Homoeopathy CVRES, NO SIDE effects

Unani

Siddha

Ayurveda

Yoga & Naturopathy

Using Our Treasures For Humanity

AYUSH

Organizer

CANCER AID SOCIETY

4th Floor, Sunshine Court Phase II, 66 C, Prag Narain Road, Hazratganj, Lucknow - 226 001 U.P. (INDIA)

Phone: +91 522 - 4953966

Palliative Care in Intervention
MESSAGE

We are proudly witnessing the great initiative made by Cancer Aid Society India by organizing the Conference on “AYUSH Interventions in Palliative Care” and we feel delighted too for such inventiveness.

The initiative, Cancer Aid Society India is taking, will indeed enrich the quality of life of cancer patients and other chronic diseases that remain untreated. I personally praise the vision behind this conference of adding life in the remaining days of such patients by means of AYUSH interventions.

The views on developing an efficient treatment strategy and its execution have really broadened the medical horizons. I extend my heartiest greetings from Dev Sanskriti Vishwavidyalaya for the success of this conference.

With best wishes for such a pious initiative for mankind.

Dr. Chinmay Pandya

Dr. Chinmay Pandya
(MBBS, PGDipl, MRCPsyche – London)
Pro Vice Chancellor, Dev Sanskriti Vishwavidyalaya, Gayatrikunj – Shantikunj, Haridwar – 249 411
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संदेश

मुझे यह जानकर अत्यन्त प्रसन्नता हो रही है कि कैंसर एवं सोसायटी,
लखनऊ अपने 30वें "स्थापना एवं असंकामक रोग जागरूकता
दिवस" (NCD Awareness day) के शुभ अवसर पर आयुष एवं
प्रशासनिक विकित्सा को संयोजित करते हुए 08 दिसंबर, 2017 को
"AYUSH INTERVENTION IN PALLIATIVE CARE" पर कार्यशाला आयोजित कर रही है। इस कार्यशाला द्वारा
आयुष के विकित्सक, अध्यापक एवं छात्रों को प्रशासनिक देखभाल के विषय में
जानकारी दी जायेगी, जो कि आयुष के इतिहास में एक नवीन अध्याप
जोड़ती है। इस सन्दर्भ में पत्रिका का प्रकाशन किया जाना एक पुनीत कार्य
होगा।

मुझे आशा है नहीं वरन् पूर्ण विश्वास है कि उक्त सोसायटी कैंसर
जैसे लाइनिज रोगियों के शोषण के निवारण में अपनी महत्वपूर्ण भूमिका
आदे करेगी।

उक्त कार्यशाला एवं पत्रिका के प्रकाशन की सफलता हेतु मेरी हार्दिक
शुभकामनाएं!

(डॉ धर्म सिंह सैनी)
Dr. Piyush Gupta,
Secretary & Principal Executive Officer,
Cancer Aid Society,
4th Floor, Sunshine Court Phase II,
Prag Narain Road, Hazratganj
Lucknow -226001

Dear Sir,

Conference on AYUSH Intervention in Palliative Care

25 Year of existence in public domain is certainly a remarkable achievement for any organization, specially for an NGO. It is indeed a task full of challenges in absence of sustainable resources. I would like to congratulate the Founders for their far sighted vision along with the staff of Cancer Aid Society for their untiring efforts to successfully achieve the landmark of Silver Jubilee.

State Bank of India as a responsive corporate citizen, is always in the forefront of extending helping hand towards the cause of society and sustainable future. We are proud to associate with the event as the Principal Sponsor of the “18 International Conference of Indian Association of Palliative Care” successfully organized by you in which about 500 Delegates participated coming from all corners of Country and World.

I am appreciative of the Cancer Aid Society who has been untiringly fighting Cancer as early as from 1987 and wish them all the best.

Yours sincerely,

[Signature]

CHIEF GENERAL MANAGER
Conference on AYUSH Intervention in Palliative Care

Advisory Committee

Prof. Madan Lal Brahma Bhatt  Prof. Rakesh Kapoor  Dr. Deepak Malviya  Dr. Modh. Sikandar Hayat Siddiqui

Organising Committee

Dr. Dhan Prakash Gupta  Mr. M. K. Gupta  Dr. S. C. Mehrotra  Dr. R. P. Gupta

Dr. Piyush Gupta  Neha Tripathi  Rajesh Yadav  Ashish Awasthi

Our Strength

Mohd. Khalid  Dr. Kavish Ajit Pandey  Sunny Sahu  Karan Singh  Prashant Tripathi
MESSAGE

It is matter of great pleasure that Cancer Aid Society is organising a "Conference on AYUSH intervention in palliative Care" on December 8, 2017 at Vishweshwaraiiah Hall, Lucknow.

Cancer has become like epidemic in present scenario. We are observing frequent increase of cancer patients throughout the world. The Medical fraternity & scientists of the world consistently researching on newer treatments for the cure of this deadly disease. Now, We all perceive for alternate supportive therapy for complete eradication of cancer disease from the world. The use of AYUSH consisting of Ayurveda, Yoga & naturotherapy, Unani, Siddha and Homeopathy with combination of present therapy can play a pivotal role for the best and desired result in the treatment of cancer patients. The AYUSH can be so effective to re-establish the immunity, stamina, self confidence in the patients suffering from Cancer. Now, the time has come to accept & promote the positive aspect of intervention of AYUSH in palliative care of cancer patients.

I congratulate the entire team of Cancer Aid Society for organising such an event that will bring out some new perspective for the treatment of cancer patients. I wish for the grand success of the event.

(Prof M.L.B. Bhatt)
Vice Chancellor

Madan Lal Brahma Bhatt
Vice-Chancellor
Message

Time and again AYUSH Medicines have demonstrated their efficacy as Complimentary Medicines however need of the hour is to use their potential in Palliative Care which is often lacking.

Mind-Body interventions (meditation, hypnosis, and guided imagery), acupuncture and massage are very beneficial for decreasing side effects. Regular exercise (Yoga) is important in maintaining physical strength and decreasing side effects. Ayurveda and Unani Medicines often explore the medicinal properties of Herbs and Nutrients. Homeopathy can be used for symptom management and specially pain relief as they are free from side effects.

I congratulate Cancer Aid Society for the innovative approach and introducing Palliative CARE to the AYUSH who can play an important role in changing the grim picture of palliative care present in our country.

Best wishes for successful conference.

(Prof Rakesh Kapoor)
Director
Message

I am extremely happy to note that Cancer Aid Society is organising a Conference on ‘AYUSH Intervention in Palliative Care’ on 08 December 2017. Conferences, CME, workshops are an integral part of any academic meet and the backbone of every scientific programme. Imparting knowledge is an ongoing process and so is learning.

Cancer is really a problem in the present era. Early detection, treatment protocols and palliative care of cancer patients need discussion. Involvements of AYUSH will definitely help in early detection, treatment and supportive care.

The conference will help in interacting with the best of invited faculties and with each other, which is very essential for the growth of the speciality.

My best wishes for the success of this conference.

With regards

Date: 22.11.2017

(Prof. Deepak Malviya)
Message

I am glad to know that “Cancer aid Society” Lucknow is organizing one day Conference on “Ayush Intervention and Palliative Care” on Dec 8th 2017.

In Unani system of medicine Hippocrates pondered the theory of Akhlat (Humours) i.e four Akhlat viz Dam (Blood), Safra (Yellow bile), Balghum (phlegm) and Sauda (Black bile) should remain within normal limits both qualitatively and quantitatively to be in the state of health for a person, on the other hand if any derangement occurs either qualitatively or quantitatively or both in any one or more humors, it will cause diseases. We, the person of unani system of medicine are successfully treating and managing the ailing people with the help of Hippocratic theory from past more than two thousand years.

Now we have to prove our theories on modern scientific parameters to justify ourselves and to satisfy the people of other medical speciality. For this purpose, the seminars, Conferences, Symposia and scientific talks are very important, as they provide opportunity to interact the person of different speciality to share their views.

I hope, under the able guidance and dynamic leadership of Dr. D.P. Gupta chairman and president “Cancer aid Society”, this conference will pave the way for our researchers, academicians, co-worker and students to prove ourselves on the modern scientific parameters.

I wish the conference a grand success.

(Dr. Mohd Sikandar Hayat Siddiqui)

09/11/17
I am delighted Cancer Aid Society, Lucknow is organizing a conference on Ayush Interventions in palliative care. Such an important initiative from the Cancer Aid Society reflects the need for exploring and promoting Ayurveda to meet diverse health needs of the people afflicted with Cancer and other grievous diseases and bridge the prevailing gaps in clinical strategies due to limitations of conventional medical approaches.

There is also a greater need to emphasize that medicines are not the only solutions but personalized life style interventions and Panchkarma are required to obviate the disease process.

I hope deliberations in the conference will focus in the core principles about the approach of Ayurveda about palliative care.

I congratulate to the entire team of organizers and convey my best wishes for all round success of this noble initiatives.

(Prof. Ritu Raj Chaudhary)
Director
निदेशक, होम्योपैथी, उत्तर प्रदेश,
8वो तल, इंदिरा भवन, लखनऊ।

प्रो० वी०के० विमल
निदेशक।

सन्दर्भ : ..................................................
लखनऊ : दिनांक 29-11-2017

= संदेश =

मुझे यह जानकर अति प्रसन्नता है कि कॅंसर एडू सोसाइटी द्वारा दिनांक 08 दिसम्बर 2017 को विश्वसंयुक्त हाल, अपोजिट राजभवन, लखनऊ में होम्योपैथिक के माध्यम से जीवन में सुधार हेतु एक सेमिनार का आयोजन किया जा रहा है। इस अवसर पर एक स्मारिका का भी प्रकाशन किया जा रहा है।

होम्योपैथिक विधा निरंतर अपने वैज्ञानिक प्रमाणों के साथ सम्पूर्ण भारत व उपप्र० में सर्वाधिक लोकप्रिय है। इस स्मारिका में प्रकाशित संदेश, लेख होम्योपैथिक पिधा से जुड़े चिकित्सकों, शिक्षकों एवं छात्र-छात्राओं का ज्ञानवर्धन करेंगे एवं स्मारिका में प्रकाशित लेख जनोप्रयोगी होंगें।

मैं इस आयोजन की हार्दिक बधाई देता हूँ तथा उक्त आयोजन व स्मारिका की सफलता की कामता करता हूँ।

(प्रो० वी०के० विमल)
निदेशक।
From the President's Desk

Dr. D.P. Gupta
President

Friends,
Cancer Aid Society has been a strong advocate working aggressively on Palliative Care since 2007 and ever since we organized about 25 Workshops in several Government Medical Colleges, Hospitals etc. titled “Cancer Pain Management vis-à-vis Oral Morphine” of Uttar Pradesh, Bihar, Madhya Pradesh, Chhattisgarh, Jharkhand, Punjab, Chennai, Assam under the American Cancer Society Project on “Addressing Palliative Care by improving Cancer Pain Policy”. We successfully organized 18th International Conference of Indian Association of Palliative Care at Sanjay Gandhi Post Graduate Institute of Medical Sciences Lucknow, which was attended by Palliative Care Professionals across the Country and the Globe strengthening the theme “Networking in Palliative Care” and came out with the Palliative Care Declaration, the first ever globally. For developing leadership in Palliative Care, We announced annual award of Rs. One Lac for SAARC Countries.

The Conference saw major developments in Palliative Care on the eve as MCI announced PG course in Palliative Care. After the Conference Government of India Ministry of Finance took up the task of Amendment of Narcotic Drugs and Psychotropic Substances Act in response to the letters written by Palliative Care Organizations including Cancer Aid Society, finally the Act was amended in 2014 paving way for easy availability of essential Narcotic Drugs including Oral Morphine.

The time is ripe to explore other alternatives for improving the quality of life of the patients suffering from the terminal illness, in light of the same we organized the Conference on Role of Spirituality in Palliative Care last year with encouraging response.

This Conference on AYUSH is yet another step to improve the Palliative Care services of the patients in distress in proving their quality of life.

Jai Hind.

(Dr. D.P. Gupta)
President
Cancer Aid Society
Dr. Piyush Gupta
BSc, PGDIRPM, MA, LLB, PhD
Fellow National Cancer Institute, USA

Since ages; social evolution across the globe invariably lead to the development of different medical systems and beliefs, so as to keep the folk hale and hearty. Rise of scientific medicine changed the scenario by unfurling the mysteries involved, however development of drug resistant superbug bacteria due to misuse of antibiotics, side effects of the long term use of certain medicines and similar challenges suggest exploration and use of other medical systems side by side.

India has no dearth of medical treasures used successfully for ages, till replaced by Modern Medicine as many of their pass-outs often prescribe Allopathic Drugs. Ministry of AYUSH, Government of India is a signatory to historic Project Collaboration Agreement with World Health Organisation for cooperation on promoting the quality, safety and effectiveness of service provision in traditional and complementary medicine. The PCA was signed by Secretary, Ministry of AYUSH, Shri Ajit M Sharan and Assistant Director General, Health Systems and Innovations, WHO, Dr. Marie Kieny, in Geneva on 13th May, 2016 in presence of Minister of State (Independent Charge) of AYUSH Mr. Sripad Yesso Naik and the Director-General of World Health Organization Dr. Margaret Chan at the WHO headquarters.

As of now the Indian Association of Palliative Care or any other body does not have a training program for AYUSH Doctors which is much needed due to lack of Palliative Care Professionals across the Country. Time is ripe to explore and promote the use of alternative medical systems in Palliative Care as they are still widely used across the country and will make it cost effective and improve the quality of life of not only the Terminally ill patients but humanity as a whole. This Conference is a prelude to the above, aiming to involve the stakeholders such as Allopathy, Ayurveda, Unani, Yoga and Homeopathy so as to integrate them, it was encouraging to see that professionals of various disciplines responded enthusiastically finding the approach innovative and effective in treating the pain and other distressing symptoms, aiming to provide care beyond cure as end result. On the positive note, this conference shall synergize efforts aimed to improve care for the uncared alleviating the sufferings of patients by adding a new chapter i.e. Palliative Care in the history of AYUSH.

(Dr. Piyush Gupta)
Secretary & Principal Executive Officer
Cancer Aid Society
Experiences of NCI Fellowship

Neha Tripathi
Director International Affairs

Cancer Prevention Fellowship of National Cancer Institute a unit of National Institute of Health Government of USA, is the most sought after Fellowship among the Cancer Prevention Scientists and Clinicians across the World. I wished to visit NCI since my Graduation and was indeed fascinated to have been selected along with Dr. Piyush Gupta, Principal Executive Officer at Cancer Aid Society in the Summer Curriculum of the Cancer Prevention Fellowship Program organized by Center for Global Health, National Cancer Institute USA among global researchers as applicants, it was certainly a dream come true for me. Dr. Gupta got Fully Funded Fellowship whereas I was selected under the Self-Financed Category.

The four weeks full day fellowship program was attended by about 89 Scientists coming from 20 Countries who were groomed as leaders on Cancer Prevention. The curriculum was exhaustive involving all the aspects of cancer prevention including implementation science which is very important in providing the research benefits to the community which is often lacking in most researches. We went on Clinical Tours including NIH Main Campus to see the latest technologies used for Cancer Diagnosis and Treatment and got exposure to 3D printing. It was indeed a great experience to see the history of aviation at the National Air and Space Museum at Washington DC.

The Testimonial of Dr. Gupta as published in the website of NCI is below.
Fellowship Program

I express my heartfelt thanks to the entire CPF and Center for Global Health team. It was a fascinating experience and one of the best in my 30-year fight against cancer, initiated at the age of 22 by conceiving Cancer Aid Society in India, which translates existing research into action within the community.

The meticulously designed curriculum was comprehensive, and enriched participants with knowledge of diversified disciplines, within just 4 weeks. The course designers have mastered the art of perfection, by making it interesting and palatable without over-burdening. This speaks volumes about the commitment of the entire team toward skill development and networking of the visiting scientists from across the globe. The unique exposure to translational research enables us to share the fruits of research with the community. My special thanks go to the Indian scientists for the memorable experience and hospitality. I am indebted to the entire team for making me a part of this wonderful family.

National Cancer Institute
9609 Medical Center Dr, Rockville, MD 20850

https://cfp.cancer.gov/about-us/testimonials

Piyush Gupta, PhD, PGDIRPM, LLB, MA
Cancer Aid Society, Lucknow, India
Food for homeless by shanty yoga ashram Maryland USA

Victor Guruji teaching Meditation

Gayatri Consciousness Center, Los Angeles USA

Gayatri Chetna Center, New Jersey USA
Spirituality: Journey in last year

On account of the changing life style, rapid urbanization, too much of expectations has lead to increased incidences of life style diseases. Mental stress has claimed the deterioration in quality of life of self as well as family often leading to strained/broken relations and bonds leading to complexities in the society. Anxiety and depression has become very common and those who are not strong enough even take the extreme path of destruction may it be for the self or others leading to increased crime rate and terrorism. Spiritual awakening can address not only the above but it is also an important part of Palliative Care and one's life as a whole improving the quality of life of the self, family as well as the entire Society. The component is however complex and lacking presently as often people consider religion as spirituality.

To address the issues Cancer Aid Society organized a Conference on “Role of Spirituality in Palliative Care” on 8th December 2016 i.e. NCD Awareness Day and Founders Day of Cancer Aid Society. About 250 participants involving Medical and other Students, Doctors, Psychologists, Psychiatrists and people coming from all walks of life making it a huge success. An award of Rs.11000/- was announced for development of Tools for practicing Spirituality in which Dr. Madhurima Pradhan, Professor Dept. of Psychology, University of Lucknow was declared as winner.

In summer the Staff of Cancer Aid Society did a training on Scientific Spirituality at Shantikunj Haridwar coordinated by Ms. Neha Tripathi. Revered Dr. Pranav Pandya blessed the delegation by his august presence. A tour to Dev Sanskriti Vishwidalayala enlightened us about the Gurukul System being followed by them.

Ms. Neha Tripathi along with Dr. Piyush Gupta & Ms. Piyansh Gujtya (International Volunteer Cancer Aid Society) got chance to visit some Spiritual Centers in USA like In July 2017 Gayatri Chetna Center at New Jersey which was Managed by Mr. Vinod Bhai it was running a training center for the kids of NRIs teaching them Indian Sanskaras, here they met Mr. Vipul Patel who was looking after all the Gayatri Centers in USA.

In August 2017 they visited Gayatri Consciousness Centre at Los Angeles which was Managed by Mr. Mahesh Bhatt along with a Primary School for Bal Sanskarshala.

They visited Shanti Yoga Ashram in Mary Land USA and later IMs. Neha got a chance to stay there for one week. It was indeed an inspiring and learning experience by her to interact with Victor Guruji. Shanti Yoga Ashram was involved in diversified activities such as teaching Yoga and Meditation; here she got exposure to water yoga which was very relaxing and useful for elderly and pregnant ladies. They also supported farmers in organic farming and supplying the same to the families of Maryland. Every Sunday they provided cooked food to the homeless people.

We organized an inter religious meet on Spirituality at our office in which representatives of all faiths discussed about Spiritual practices. Rev. Bishop of Lucknow highlighted on the work being done by them towards Palliative Care.

We participated in a Conference on Spirituality in September 2017 organized by Dr. Abhijit Dham at Koshish the Hospice in Bokaro followed by the meeting of the Office bearers of the Indian Association of Palliative Care.
From 18-20 October, 2017, world leaders met in Montevideo, Uruguay, to promote health and national development through taking action to beat NCD. WHO, the office of the President of Uruguay and the country's Ministry of health organized the Global Conference on NCD in which I represented Cancer Aid Society. Almost 70 percent of global deaths are caused by non-communicable diseases (NCDs) such as cardiovascular diseases, cancer, diabetes and chronic lung diseases. Each year, 15 million people die from a NCD between the ages of 30 and 69 years; over 80% of these "premature" deaths occur in low- and middle-income countries. Tobacco use, physical inactivity, the harmful use of alcohol and unhealthy diets all increase the risk of dying from a NCD.

The day before the Conference there was a panel discussion: A global Tour of Policy Advancements in the Area of Obesity Prevention. Over two billion people – approximately 30% of the world's population – are overweight or obese. Obesity is no longer a problem exclusive to high-income countries – over 60% of all obese individuals live in low- and middle-income countries.

Based on the best-available evidence, policies that could have the most impact include:

- Raising taxes on sugary beverages and junk food
- Limiting children's and adolescents' exposure to unhealthy food and beverage marketing through comprehensive marketing bans
- Promoting healthy food policies for the public sector, especially schools
- Introducing understandable and informative front-of-package nutrition labels
- Developing obesity prevention advertising campaigns

Through the Obesity Prevention Program, Bloomberg Philanthropies has committed over $130 million to support public health policies aimed at reducing obesity in Mexico, the Caribbean (Jamaica & Barbados), Colombia, Brazil, South Africa, and the United States.

In tobacco control it was emphasized that governments must implement strong tobacco control measures today to protect the health of their citizens and promote sustainable development. The Sustainable Development Goals (SDG) call on the international community, including United Nations Agencies, The World Bank, International development banks and other public and private donors to assist governments to reach the SDG.

In this Conference a set of new actions was established, which will be analyzed at the High Level meeting of the United Nations Organization, to be held in September 2018.
Palliative Care: “Adding life to days and not just days to life”

Sanjay Dhirraj
Professor Department of Anesthesia
SGPGIMS

The news of a life-threatening illness brings many reactions – for example: shock, fear, sadness, anger, worry, weariness and intense feelings of 'why me?' You may cry a lot and feel hopeless and depressed. Palliative care recognizes the special needs of a person who has a life-threatening illness. The focus is not on curing them but on treating their symptoms by making them comfortable, **by controlling their pain and other troubling symptoms** and by helping them to make changes that will make their life easier. You receive palliative care at the same time that you're receiving treatments for your illness. **Palliative care aims to make the person feel in control of their treatment and their quality of life.** It involves family and friends, recognizing that they too may need help in coping with the illness of someone they love. Palliative Care also offers help and support during the grieving process.

**What is palliative care?**
Palliative care is comprehensive treatment of the discomfort, symptoms and stress of serious illness and can be very effective in:

- **Pain management as it is** vital for comfort and reduces patients’ distress.
- **Symptom management** involves treating symptoms other than pain such as shortness of breath, fatigue, constipation, nausea and vomiting, loss of appetite, problems with sleep, weakness, bowel and bladder problems and mental confusion.
- **Emotional and spiritual support which** is vital for both the patient and family in dealing with the stress of critical illness

**If you need palliative care, it does not that mean you're dying,** as the purpose of palliative care is to address distressing symptoms such as pain, breathing difficulties or nausea, gastric disorders among others. **Need of palliative care arises if one:**

- Suffers from pain or other symptoms due to ANY serious illness.
- Experiences physical or emotional pain that is **NOT** under control.
- Needs help understanding your situation and coordinating your care.

It's never too early to start palliative care. In fact, palliative care occurs at the same time as all other treatments for your illness and does not depend upon the course of your disease. There is no reason to wait as in most of the cases pain and other symptoms can be overcome or made tolerable. People can continue treatment aimed at curing illness. The focus of palliative care is maintaining quality of life and meeting the needs of the patient, their family and caregivers.

*My first reaction was “but we don't need palliative care”. I feared what this meant. I felt more comfortable when I realized that palliative care was much more than just nursing a dying person – it was about holistic support and understanding, ensuring that my loved one could still “live” as best he could in the time he had left. I know my family would not have coped nearly as well physically and emotionally without it.*
Opiate medicines for pain relief

New statistics released by International Association for The Study of Pain and European Pain Federation on 11 Oct 2004, first Global Day Against Pain indicate that one in five people suffer from moderate to severe chronic pain, and that one in three are unable or less able to maintain an independent lifestyle due to their pain.

Hence, it is very much desirous to know your opiate medicines in detail.

**Weak Opioids** to treat mild to moderate pain, list of Step II of WHO analgesic ladder Codeine (1.5mg/kg), Dihydrocodeine, Dextropropoxyphene, Raw Opium, Tramadol, Buprenorphine (0.2 mg / 8 hrly), Tepentadol.

**Strong Opioids** to treat severe to moderate pain, list of Step III of WHO analgesic ladder. Morphine, Fentanyl, Methadone, Hydromorphone, Hydromorphone, Meperidine (Pethidine), Oxycontin, Oxycodone, Hydrocodone, Meperidine (Pethidine), Buprenorphine (1 mg / 8 hrly).

**Commonly prescribed Opioids**

**Codeine**: Codeine is a relatively weak opioid that can be given alone, although it is more frequently administered in combination with acetaminophen. It is available in oral tablets, alone or in combination with acetaminophen or other products, and as syrup, often with promethazine or chlorpheniramine maleate.

Dose: Oral 30 mg (15-60mg) 4 to 6hourly or prn. Maximum dose is 360mg/day.

**As a Cough suppressant**: (non-productive): 10 to 20mg, 4 to 6hourly or prn (Max: 120 mg/day).

Adult doses more than 60mg fail to give adequate relief of pain but merely prolong analgesia and are associated with an appreciably increased incidence of side effects.

**Tramadol**: Tramadol is most commonly prescribed weak, semi-synthetic, partial agonist opioids for its successful use in patients with different types of acute and chronic pain, including neuropathic pain. In comparison with typical opioid agonists such as morphine, pethidine and the partial agonist Buprenorphine, tramadol rarely causes respiratory depression or physical dependence.

**Preparations**: Tramadol tablets or capsules either alone or with various combinations of NSAIDs, immediate or sustained release preparations of 37.5 mg, 50mg, 100 mg are available. Dose: 37.5 mg to 100 mg tid. Maximal daily dose recommended is 400 mg to 600 mg. Routes of administration: Tramadol can be administered orally, subcutaneously, intravenously, intramuscularly, rectally and spinally. Tramadol's main adverse reactions are nausea, dizziness, sedation, dry mouth, orthostatic hypotension and sweating reactions. Respiratory depression is rare during chronic tramadol use. It causes less constipation compared to codeine and morphine.

A prescription of prophylactic antiemetic when starting tramadol treatment by the oral route is recommended to avoid nausea and vomiting, such as haloperidol 1 mg bid or metoclopramide 10 mg tid.

If tramadol analgesia is ineffective, a change to a strong opioid (opioid for moderate-to-severe pain) is recommended rather than increasing the dose beyond 400 mg.

**Buprenorphine**: is a semisynthetic opioid derivative of thebaine. It is a mixed partial agonist opioid receptor modulator that is used to treat opioid addiction in higher dosages, to control moderate acute pain in non-opioid-tolerant individuals in lower dosages and to control moderate chronic pain in even smaller doses. The combination buprenorphine/naloxone is also used for opioid addiction.

**Preparations**: Tablets 0.2mg to be given sublingual. Injections 0.6mg/ml can be given IV, IM, Epidural & Intrathecal. Buprenorphine Transdermal patch is available in strength of 5mg, 10mg and 20mg / hr. Onset of action of TTS (Transdermal Therapeutic System) is 24 hrs& duration of action is 7 days. Buprenorphine patch should not be used for acute (transient, intermittent or short term pain. E.g. post-operative pain.

Used for

1. Replacement therapy to opioids
2. Acute post-operative pain management
3. Chronic pain is treated with Buprenorphine patch

Side effects: Nausea, vomiting and constipation, can be controlled with drugs & dietary modifications. It doesn't cause respiratory depression in therapeutic doses and in presence of pain. But being partial agonist, it has “Ceiling effect”, means increasing the dose of drug will not increase analgesia but can lead to respiratory depression. Concurrent use of buprenorphine with other CNS depressants (such as alcohol or benzodiazepines) is contraindicated as it may lead to fatal respiratory depression.

Buprenorphine treatment carries the risk of causing psychological and or physical dependence. It's Over The Counter (OTC) sale is alarming and is stopped in India. Buprenorphine is a class C, schedule 3 drug. Possession is illegal without prescription and carries a maximum sentence of 2 years' imprisonment and a
**Fentanyl**: is a synthetic opioid agonist, which interacts primarily with the mu-opioid receptor. Activation of mu-receptor results in analgesia, euphoria, respiratory depression, nausea, vomiting, decreased gastrointestinal motility (constipation), tolerance and dependence. Fentanyl is 75 to 100 times more potent than morphine, probably because fentanyl is lipophilic, allowing rapid penetration of the blood-brain barrier. Fentanyl increases biliary tract pressure and the tone of urinary tract smooth muscles. The drug may be given via mucous membranes or through the skin. Transdermally administered fentanyl is an alternative to oral morphine in the treatment of cancer pain.

Preparations: Fentanyl citrate (inj): 50 mcg/ml (2ml).
Sublimaze: 50 mcg/ml (2, 5, 10, 20 ml). Injection Fentanyl can be given intravenously, intramuscularly, intrathecally, and epidurally. It is used mainly for post-operative pain management and ICU sedation.

Lozenge (Fentanyl Lozpop / OTFC): 200, 400, 600, 800, 1200, 1600 mcg. It is used for immediate pain relief, usually for treating breakthrough pain in cancer patients, who are already on opioid treatment.

Transdermal Therapeutic System (Fentanyl Patch): 12.5, 25, 50, 75, 100 mcg/hr

The low molecular weight, high potency and lipid solubility of fentanyl make it suitable for delivery by the Transdermal Therapeutic System (TTS). The transdermal systems are designed to deliver fentanyl at a constant rate for periods of 72 hours. Patches with a delivery rate of 25, 50, 75 and 100 μg/h are available. The onset of action of this patch is 12 to 13 hours and duration of analgesia is 72 hours. Hence; one should continue oral analgesics for 12hours even after applying patch.

Apply the patch to non-irritated/non-irradiated flat skin surface (chest, back, flank or upper arm). Press firmly in place with the palm of the hand for 30 seconds, ensuring complete contact, especially around the edges. Hair at the application site should be clipped (not shaved) prior to application. Clean site prior to application if needed with clear water only - do not use soaps, oils, lotions, alcohol. Dry completely prior to patch application. Do not alter/cut the patch. After 72 hours, the subsequent patch is applied on different site, remove the first patch and discard safely. Do not apply hot water / pad on the patch. The absorption of fentanyl does not vary between the chest, abdomen and thigh.

Side Effects: It can cause nausea, vomiting & constipation like morphine, but it is less with TTS. Fentanyl causes respiratory depression.

**Morphine**

The primary source of morphine is isolation from poppy straw of the opium poppy. It is naturally occurring, pure agonist opioid. Morphine is a phenanthreneopioidreceptoragonist – its main effect is binding to and activating the μ-opioid receptors in the central nervous system.

It acts directly on the central nervous system (CNS) to decrease the feeling of pain.

It is used for acute and chronic pain management. Pain which doesn't respond to Morphine is Visceral Pain, Tension headache & Neuropathic pain.

- Acute Pain like myocardial infarction, Labor pain and post-operative pain
- Chronic Pain like Cancer pain, HIV/AIDS & other chronic benign painful conditions
- Morphine is also used in diarrhea, as cough suppressant & for treating Breathlessness

**Morphine Preparations**

There is no difference in efficacy between oral tablets, rectal suppository & injection, between Control Release & Immediate Release morphine! Injection Morphine: ampoule 10mg / ml, can be given IV, IM, Epidural, Spinal and subcutaneous, Tablet Morphine: 10mg, 30mg, IR & CR / SRC

Common morphine side effects may include: drowsiness, dizziness, constipation, stomach pain, nausea, vomiting, headache, tired feeling, anxiety, Mild itching. Overdose of morphine sulfate can result in: Respiratory depression, extreme sleepiness to the point of stupor and coma, flaccid muscles, cold and clammy skin, constricted pupils, even in total darkness, abnormal fluid buildup in the lungs, slow heart action and cardiac arrest, low blood pressure and death.

Adjuvants: NSAIDs- Non-steroidal Anti-inflammatory drugs like acetaminophene, Diclofenac & COX II inhibitors, reduces dose requirement of Morphine. Drugs for Neuropathic Pain: When morphine is given for Cancer Pain Management, anticonvulsants or antidepressants are given along with Morphine to treat Neuropathic component of Cancer Pain Syndrome.

Nausea vomiting: Haloperidol is drug of choice for Morphine induced nausea vomiting, which may be given for few days initially. Constipation: Bisacodyl or stool softener is always prescribed along with Morphine. Counseling: Patients should be given in depth information about the drug, its schedules, side effects, dietary changes, guidance about diet & water intake, driving the vehicle and storage.
Effective Pain Management using Homeopathy

Dr. Kavish Ajit Pandey
Medical Officer
Cancer Aid Society

I take this opportunity to thank Cancer Aid Society for giving this opportunity to be part of the ‘Conference on AYUSH Interventions in Palliative Care’ and I am proud to be the part of this Society.

Despite being a Homoeopath, I was not aware of the use of Homoeopathic medicines in palliative care before joining Cancer Aid Society. I knew homoeopathy as a curative science, but here I learned and started using homoeopathic medicines towards pain and palliative treatment successfully, finally reduing the sufferings of the patients.

I am in the process of learning and practicing palliative care each and every day however even at this level also I have successfully managed many cases using homoeopathic medicines. While serving in the Cancer Aid Society, I learnt to reduce the suffering of the patients in short span of time, contrary to the belief that homoeopathic medicines are slow acting and take lots of time to give relief. Several patients suffering from pain and other functional discomforts due to terminal illnesses got good results from homoeopathic treatment without any side-effects that too within few days.

The way Cancer Aid Society works under Leadership of Dr. Piyush Gupta and guidance of Neha ma’am, in the field of palliative care, is very motivating and full of learning experiences as now I believe that Homoeopathy is an efficient and cost-effective option available to the patients for improving their quality of life.

Using homoeopathic medicines, in a short span of 9 Months I have been successful in treating the patients of severe joints pain due to different types of arthritis, pain reduced by 40-50% in a short span of 4-6 days. Patients of sciatica got 60%-70% relief in just 3-4 days. In severe toothache and sensitivity almost all patients got 50% relief in just 30 minutes. Viral fever cases got all symptoms removed within 3-4 days. Spondylitis Patients got relief from vertigo and pain in 3-4 days. Several cases of migraine where frequency of occurrence and level of pain got remarkably reduced in just 8-9 days of treatment. Patients suffering from mild constant pain in whole body with weakness since years also got relief. Other diseases like gastric ailments, respiratory troubles, diabetes etc. also showed good results. As such I found out that, homoeopathy not only gives curative treatment, but it is also successful in palliative treatment.
Awareness about AYUSH Chikitsa Paddhhati

One of the best things about working in India as a health advocate and seeking answers to alternatives of conventional medicine is that India has always had a pluralistic health system. The idea of Holistic Healing happening in conjunction with Nature, Environment, Mind and Matter over the Body is deeply rooted in our psyche. Even the most ignorant of our people would be open to embrace and accept novel methods of treatment with a bit of scepticism. Whereas anytime we discuss the same in the West we are subjected to extreme outrage...may be even bombarded with things like...that any such practitioner is NOT a doctor...they have NO medical training. NO degrees...They are charlatans who sell vulnerable people (at great expense), non-evidence based potions while shamelessly misleading them about the benefits. There ARE no medically demonstrable benefits. They are accused of peddling these placebo treatments and are, quite simply, called immoral, unethical and an utter disgrace. The scientific evidence on homeopathy and Ayurveda is as it is increasingly worrying. Two major systematic reviews—one published by medical journal Lancet in 2005, and the other published in early 2015 by Australia’s National Health and Medical Research Council—found no evidence of homeopathy being any more effective at treating disease than a placebo. The UK House of Lords Committee on Science and Technology, in a comprehensive review of alternative medicine in 2000, found that “in the case of homeopathy, although it is covered by a separate Act of Parliament, we were not able to find any totally convincing evidence of its efficacy”, and “there is at present no credible evidence base to support the value of any of the therapies that we list in our Group 3”, a category that included ayurveda.

However, across the public health spectrum in India, from common colds to HIV, alternative medicines and treatments have official sanction. In the light of such contrasting views on the either side of the spectrum...when I embarked on my journey to explore general awareness about AYUSH and surveyed 100 urban educated people between the age of 25 and 80...it was a reaffirmation of my thought above as that almost 90% of the people asked had knowledge of Ayurveda, Yoga and Homeopathy and strongly recommended it to their family, friends and acquaintances. 74% of the educated (graduate or above) healthy adults in the age group of 50-80 admitted to practice of Yoga and attributed their good health and stress free life to Yoga, Meditation and following their doctor's (GP) advise on medication. Naturopathy was mostly considered to be Japanese or Chinese if not based on Indian system by roughly 56% of people queried. Ayurveda and Yoga were found to have maximum followers with almost 100% of the people taking questionnaire responding with either having knowledge or regularly practicing Yoga and/or consuming products listed as based on natural substances or purely as Ayurvedic medicine. 37% Urban educated (graduate or above) youth in the age group 25-35 was found to be more sceptical of Homeopathic Interventions or other alternative treatments. Gender specific assessment showed 66% Women to be clearly more in agreement of alternative therapies and accepted given a chance would prefer Homeopathic interventions for common health problems of their infants or children unless suffering from serious ailments. 88% of the people surveyed talked of the opacity of allopathic treatments, the high prices charged, the lack of accountability, and the apathy. Unani and Siddha systems of medication, a part of Aush, had very little takers with only 14% responding having either knowledge or tried Unani medications and barely 9% responding awareness about Siddha.

India has never conducted any systematic review of any of the systems of medicine under AYUSH. There is no credible evidence yet of the effectiveness of either homeopathic or ayurvedic medicines and/or alternative treatments, a range of medical experts have surmised. Yet, both these schools of medicine and others form an integral part of India’s public health system, and their importance looks all set to grow all thanks to AYUSH.
Pain management in Breast Cancer

Breast cancer is the most common malignancy, with almost two million new cases diagnosed each year worldwide. We understand that unrelived breast cancer pain may impact the quality of life as well as your ability to battle the disease. All over your treatment, our pain management team to manage and control pain so you can focus on healing.

Pain management approaches for breast cancer patients
1. Pharmacological pain control: Some common breast cancer pain medications include anti-inflammatory drugs, narcotics and steroids.
2. Neuropathic pain
   - Neural infiltration by the tumor can cause Thoracolumbarplexopathy.
   - Radiotherapy can cause plexopathy one to several years later and tends to cause motor disturbances more often than pain.
   - Some chemotherapeutic agents can cause painful neuropathy.
3. Psychological, social, and cultural issues may modify the pain experience. Psychogenic pain; depressed mood and anxiety often are a significance of the physiological impact of pain, including lack of sleep and decreasing function and nutrition.
4. Long-term effects of cancer treatment can include changes in tissues in the radiotherapy treatment field such as osteoporosis and Bone fractures, lymphedema of the upper extremities, and fistula formation. All of these effects can cause significant persistent pain.

Evaluation of Pain
The following must be evaluated at each visit so as not to miss new developments:
Nature of the pain: “Plexopathy” The region of nerves it affects are at the brachial plexus. Symptoms include pain, loss of motor control, and sensory deficits often causes aching, stabbing, or pressure-like pain.

Site of pain: Record on a body chart to identify new pains that develop with disease progression.

Palliative factors: Palliative factors that modify pain, including emotional status, bowel function, and the effect of movement.

Principles of Management
- Modifiable factors should be corrected. Is there a realistic possibility of palliative radiotherapy, chemotherapy, or surgery?
- The World Health Organization’s three-step analgesic ladder should guide pain management for the majority of patients.
- Neural infiltration pain may respond to tricyclics and/or anticonvulsants.
- Ketamine therapy may be necessary to treat any central sensitization pain.
- Continuous thoracic epidural analgesia is warranted in patients resistant to standard pharmacotherapy.
- The possibility of associated renal dysfunction must be considered when choosing opioids or non-steroidal anti-inflammatory drugs (NSAIDs) and here AYUSH medicine can exploited.
- Over treatment of side effects is essential for success in pharmacotherapy. Opioids or NSAID-induced gastritis can make the problem worse.
Unani Prevention in Cervical Cancer

Dr. Mani Ram Singh
(Asst. Professor Dept. of Niswan wa Qabalat (Obs & Gynaecology)

Cervical cancer is a cancer that begins in the uterine cervix. It is not a burning disease, 400 BC Hippocrates (Father of Medicine) noted that cervical cancer was incurable. In present health scenario it is a preventable disease as the different screening diagnostic and therapeutic procedures (Pap testing, Vaccines against Human Papilloma Viruses (HPV), Male circumcision, Medicated Sitz Bath, Pessary etc) are effective. At present throughout the globe there are nearly one million women each year having Cervical Cancer. In our country twelve population based cancer registries (PBCRs) showed Breast Cancer was the most common followed by Cancer of the Cervix (ICMR-2004). Major factors affecting the prevalence of Cervical Cancer in a population are economic factor, sexual behavior etc.

In 2015 estimated 12900 new Cervical Cancer Patients and 4100 deaths will occur in USA. According the World Health Organization (report 2014) i.e. world wide Cervical Cancer is the fourth most common cause of cancer and deaths. Another report in 2012, 528000 causes of cervical cancer were estimated to have occurred with 266,000 deaths. In India according ICMR the number of people with cervical cancer is rising.

Clinical Manifestation: There are four main symptoms of cervical cancer namely: Abnormal vaginal bleeding, unusual vaginal discharge, cachexia and pain. There are four main physical signs may help to rule out the cervical cancer (i) the cervix bleeds on touch (ii) the Cervix is friable (iii) the cervix is fixed and lost its mobility (iv) there is indurations either of the cervix itself.

Preventive Measures: Avoid early marriage, avoid early intercourse, avoid promiscuity, proper hygiene, use of barrier contraception, screening for pre-malignant lesions

Prevention in Unani Aspect: Sitz Bath with Safoofe Zaj (Alum) may helpful in the prevention of cervical cancer etc.

The Unani Physician has been frequently advised the Marhame Dakhiloon and got effective as a pessary in case of Cervicitis, Cervical erosion etc. The application of Unani Medicine in details will be discussed during the conference

Keywords: Cervical Cancer, Unani Prevention, Sitz Bath, Pessary.
मानव उत्कर्ष एवं पंचकोश जागरण

राकेश जायसिवाल

शालकुंज स्वयंसेवक व प्रतिनिधि, संयोजक एवं प्रशिक्षक, आपदा प्रबंधन विभाग अधिक विश्व गायत्री परिवार, शालकुंज, हरिद्वार एवं प्रशिक्षक होलिंग के एवं वस्तु प्रशिक्षक व उपरामनक, ओंल इंडिया योग विद्या प्रांगन होलिंग फाउण्डेशन ट्रस्ट, रिसर्ची

इस सुदृंच में बहुत से संसाधन है जैसे कि अनुपस्थित संसाधन, जल संसाधन, वायु संसाधन, एवं मूर्त संसाधन इत्यादि यह सभी संसाधन इस धरती पर रहने वाले सभी जीवों के प्रोशण में सहायक हैं, यह संसाधन इस पृथ्वी पर धरती से लेकर वायु एवं आकाश तक विस्तृत रूप से व्याप्त है इन संसाधनों में एक और महत्वपूर्ण संसाधन है जिसे हम मानव संसाधन कहते हैं रास्तियों के अनुसार 84 लाख योगियों इस सृष्टि में हैं, मनुष्य योगी को छोड़कर अन्य समस्त भौगोलिक एवं मान्यता मनुष्य ही कर्म योगी के अंतर्गत मानी जाती है अत: अपने विवेक से अपने क्रियाकलाप को स्वतंत्र पूर्वक कर सकती है मनुष्य की यह विशेषता उसे सृष्टि में संबंधित मान्यता और विशेष बनाती है यदि मनुष्य अपनी विशेषताओं को अच्छे एवं कल्याणकारी उद्देश्य के लिए के लिए नियोजित करने तो इस सृष्टि की ईश्वर के सुसंधालन में अपनी सर्वश्रेष्ठ भागीदारी निभा सकता है जैसा कि हम जानते हैं।

आईएबी हम मनुष्य की बनावट व उसकी विशेषताओं के बारे में कुछ जानकारी प्राप्त करें जैसा की हम जानते हैं कि यह सृष्टि प्राण सहित पंचतंत्रों से निम्नलिखित है। दूसरे शब्दों में हमारा निर्माण जड और चेतना से मिलकर का बना है इसीलिए हमें जानकारी है कि जड़ का संचालन प्रकृति एवं चेतना का संचालन परमात्मा से होता है।

हम प्रकृति के पंच तत्व एवं परमात्मा के प्राण तत्व के समन्वित परिप्रेक्ष्य हैं इसलिए सहज रूप से हम पर दो प्रकार के अनुशासन लागू होते हैं पहला है प्रकृति का और दूसरा है परमात्मा का यदि किसी एक अनुशासन में किसी भी प्रकार का व्यतिरेक हो तो हमारा अस्तित्व प्रभावित होता है इसलिए ऋषियों के द्वारा ऐसे विकास किए जिससे माध्यम से पंच तत्व एवं प्राण से संबंधित यह देव दुर्लभ मनुष्य योगी को सता प्राप्त करते हैं स्वस्थ रखते हैं अपने जीवन में विशेष उपलब्धि प्राप्त करें एवं विश्व के कल्याण के लिए कार्य करें अर्थात मानव उत्कर्ष प्राप्त करें ऋषियों के अनुसार हमारा शरीर पंच कोष में वर्गीकृत है। विशेष रूप से अनन्य, ज्ञान, अन्ययोग, साधन के आंदोलन के लिए पूरी तरह से जिम्मेदार हैं, हम अपने जीवन में जो भी उपलब्धि पाना चाहते हैं वह इस पंचकोष के जागरण से प्रभावित रूप से प्राप्त कर सकते हैं।

इन कोषों में प्राणमय योग का विशेष महत्व है जो न केवल भौतिक स्वास्थ्य के लिए महत्वपूर्ण है बल्कि उतना ही मानसिक और भावनात्मक स्वास्थ्य के लिए भी महत्वपूर्ण है शरीर में रोग या भावनात्मक कारक सबसे शायद प्राणमय योग को प्रभावित करते हैं इसके लिए विभिन्न विकल्पों में इंतजार करते हैं जो भी ज्ञात या योग से सुखद बनाना चाहते हैं।

72000 नाड़ियां एवं चकर से इसी शरीर में होते हैं हर चकर की भौतिक, मानसिक, भावनात्मक और आध्यात्मिक विशेषताएं होती है इन विशेषताओं को सदृशु के नाम से भी जानते हैं जो हमारे व्यक्तित्व के महत्वपूर्ण आधार हैं अर्थात इन चकरों का समृद्धिव धारा से जागरण, नियोजन और आचरण कर लिया जाता है। यहतुक को पशु प्रवृत्ति से उताकर देव प्रवृत्ति तक पहुंचाया जा सकता है, इसलिए इस महत्वपूर्ण शरीर के संबंध में माननीय अभाव से आज विशेष रूप से व्यक्तित्व में, मानसिक और भावनात्मक विकृति का प्रभाव जो बारों तरफ दिखाई पड़ रहा है, उससे समाज को प्रभावित होता जहा है और धरती को रहने योग्य एक देदोमाय स्तर बनाया जा सके।
Karen Yog: Rahen NIROG
करे योग : रहेन निरोग

Prashant Shukla
Yog Teacher
Yog Mudra Yogabhyash Kendra

Yog is a group of physical, mental and spiritual practices or disciplines which originated in India. Yoga has a meditative and spiritual core and helps in controlling the body and mind.

I belonged to rural area village Ramapur of Allahabad. I turned upto lucknow and completed engineering in 2016 from Abdul Kalam University. My yog journey has been very exciting and interesting. I am born and brought up in a spiritual atmosphere. From my childhood, I have been a nature lover and loved to spend time with nature. As I was a bright student during school days, I was sent to Kota for preparation of engineering entrance exams. The study schedule was hectic and I always used to feel pressure due to which I could not take care of my health. Whiile studying I started deteriorating to such an extent that my studies discontinued and I could not score the desired rank. As a result I completed my B.E. from a private engineering college. During the course of my studies I fall victim of fatal disease named Jaundice. I had to undergo a long treatment, and was advised to take rest because jaundice often recurs. This 'recurring' word loomed in my mind & I realised that existing treatment is not a permanent cure of my disease. Now I was inquest of a permanent cure of all ailments and diseases. I had a little knowledge of 'Dhyan' Which I started practicing. With passage of time I able to control my mind and body. I adopted the teachings of our holy book 'Gita'. In june 2015 during my summer training in Sonbhadra I participated in 3days Yog shivir by patanjali. I got a chance to share my knowledge and taught 'Aasans' to the people there. I was appreciated by the Yog gurus and all the people. My teachers and friends started asking me about their health problems and I started teaching them pranayam and Aasnas. I was motivated by the positive results they got. After that I got an oppurtunity to teach Yoga to the Army in Delhi for 7 days. Also I was invited by UPPCL engineers in their function to share my experience of becomming fit from unfit. I won silver and bronze medals in Yoga championships held at lucknow.

At present I am a Yog trainer at 5 different centres in Lucknow. I organise Yog shivir every Sunday, free of cost so that more and more could become aware of Yog. I have organised Yog shivirs in more than 20 schools in lucknow. My aim is to spread Indian vedic knowledge all over the world. Yog has changed my life completely. Now I am postive, full of energy and active. For me we all are form of energy irrespective of gender. My life is dedicated to Yog and I believe that anyone who can breathe can do Yog. Health is not a mere absence of disease. It is a dynamic expression of life in terms of how joyful, loving and enthusiastic you are. This is where Yoga helps: postures,pranayama and meditation are a holistic fitness package. The benefits accrued by being a regular practitioner are numerous. Some of these are

- All round fitness
- Stress relief
- Improved immunity
- Better relationships
- Better flexibility and posture
- Weight loss
- Inner peace
- Living with greater awareness
- Increased energy
- Detoxifies the body

"excellence in action is Yog "Yog is lifestyle
प्राकृतिक चिकित्सा क्या है ।

प्राकृतिक चिकित्सा क्या है । प्राकृतिक चिकित्सा वास्तव में कोई चिकित्सा पद्धति नहीं है यह जीने की कला है । जैसे-जैसे हम प्राकृति से दूर होते जा रहे हैं, अप्राकृतिक जीवन शैली अपनाते जा रहे हैं वैसे वैसे हम बीमार होते जा रहे हैं। हमारा शरीर प्रत्येक तत्त्वों से मिलकर बना है - धूप, हवा, मिट्टी, पानी, आकाश।

इसी विषय के आधार पर मनुष्य चिकित्सा करना प्राकृतिक चिकित्सा कहलाता है।

प्राकृतिक चिकित्सा जिसे मूलभूत सिद्धान्त पर कार्य करती है वह है “सभी रोग एक और उनकी चिकित्सा भी एक “याणि सभी रोग हमारे गलत खान-पान और अन्य सामान्य दिनचर्या का दुष्परिणाम मात्र है। हमारी शोध और उपचार प्रक्रिया का उपचार संबंध है। जैसे-जैसे हम विज्ञानीय दृष्टि बढ़ता है यानि mobit matter या foreign particles वैसे वैसे हमारे रूप का PH संबंधित होता है। यह ही धार्मिक और यह ही रोग होने का कारण है। अब समझना है कि सभी लोगों को एक जैसी बीमारी क्यों नहीं होती। हमारा रोग-सवार, खान-पान और विवाह एक दृश्य से मिलते हैं, हमारे जीवन के समय की ऊर्जा और वंशानुगत (heridity) प्रभाव हमारे शरीर में अलग-अलग रोग उत्पन्न करने का कारण है। प्राकृतिक चिकित्सा कहती है कि हम अपने रोगों को रक्त नहीं मिलते हैं। जैसे सबसे मिट्र हम अपने खान-पान से आती है अपना प्रकार हमारा शरीर जुटाने, वुडर, दर्द, उल्टी आदि तीन रोगों द्वारा हमें आग्रह करता है कि हमारा शरीर विज्ञानीय दृष्टि से धर्म है इसकी चिकित्सा की आवश्यकता है। सुभाष, हक्का भोजन, पूरी नीति और पेट साफ करके इन रोगों को न सिफर दीक्षित किया जा सकता है बल्कि इन्हें chronic होने से बचाया जा सकता है।

दूर निवारण में प्राकृतिक चिकित्सा

सबसे पहले तो यह जानना होगा कि दूर का स्वरूप क्या है। अगर नींद यानि acute diseases से दूर आया है या जीवन यानि chronic diseases से आया है, उसकी चिकित्सा उसी प्रकार संबंध है। यदि मरीज पहले काफी समय से बीमार नहीं है। उसके अंदर खिताबी जीवन शाब्दिक बनी है यानि viral force of life। वह कितना सक्रियता है। प्रकृति के समय ले जाने पर किसी प्रकार के दूर में आचरणकरक रूप से लाभ मिलता है। यानि मिटटी चिकित्सा, जल चिकित्सा, वायु चिकित्सा और एनिमा (पेट की सफाई) द्वारा पूर्ण लाभ संबंध हैं किंतु यदि दूर पुराना है तो उत्तर ही ज्यादा समय लेता है।

कब्र की प्राकृतिक चिकित्सा

90: बीमारियाँ हमारी पेट से सम्बन्धित है, साधारणतया रोज मत का निशाचन न होना ही कारण बन जाता है किंतु दर्द, उल्टी, मृत्यु, कंथा, मसाज, रकन इमाम संज्ञान हेतु वाला, हिप बाधा और कोलन इंजेक्शन दर्पण में यानि ओले की सफाई द्वारा ठीक किया जा सकता है।

सांस फुलना breathlessness की प्राकृतिक चिकित्सा सांस की तकलीफ के कई कारण हो सकते है। फेफड़ों में सूजन और बायोमार्ग में अधिक बलगम का बनना, बायोमार्ग के आसपास की मास्पेशियों में फसल, सो और ठीक यानि शरीर के अंदर और बाहर हवा ले जाने के लिये फेफड़ों की कमता का कम हो जाना है। दिल आकर शरीर की ऑक्सीजन की पूर्ति करने के लिये पर्याप्त रक्तपंप करने में असमर्थ होता है।

मोटापा

प्राकृतिक चिकित्सा में पैरो को गरम नहान यानि hot foot bath, स्टीम बाथ, छाती और पीढ़ पैर गर्म सेक्स डेकर एकु ठ मसाज करने से आराम मिलता है। इसमें सुधार की अत्यधिक आवश्यकता होती है कफकारक भोजन जैसे दूध और दूध से बने पदार्थों का सेवन, केक, बिस्कुट, बेकरी उत्पाद, मैदा और मैदे से बने पदार्थों का सेवन बन्द कर देने से आराम मिलता है।
Homeopathy Offers Cost Effective Palliative Treatment

Dr. Nidhi Kumari Chaudhary
Consultant
Cancer Aid Society

Cancer is a dreaded disease with rising incidence. Often the relationship of cancer cases to increasing age may be a reflection of time required to accumulate a critical number of genetic abnormalities. The prevalence of chronic pain, profound physical and psychological burdens engendered by the symptoms oblige all treating physician to be skilled in pain and symptoms management.

Homoeopathic treatment can be effective in managing cancer pain however scientific study is lacking on the subject to evaluate its effectiveness with appropriate statistical analysis. For palliation the cases are taken accordingly to homoeopathic philosophy giving importance to general symptoms and medicine is selected giving more importance to its modifying factors and characteristics of pain. Miasmatic aspect of the cases are studied and given due importance. There are so many cases where patient suffering from pain came to me earlier and I was unable to give them relief but after joining CANCER AID SOCIETY I started using Homoeopathy for Palliative Treatment which helped me to reduce the sufferings of patients and building confidence. I am thankful to CANCER AID SOCIETY for giving me an opportunity to be the part of the “Conference on AYUSH Interventions in Palliative Care”.

I would like to express my sincere thanks to Dr. Rajinder Girdhar Principal, my mentor Dr. Bhupinder Singh sir Ex-Chairman CHSM Pb., my guide Mr. Piyush Gupta and Miss. Neha Tripathi for valuable guidance & constant encouragement.

The way CANCER AID SOCIETY works for the community is very appreciable and I feel proud to be a part of this organization.
## Audited Balance Sheet of 2016 - 2017

### CANCER AID SOCIETY

**2A, FIRST FLOOR, REGENCY AVADH COMPLEX, CHOWK, LUCKNOW**

**BALANCE SHEET AS ON 31st MARCH 2017**

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<th>ASSETS</th>
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<td><strong>a) MUTUAL FUND</strong></td>
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<td><strong>C) FIXED DEPOSITS &amp; INVESTMENTS</strong></td>
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<td>CANCER AID SOCIETY EPF TRUST FD A/C UN SPENT FCRA GRANT UHG (2014-2015)</td>
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**GRAND TOTAL**

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### AUDITORS REPORT

**AS PER SEPARATE REPORT IN FORM NO-10B OF EVEN DATE ANNEXED**

FOR S BAJAL & CO
Chartered Accountants
Dated: 31-07-2017
Place: LUCKNOW

FOR CANCER AID SOCIETY

PIYUSH GUPTA
Secretary

MK GUPTA
Hony Treasurer
Press Release

Capacity-building workshop for IISF organised

PRIN LUCKNOW

Under the joint collaboration of CSIR Laboratories, NBR, ITTR, CMRL, SVNCR and VNCA, Lucknow, an international scientific interaction with various organisations was held in the city. 

State Chief Minister, Pramod Sawant, and the state education minister, Vinay Kataria, addressed the gathering and said that the workshop would be a significant event in the national and international scientific community.

The programme aimed to promote scientific interaction and collaboration among scientists and researchers from various fields. The workshop was attended by a large number of participants from different parts of India and abroad.

Dr. Vishal Bhandarkar, the director of SVNCR, welcomed the participants and highlighted the importance of such interactions in fostering scientific progress.

The workshop featured sessions on various scientific topics, including health, agriculture, and environmental science. Experts from different fields presented their research findings and discussed the latest developments in their respective areas.

The workshop also provided a platform for young scientists to present their research work and receive feedback from experienced professionals.

The participants were encouraged to establish collaborations and work towards addressing global challenges through scientific research and innovation.

The programme aimed to enhance the participation of people from different parts of the state.

Among the speakers were prominent scientists and researchers, including Dr. Vishal Bhandarkar, the director of SVNCR, and Dr. Anil Singh, the director of CMSRL.

The workshop concluded with a panel discussion on the future of scientific research and its role in addressing the challenges of the 21st century.

The programme was well received by the participants, who expressed their satisfaction with the opportunity to interact with experts and contribute to the advancement of scientific knowledge.

The workshop will be remembered as a significant event that brought together scientists from different parts of the country and around the world to discuss and collaborate on scientific research.

The workshop concluded with a panel discussion on the future of scientific research and its role in addressing the challenges of the 21st century.

The workshop was a testament to the commitment of the state government and various organisations to promote scientific progress and innovation.
International Representation

Dr. Piyush and Ms. Neha participated in International Youth Day Event at United Nations Headquarter New York on 12th August 2017

Dr. Piyush Gupta Speaker & Co-chair at Conference on HPV in Chicago USA

Ms. Samar, Ms. Preeti and Mr. Prateek participated in Global Youth Leaders Forum 2017 at Nepal

With Hon’ble President of Ugand at Commonwealth Youth Ministers Conference 2017 in Kampala

Dr. Andrea (International Representative of Cancer Aid Society) participated in Dialogue of GCM-NCD at Montevideo Uruguay in October 2018

With ACS Global Program Director at NCI Fellowship Program
Milestones

Dr. Piyush Gupta announcing the International Award of Palliative Care

Cancer Aid Society feels honour through blessings of Revered Dr. Pranav Pandya Ji

Best NGO Award received by Dr. Piyush Gupta, PEO Cancer Aid Society

Dr. Piyush Gupta honoring CGM SBI Shri Gautam Sengupta

Ms. Neha Tripathi honored the Field General Manager of Allahabad Bank

Presented Cheque of Rs. One Lac to Dr. KB Lingegowda, winner of Palliative Care Award for SAARC Countries 2016-17
Milestones

Mobile Pathology Kit donated by State Bank of India

Cancer Aid Society felicitated Dr. Chanmaya Pandya, Pro VC Dev Sanskriti Vishwa Vidyalaya Haridwar

Dr. Piyush Gupta received JEWEL of India Award

Ms. Neha Tripathi received appreciation certificate at HT Woman Awrd 2017

Ms. Neha Tripathi at Permanent Mission of India at New York

Dr. Piyush Gupta received certificate for active participation in NGO Meet of CSIR Fest at Lko.

Ms. Samar Parker received Young Leader Award
Milestones

Mr. Gurdeep Singh received Best Performer appreciation from Revered Dr. Pranav Pandya

Ms. Samar Parker received Best Performer appreciation from Revered Dr. Pranav Pandya

Mr. Devendra Kumar received Best Performer appreciation from Revered Dr. Pranav Pandya

Mr. Sunny Sahu received appreciation on completion of 10 years services from Revered Dr. Pranav Pandya

Mr. Anil Kumar received appreciation for Best Fresher from Revered Dr. Pranav Pandya

Ms. Neha Tripathi received Appreciation in Category of Global Woman of UP and Social Work at FICCI FLO Awrd

Ms. Neha Tripathi received Lok Unnati Mahila Samman in May 2017
Report of Cancer Aid Society India 2016 - 2017

Participation in the meetings of the United Nations and its agencies

- **12th August 2017**: Participation in International Youth Day event of United Nations at New York
- **8th to 20th October 2017**: Participation in Dialogue on NCDs at Uruguay, South America as registered member of Global Coordination Mechanism on NCDs (GCM-NCD) of World Health Organisation

**International Participation**

- **18th October 2016**: as Co Chair and Speaker at Conference on HPV in Chicago
- **29th October to 3rd November 2016**: Participation in World Cancer Congress at Paris, France
- **10th to 12th February**: Participation in International Conference of Indian Palliative Care Association at Coimbatore
- **31st July to 1st August 2017**: Participation in Youth Forum of Commonwealth Youth Ministers Meeting in Kampala, Uganda
- **July & August 2017**: Participated in several sessions of Yoga, Meditation & Spirituality at Shanti Yoga Ashram in Maryland, USA
- **8th to 11th August 2017**: Participation in Global Youth Leaders Forum at Kathmandu, Nepal

**Appreciations & Recognitions**

- Our Director & Regional Director received the “Youth Leader’s” Award by India Youth Forum in January 2017
- Our Director got elected as Central Council Member of Indian Association of Palliative Care, India
- Cancer Aid Society was felicitated for the community work on Cancer & other Non Communicable Diseases at Hyderabad on **28th February**.
- “Jewel of India” Award received by our Principal Executive Officer by Indian Solidarity Council in April 2017
- Our Principal Executive Officer Awarded with “Vijaya Rattan Gold Medal” by International Institute of Education & Management in 2017
- Our Director got appreciation by FICCI-FLO U.P. in Category of “Global Woman of U.P.” & “Social Worker” in April 2017
- Our Director received “Lok Unnati Mahila Samman” Award by Lok Unnati Samiti in May 2017
- Our Director got appreciation from “HT Woman Award” 2017 in category of “Champions”
- Our Principal Executive Officer got appreciation from “HT Woman Award” 2017 as “The Man behind Woman”
- Our Director received “Main Hun Beti Award” by Arogya Darpan Magazine in May 2017
- Our Director appointed as Country Ambassador of OKYD (Opportunity Knock at Your Door) to fight against Non Communicable Diseases in May 2017
- Our Director nominated Advisor on Cervix Cancer Screening at Global Point Singapore in June 2017
- Our Director nominated as Coordinator of “World International Yoga Day” 21st June 2017 by All World Gayatri Pariwar.
- Our Principal Executive Officer received Fellowship as a visiting Scientist for “Cancer Prevention Fellowship Program” of National Cancer Institute, National Institute of Health Government of USA
- Our Director got selected in “Cancer Prevention Fellowship Program” & “Molecular Biology Course” of National Cancer Institute of US Government as a visiting Scientist
- Cancer Aid Society received “NGO Leadership Award” facilitated by Dr. Dinesh Sharma, Honorable Deputy Chief Minister of U.P. organized by Dewang Mehta National Education Awards
Institutional Activities at Glance

- **Year 2016-17:**
  - Organised **Cancer Awareness Programs** across the Country, in over **1530** Schools covering the Principals, Teachers and over **647655** Students further reaching and generating awareness amongst **19429650** People throughout the Country on Cancer & NCD Prevention
  - Organised **115 painting and essay competitions** throughout the country
  - 93 Institutions endorsed the World Cancer Declaration to join our fight against Cancer
  - **5718** 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**

Activities within Community

- **Year 2016**
  - 50 camps in rural areas near Lucknow for free check up and free distribution of Medicines along with Cancer Screening
  - **14th January:** Painting & quiz competition was organized on Tobacco & Cancer Prevention at Malihabad
  - **4th February: World Cancer Day**
    Workshop was organized for sensitizing the medical students for the Early Detection of Cervix Cancer
    Cancer fighters were recognized by the Honourable Governor of Uttar Pradesh Principal Health Secretary announced the establishment of “Sampoorna Clinics” in 23 districts of Uttar Pradesh, which is meant for the total health check up and awareness for the females of age group 15 to 60 years age
    A competition was organized among different colleges to develop the best campaign for awareness among the community and winner was awarded by the Honourable Governor of Uttar Pradesh
    Awareness programs on Cancer were organized on Cancer at Mumbai, Ahmedabad, Chennai, Bangalore, Mumbai and Delhi
  - **15th March:** Meeting with renowned Spiritual Leader Revered Dr. Prana Pandya, Head Shantikutunj Haridwar and chancellor Dev Sanskriti Vishwa Vidyalaya to be patron for our work on “Role of Spirituality in Palliative Care”
  - **18th March:** Meeting with Foreign Minister Mrs. Sushma Swaraj for extending our services towards health at International Level
  - **31st May: World No Tobacco Day**
    Symposium organized on the theme “Tobacco Free Youth” in collaboration with Faculty of Dental Sciences, King Georges Medical University
    Signature Campaigns against Tobacco were organized in different malls
    Quiz completion was organized in several places
  - **2nd to 4th June:** Training on different skills was organized for Social workers from across the India on Prevention of Cancer and other Non Communicable Diseases along with ill effects of Tobacco
  - **21st July:** Actively participated in a round table program on “NCDs in Asia: Youth are the key” at Delhi
  - **23rd July:** Conducted a program on Cancer Awareness at community Radio Program 90.8 by BBD Radio Channel
  - **16th to 31st July:** Free Health Check up Camp for employees of Nagar Nigam Lucknow under the scheme of Swachh Bharat Mission of PM India at different places including Cervix Cancer Screening with support of PSI and Oral Check up in collaboration with KGMU Dental Science Department Lucknow
30th July: Active participation in review meeting on work going on for Tobacco Control at Collectorate Lucknow as State Tobacco Control committee member

4th August: Distributed Fruits, sweets, food items and basic necessities (for their stay during the treatment) to the kids who are suffering from Cancer at KGMU with the support of Khatri Samaj of Chowk Lucknow

17th August: Participated in "Need for a Multi Player Approach to ensure Quality Health Care for all" at Delhi

5th September: Organized awareness program on Non Communicable Diseases along with Tobacco abuse and free Health Check up Camp at Ryan International School Raebareli

15th September: Organized Advocacy workshop to promote Early Detection of Cervix Cancer in female government hospital of Barabanki District and inaugurated the Sampoorna Clinic as per the policy of NHM UP Government

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

23rd to 25th September: Participation in 11th APACT (Asia Pacific Conference on Tobacco or Health) 2016 at Beijing China

29th September: Participation in Healthcare Conclave by India Today Group in Delhi

8th October:
World Hospice & Palliative Care Day
Sensitization on Palliative Care was done in colleges at Lucknow, Mumbai, Chennai, Bangalore, Ahmedabad and Hyderabad

Spent some time with Cancer Patient Kids at KGMU Lucknow and distributed fruits and snacks

15th October: Organized Advocacy workshop to promote Early Detection of Cervix Cancer in female hospital of GSVM Medical College Kanpur

18th October: Co-chair and speaker in the Conference on HPV at Chicago, USA

31st October to 3rd November: Participation and presentation at World Cancer Congress 2016 at Paris

7th November: Cancer Awareness Day
Awareness Program on Cancer, Tobacco & other NCDs at Mumbai, Hyderabad, Bangalore, Chennai, Lucknow, Ernakulam, Ahmedabad
Free Health Check up Camp at Punjab National Bank Chowk Lucknow
Free Health Check up Camp at IDBI Bank Chowk Lucknow

7th to 9th November: Participation in Conference of Parties for Tobacco Control at Delhi as FCA Member

9th November: Meeting with AYUSH Minister regarding increasing the availability of AYUSH Therapies for Palliative Care

8th December: NCD Awareness Day
Lucknow: National Conference on “Role of Spirituality in Palliative Care” organized on the occasion of NCD Awareness Day. Honorable Governor of Uttar Pradesh graced the occasion as Chief Guest and CGM SBI was Guest of Honor along with Madam Grace Pinto MD Ryan Group of Institutions. Dr. KB Lingegowda Director Kidwai Memorial Cancer Institute Bangalore received International Palliative Care Award for SAARC Countries

9th to 11th December: Training on different skills was organized for Social workers on Prevention of Cancer and other Non Communicable Diseases along with ill effects of Tobacco

12th December: Universal Health Coverage Day was observed by organizing awareness workshops in several places

27th December: Free Homeopathic Camp consultation & medicine distribution was organized for the students of Allen House Public School Lucknow
Year 2017:

- **24th January:** Free Health Check up Camp & medicines distribution at Nainital Momo Season 2, Gomti Nagar, Lucknow
- **26th January:** Free Health Check up camp & medicines distribution at Malihabad
- **4th February:** World Cancer Day
  **Kerala:** Workshop on Cancer Awareness was conducted for the students followed by Human chain in fight against Cancer.
  Awareness programs on Cancer organised at Lucknow, Mumbai, Ahmedabad, Chennai, Hyderabad & Bangalore
- **7th March:** Meeting with the Hon'ble Governor of Uttar Pradesh, felicitation of Jaipuriar School Lucknow for their contribution in Fight against Cancer & other NCDs
- **22nd March:** Meeting with Hon'ble Governor of Assam & Meghalaya & DGP Police
- **7th April:** World Health Day
  SBI donated Portable Pathology Lab to Cancer Aid Society for the rural Camps
- **15th April:** Meeting with the Honourable Governor of Rajasthan
- **23rd April:** Participation in Car Rally organized by Dainik Jagaran to “Save Girl Child & Female Health” at Kanpur
- **31st May:** World No Tobacco Day
  **Guwahati:** Awareness Program on Prevention of Cancer & other NCDs along with a talk on Tobacco abuse was conducted at Don Bosco School Pan Bazar
- **6th to 9th June:** Training organized for Social workers on Role of Spirituality in Health & Life at Shantikunj Haridwar along with visit to Dev Sanskriti Vishwa Vidyalaya
- **21st June:** Active participation during International Yoga Day in presence of Honourable Prime Minister & Chief Minister of U.P. at Lucknow
- **7th September:** Participation in India International Science Festival 2017 at Indian Institute of Toxicology & Research and NGO Meet organized by Vibha Vani Delhi
- **6th October:** Participated in State Level Dissemination Seminar for Uttar Pradesh by National Family Health Survey 4 in collaboration with NHM U.P.
- **17th October:** World Hospice and Palliative Care Day
  Distribution of utensils on the occasion of Dhanteras & World Hospice and Palliative Care Day. Spent time with Kids suffering from Cancer at KGMU Lucknow
- **4th November:** Donated cleaning items during the Cleanliness drive at Bhavishyam Academy Lucknow
- **7th November:** Cancer Awareness Day
  **Chennai:** Human Chain formation after the awareness program conducted on Cancer at Bharat Matriculation School
  **Karnataka:** Awareness program on Breast & Cervix Cancer for the female students & teachers of St. John School
  Awareness Program on Cancer along with Painting & Essay Competition on the same topic for the students
  **Maharashtra:** Awareness program on Cancer for the students & teachers of Mount Litera Zee School
  **Kerala:** Slogan writing competition was organized for the students
  **Hyderabad:** Cancer awareness program followed by painting competition Painting competition organized at Indian Public School of Excellence
  **Gujarat:** Awareness Program along with symbolic Cancer Ribbon Formation at Defence Public School
Activities

Training

Training

Training

Skill Development Training of Cancer Aid Society staff at Shantikunj Haridwar

Mr. PD Srswat from AWGP addressed the staff of Cancer Aid Society on Spirituality in Work

Dr. Piyush Gupta participated in Round Table meeting of NCDs
Activities

Distributed Food items to the Hospice
Shanti Niketan Lucknow

Awareness Program on
World No Tobacco Day 2017

Training Program for Youths on NCDs

Participation in NGO Meeting during
CSIR Fest at IITR Lucknow

Slogan Writing Competition on Cancer
Awareness Day 2017 in Kerala

Symbolic Ribbon Formation on Cancer
Awareness Day 2017 at Gujarat
Activities

Divisional Health Partner Forum Meeting at Faizabad

Cancer Awareness Day 2017 in Mumbai

Cancer Awareness Day 2017 in Hyderabad

Mr. Ankit Tripathi and Mr. Bimlesh Kumar participated in Indian IISF 2017 in Chennai

Participation in Youth Key to NCDs Delhi, India

Dr. Piyush Gupta & Ms. Neha Tripathi with NCI Scientists during NCI Cancer Prevention Fellowship
Activities

Painting Competition on Cancer Awareness Day 2017 in Kerala

Painting Competition on Cancer Awareness Day 2017 in Karnataka

Human Chain Formation on Cancer Awareness Day 2017 in Tamilnadu

Ms. Neha Tripathi at International Yoga Day 2017

Dhanteras celebration 2017 at KGMU

Dhanteras celebration 2017 at KGMU
Awareness Programs on Cancer & other NCDs

Health Checkup Camps
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EDITOR

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