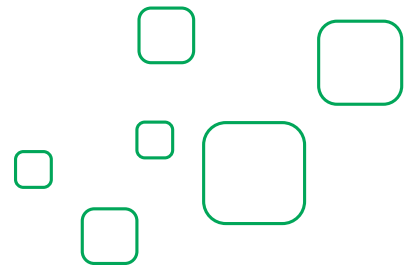


# NEWSLETTER

APRIL 2024



PLEASE TAP TO OPEN



The poster is for the 'NCICC 2024 NATIONAL CONFERENCE ON INTEGRATIVE CANCER CARE'. It features a central text area with the following details: 'INAUGURATION BY H.E THE HONORABLE GOVERNOR OF GOA HON'BLE SHRI. P.S. SREEDHARAN PILLAI'. Below this, it states 'An initiative by' followed by the 'SANJEEVANI ... life beyond cancer' logo. The date and location are 'APRIL 18, 2024 | GOA'. The poster is flanked by two vertical columns of sponsor logos. On the left, the 'Presenting Sponsor' is NMDC (National Medical Decision Center), 'Gold Sponsor' includes CONCOR and another logo, 'Silver Sponsor' is MOTUL, and 'Supported by' includes several smaller logos. 'Event Curated by' is Samagam. The right side mirrors this information.

NATIONAL CONFERENCE ON INTERGRATIVE CANCER CARE



# Founder's

## MESSAGE



### GREETINGS FROM SANJEEVANI LIFE BEYOND CANCER...

I am delighted to share with you that taking the narrative of 'Integrated cancer care' further we at Sanjeevani held the NCICC (National Conference of Integrative cancer care) - a 3 day workshop for patients who travelled from all over the country culminating in a Conference inaugurated by The Honorable Governor of Goa with Panel discussions of Medical professionals, Nutritionists, Yog experts, Ayurveda experts and other healers in cancer care space from across the country.

The discussion ended with cancer patients and survivors sharing their insights. It was a First of its kind in the cancer care space.

The event went beyond what I had dreamed of in terms of participation from experts, their open discussions and the interest of the audience.

My heartfelt gratitude to the sponsors of the event for believing in the cause and supporting it.

*- Ruby Ahluwalia*

## 3- Day Workshop on Embracing a Holistic Approach to Healing from Cancer



Sanjeevani Life Beyond Cancer hosted a comprehensive 3-Day Workshop focused on Embracing a Holistic Approach to Healing From Cancer. Led by esteemed experts and senior faculty from various regions, the workshop covered a range of crucial topics including:

- Insights into Health Challenges
- Nutritional Strategies for Fighting Cancer
- Science of Yoga Asanas and Pranayama
- Role of Breathing in Building Immunity
- Mental Health and its Impact on Biochemistry
- Building Positive Mental Constructs
- Understanding Integrative Cancer Care Strategies
- Optimal Foods, Timing, and Combinations
- Specific Yogic Practices for Cancer Support
- Tools for Reducing Anxiety and Fear
- Creating Narratives for Healthy Living
- Cultivating Mind-Body Harmony

This immersive event brought together 45 patients with the Sanjeevani Life Beyond Cancer team, providing a nurturing environment for learning and empowerment.

# National Conference on Integrative Cancer Care



On April 18th, Sanjeevani Life Beyond Cancer organised a National Conference on Integrative Cancer Care.

A distinguished panel of Senior Oncologists, and other Medical practitioners from various disciplines and senior practitioners and professionals on Vipassana Meditation, Yoga, Nutrition, Psychology, Alternative Healing Techniques, Cancer Survivors themselves and more had come forward for a groundbreaking mega National Conference on Integrative Cancer Care.

The first of its kind event that has promised to enrich the discourse on the holistic approach to cancer treatment, setting the context for a new narrative in healthcare.

The conference was a fostering interdisciplinary collaboration and knowledge exchange. The objective of the event was to

- Enhance understanding of integrative cancer care strategies
- Empower individuals with practical tools for cancer prevention and management
- Foster a supportive community for those affected by cancer
- Bridge the gap between conventional and complementary cancer therapies

The conference had a diverse audience of

- Medical Professionals ( Oncologists, Physicians and Nurses)
- Researchers and academicians
- Patients, Survivors and Care Givers
- Wellness practitioners ( Nutritionists, Psychologists, Yoga instructors, Holistic therapists, breathwork specialists)
- Policy makers and advocates in the field of cancer care and public health

**Link for the event:**

<https://www.facebook.com/share/v/Z8z2YGi8Df7if7ii/?mibextid=WC7FNe>



# Few Glimpse from the Conference





## Art Exhibition: Towards Satori



Ruby Ahluwalia unveils a powerful series titled "Towards Satori" in a captivating painting exhibition. The collection showcases her artistic expression during a transformative personal journey.

The exhibition, inaugurated by the Honorable Governor of Goa, Shri P.S. Shreedharan Pillai on April 18th, presented works inspired by Ruby's introspective quest for self-discovery. Her paintings navigate the emotional landscape of a personal crisis, reflecting a path towards peace and a deeper understanding of self. Each piece serves as a window into Ruby Ahluwalia's experiences, inviting viewers to share her remarkable journey.



Sanjeevani has launched an exciting new initiative known as the Membership Enrollment Program, inviting patients to join hands with us in raising the standard of care across India. Our inaugural अहम् Sanjeevani Meet took place on the picturesque shores of Goa on 16th April, with an impressive turnout of 45 enthusiastic members. The event was a delightful occasion, filled with warm greetings and meaningful interactions.

The gathering marked the beginning of a journey where individuals committed to improving healthcare came together under the Sanjeevani banner. Each attendee brought a unique perspective and passion for our cause, creating a vibrant atmosphere of unity and purpose. As we shared our vision for the future of healthcare in India, there was a palpable sense of camaraderie and determination among the participants.

The event was not only an opportunity to connect with like-minded individuals but also a platform to discuss ideas and strategies for advancing our mission. From discussing community outreach initiatives to exploring innovative approaches in patient care, the conversations were insightful and inspiring.

Sanjeevani is grateful to each member who attended the meet in Goa, as their presence signifies a shared commitment towards transforming healthcare in our country. We look forward to many more such gatherings that will foster collaboration and drive positive change.

If you're interested in becoming a part of our Membership Enrollment Program and joining us in this meaningful journey, we welcome you to reach out and discover how together, we can make a profound difference in the lives of many. Let's continue to raise the bar of care, one step at a time, with Sanjeevani.



## Concert : Music & More



Sanjeevani Life Beyond Cancer and Perfect Harmony Mumbai jointly organizes a heartwarming **"Music and More"** concert event. Held at the Nehru Planetarium Worli, the program aimed to bring joy and connection to cancer patients and their loved ones.

Over 480 people participated in the event, with Sanjeevani Life Beyond Cancer providing a unique opportunity for patients and their relatives to take the stage and sing. The organization expressed their delight at the positive response, noting the happiness and gratitude expressed by participants.

The event also featured Rakhi Kavle, an orchestra singer who bravely overcame her illness to perform. Sanjeevani Life Beyond Cancer played a crucial role in boosting her confidence and enabling her to share her gift of music.

This uplifting event offered a much-needed escape and a chance for the cancer community to connect through the power of music.



## Donation of E- Rickshaw



We are excited to announce that Sanjeevani Life Beyond Cancer, in collaboration with the Rotary Club of Chandigarh, has donated an E-Rickshaw for patient assistance at HBCHRC Mullanpur. The ceremony was honored by the presence of Dr. Ashish Gulia, Director of Punjab.

Due to high demand, we are pleased to announce that another E-Rickshaw will be donated for patients' mobility inside the hospital.



Sl. No	Programs	Description	No. of Beneficiaries
1	CanSahyogi	Counseling & Handholding of patients in-Hospital	18541
2	Satori	Holistic Immunity Building Sessions	428
3	CanChetna	Mass Connect Programs to create awareness	695
4	CanAhaar	Nutritional Support program for underprivileged patients fighting cancer	1690
5	CanSaarthi	Creating a pool of professionally trained Cancer caregiver	13th Batch Ongoing