Spirituality
Spirit to feel joy of life
Souvenir

Role of Spirituality in Palliative Care
Conference on 8th December 2016

Organizer
CANCER AID SOCIETY
4th Floor, Sunshine Court Phase II, 66 C, Prag Narain Road, Hazratganj, Lucknow - 226 001 U.P. (INDIA)
16th November 2016

Message

It is extremely heartening to note that Cancer Aid Society is going to organize a Conference on the theme "Role of Spirituality in Palliative Care". Understanding the true meaning of Spirituality for the overall upliftment and refinement of personality is an important need of the hour, and I believe that the discussions and deliberations at this conference will go a long way in addressing this need. I also believe that this conference will provide an opportunity to the participants to understand the important role Spirituality plays in alleviating the sufferings of patients suffering from chronic diseases.

I convey my sincere Best Wishes for the success of this conference.

Best Wishes

(Dr. Pranav Pandya)
Message

I am indeed happy to learn that the Cancer Aid Society, India is organizing a Conference on "Role of Spirituality in Palliative Care" on 8th December, 2016 at Lucknow. To mark the occasion a souvenir is also being published.

Mother Teresa once said “Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes and kindness in your smile.”

I hope that the deliberations of the conference would be beneficial to the professionals as well as the society at large. I extend my best wishes on the occasion.

( Ram Naik )
2nd December, 2016

MESSAGE

I am happy to learn that the Cancer Aid Society India is organizing Conference on “Role of Spirituality in Palliative Care” on 8th December, 2016 at Rai Umanath Bali Auditorium, Lucknow and bringing out a Souvenir on this occasion.

I take this opportunity to extend my warm greetings and best wishes to all delegates and organizer of society on this occasion and hope that the publication of the souvenir will help to promote the ideas and the mission of the society.

(SHRIPAD NAIK)
Madam Tripathi,

It is a matter of great pleasure to learn that Cancer Aid Society India is organising a conference on "Role of Spirituality in Palliative Care", a topic which is immensely relevant and important in today's complex and stressful environment. In our society which is otherwise predominantly spiritual and claims to be torchbearer in this domain, use of spirituality in palliative care has not gained the prominence it commands in other parts of the world, especially in the developed countries.

The body mass while in living state is not limited to being only a biomass but it is something beyond that which always may or may not be explainable in natural or scientific ways. However, time and again it has been observed that prayer and other spiritual practices have made positive impact on the state of those suffering from chronic, psycho-social and existential ailments.

I trust that the conference will make an indelible impact in sensitising and enriching the resource base of various stakeholders of palliative care, which will contribute in minimising the sufferings of the people and help them in leading a more purposeful life.

I wish the conference a grand success.

With warm regards,

(GAUTAM SENGUPTA)

Ms. Neha Tripathi
Organising Secretary
Cancer Aid Society
Sunshine Court Phase II
66C, Prag Narain Road
Hazratganj
Lucknow-226001
Forward....

Dr. D. P. Gupta

Friends,

It is my proud privilege to introduce you about Cancer Aid Society a Non Profit, ISO 9001 NGO registered under Societies Act, Income Tax Act & FCRA, working since 1987 on Prevention and Control of NCDs specifically Cancer and Tobacco, Palliative Care & Advocacy. We organise public awareness campaigns on Healthy Lifestyle, Tobacco Control, Balanced Diet, Exercise & Obesity etc all across India through our Offices in Delhi, Mumbai, Chennai, Kolkata, Ahmadabad, Hyderabad, Bangalore and Head Office at Lucknow.

After initial hiccups post inception we stood out firmly since last three decades adding feathers in our cap and bringing laurels to the Organisation at National and International arena demonstrating leadership on several complex issues simultaneously.

We were awarded "Best Cancer Awareness Program" out of 165 Cancer NGOs at Tata Memorial Hospital, Mumbai in 2013 and “Best NGO in Health Care” Award of UBM India at Mumbai in 2015 and Top rated NGO at Great Non Profits in 2012, 2013, 2014 and 2016. We declared 8th December as NCD Awareness Day to integrate all the Non Communicable Diseases and Instituted 100,000/- Rupee International Awards for the residents of SAARC Countries on Palliative Care, Tobacco Control & Cancer and NCD Control and Member of various National and International Organisations and Governmental Committees.

In September 2011, we participated in the High Level Meeting for the Prevention and Control of Non Communicable Diseases at United Nations along with the Global Governments who signed a Political Declaration followed by the Review Meeting in July 2014 which was also attended by us. In July 2012 we received Special Consultative Status with the United Nations Economic and Social Council which enables us to attend the United Nations meetings in New York, Geneva and Vienna. In April & November 2015 we also participated in the Dialogue on NCDs at World Health Organisation Headquarters Geneva under Global Coordination Mechanism on NCDs. In 2016 itself we represented the Country in World Health Assembly at PalaisDes Nations Geneva, WHO Meeting under Global Coordination Mechanism for Non Communicable Diseases at Mauritius, Conference on HPV at Chicago and World Cancer Congress at Paris.

Last year we have successfully introduced Homeopathic interventions in Palliative Care by establishing free Homeopathic Dispensary under CSR Funding from NTPC Northern Regional Headquarters Lucknow and now we are exploring another dimension i.e. Role of Spirituality in Palliative Care through this Conference.

Jai Hind.

(Dr. D. P. Gupta)
President
Cancer Aid Society
Editorial

Dr. Piyush Gupta
BSc, PGDIRPM, LLB, MA, PhD

Spirituality is practiced by us in different ways, however when it comes to its explanation, interpretation and expression the simplicity vanishes making it complex. Often Spirituality is practiced as Religion however it is not necessary that all religious people are spiritual as some are self are centered and least interested in humane affairs whereas others get engaged in fanaticism; standing against the ethos of Spirituality.

World over, we are experiencing degradation of human values leading to rising incidence of crimes and fundamental extremism causing a heavy toll. Seeking answers for the same may be an uphill task, however lack of assessment of Spiritual Values in our Academic Curriculum could be a possible reason. A person’s failure in Spiritual assessment at an early age could be the warning sign for improvement as the consequences may be disastrous in future leading to the development of a criminal personality as a whole. Isn’t it ripe to preach and assess Spirituality since childhood leading to strong moral values visualizing universal brotherhood - the end goal of all Religions. To simplify we can say Religion is the vehicle to reach Spirituality, however we need a competent driver for taking us to the right destination.

Aim of Spirituality is unison of physical, mental and spiritual components leading to consciousness about the very existence; purpose of life and eternal euphoria. Those who lead the life enjoying material gains often have a feeling of guilt in their last days in sharp contrast to people who have always been able to help their brethren and stood for human values. All religious people are spiritual; need not be true and so is its vice versa. Distorted religious practices; in fact may take us away from spirituality, hence proper understanding of religion is imperative.

India having thousands of years of cultural and spiritual heritage; sets the unique example of unity in diversity to the World. This has been possible on account of embedded spiritual values hidden within most of us. It is high time to unfurl spirituality making it useful for improving the quality of life; which deteriorates during the terminal illness, where people mostly live in the state of self-condemnation, emphasizing on the need of Palliative Care which will add meaning to their life and greater acceptance towards painless invincible death. The positivity of Spirituality may sometimes do wonders leading to regression of mental and physical symptoms including pain which otherwise may not be possible by the Medical Science.

This conference aims at demystifying Spirituality and building the roadmap towards the use of Spirituality in Palliative Care specifically and overall health to be general by developing tools which may be easily replicated, taught and followed. The wonderful concept evolved in the mind of Madam Neha and got patronage of Revered Dr. Pranav Pandya and later blessings of His Excellency Shri Ram Naik, Honorable Governor of Uttar Pradesh gave consent to be the Chief Guest. Shri Gautam Sengupta Chief General Manager of State Bank of India agreed to be our Principal Sponsor while Sneh Hospital, Allahabad Bank and Punjab National Bank became the Co-Sponsors. My heartfelt thanks to one and all including the Members of the Organizing Committee and the participating Institutions for their untiring efforts towards in making the Conference a Memorable Event.

(Dr. Piyush Gupta)
Secretary & Principal Executive Officer
Cancer Aid Society
I had fancied working with an NGO and rising greater heights with my dedication and hard work proving that career is possible even in social sector. My dream came true as I got my mentor in Mr. Piyush Gupta, Principal Executive Officer of Cancer Aid Society. I consolidated the fight against tobacco, NCDs specifically Cancer across the country along with Palliative Care. Starting at the grass root level; my dedication and commitment yielded results and paved way for quick promotions up to the level of Director. As In-charge of Palliative Care I organized 6 Workshops in Medical Colleges of U.P., Assam and BSF Headquarters Jalandhar. On various occasions our team spent time with Cancer Patients; bringing smiles on their faces.

In July 2015 I got Scholarship from IAHPC & George Washington University Institute on Spirituality & Health Washington DC for training during which I met the experts of Spiritual Care in Health and found it beneficial for the patients in India where it is lacking in spite of vast Spiritual resources.

This Conference is a step ahead in this direction to demystify Spirituality integrating its role in Palliative Care making it accessible to the terminally ill patients.

**Short Profile**

**Awards**

"Global Woman of U.P." Award received from Honourable Chief Minister of Uttar Pradesh in 2016
Young Woman Leader at U.P. Young Women Leader's Conclave in November 2016
Finalist #100 Women achievers Award initiated by Ministry of Women & Child Development.

**Scholar**

Global Scholar of American Cancer Society since March 2015
Union Conference on Lung Health held at Cape Town in December 2015.
AORTIC held at Morocco November 2015 & Faculty Advocacy Training of ACS
Summer Institute on "Spirituality in Health Care“ at Washington DC in July 2015
Youth Scholar World Conference on Tobacco or Health 2015 at Abu Dhabi
International Youth Conference at 10th APACT 2013 held in Japan on 18th August 2013

**Participant**

Sponsorship in World Cancer Congress 2016 at Paris in November 2016.
WHO Dialogue under Global Coordination Mechanism on NCDs at Mauritius in October 2016.
Sponsorship in 69th World Health Assembly 2016 at Geneva.
Meeting on NDPS Act organized by Finance Ministry, New Delhi on 29th July 2014.

(Neha Tripathi)
Director International Affairs
Cancer Aid Society
Conference on "Role of Spirituality in Palliative Care"
Organising Committee

Dr. Dhan Prakash Gupta
President
Cancer Aid Society

Dr. Plyush Gupta
Secretary & Principal Executive Officer
Cancer Aid Society

Neha Tripathi
Director International Affairs
Cancer Aid Society

Rajesh Yadav
Director Finance
Cancer Aid Society

Our Strength

Mr. M. K. Gupta
Founder Member & Treasurer
Cancer Aid Society

Dr. S. C. Mehrotra
Vice President
Cancer Aid Society

Dr. R. P. Gupta
Founder Member
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Mohd. Khalid
Cancer Aid Society

Sunny Sahu
Cancer Aid Society

Karan Singh
Cancer Aid Society

Prashant Tripathi
Cancer Aid Society
Conference on "Role of Spirituality in Palliative Care"

Advisory Committee

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Lucknow University

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SGPGI of Medical Sciences, Lko.

Dr. Madhrima Pradhan
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Lucknow University

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Dept. of Geriatric Mental Health, KGMU, Lko.

Dr. Pragyan Dangwal
Asst. Professor Amity Institute of
Behavioral & Allied Sciences, Amity University

Mr. K. G. Mishra
Philosopher
& ISO Lead Auditor

Dr. Vandana Shrivastava
Associate Professor
Dev Sanskriti Vishwa Vidyalaya, Shantikunj, Haridwar

Aprajita Mehra
RJ FM Rainbow
Limitations of Medical Science in Palliative Care - Way ahead...

Dr. Anil Agarwal  Prof. Dept. of Anesthesiology, SGPGIMS Lucknow

Symptoms not only influence quality of life but also influence the course of disease, pain can kill and so can depression. Palliative care thus offers a support system to help family cope during the patient's illness and bereavement; will enhance quality of life, and may also positively influence the course of illness; is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy. The proportion requiring palliative care is at least 80% Worldwide, most cancers are diagnosed when already advanced and incurable.

**WHO Definition of Palliative Care:** Provides relief from pain and other distressing symptoms; affirms life and regards dying as a normal process; intends neither to hasten or postpone death; integrates the psychological and spiritual aspects of patients care; offers a support system to help patients live as actively as possible until death.

**IMPORTANT COMPONENT OF PALLIATIVE CARE IS PAIN RELIEF:** Relief from Cancer pain can be achieved in about 90% of patients. Obstacles in pain relief in Cancer are insufficient availability of opioid drugs, because of regulatory and pricing obstacles, ignorance, and false beliefs. A pain relief program should be established within the broader palliative care program. Unrelieved pain in cancer patients is unacceptable because it is generally avoidable.

The WHO pain relief program calls for: Increased public awareness that pain is almost always controllable; Incorporation of cancer pain management in the trainings of Doctors and Nurses; Treatment of cancer pain in general hospitals, health centers and at home; Revision of National Drug Legislation to facilitate the availability of analgesic drugs to the patients;

**Way ahead:** PSYCHOLOGICAL, SOCIAL AND SPIRITUAL SUPPORT

Spirituality, Mental Health and End of Life Care

Dr. Shailendra Mohan Tripathi  Assistant Professor,  Department of Geriatric Mental Health, King George's Medical University, Lucknow.

When dealing with a life-limiting illness, it’s common for a person to feel helpless for the fear of the unknown leading to negative emotions like sadness, anger, jealousy due to anxiety and depression which may also be caused by the side effects of some medications resulting in changes in appetite, weight gain or loss, dryness of mouth, insomnia and tiredness or lower energy levels. If one experiences these symptoms, a psychiatrist can investigate options to alleviate the symptoms or accordingly may require adjusting the medication usage. A detailed history and mental status examination is required to reach the diagnosis and management of the psychiatric symptoms. Earlier the Palliative Care seldom involved Psychiatrists; however changing practice patterns within the field of psychiatry has lead to the emergence of Palliative Care integrated with the exclusive reliance on psycho-pharmacology, away from the Psychotherapeutic modes of care. Nevertheless, significant progress has been made in expanding the interface between Psychiatry and Palliative Medicine. In addition, good management of psychosocial and psychiatric issues often enables improved management and outcomes of the primary illness.

This presentation will be an effort to understand the need of Psychiatric interventions in the end of life care, with special reference to the Spirituality and mental health problems in patients suffering from terminal illnesses. Thus, understanding the psychosocial dimensions of human experience during incurable illnesses will not only facilitate care of dying patients but also lend a hand of support to their families.
Cancer is caused by external risk factors such as chemicals, toxins, radiation, etc., and internal risk factors such as stress, negative thinking, and negative emotions. Internal factors contribute right from cause to development of cancer. Internal factors can be divided into two categories i.e. 1) psychological burden and 2) emotional burden. Psychological burden includes stress, anxiety, depression, negative thinking, etc. Emotional burden includes emotional chocking, feeling of guilt/shame, fear of death, jealousy, hated, loneliness, search of identity/purpose of life, inferiority, insecure feeling, etc. As the time progress in cancer patients' life, financial and social problems also increase, which contribute to psychological and emotional burden, adding further in cancer progression. Satisfaction of emotions and positive direction of thought process are required for quality of life and happy living, as well as for prevention of cancer and control of cancer progression. Mismanagement of thought process and emotions leads to psychological and emotional burden.

Besides, psychological and emotional burden, anti-cancer therapies such as chemotherapy and radiation therapy impart physiological burden, having miserable side effects, which drastically reduce patients' quality of life, and severely demand supporting care. Hence, for palliative care of cancer patients, it is critically needed to emphasize on patients' burden at all stages i.e. physiological, psychological, and emotional burden. Families of cancer patients also face psychological and emotional burden. Hence, spiritual techniques, which act at mind-body-spirit system to handle psychological and emotional burden, are very critical in palliative care for both patient as well as for their family members.

One of powerful spiritual technique is Yagyopathy, which is adapted from ancient Vedic sciences. Yagya Therapy or Yagyopathy is an ancient Indian method of herbal inhalation therapy that allows for the pulmonary administration of plant medicines. Medicinal phytochemicals, vapors of some essential oils and certain other volatile healthy constituents released in the Yagya impart therapeutic advantage. Thus, Yagyopathy reduces physiological burden.

Yagyopathy reduces psychological and emotional burden too. Studies have shown that Yagyopathy reduce stress in AIDS patients and negative emotions such inferiority and insecurity feeling in mental health patients. Cancer patients are benefiting from Yagyopathy at Center for Ayurvedic Studies at Dev Sanskriti University. Yagyopathy, through use of selected multiple Ayurvedic herbs, also contributes as anti-cancer therapy and as supportive therapy for reduction of chemotherapy induced-side effects. Thus, Yagyopathy works three dimensionally at mind-body-spirit system for palliative care in cancer patients.
Predictors of Post Traumatic Growth of Breast Cancer Patients

Dr. Madhurima Pradhan, Dr. Shiksha Anand Dept. of Psychology, University of Lucknow

Although, Cancer is traumatic, it may lead to Post Traumatic growth (PTG) which means several positive changes. Not every trauma sufferer experiences these positive outcomes. There seems a need to examine the variables which may predict the level of PTG. Present study attempts to find out a relationship of PTG with hardiness a personality variable and coping. A purposive sample of 100 breast cancer patients of post-surgery was selected. The Post-traumatic Growth Scale (Tedeschi and Calhoun, 1996) having five dimensions namely new possibilities, relating to others, personal strengths, spiritual challenge, appreciation of life was used to measure PTG. Hardiness scale (Bartone et al,1989) having three components, i.e. commitment, control and challenge and Coping Scale (Folkman and Lazarus,1981) having three dimensions, were used. Results reveal a positive relation between Hardiness and PTG; between problem-focused coping and three dimensions of PTG; and a negative relationship between emotion-focused coping and PTG. 80% variance was predicted by these variables while 20% remained unexplained. Control was found to be strongest predictor. The study implies a need to promote problem focused coping and hardiness among Breast Cancer patients to facilitate PTG.

Cultural Competence Training for Health Practitioners in India: Need and Implication

Sharmistha Choudhary Kuriyeri and Dr. Pragyan Dangwal
Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh, Lucknow

If we take a close look around, we may find ourselves surrounded by cultural diversity. At educational Institutions, workplaces, medical facilities and other public places we come across people of different nationalities. People travel to India to avail medical services from around the world. Medical Tourism is a growing sector in India. Challenge arises when; while communicating with patients, health practitioners have to keep cultural diversity into consideration. Sometimes it is hard to understand their nonverbal, culture, language and set of expectations.

The purpose of the present study is to emphasize on the need of cultural competence training and identify its components. Data was collected through questionnaires from 30 medical practitioners and 30 patients to assess their self reported knowledge and need for cultural competency and the components that needed to be included in its training. Both quantitative and qualitative analysis was done. The findings indicate a high need for cultural competence training by both practitioners and patients as an improvement to medical health services. Findings imply that cultural competence training may assist medical practitioners in developing Interpersonal Relationship (IPR) with the patients and will provide holistic approach to the care. It will also enhance their knowledge about patients' belief system in general and around medication, their expectation of confidentiality and hygiene. Cultural competence is an ongoing process and the training should be given periodically as and when the need arises.
Impact of Palliative Care Spiritual Intervention Program on Patients' Well-being through Domiciliary Care Hospice Service

Dr. Brenda, Ganga Prem Hospice, Rishikesh, Uttarakhand

Recognizing that spiritual care is one of the central components of hospice care alongside the medical and the psychological, the team at Ganga Prem Hospice, Rishikesh, has a particular interest in addressing this issue and is undertaking a study on this topic.

This study consists of an initial patient screening, a verbal agreement for consent to engage in spiritual care, and a series of subsequent spiritual care visits for those requiring intervention. A selection of patients will also have with an integrated patient assessment in order to evaluate any change in the patient's well-being from the initial to final stage of each spiritual intervention. The spiritual care specialists that conduct home visits alongside the medical and nursing personnel, regularly screen patients for signs of spiritual distress and/or spiritual need. A spiritual intervention is subsequently offered to those patients that exhibit signs of spiritual distress and/or spiritual need. Only those patients that exhibit signs of spiritual distress and/or spiritual need and agree to engage in a spiritual intervention are included in the study. If a patient is determined to be in spiritual distress or have a spiritual need, they are a candidate for a spiritual intervention. The assessment includes a visual, movable distress scale, which will allow the patient to self-measure their general well-being. They are also asked a series of questions to qualitatively determine the efficacy of the spiritual intervention. The spiritual care providers will also answer a series of questions reflecting on the efficacy of the intervention on the patient, according to their experience.

Currently 25 patients have been screened, of those 20% exhibited spiritual distress and another 12% had a spiritual need. Evaluations on the interventions provided are yet to be carried out formally but informally have been shown to be appreciated and affect the patients’ quality of life.

Role of Spirituality in Palliative Care

Prof. Parveen Kumar Sharma, MD Dept. of Pharmacology, Dr. R P Government Medical College, Kangra at Tanda

The origin of all streams of health sciences and services is from the spirituality but unfortunately they got separated in the journey and travelled far apart. During evolution of mankind, people accepted the separate existence of body, mind and soul. In India both 'dvait' and 'advait' philosophies accepted existence of soul separate to body. This also provided continuity to the journey called life with death being just a point in it. The most important contribution of spirituality and religion in Palliative Care is to give a meaning and hope to death and sufferings. If a dying person can find a purpose in his last journey and beyond, the suffering may be enjoyed and death may be peaceful. According to a recent census, almost every Indian is a believer, so meeting spiritual needs may be an important intervention in care of someone suffering with incurable conditions. Faith, Importance of faith, Community support and Address in Care (FICA) provides a very basic tool for assessment of spiritual requirements of a patient that can be assessed by religious figure, social worker, nurse or palliative physician. The hospice or homecare facility should strive to provide specific spiritual needs but even if specific remedial measures are not available, simply listening to the patient may be of great help.
Healthy living and positive attitude affect recurrence Cancer

Dr. Priyanka Singh, Assistant Professor Psychology, Bhartiya Vidya Bhawan Girls Degree College, Lucknow

People with cancer and their families may feel guilty about their emotional responses to the illness. They may feel pressure to keep a “good attitude” at all times, which is unrealistic. This feeling of pressure can come from within themselves, from other people, or both. Sadness, depression, guilt, fear, and anxiety are all normal parts of grieving and learning to cope with major life changes. Trying to ignore these feelings or not talking with others about them can make the person with cancer feel lonely. It can also make the emotional pain worse. And some people feel guilty or blame themselves when they can't “stay positive”, which only adds to their emotional burden. Along these same lines, many people want to believe that the power of the mind can control serious diseases. This is a comforting belief that can make a person feel safer from the risk of serious illness. If it were true, one could use mind to stop the cancer from growing. But the down side of such beliefs is that when people with cancer don’t do well, they may blame themselves. Many patients and survivors worry about cancer coming back after treatment. Evidence suggests that lifestyle changes during and after cancer treatment may help prevent a recurrence or second cancer making positive.

Common understanding to spirituality and spiritual suffering in humans.

Naveen Rudolf Rodrigues, AJ Hospital and Research Center, Mangalore

Spirituality means being spiritual or to do with the spirit. The spiritual needs are love, joy, peace, patience, kindness, self-control etc. Spiritual suffering is experienced when these are not met. We either suffer in mind, body, soul or in combination of either, due to our spiritual weakness. Modern Medicine has resulted in unprecedented gains in human longevity but is less focused on helping patients and caregivers find the meaning of life, in active life threatening illness. Dames Cicely Saunders, founder of modern Hospice movement coined the phrase “Total Pain” to refer to physical, spiritual, emotional kinds of suffering commonly experienced by persons with life-limiting illness and their families. Physical pain itself can be exacerbated by non-physical causes such as fear, anxiety, grief, unresolved guilt, depression, and unmet spiritual needs. Unrelieved physical pain, among other symptoms, may itself cause emotional or spiritual suffering. Introduction of Clinical Spiritual Care in Palliative Medicine can help address and lessen the spiritual suffering, treat the symptoms more effectively, support the psychological and social needs better and provide complex decision-making through transcendence of the present.
Life beyond Suffering: Sthitpragya Person

Dr. Archana Shukla, Assistant Professor, Department of Psychology, University of Lucknow

The present theoretical study endeavors to cast a glance at the sufferings of life. As mentioned clearly and vividly across cultures volumes are written that suffering is an integral part of one’s life. When one moves beyond this suffering there is a meaning and purpose of life, with this an individual strives towards sthitpragya person.

The mortal being can become immortal provided he is the same in joy and sorrow and becomes one of steady intellect or Sthitpragya.

Cost of Life and Cost of Death: X an Institutionalized Elderly

Deepti Mehrotra, Counsellor, City Montessori School, Gomti Nagar, Lucknow.

Dr. Archana Shukla, Assistant Professor, Department of Psychology, University of Lucknow

The present study is a case study of X 78 years old female residing in an institutionalized home in Lucknow. Intensive rapport with her brought to fore the crude and harsh realities which she was living everyday and praying for death. Amidst these sufferings of life some ray of hope that is willingness to live creeps in her life when she is visited by her children and grand children. These contradictory experiences of cost of life and cost of death are very much experienced in the life of X. The woman was entangled in the question of what is life? Is it the cost of life or the cost of death.

Spirituality as a mechanism to reduce distress in cervix cancer patients with ongoing radiation therapy and/ or chemotherapy

Swati Pathak, ICMR- SRF, Department of Psychology, University of Lucknow

Prof. P.C. Mishra, Prof. & Ex-Head, Department of Psychology, University of Lucknow

Common side effects of treatment with Radiation Therapy often cause psychophysical distress in cervix cancer patients. In low resource settings, it is often a difficult task for medical professionals and family members to provide psychological and emotional support throughout the treatment process and fight against cancer. Thus, patient’s faith in the almighty may have an important role in dealing with negative emotions and reducing distress associated with the illness. The purpose of the present paper is to explore the spiritual beliefs and its role in dealing with negative emotions among cervix cancer patients with on-going Radiation and/or Chemo Therapy. A total of 50 cervix cancer patients were interviewed to meet the purpose. Results revealed that Belief in God and Karma was the predominant thought among most of the cervix cancer patients. It was also found that there was an increase in number of temple visits followed by increased number of prayers or praying on a regular basis. Patients had a belief that God is responsible for everything in this world and he will save them
Stress in Caring a Child with Intellectual Disability

Shivani Pandey* and Dr Archana Shukla**

Parenting an intellectually disabled child is not an easy task. Parents having an intellectually disabled child experience a variety of stresses related to the child's disability. The present study is conducted with the aim to understand the stress experienced by the parents of children with intellectual disability. Section I of FISC MR was administered on a sample of 250 parents (125 mothers and 125 fathers). Qualitative analysis was done and results obtained shows mothers perceived more daily care stress and family emotional stress. Further both the parents perceived social stress in terms of altered social life and social embarrassment.

Spirituality: A path towards Wellness during later years of life

Dr. Shilpa Singh, Dr. Archana Shukla

Spirituality is the way one finds meaning, hope, comfort and inner peace in life. The search for meaning and purpose in human existence leads one to strive for a state of harmony with him/her and with others while working to balance inner needs with the rest of the world. Some researches show that things such as positive beliefs, comfort and strength gained from religion, meditation and prayer can contribute to healing and a sense of wellness especially during later years of life. Improving spiritual wellness may help one feel better, prevent some health problems and help one cope better with illness, stress or death.

Spirit-Mind-Body: An Interact to Heal Cancer Spiritually

Dr. Priyanka Shukla, Assistant Professor, Shri Ramswaroop Memorial University, Deva Road, Lucknow

Non Communicable Diseases including cancer are emerging as major public health problems in India. These diseases are lifestyle related such as tobacco, dietary habits, inadequate physical activity and alcohol consumption. Despite of advanced surgical techniques and aggressive modern treatments, the cancer mortality rate remains unchanged because the present approach ignores the patient as a whole living organism. Cancer is an unnatural stage of the body, it influences mind body and spirit of the individual. This unnatural phase can be healed up by natural spiritual techniques. All techniques teach 'good way of living' which promotes well-being of the individual and helpful in the healing process by bringing the body, mind, and spirit together. Healing at the spiritual level can mean gaining a sense of being an immortal part of an underlying order, against which the experience of any threat to the body is perceived as much less important. All these practices purify Mind: meditation, prayer; Body: balanced and saatvic diet; Spirit: spiritual engagement (reading spiritual literature). According to Barbara Cousins “Once the physical body starts to heal, detoxification moves onto a mental and emotional level, and finally reveals a spiritual body hidden beneath”. Thus cancer doesn't mean a death sentence. Spirituality brings humans closer to their core being and its affects mind, body, and soul. It can help bring about a positive outlook and give strength in times of adversity. Through use of mind-body-spirit techniques, an individual experience a calm, restful mind and body, and minimize side effects that are inherent in cancer treatment.
Burden and Coping among Family Caregivers Living with OCD Patients

Jaya Bharti, JRF in Psychology Department, University of Lucknow

Caring for person with Obsessive Compulsive Disorder (OCD) is an enduring affect among family caregivers and gives substantial amount of burden. Some research has carried out to know the extent of burden among family caregivers of person with Obsessive Compulsive Disorder (OCD) in U.P. The aim of this study was to explore the extent of burden and identify coping strategies adopted by family caregivers living with Person with Obsessive Compulsive Disorder (OCD). A descriptive cross sectional study was undertaken to assess the extent of burden and coping, using purposive sampling technique among of 147 family caregivers of Obsessive Compulsive Disorder (OCD) patient from psychiatric hospitals and Private clinics. Demographic data sheet, Zarit burden interview scale and Brief cope scale were administered to the caregivers. Findings revealed that the family caregivers experienced mild (36.7%) to moderate (46.9%) extent of burden, the total mean burden score was 39.27±12.38. Caregivers most often used problem focused coping strategies (using of instrumental support, emotional support, Acceptance and religion) rather emotional strategies. Extent of burden found to be significantly associated with self-distraction, substance use, emotional support, behavior disengagement, venting, Acceptance and Religion coping strategies, correspondingly marital status, duration of illness, education of caregivers and place of residence of demographic variables were also significantly linked with burden of extent. Caregivers experienced moderate amount of burden. Coping strategies were significantly associated with burden. This study suggests that there should be effort made to ease burden through the some psycho educational intervention for family caregivers at hospital and community for better outcome of

Role of Spirituality in health

Prof. Pooja Suri, Director SBS College of Technology & Management, Lucknow
Mr Vivek Tangri, Vice Chairman SBS College of Technology & Management, Lucknow

The spiritual path is, in essence, a universal path. It exists at the esoteric core of all spiritual traditions. Though practices and disciplines differ from culture to culture, they generally include three fundamentals: meditation, study, and service. According to the wisdom teachings, these three elements are the sine qua non of the spiritual life. Together they strengthen the soul's awareness of its intrinsic connection with the universe. All who tread the path are thus serving the evolutionary goal of our time: expanding human awareness of the oneness of life. Spirituality can be expressed in any field education business and health also. Spirituality is also used as a way of gaining perspective, recognizing that our role in life has a greater value than just what we do every day. It can separate a person from dependence on material things and establish a greater purpose. Some people also see spirituality as a way of coping with change or uncertainty. Spiritual and religious well-being may help improve quality of life. Spiritual distress may also affect health. It is not known for sure how spirituality is related to health. Some studies show that spiritual beliefs and practices create a positive mental attitude that may help a patient feel better and improve the well-being of family caregivers. Spiritual well-being may help improve health and quality of life in the following ways: Decrease anxiety, depression, anger, and discomfort. Decrease the sense of isolation (feeling alone) and the risk of suicide. Decrease alcohol and drug abuse. Lower blood pressure and the risk of heart disease. Help the patient adjust to the effects of cancer and its treatment. Increase the ability to enjoy life during cancer treatment. Give a feeling of personal growth as a result of living with cancer.
Attachment style as related to forgiveness in married couples

Dr. Rawa Singh

Individuals develop internal working model about attachment figures based on their relationship experiences. Individuals who are securely attached, share many of the positive characteristics of disposition forgiving people, (i.e. effective self-regulation, empathy, and agreeableness). While insecure people are mostly unforgiving, can react more negatively to threatening relational events and may be victim of depression. The present study aims at finding out how Forgiveness is related with Attachment style. The sample comprised of 30 married couples (30 to 50 years) with 10-15 years of marriage. Data was collected by using Transgression Related Interpersonal Motivation Scale (TRIM-12) given by (M.E. Mccullough et al. 1998). It's a self-report instrument with 12 items that assesses recipient's current thoughts and feelings about the transgressor on a 5-point Likert scale. Attachment Style Questionnaire (Feeney &Noller 1994) was also used. It has 6-point rating scale consisted of 40 items having 5 subscales: Relationship as secondary, Need for Approval, Discomfort with Closeness, Preoccupation with Relationships, Confidence relating to Others. The result showed that respondents of high and low groups of forgiveness were different in terms of two types attachment styles i.e. Relationship as secondary and Need for approval.

Role of Binaural Beats for Spiritual Integrity in Subjective Palliative Care

Dr. Jyoti Kala, Associate Professor, Dept. of English, BSNVPG College, Lucknow

Music therapy, as one component of holistic multidisciplinary Palliative Care plays significant role in fulfilling physical, emotional and spiritual needs of a terminally ill patient. The goal of the music Thanatologists is to support the patient in their own process by offering music in a prescriptive manner to create a field that can allow the patient to experience what they need to experience in the most supportive way. A music Thanatologist does not try to control what the patient is experiencing, but rather to support the patient in whatever they are experiencing. Thus the 'Prescriptive Music' is not outcome-based and common changes made in arrangement of the existing music include softening volume, slowing down the tempo, and reducing tonal range etc.

Based on the fact that 'audio with embedded binaural beats alters the electrochemical environment of the brain which allows mind-consciousness to have different experiences', the present paper emphasizes that a patient under Palliative Care may be made to experience desired effect by the use of related frequency specific binaural beats. "The subjective effect of listening to binaural beats may be relaxing or stimulating, depending on the frequency of the binaural-beat stimulation" (Owens & Atwater, 1995). Different binaural beats cleanse specific energy Centre (Chakras) of our body and help in attaining Spiritual integrity by reviewing life and discovering meaning from the dying process.
IMPORTANT MILESTONES

Our vision and action since 1987 has now been visualized by global leaders like International Union Against Cancer, World Health Organisation and United Nations.

Appreciations & Recognitions

- Top rated NGO at Great Non Profits 2016.
- “Global Woman of U.P.” Award received by our Director from Honorable CM of Uttar Pradesh on 30th April 2016.
- “Best NGO in Healthcare” at Giving Back 2015 CSR & NGO Awards by UBM on 22nd December 2015.
- Top rated NGO at Great Non Profits 2014.
- Finalist in AmeriCares Spirit of Humanity Awards 2014.
- Won the Award for “Best Cancer Awareness Program” out of 165 NGOs in Can India Conclave Award 2013 held at Tata Memorial Mumbai on 19th December 2013.
- Top rated NGO at Great Non Profits 2013.
- Finalist in AmeriCares Spirit of Humanity Awards 2013.
- Top rated NGO at Great Non Profits 2012.
- Cancer Aid Society received appreciation from American Cancer Society USA in 2007.
- Appreciation for presentation at World Conference on Tobacco or Health, U.S.A. in 2006.
- Cancer Aid Society received an appreciation letter from World Health Organisation in 2000.

Participation in National / International Events

- Participation in COP7 at Greater Noida in November 2016.
- Participation in World Cancer Congress at Paris in November 2016.
- Participation in the Conference on HPV at Chicago in October 2016.
- Participation in the WHO Dialogue of GCM NCD at Mauritius in October 2016.
- Participation in 11th Asia Pacific Conference on Tobacco at Chine in September 2016.
- Active participation in 69th World Health Assembly 2016 at Geneva in May.
- Participation in National NGO Consultation 25th to 27th May 2016 by WHO Country Office, NCD Alliance & Healthy India Alliance.
- Participation in International Workshop on NCD Prevention at Delhi in March 2016.
- Participation in AORTIC 2015 at Morocco.
- Selection of our representative as “World Cancer Young Leader” globally at World Cancer Leader’s Summit 2015.
- One day workshop on NDPS Rules organized by Dept. of Revenue, Ministry of Finance in July 2015.
- Participation in Summer Institute on Spirituality in Health Care at Washington DC in July 2015.
- Participation in Dialogue on NCDs at WHO Headquarter Geneva in April & November 2015.
◆ Represented the Country in the High Level meeting for the control of Non communicable Diseases at United Nations General Assembly Headquarters New York in September 2011.
◆ Participation in Global Advocacy Training Program as Global Scholar at Boston.
◆ Participation at WCTOH as Youth Participant.
◆ Participation in World Cancer Congress 2014 where our representative selected as “World Cancer Young Leader” globally.
◆ End Game of Tobacco 2013 Delhi.
◆ World Conference on Tobacco or Health, U.S.A. in 2006.
◆ Several events of national repute viz. Health Mela 2001 inaugurated by The Then Honorable Prime Minister Sri. Atal Bihari Vajpayee & Organised by the Health Ministry - Govt. of India.

National/International: Membership/Empanelment
◆ Registered Participant of World Health Organisations Geneva under Global Coordination Mechanism on Non Communicable Diseases in 2015.
◆ We are having Special Consultative Status with the Economic and Social Council of United Nations New York since 2012.
◆ Empanelled with Indian Institute of Corporate Affairs HUB Code: A000098.
◆ Registered in DESA’s Civil Society database & CSO Net - the Civil Society Network of the UNITED NATIONS Headquarters, New York, USA.
◆ International Association of Hospice and Palliative Care, Houston, USA
◆ Global Cancer Control Community, UICC, Geneva, Switzerland
◆ GLOBALink, UICC, Geneva, Switzerland
◆ Framework Convention Alliance, Geneva, Switzerland
◆ NCD Alliance CIG Group, Geneva, Switzerland
◆ Cancer Service Group (ICISG), Toronto, Canada
◆ Indian Association of Palliative Care - India
◆ Action Council against Tobacco, Tata Memorial, Mumbai
◆ Cancer Control Committee, Govt. of Delhi
◆ Delhi Smoke free Civil Society coalition, Govt. of Delhi
◆ Tobacco Control Committee, Govt. of U.P.
◆ Government of India, Planning Commission’s NGO Partnership System UID No. UP/2009/0009446
◆ National CSR Hub code A/1/12/08/029 at Tata Institute of Social Sciences.
◆ Action Forum on Tobacco Control India.

Significant dent in the existing problems related with Cancer:

Tobacco Control:
◆ Representation to the Parliamentary Committee on COTPA Amendment Act and 85% Pictorial Warning.
◆ Announced Award of Rs. One Lac INR for Leadership in Tobacco Control for the SAARC Countries 2015.
◆ Wrote letters to the Prime Minister and Finance Minister for increasing Tobacco Taxes in 2014.
◆ We had Organized several rallies and campaigns demanding ban of Smoking and Sale of Tobacco products near educational Institutions before 2004 which were one of the contributory factors towards the promulgation of COTPA 2004 by Govt. of India.
**Control of Cancer and NCDs:**
- In 2013 we Declared December 8th as NCD Awareness Day.
- Our comments on Draft Zero published in the website of World Health Organisation in 2013.
- Joint Project of Telemedicine Bus for Organising Camps near Lucknow with SGPGIMS & Dr. KL Garg Memorial Trust.
- Announced Award of Rs. One Lac INR for Leadership in Cancer & NCD Control for the SAARC Countries.
- Improved Life Style and Dietary Habits of young India reflected in an independent survey report of National Sample Survey Organization published in the Times of India dated May 1st 2007 Titled @ Highway to health: India eating better.
- We got stamp released on Cancer Awareness by Dept. of Post Govt. of India on 7th of November 2001, since then it is celebrated as National Cancer Awareness Day.
- International Union against Cancer - UICC (www.uicc.org) the International Apex Body on Cancer Control has advocated in 2007 the above activities under World Cancer Campaign (www.worldcancercampaign.org); which we had pioneered in 1987 having a vision 20 years prior to that of World leaders.

**Palliative Care:**
2. Member of the Govt. of India Committee for considering the amendment of Narcotic Drugs and Psychotropic Substances Act in 2012 which was possible due to our active advocacy.
3. Amendment for Narcotic Drugs and Psychotropic Substances Act initiated by the Government in 2011 & finally passed in February 2013 through our effective Advocacy.
4. Honorable Supreme Court on August 24th 2012 has directed the Chief Secretaries of State Governments to make Morphine preparations available for treating the pain of terminally ill Cancer Patients. The issue is being actively followed by us ever since.
5. Announced Annual Award for the Leadership & Excellence in Palliative Care within the SAARC Countries for Rs. One Lac. INR in 2011.
6. We drafted Palliative Care Declaration 2011 – the first ever of National and International Level.
7. **Organised 18th International Conference of Indian Association of Palliative Care 2011 at** Sanjay Gandhi Post Graduate Institute of Medical Sciences Lucknow:
   Our two years of hard work of sensitization, advocacy and correspondence with Governmental and other agencies yielded dramatic results which effected the entire Country. The Conference was a great success having 10% Foreign Delegates and encouraging outcomes:
- Introduction of Palliative Care in Medical Curriculum was a long pending demand, on eve of the Conference Medical Council of India announced MD in Palliative Care. Chairman MCI in his message for the Conference suggested us “to come out with practicable strategies, which could be affected by the Council in coming times, so that optimal results are generated and used to train Graduates and Post Graduates in Palliative Care in a much better way”.
- The Theme of Debate held on 12th February 2011 during the Conference was Pro – “Euthanasia is humane care in face of suffering” Con – “Euthanasia is ethically unacceptable in a Civilized Society”. In March Honorable Supreme Court of India through its Judgment, Legalizes Passive Euthanasia – Times of India dated 8th March, 2011.
Quadrennial Report of Cancer Aid Society India
2013 - 2015

Participation in the meetings of the United Nations and its agencies.

◆ 14th July 2014: Participation of P.E.O. Mr. Piyush Gupta in Review meeting on NCDs post High Level meeting on NCDs held at United Nations Headquarters, New York.
◆ 20th to 21st April 2015: Participation in Dialogue on NCDs at World Health Organisation Headquarters Geneva as registered member of Global Coordination Mechanism on NCDs (GCM-NCD).
◆ 9th July 2015: Meeting on NCDs at World Health Organisation SEARO Office New Delhi.
◆ 29th November to 1st December 2015: Participation in Dialogue on NCDs as registered member of Global Coordination Mechanism on NCDs (GCM-NCD) World Health Organisation Headquarters Geneva.
◆ 23rd to 28th May 2016: Participation in 69th World Health Assembly at Geneva.
◆ 18th to 21st October 2016: Participation Dialogue on NCDs as registered member of Global Coordination Mechanism on NCDs (GCM-NCD) at Mauritius.

Appreciations & Recognitions

◆ Finalist in AmeriCares Spirit of Humanity Awards 2013
◆ Top rated NGO at Great Non Profits 2013
◆ Won the Award for “Best Cancer Awareness Program” out of 165 NGOs in Can India Conclave Award 2013 held at Tata Memorial Mumbai on 19th December 2013
◆ Finalist in AmeriCares Spirit of Humanity Awards 2014
◆ Top rated NGO at Great Non Profits 2014
◆ “Best NGO in Healthcare” at Giving Back 2015 CSR & NGO Awards by UBM on 22nd December 2015

Institutional Activities at Glance

☐ Year 2012-13:

◆ Organised Cancer Awareness Programs across the Country, in over 1551 Schools covering the Principals, Teachers and over 1012138 Students further reaching and generating awareness amongst 30364110 People throughout the Country on Cancer & NCD Prevention.
◆ Organised 184 painting and essay competitions throughout the country.
- Received endorsements from 732 Heads of the Institutions ratifying the World Cancer Declaration on Cancer Control.
- 89 Schools throughout the Country were declared Smoke Free and distributed posters on Prohibition on Sale of Cigarettes and other Tobacco Products around educational Institution Rules 2004 GSR 561(E) dated 1/9/2004.

**Year 2013-14:**
- Organised Cancer Awareness Programs across the Country, in over 1208 Schools covering the Principals, Teachers and over 829127 Students further reaching and generating awareness amongst 24873810 People throughout the Country on Cancer & NCD Prevention.
- Organised 76 painting and essay competitions throughout the country.
- Received endorsements from 2154 Heads of the Institutions ratifying the World Cancer Declaration on Cancer Control.
- 221 Schools throughout the Country were declared Smoke Free and distributed posters on Prohibition on Sale of Cigarettes and other Tobacco Products around educational Institution Rules 2004 GSR 561(E) dated 1/9/2004.
- Received endorsements from 76 Heads of the Institutions ratifying the Palliative Care Declaration.

**Year 2014-15:**
- Organised Cancer Awareness Programs across the Country, in over 1562 Schools covering the Principals, Teachers and over 998468 Students further reaching and generating awareness amongst 29954040 People throughout the Country on Cancer & NCD Prevention.
- Organised 122 painting and essay competitions throughout the country.
- Received endorsements from 1230 Heads of the Institutions ratifying the World Cancer Declaration on Cancer Control.
- 3642 Schools throughout the Country were declared Smoke Free and distributed posters on Prohibition on Sale of Cigarettes and other Tobacco Products around educational Institution Rules 2004 GSR 561(E) dated 1/9/2004.

**Public Activities at a Glance**

8th December 2012: Silver Jubilee Celebrations
- A Rally against Tobacco was organized by the Students from different schools & NCC Cadets at Hazratganj holding colorful banners and raising slogans against tobacco the future Tobacco and took a pledge not to use it
Colorful cultural performances were given by hundreds of Children of Ryan International School Raibareilly and Ryan International School Shahjahanpur at Rai Umanath Bali Auditorium. Through their performances tiny tots sent powerful messages to the audience regarding ill effects of Tobacco.

Chief Guest Honorable Speaker of Uttar Pradesh Assembly Shri Mata Prasad Pandey lauded the activities of Cancer Aid Society, Honoured the Social Workers and extended his full cooperation in fight against Cancer & Tobacco

**Year 2013:**

- **9th January:** A Cancer Awareness Camp was organized by Lt. Col. Mario-De-Monto at 66 Battalion NCC, Kambley Lines, APS-1 Lucknow
- **12th January:** A Cancer & Tobacco Awareness program & quiz competition on Cancer was organized at 66 Battalion NCC, Cambley Lines, APS-1 Lucknow
- **4th February:** **World Cancer Day**
  - A CDE was organised at Dept. of Dental Sciences - KGMU Lucknow.
  - Rally on Tobacco Menace was organised at Hyderabad and Candle Walk with slum dwellers was organised for generating awareness against Tobacco
  - Fruits were distributed at AIIMS, New Delhi.
- **2nd March:** Oral Cancer Screening Camp at Chowk Tempo Stand Lucknow
- **9th March:** Oral Cancer Screening Camp at Hazaratganj Tempo Stand, Lucknow
- **25th March:** Free Health Checkup and Cancer & Tobacco Awareness Camp was organised at Biotechnology Park Lucknow with Department Of Tele Medicine, SGPGI
- **4th April:** Press Conference with State Tobacco Control Cell on Implementation of COTPA Rules
- **5th April:** Free Medical Check-up and Cancer Detection Camp at Amrauli, Dstt. Gosaiganj & Made this village smoke free zone
- **6th April:** Free Medical Check-up and Cancer Detection Camp at Sithaulli Dstt. Gosaiganj
- **18th April:** Free Medical Check-up and Cancer & Tobacco Awareness cum Detection Camp at Vishesh Khand Gomtinagar Lucknow
- **10th May:** Free Medical Check-up and Cancer & Tobacco awareness cum detection Camp at Satellite Hospital Mandore, Jodhpur
- **20th May:** Meeting with Government Officers of Different Department of Jodhpur for the TASK Force for the implementation of COTPA 2013.
- **22nd May:** Counseling session for tobacco users was organized in High Court Dispensary Jodhpur
23rd May: Counseling session on tobacco control was organized in Jodhpur satellite Hospital

26th May: An awareness session on Breast Cancer in Gynecology Dept. of Mandaur satellite Hospital Jodhpur

30th May: Cancer Screening Camp at Satellite Hospital Jodhpur

31st May: World No Tobacco Day

Lucknow
- Rally from Balrampur Hospital to D.M House
- Free Cancer Screening Camp at Lucknow
- Wall Of Shame – Violation of COTPA, Quiz Competition on ill effects of Tobacco & certificates were distributed among the participants at Sahara Ganj Shopping Mall & Fun Republic Shopping Mall

Mumbai Rally & Painting Competition at M.E.S English School, Mahabaleshwar

Kanpur Rally from Urusula Hospital via; Parade, Shivala, Ram Narayan Bazaar, Telephone Exchange Wall Of Shame – Violation of COTPA

1st to 5th June: Cancer & Tobacco Awareness Camp for Aanganwadi workers was organized at Jodhpur Cancer & Tobacco Awareness Cum Detection Camp was organized at Salawakala, Sursagar Jodhpur

6th to 8th June: 3 days Skills training session was conducted for the Social Workers of Cancer Aid Society came from all over the India

18th June: Cancer & Tobacco Awareness Awareness cum Detection Camp at Bantha

21st June: Cancer & Tobacco Awareness Cum Screening and health checkup camp at Parihar Distt Unnao Cancer & Tobacco Awareness Cum Screening Camp at Firozabad Medical Hospital Given letter to DM for the violation of COTPA ACT 2003 by Red FM and further action taken by DM & notice served to Red FM

23rd to 26th July: Attended meeting organized by WHO FCTC on Tobacco Control at Ashoka Hotel

10th August: Cancer & Tobacco Awareness Quiz Competition at St. Josephs Inter College Gorakhpur

17th to 21st August: Participation in APACT 2013 as Scholar at Japan

9th to 11th September: Participation in End Game Of Tobacco at Taj Hotel Delhi

3rd October: Training Programme on hazards of Tobacco and implementation of COTPA 2003, for District Administration

8th October: Oral Cancer Screening Camp of Rickshaw Pullars

12th October: World Hospice & Palliative Care Day
- A session on Palliative Care was organized for IIT Delhi students
◆ A session on Palliative Care Day was organized for Anganwadi workers at Jhansi
◆ Games & Toys were distributed at Shanti Avedana Lucknow

☐ 31st October: Dhanteras festival was celebrated with Cancer Patients at KGMU Lucknow

☐ 7th November: Cancer Awareness Day Lectures on Tobacco, Cancer & NCD Awareness were organized in government offices

☐ 8th December: Initiated to observe “NCD Awareness Day” in India for generating Awareness among the community and saving millions of lives from these dreaded diseases. First time it was observed at Lucknow. Scouts and Guide, NSS, NCC Cadets and all the Social workers of Cancer Aid Society from different part of India participated in Rally and made a Human Chain which was flagged by Sports Minister of Govt. of Uttar Pradesh India

☐ 9th to 11th December: 3 days Skills training session was conducted for the Social Workers of Cancer Aid Society came from all over the India

Year 2014:

☐ 14th January: Painting competition was organized on Tobacco & Cancer Prevention at Malihabad

☐ 19th April: A workshop on Tobacco & NCD Awareness was conducted at Campus School of BSF Headquarters, Jalandhar and Girls College, Cantt Jalandhar Workshop on Pain management vis-a-vis Oral Morphine was organized for Doctors of BSF Northern Headquarter Jalandhar

☐ 30th May: Awareness program for Tobacco Control at Paras KHUSHI Kendra, PVF Kiln Lucknow

☐ 31st May: World No Tobacco Day

New Delhi:
◆ A Painting competition on Tobacco awareness was organized at India Gate inaugurated by Honourable Health Minister Dr. Harshvardhan with painting the quote “Tobacco=Death”. Students from Dept. of Fine Arts, Delhi University participated in this competition A nukkadnatak was played at India Gate in collaboration with IIT Delhi students

Lucknow:
◆ A Symposium was organized on WHO Theme, “Raise Tobacco Taxes, Lower Death & Disease”
◆ Quiz Competition & Signature Campaign was organized at Saharaganj Mall
◆ A Rally was taken out along with formation of Human Chain against tobacco by NCC Cadets at Headquarter, Mahanagar
A Rally against the ill effects of Tobacco was organized at Balrampur Hospital

Kanpur: Rally against Tobacco from Ursula hospital to Chowki Bazzar

Dehradun: Oral Screening Camp and Signature was organized

Ahmedabad: A signature campaign was organized to share the views on Tobacco tax increase at "10 Acres Mall"

Chennai: A signature campaigns were carried out in different malls in support of Increasing Tobacco taxes

Rewari: A signature campaign was organized to share the views on Tobacco tax increase in Mall

☐ 5th to 7th June: 3 days Skills training session was conducted for the Social Workers of Cancer Aid Society came from all over the India

☐ 24th July: Participation in National workshop on NDPS Act rules organized by Dept. Of Revenue, Finance Ministry

☐ 22nd September: Cancer Rose Day Rose buds were distributed among the Cancer Patients at KGMU Lucknow

☐ 11th October: World Hospice & Palliative Care Day Gifts were distributed to the kids who were suffering from Cancer at KGMU Lucknow

☐ 21st October: Spent time with kids Cancer Patients on the occasion of Dhanteras festival and distributed utensils as it’s symbolic part of this festival

☐ 7th November: Organized One day workshop at Gauhati Medical College, Guwahati on Pain Management vis-a-vis Oral Morphine

☐ 15th November: A camp of Telemedicine Vehicle was organized at Raj BhawanLucknow introducing the technology to His Excellency Shri Ram Naik Honourable Governor of Uttar Pradesh

☐ 3rd to 6th December: Participation at World Cancer Congress at Melbourne and selection of our Director Ms. Neha Tripathi as “World Young Cancer Leader” and attended the World Cancer Leaders Summit

☐ 8th December:

Delhi: A rally was organized with rickshaw pullers for Tobacco & NCD Awareness.

Lucknow:

♦ Release of balloon as a starting the campaign to fight against Cancer, Tobacco & NCDs

♦ Nukkadnatak played by NCC Cadets in presence of Honorable Speaker U.P. Vidhan Sabha Shri Mata Prasad Pandey

♦ Human chain was formed to join hands in fight against Tobacco

Pune: A Rally was organized to sensitize the masses about tobacco awareness

Ahmedabad: A Rally was organized on theme of Tobacco & NCD Awareness
Kolkata: Painting & Slogan competitions were organized in different schools
- A Rally was organized for Tobacco control
- Tobacco & NCD Awareness lecture was organized in Army School

Hyderabad: A Rally was organized with NSS Cadets of Women’s college to sensitize the masses about Tobacco & its ill effects
- 10th December: Tobacco & Cancer Awareness Cum Screening Camp with Telemedicine Bus at Kursi Road
- 20th to 22nd December: 3 days Skills training session was conducted for the Social Workers of Cancer Aid Society came from all over the India
- 22nd December: Tobacco & NCD Awareness program was organized at Union Bank, Chowk, Lucknow
- 24th December: Christmas eve was celebrated with Cancer kids patients to bring smiles on their faces

Year 2015:
- 14th January: Painting competition was organized on Tobacco & Cancer Prevention at Malihabad
- 4th February: World Cancer Day
  - Lucknow: A Press conference was held to spread the information on Telemedicine Vehicle to maximize its use for community
  - Hyderabad: A Rally was organized on Cancer & other NCD Awareness
- 15th to 21st March: Participation in WCTOH 2016 (World Conference on Tobacco or Health) as Youth Scholar at Abu Dhabi
- 25th to 30th March: Participation in Consortium of UNIVERSITIES ON Global Health (CUGH 2016)
  - Participation in Global Advocacy Training Program as Global Scholar selected by American Cancer Society
- 31st May: World No Tobacco Day
  Lucknow: Signature campaign was organized at Railway station, Saharaganj Mall, Fun Republic Mall
  - A rally was organized at Balrampur Hospital
  Mumbai: Signature campaign was organized to quit the Tobacco and to increase 85% pictorial warning
  Delhi: Signature campaign was organized to quit the Tobacco and to increase 85% pictorial warning, inaugurated by Hon’ble Health Minister of Delhi Government
  Chennai: Signature campaign was organized to quit the Tobacco and to increase 85% pictorial warning
4th to 7th June: 4 days Skills training session was conducted for the Social Workers of Cancer Aid Society came from all over the India

8th to 11th July: Participation in 7th Summer Institute on Spirituality & Healthcare as a Scholar organized by George Washington Institute on Spirituality & Health at Washington DC

12th to 15th July: Participation in Girlsup Leader Summit in Patronage of First Lady of USA Ms. Michel Obama at Washington DC

31st July: One day workshop on NDPS Rules organized by Dept. of Revenue, Ministry of Finance

12 August 2015: Inauguration of the Free Homeopathic Dispensary Sponsored by NTPC Northern Regional Headquarters Lucknow.

22nd September: Cancer Rose Day Rose buds were distributed to the patients at KGMU Lucknow

10th October: Spent some time with Cancer Patients and gifts were distributed to them

7th November:
- Awareness talk on Cancer, Tobacco & other NCDs at Police Lines Lucknow
- Free Checkup Camp was organized at Police Lines Lucknow along with free homeopathic medicine distribution
- Awareness talk on Cancer, Tobacco & other NCDs was organized for NCC Cadets at PAC Headquarter Lucknow

9th November: Dhanteras was celebrated with female cancer patients at Queen Mary Hospital Lucknow

17th to 21st November: Participation in AORTIC 2016 at Morocco Africa as faculty for Advocacy Training Program organized by American Cancer Society

8th December:

Lucknow
- Rally on NCD Awareness, quiz & slogan writing competition was organized with NCC Female candidates in Patronage of Honorable Speaker Vidhan Sabha Uttar Pradesh Shri Mata Prasad Pandey
- “NCD” Express was launched and inaugurated by Honorable Governor of Uttar Pradesh. The purpose of NCD Express is to increase the outreach of Awareness for NCDs among the community

Delhi
- A rally was organized for NCD Awareness
- 21st to 24th December: 4 days Skills training session was conducted for the Social Workers of Cancer Aid Society came from all over the India
Hall of Fame: Awards Instituted by Cancer Aid Society for Leadership in SAARC Countries for Rs. One Lac

UN High Level Meeting New York 2011

Palliative Care Award 2013
Dr. Anil Agarwal

Palliative Care Winner 2012
Dr. Bishnu Dutta Paudel

Palliative Care Award 2014
Dr. Sushma Bhatnagar

Palliative Care Award 2015
Dr. Nandini Vallath

Palliative Care Award 2016
Pallium India
International Representation

UN High Level Meeting on NCDs New York 2011

10th APACT 2013 at Japan

NCD Review Meeting at United Nations New York July 2014

ICISG Meeting at World Cancer Congress 2014 at Melbourne

7th Summer Institute on Spirituality & Health at Washington DC 2015

GCMNCD Dialogue April 2015 WHO Geneva
International Representation

Faculty in Advocacy Training Program at AORTIC 2015 Morocco

With Margaret Chian, DG WHO at WCTOH 2015

Youth Participation at WCTOH 2015 Abu Dhabi

Global Scholar of American Cancer Society 2015

GCMNCD Dialogue November 2015 WHO Geneva

Lobby Day at Boston
International Representation

GCM NCD Dialogue of WHO at Mauritius

11th APACT China 2016

With UICC President HRH Princess Dina Mired 2016 at WCC Paris

World Health Assembly 2016 at UN Geneva Office

Girlup Leader Summit at Washington July 2016

World Cancer Congress 2016
Milestones 2013-2016

Release of Special Cover on Silver Jubilee of Cancer Aid Society 8th December 2012

NDPS Workshop by Dept. of Revenue, Finance Ministry in July 2014

Finalist in Americares 2014

WHO SEARO Meeting at Delhi 2015

NDPS Workshop II by Dept. of Revenue Finance Ministry in July 2015

Launch of NCD Express on 8th December 2015
Milestones 2013-2016

Inauguration of Free Homeopathic Dispensary sponsored by NTPC Northern Region Headquarter in July 2015

Workshop on Cancer Cervix at GSVM Medical College Kanpur October 2016

Token of affection presented to Honorable Governor of U.P. 2016

NCD Globe, an initiative to form a network of youths for NCDs Prevention 2016

Received Young Women Leader Award at UP Young Women Leader Conclave 2016

Inauguration of Sampoorna Clinic at District Female Hospital Barabanki September 2016
Milestones 2013-2016

Director Awarded as Global Woman of U.P. by Chief Minister Shri Akhilesh Yadav April 2016

Meeting with Honorable Governor of Rajasthan Shri Kalyan Singh 2016

Meeting with Shri Sripad Naik Honorable Ayush Minister GOI 2016

Meeting with Honorable External Affairs Minister Mrs. Sushma Swaraj 2016

Finalist for Prime Minister 100 Women Achiever Award 2015
Milestones 2013-2016

Awarded as Top Rated Non Profit in 2013

Awarded as Top Rated Non Profit in 2014

Awarded as Top Rated Non Profit in 2016
Our Staff in Action

Christmas Eve celebrated with Paediatric Cancer Patients 2012

Cheque Presented to Chief Minister of Uttara Khand on 22 July 2013 for relief of victims

Deepawali 2013 at King Georges Medical University

NCD Awareness Day 2013

Oral Screening Camp on World No Tobacco Day 2013

Rawan of Tobacco was burnt on Dussehra 2013 Mumbai
Our Staff in Action

World Hospice & Palliative Care Day 2013

World No Tobacco Day 2013 Mahabaleshwar

World No Tobacco Day 2013 Signature Campaign

NCD Awareness Day 2014 Kolkata

Dhanteras Celebration with Paediatric Cancer Patients in 2014

Humain Chain on NCD Awareness Day 2014 Lucknow
Our Staff in Action

Message for Quit Smoking on World No Tobacco Day 2014 by Honorable Health Minister GOI at Delhi

NCD Awareness Day 2014 at Ahmedabad

NCD Awareness Day 2014 at Lucknow

NCD Awareness Day 2014 Hyderabad

World Hospice & Palliative Care Day 2014

Rally on NCD Awareness Day 2014 at Delhi
Our Staff in Action

Signature Campaign on World No Tobacco Day 2014 at Chennai

Signature Campaign World No Tobacco Day 2014

Cancer Awareness Day 2015

Cancer Awareness Day at Police Lines 2015

Cancer Rose Day Bangalore 2015

NCD Awareness Day 2015 Mumbai
Our Staff in Action

NCD Awareness Day 2015

Free Check up Camp at Punjab National Bank on Cancer Awareness Day 2016

World Cancer Day 2015 Hyderabad

World Cancer Day 2015

Telemedicine Camp at Raj Bhawan Lucknow

Free Health Checkup Camp at Sarsawa Village
Our Staff in Action

Health Checkup Camp for Municipal Workers Lucknow 2016

Health tips to the community on FM Radio

Spent some time with Cancer Patients distributing article of need 2016

World Cancer Day 2016

World No Tobacco Day 2016

World Hospice & Palliative Care Day 2016
Workshops on Palliative Care & Availability of Oral Morphine under Auspices of American Cancer Society USA

Workshop on Oral Morphine at GSVM Kanpur 2008

Workshop on Oral Morphine Jhansi 2008

Workshop on Oral Morphine Meerut 2008

Workshop on Oral Morphine, Agra Medical College 2008

Workshop on Oral Morphine Raipur 2010

Workshop on Oral Morphine Ranchi 2011
Workshops on Palliative Care & Availability of Oral Morphine under Auspices of American Cancer Society USA

Workshop on Oral Morphine at Bhopal 2011

Workshop on Oral Morphine at Ram Manohar Lohia Hospital Lucknow 2012

Workshop on Oral Morphine at Safai 2012

CME On Pain Management at King Georges Medical University May 2013

Palliative Care Workshop at Gauhati Medical College Assam 2014

Workshop on Oral Morphine at BSF Headquarter Jalandhar 2014
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4321 Awareness Programs on Tobacco Cancer other Non Communicable Diseases since 2013-2015
Press Release
2015 World Cancer Leaders’ Summit:
Developing the next generation of cancer leaders

2015
17 – 18 November
Istanbul, Turkey
Effective International Collaboration

Neha Tripathi
Director International Affairs and in-charge Palliative Care at Cancer Aid Society, India

Effective International collaboration

Since 1997, Cancer Aid Society has been working across India in the area of cancer and non-communicable diseases (NCDs) prevention, tobacco control, palliative care and advocacy. Since 2012, Cancer Aid Society has held a Special Consultative Status with the United Nations Economic and Social Council (ECOSOC).

The role of this Young Leader has included collaborating with 418 institutions across India giving lectures on tobacco, cancer and NCD control. This initiative enabled awareness raising among 32,8250 students, teaching them about health, hygiene, diet, exercise and lifestyle. As a result, 465 institutions across the country declared their premises as Tobacco Free Zones.

In March 2015, Neha attended the American Cancer Society’s Global Scholars Program, collaboratively held with the Young Professionals Chronic Disease Network (YP-CDN) and the Harvard Global Equity Initiative (HGEI). She also took the opportunity to forge relationships with peers from various institutions, and, upon her return, submitted a grant application towards advocacy on breast and cervical cancer, as well as organised an MIPOWER planning training aimed at the coordinators of Cancer Aid Society from different regions of India.

Most recently, in July 2015, Neha participated in the 7th GWish Summer Institute on Spirituality and Health, in Washington, which encouraged her to apply the spirituality component as part of palliative care in Cancer Aid’s Day Care Centre, in Lucknow, India.

In 2014, in conjunction with the World Cancer Congress, this Young Leader enrolled in a UICC Master Course on ‘cancer prevention campaigns’, an experience which better equipped her to run national prevention campaigns and use social media more effectively. Her knowledge in this field was also shared among her peers at the National Conference of Cancer Aid Society.

During the 2013 Asia Pacific Conference on Tobacco (APACT), Neha was selected as Youth Leader for their next conference in China. She then soon formed the APACT Youth Action Network (AYAN), by appointment different country coordinators in the Asia Pacific Region, to sustain their campaign against tobacco.
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रिचार्ज करें और बिल भुगतान करें
खरीदी करें और उपहार दें
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