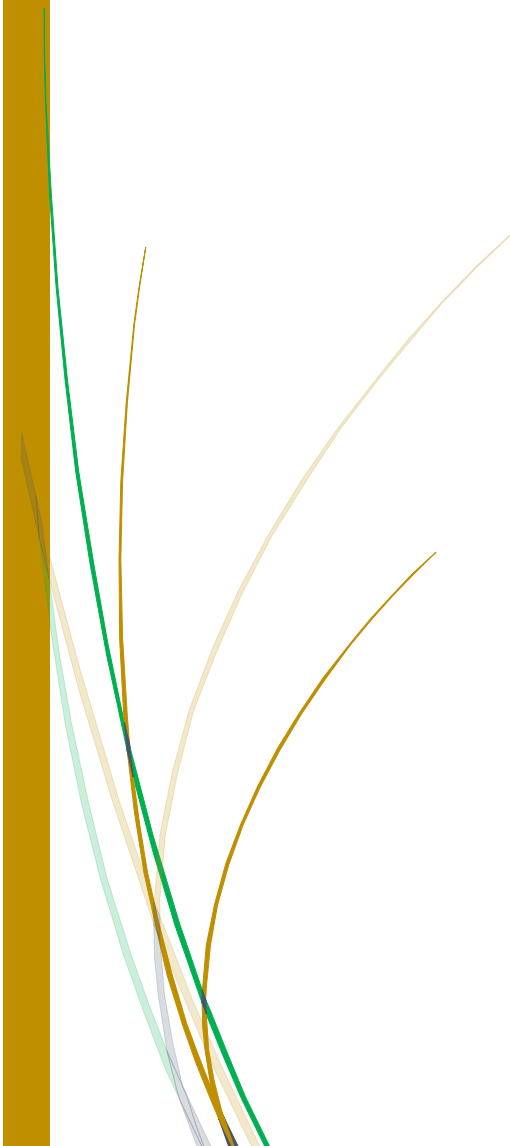




PROJECT REPORT

Satori: A Wellness Initiative by Sanjeevani...Life Beyond Cancer

March – August 2019



PROJECT REPORT

Background

We live in a time of unprecedented development and change in science and society. While medicine has radically changed our ideas of illness and health, the rapid societal change we witnessed over the last hundred years has forced people to constantly adapt. This has translated into a lifestyle that is perhaps more burdensome to our mind and body than ever before. Therefore, the gains made in health and longevity by medicine have not translated easily into gains in quality of life. One of the major offshoots of these monumental shifts is the rise of chronic illnesses, one among them being cancer. Much of the care available for cancer patients & survivors focuses largely on medication, but not much emphasis is laid on managing the physical and mental repercussions of cancer. It has now been proved beyond doubt that psychosocial support and modifying lifestyle changes are mandatory to get properly cured of cancer. Medical intervention on its own brings suboptimal results and thus creates a need for alternative therapeutic interventions, which are holistic and scientifically driven.

Sanjeevani...Life Beyond Cancer is one such organization operating in the alternative therapy space, providing a wellness program which focuses on helping cancer patients & survivors cope with their condition through promotion of overall mental and physical wellbeing.

Mission of the organisation

Sanjeevani, endeavours to motivate and encourage people fighting cancer to keep a positive outlook towards treatment and life and enrich the lives of cancer survivors in a way that the patient feels more complete after the whole cancer experience and looks at this experience as an opportunity to blossom up in life and not as a catastrophe. We aim at raising the bar of cancer care in India.

Project Objective

Objective of creating these spaces is to help cancer patients:

1. Make the patients understand their cancer
2. Teach the patients to learn to cope with the related issues of cancer viz depression, identity crisis, isolation and social stigma.
3. Deal with the side effects of modern medicine in a better way and not break down; and
4. Equip them with skills to take responsibility of their own health and build up their immunity systems which in the longer run may help reducing their chances of having a recurrence.

Delivery of the Program

This program is built on the belief that immunity has a huge role to play in the fight against cancer. Strengthening the immunity of people affected by cancer through diet, breathing exercises and addressing their primary mental constructs is the backbone of this program. The well-structured program employs a multimodal approach, teaching the cancer patients and survivors, various activities to maintain their physical fitness and minimize the negative impact of medical treatments on their bodies. The program focuses on emotional regulation which combines features of neuro-linguistic programming, energy regulation to lower bodily tension and aid a better mind-body connection via:

- Nutritional Guidance
- Emotional Freedom Technique
- Reflexology
- Yoga and pranayam training

- Art Based Therapy

Project Impact

NUTRITION

Faculty - Ms. Poonam Vaswani

Objective

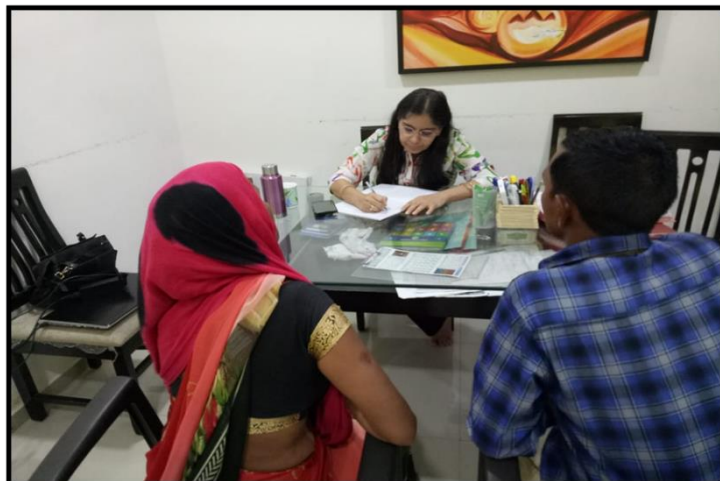
Nutrition is the philosophy of life with the basic understanding of how our body works and what it needs.

Progress

Nutrition therapy was used to help cancer patients and their caregivers plan their diet according to the nutrients they need to keep up their body weight and strength, keep body tissue healthy, and fight infection. Patients were guided about eating habits and when to eat what and good nutrition helped patients deal with the effects of cancer and its treatment. The sessions help patients & their caregivers understand that nutrition is the understanding of how our body works and what it needs. It covers the areas of foods to avoid, food to eat and in what combination to eat. The sessions also focus on the feelings with which food should be eaten.

Outputs

37 nutrition
conducted
above-



created
sessions were
during the
mentioned

period.

REFLEXOLOGY

Faculty – Mr. Paresh A Shah

Objective

The objective of Reflexology is to treat the whole body with the aim of encouraging the body's own healing powers to restore a sense of harmony and balance and to unblock and free the passage of energy through the body.

Progress

Reflexology calms the nervous system and encourages it to function normally. The sessions



helped the patients in alleviating stress, anxiety and headaches. The sessions revolve around working on all of the points, the reflexologist

addresses internal organs and glands as well as muscle groups, bones, nerve ganglions (solar plexus, brachial plexus) and nerves (sciatic) during a session. The therapists work on all areas of the foot with gentle pressure, because this allows the nerve pathways and congestion to release and promotes the relaxation response for the entire body.

Outputs created

40 reflexology sessions were conducted during the above-mentioned period.

YOGA

Faculty - Mr. Dinesh Patel

Objective

Yoga is perceived as a system of healing with special emphasis on the mind and not just physical exercise.

Progress

The yoga sessions worked towards changing the patients' values and priorities. It helped them learn the technique of synchronizing the breath along with the asana and understand the importance of right breathing which plays an important part in boosting the immunity system.



Overall the sessions helped the patients in re-establishing the inner balance. Yoga sessions focus on dedicated, regular practice of Asanas, Pranayama and Dhyana, the powerful cleansing tools of Yoga, one can calm the restless mind. Apart from asanas, the sessions also focussed on Pranayama which is the conscious expansion of inhalation and exhalation in a specific manner. It is a scientific process of internal purification, draws the mind inwards and connects to deeper levels of consciousness.

Outputs created

62 yoga sessions were conducted during the above-mentioned period.

EMOTIONAL FREEDOM TECHNIQUE

Faculty - Ms. Ruchira Prayag

Objective

Pain management/Tapping techniques objective is to rapidly release emotions and energy blocks, physical discomfort and unhealthy patterns.

Progress

The cause of all negative emotions is a disruption in the body's energy system. The session ideally suited the cancer patients, it helped them suppress toxic negative and emotions primarily anger, hate, resentment and grief that causes cancer. With EFT, the faculty guided the patient to tap on meridian energy points on their face & upper body while repeating specific phrases, which triggered and removed painful emotions causing internal stress. EFT sessions with participants focused around the freedom from negative emotions. Bottled up negative emotions brings down the level of immunity in a person and ultimately leads to physical discomfort.

Output Created

44 EFT sessions were conducted during the above-mentioned period.

ART BASED THERAPY

Faculty - Ms. Disha Trivedi

Objective



Art based therapy is a tool for patients to express their feelings without having to verbalize them. Instead, they can express their experiences, thoughts and emotions through art.

Progress

The therapy involved working with patients using colours in a deliberate way to impact and improve mood or induce relaxation. This means there is not necessarily specific colours that help everyone relax or that boost everyone's mood. However, the sessions used the individual preferences of a patient to work with colours in a way that helps the therapy progress. The sessions primarily revolved around use of colours to draw out emotions and conversations with a patient. Using colour to represent a mood, a feeling, or a troubling event, for instance, helped a patient express those deeper emotions and challenges.

Output created

69 art-based therapy sessions were conducted during the above-mentioned period.

A total of 252 sessions were conducted during the above-mentioned period.

Beneficiaries



Lives of over **428** patients and their caregivers were enriched through sessions conducted at the wellness centre from March to August 2019.

