Roy. It is hence a tribute to him.



# PUDUCHERRY CHAPTER

## "VAGAAI" CARCINOMA BREAST SUPPORT GROUP PROGRAM

Breast Cancer and survivors attended a carcinoma breast support group program on the 24th of July. The theme of this program was the "management of lymphedema." Forty people participated in this program along with Dr. Prasanth Ganesh (Additional Professor, Department of Medical Oncology), Mr. Salaja (Junior Physiotherapist), Dr. Velkumari (Associate Professor and Program Coordinator Department of ACYTER), (Mrs. Rajalakshmi (Senior Yoga Trainer) and Mrs. Vijayalakshmi (Junior Yoga Trainer).

Divya gave the welcome address at the beginning, which was followed by the introduction to the program and its importance. Dr. Prasanth Ganesh (Consultant of Medical Oncology) gave a special speech for the patients where he said that they were the heroes and heroines of real life. He mentioned that some people have not been doing their exercise, and this results in the lymphedema getting worse. He also informed them about how lifestyle changes along with treatment, will help them to heal.

Mrs. Salaja started her session by explaining why lymphedema happens and that from the 3rd day of surgery itself, they should start moving their hands. She also told them how to take care of the operated side to avoid edema and other problems and the massage technique, which she demonstrated on a patient volunteer.

Dr. Velkumari explained how pranayama helps rejuvenate our body cells, which helps us get relief from many health issues. Mrs. Rajalakshmi taught them about the importance of Asanas, and Mrs. Vijayalakshmi demonstrated the different asanas. The patients showed interested in the yoga sessions, and they registered their names for regular yoga sessions.



# BIKANER CHAPTER

## COMMUNITY AWARENESS CAMP

The month of July saw the first community awareness camp in Bikaner organized in collaboration with Yuva Bharat Sansthan.

Women being the major support system of a family need to be nurtured in the way that they take responsibility for their health which in turn would contribute directly to the well-being of the family.

As part of the empowerment initiative, Shri Dinesh Pandey (head of Yuva Bharat Sansthan), Mrs. Sudha Pareek (Paediatric Social Worker), Shri Bansilal Prajapat (Yoga Instructor) and our Jaipur Team Abhishek Joshi and Meenakshi Bhatia conducted a cancer awareness camp with the Anganwadi workers and women of the community. The awareness camp dealt with various topics like myths about cancer, types of cancer, prevention and need for early detection.

After all the C-word should not be a stigma and our awareness should be the light that illuminates our path towards prevention.



# JAIPUR CHAPTER

## DUNIYA HAMARI MUTTHI MEIN (THE WORLD IS IN OUR FIST)

To make them feel relaxed and feel free from the fear of their daily routine of chemotherapy and radiation, Archita and Angana in collaboration with Aasha Kiran made sure that twenty kids and their families had a memorable Saturday.

The children had fun playing games like musical chair, counting toffies, identifying objects. The prizes were divided into two categories. The children showed off their dance moves, sang songs, and recited poems.

Everyone went back not only with a smile on their faces but with a token of appreciation.



# GUWAHATI CHAPTER

## COMMUNITY AWARENESS IN ASSAM

On 3rd July 2019, Sanjeevani Life Beyond Cancer organized a Cancer Awareness Camp cum Oral Cancer Screening for the community people of Baridua, Guwahati. The program was organized in collaboration with Oral Cancer Research Trial Unit, Tata Trust, which is a preventive team based at B. Barooah Cancer Institute, Guwahati.

Dr. Satirth Barman and his team of twelve consultant health workers did the oral screening of the community people of Baridua. The program was attended by 87 people, out of which, 43 people took an oral screening while the rest consulted other health issues. The program commenced with an introduction and a welcome speech, followed by an awareness program and oral cancer screening.



The program benefited the community people of Baridua, and they appreciated the efforts made by the Sanjeevani Life Beyond Cancer team and the interns. Dr. Satirtha Barman also praised the team and expressed his urge to work in collaboration shortly.

This was just the beginning. Team Guwahati, along with its interns, has done five other awareness camps and three screenings all around Assam. They even reached one place in Meghalaya. They not only did oral cancer screen but also for diabetes, blood pressure and Body Mass Index (BMI)

We want to thank the Oral Cancer Research Trial Unit and Dr. Satirth Barman and his team of twelve consultant health workers for collaborating with us.



# AHMEDABAD CHAPTER

## AWARENESS CAMP AT PORBANDAR

In the beginning week of July, the local citizens of Porbandar attended an awareness program that was organized by Jalaram Charitable Trust and Sanjeevani. The trustees of the trust, Dr. Suresh Gandhi and his team, Mr. Uday Vora and 150 nurses with their faculty and 200 people were present.



બાલકન-જી-બારી નડીઆદ ખાતે ઉત્કર્ષ સીનિયર સીટીઝન ફોરમ નડીઆદ દ્વારા સંજીવની વાર્ડક બિયોન્ડ કેન્સર અમદાવાદના ઈલાબેન વોરાનું કેન્સર અંગે સાવધેની વિષયક વ્યાખ્યાનનું આયોજન થયું. જેમાં રસસાબર માહિતી અને ટ્રાઇનો તંદુરસ્ત જીવન જીવવાની તથા દૈનિક જીવન ચર્ચામાં આહાર, યોગ અને કસરત દ્વારા કેન્સર ટાળવા માહિતી આપી. આ સમયે વનિતાબેન વાઘેલા પણ ઉપસ્થિત રહ્યા હતા. તસવીરમાં માહિતી આપી રહેલા ઈલાબેન વોરા અને મંત્રી ભરતભાઈ પટેલ, દિપકભાઈ શાહ, ઘનશ્યામભાઈ પટેલ (દેહયુદ્ધિવાળા) તેમજ મહાનુભાવો તસવીરમાં જણાય છે.  
(તસવીર : રાજુ મહેન, નડીઆદ)

## AWARENESS CAMP AT NADIAD

Team Ahmedabad, represented by Ms Ila Vora and Ms Vanita Vaghela and Utkarsh Senior Citizen Forum reached out to Senior Citizens who are also an integral part of our society, by conducting an awareness camp for 200 senior citizens in Nadiad on 9th July.

The highlight of the camp was the talk given by Ms Ila Vora who gave a detailed speech on the need for regular medical check-ups, timely detection, and remedial measures. She also emphasized the need for a healthy lifestyle, the importance of yoga and exercise, and the process of breast self-examination.

As an individual, supporter or caregiver of someone with cancer, it is our responsibility to brandish the word "cancer" in meaningful discussion to raise awareness.



# SANJEEVANI SPREADS IT'S WINGS

## SANJEEVANI DELHI

The C word. It envelops the entire life not only of the person fighting with cancer, but also their family. There is a lot of awareness posts on social media regarding cancer. There are a lot of individuals and NGOs that work in helping to fight cancer.

As of 2018, Delhi saw the highest cancer cases. To help patients and their care-givers in their fight against cancer. Sanjeevani opened its arms to the patients at Dr. B. R. Ambedkar Institute Rotary Cancer Hospital in Delhi. Sayanika Deka is representing Sanjeevani in this hospital.

Welcome to the Sanjeevani Family Sayanika!



## SANJEEVANI AT CAMA HOSPITAL (MUMBAI)

The word 'Cancer' is daunting. It's intimidating and frightening. Not everyone knows what it is, but most know what it does. To undergo the gauntlet of cancer is as much a mental trial as it is a physical one.

In order to meet the above-mentioned overlooked psychosocial aspect of care, team Bombay has started reaching out to the other competent cancer care hospitals in Mumbai.

A lot of people are aware that Tata Memorial Hospital is one of



the oldest and largest cancer centers in the world. Unfortunately, not all those who are battling this fight with cancer go to Tata Memorial for treatment.

Keeping this in mind, Ms. Sonal Virkayade visits Cama Hospital twice a week to handhold patients and their caregivers to help them choose hope over despair.

After all, being prepared mentally is the foundation of battling cancer and is a tool that is too often overlooked.



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

*Navigating from dis-ease to wellness.*

Sanjeevani Counselling and Rehabilitation Centres (SCRCs) motivate and encourage patients to complete their treatment and keep a positive outlook towards treatment as well as life. **SCR Centres across Mumbai, Nagpur, Wardha, Ahmedabad, Bikaner, Jaipur, Kolkata, Guwahati, Bangalore, Puducherry and Goa have enriched lives of over 1,70,000 patients since its inception.**



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

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

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