Insight

Internal Newsletter
April - June 2020

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BEST OF SABCS 2020

RG CIRC in association with the organizing committee of San Antonio Breast Cancer Symposium and the Oncology Forum organized a conference ‘Best of SABCS India’ managed by Encore Medical Education on 7th & 8th March 2020 at Hotel Radisson Blu, Mahipalpur, New Delhi.

The conference offered two days of intense academic activities spanning lectures, live workshops, panel discussion and abstract presentations.

The conference was inaugurated by Dr. D. C. Doval, Chair - Medical Oncology & Chief of Breast & Thoracic Services & Organizing Chairman of Best of SABCS, Dr. Sudhir Rawal, Medical Director, RGCIRC, Delhi and national and international faculties.

The conference was marked with esteemed presence of international faculty: Dr. Ismail Jatoi, Professor and Chief of the Division of Surgical Oncology at the University of Texas Health Science Center in San Antonio, Texas, Professor Ian Kunkler, Consultant and Honorary Professor in Clinical Oncology at the Edinburgh Cancer Centre, University of Edinburgh, Dr. Shaheenah Dawood, Head of Medical Oncology and Head of the Breast Cancer Program at Dubai Hospital in the United Arab Emirates and Dr. Stanley Lipkowitz, Chief Women’s Malignancies Branch Senior Investigator.
The conference was carried out through different sessions in which the discussions were held on the following: Immunotherapy in Breast Cancer: New Directions, Acquired Endocrine Therapy Resistance Beyond ESR1 Mutations, Breast Cell Fate Control and Plasticity, Endocrine Therapy 2020, Implementation of Genetic Testing in Breast Cancer Patients, Multidisciplinary Approach to Optimizing Local Regional Therapy in Hormone Receptor Positive Breast Cancer, Evolving Opportunities to Personalize Radiation Decision, Conversations on Tough Topics Surrounding Cancer Care.

This conference was also marked with multiple one day workshops of Breast cancer Genetics, psycho-oncology and Physiotherapy workshop.

**BREAST CANCER ON GENETIC TESTING FOR HEREDITARY BREAST CANCER: WHO SHOULD BE TESTED?**

The workshop was organized by Dr. Chaturbhuj Agrawal, Consultant - Medical Oncology, RGCIRC.

“This workshop provided an opportunity for young oncologists to learn more about how cancer genetics impact the patients across the care continuum and where to find screening tools to collect a complete family history of patients. It included hands on patient experience, counseling experience in different practical clinical scenarios including most common hereditary cancer syndromes.”

**PSYCHO-ONCOLOGY WORKSHOP ON THE ART & SCIENCE OF CANCER PSYCHOSOCIAL CARE: A PRACTICAL APPROACH**

The workshop was organized by Dr. Harsha Agarwal, Head – Psycho Oncology and her team on 7th March 2020. Workshop was facilitated by Dr. Brindha Sitaram, Founder Director, Centre of Psycho-Oncology for Education & Research (COPER) An Aegis of Health Care Global (HCG) & Group Director, Psycho-Oncology Service, HCG Enterprises, Bengaluru; Dr. Venkatesh Babu, Consultant - Psychiatrist, Fortis Hospital, Bengaluru and Ms. Akanksha Pandey, Consultant - Clinical Psychologist, Fortis Hospital, Bengaluru.
This one-day workshop was aimed to sensitize & meet the professional needs of Psycho-Oncologists, Psychiatrists, Oncologists, Clinical Psychologists, Counseling Psychologists, Nurses & Medical & Psychiatric Social Workers. The workshop was geared to empower them with knowledge and clinical skills to meet the day-to-day challenges in dealing with the psychosocial distress of patients and their families. This workshop was designed to facilitate communication unique to oncology setting. Observing Demonstrations on Interactions with patients and their families in various cancer contexts and role play by the participants on their understanding as a take away message.

**PHYSIOTHERAPY WORKSHOP: HANDS ON WORKSHOP ON LYMPHEDEMA MANAGEMENT AND BREAST CANCER REHABILITATION**

The workshop was organized by Dr Navneet Singh (PT) Head - Physiotherapist, RGCIRC and his team on 8th March 2020.

The workshop was chaired by national and international faculties including faculties of RGCIRC: Dr. D. C. Doval, Chair - Medical Oncology & Chief of Breast & Thoracic Services, Dr. A. K. Dewan, Director - Surgical Oncology, Dr. Sumit Goyal, Sr. Consultant - Medical Oncology, Dr. Anjali Pahuja, Consultant - Radiation Oncology, Dr. Sunil Khetarpal, Chief Transformation Officer, Dr. Vikas Sangwan, Deputy Medical Superintendent. The one-day workshop aims to provide the combined inputs of surgical, medical and radiation oncology with rehabilitation evidence to the participants.
The highlight of the event was lectures and hands on training on physiotherapy protocol after breast cancer surgery, Lymphedema prevention strategies, management of shoulder complications after breast cancer treatment and complex decongestive therapy (CDT): multi-layered Lymphedema bandaging, manual lymphatic drainage etc.

The hands on training aim to provide the skills, role and advances in the management of Breast cancer Rehabilitation for the physiotherapists and occupational therapists.

The conference was appreciated by all stakeholders and it was a huge success with an enthusiastic participation of national and international delegates. The event provided the platform for delegates to interact with esteemed faculty and refined their knowledge in all the respective fields of breast oncology.

INTERNATIONAL NURSES WEEK CELEBRATION

Nurses are those unsung heroes who always remain behind the scene and silently work towards improving the condition of the patients. As a community they have a vital role in keeping our country healthy. In cancer treatment, the role of nurses is all the more critical and procedures such as chemotherapy need proper care and handling. To celebrate the contribution of Nursing community, Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC) conducted ‘International Nurses Week’.

The week-long program celebrated the work and contribution of nurses through various activities including webinars, discussions, talks, presentations, quiz & number of competitions such as Cake making, Poem, Appreciation Card along with slogan writing - which witnessed overwhelming participation from the entire nursing team. Of special importance were the events such as a Panel Discussion on “Cancer Patients vs Covid-19” and a discussion on “Nursing the World to Health” as a part of Nurses Week. All the nurses across the hospital took Florence Nightingale oath.

This year Nurses Week was organized online following the Covid-19 guidelines issued by the Government. During the sessions, various challenges and solutions were also discussed to encourage nurses to lead more meaningful lives. To encourage & motivate them in these tough times, the senior management of RGCIRC shared messages for positive mindset & thought processes.

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NURSES DAY MESSAGES

At the very one I would like to thank and congratulate our great Nursing Warriors, once again for rising to the occasion to help fight coronavirus, the deadly enemy which the humanity not encountered in its recent memory.

I am happy to be a witness to the delication and the valiant role being played by our Nurses in order to alleviate the suffering of the humanity be a Covid or non Covid categories they may belong to. Their selfless both physical and mental will surely be in the ultimate analysis be rewarded by the almighty Happy Nurses Day, May God bless you all.

Mr. D. S. Negi
Chief Executive Officer - RGCIRC

International Nurses Day is celebrated around the world every May 12, Anniversary of Florence Nightingales birth. This year the theme for Nurses week is “Nurses: A voice to lead - Nursing the world to Health” WHO has declared 2020 as “Year of the Nurse and Midwife” in honor of the 200th Birth Anniversary of Florence Nightingale.

As we honor and celebrate International Nurses Day, I would like to extend my sincere gratitude to all the Nurses of RGCIRC. Dear Nurses, Your hard work, skill, compassion, dedication, empathy never go unnoticed. No matterhow hard things get, you nurses always give your best shot.

In addition to the work you do each day, you have gone above and beyond your duty in responding to COVID 19. In this time of crisis, you all have shown immense courage and selflessness. You are a valued member of the health care team.

I appreciate all that you do for your patients. Thank you for being an Amazing Nurse.

Lt Col Madhumita Dhall
Director of Nursing - RGCIRC
WELCOME TO THE RGCIRC FAMILY

Dr. Parveen Kaur
Consultant & Head
Medical ICU

Mr. Brij Mohan Uperti
AGM
Maintenance

RGCIRC - STAR EMPLOYEES

March

Ms. Deepika Sachdeva
OPD Coordinator
Patient Care Services

Ms. Shruti Negi
Staff Nurse
Nursing Department

Ms. Sheena John
Staff Nurse
Nursing Department

Ms. Ebina Joseph
Staff Nurse
Nursing Department

April

Ms. Shweta Sharma
Staff Nurse
Nursing Department

Ms. Liby Achankunju
Senior Staff Nurse
Nursing Department

Ms. Deepshikha
Staff Nurse
Nursing Department

Mr. Balam Adhikari
Executive
Patient Care Services

Mr. Katua Lal
Transport Coordinator
Security Department
RGCIRC - STAR EMPLOYEES

May

Ms. Tenzin Lhamo
Staff Nurse
Nursing Department

Dr. Dhiraj Kumar
SMO & Chief Coordinator
Day Care

Ms. Mansi Rahi
Staff Nurse
Nursing Department

Ms. Madhvi Kumari
Staff Nurse
Nursing Department

Mr. Santosh Kumar
Housekeeping Supervisor
Housekeeping Department

June

Mr. Aadarsh Singh
Assistant Manager
Security Department

Mr. Sanjay Kumar
G.D.A
Housekeeping Department

Ms. Reshma Raju
Staff Nurse
Nursing Department

Ms. Sonu
Staff Nurse
Nursing Department

Ms. Josmy Varghese
Staff Nurse
Nursing Department
Degradation of environment and changing lifestyle is leading to an increase in the country. Protecting the environment and adopting a healthy lifestyle can help prevent cancer.

Cancer is a largely curable disease in both adults and children if it is diagnosed early and proper treatment is being taken. More than half of the cancers can be prevented in the early stages through screening.

The Statesman
8 April 2020

THUMBNAILS

"Screening, awareness help to curb cancer": Degradation of environment and changing lifestyle is leading to an increase in cancer cases in the country. "Protecting the environment and adopting a healthy lifestyle can help prevent cancer. It is a curable disease in both adults and children if it is diagnosed early and proper treatment is being taken. More than half of the cancers can be prevented in the early stages through screening," said Dr Mudit Agarwal, Sr. consultant head & neck surgical oncology at Rajiv Gandhi Cancer Institute & Research Centre (RGICRC), Delhi, on the occasion of World Health Day.

SNS
Cancer patients need extra precaution during Covid-19 outbreak - Cancer patients are generally immune-compromised (have low immunity) and are at higher risk of contracting infections like Covid-19. Accordingly, cancer patients should strictly observe social distancing, avoid outings as far as possible, take a balanced diet, and remain positive, said Dr. Sudhir Rawal, Medical Director, Rajiv Gandhi Cancer Institute & Research Centre.

INTERVIEW OF DR RAWAL REGARDING “PRECAUTIONS THAT CANCER PATIENTS NEED TO TAKE IN THE TIMES OF COVID”

Kovid-19 के संकट के दौरान कैंसर के मरीजों को अतिरिक्त देखभाल की जरूरत

नई दिल्ली. आमंत्रित पर कैंसर के मरीजों की इम्यूनिटी (रोग प्रतिरोधक क्षमता) कमजोर होती है और ऐसे लोगों में संक्रमण के कोविड-19 का आक्रामक ज्यादा है। नई दिल्ली में कैंसर केंद्र के मरीजों की संख्या में कोविड-19 की आवश्यक ज्यादा है। स्वास्थ्य सेवा के मरीजों के लिए शुरु इम्यूनिटी अद्वितीय जोड़ी है जो नए कैंसर रुग्णों को दिखाया। नई दिल्ली में कैंसर के मरीजों को बीमारी के संकट से बचाने के लिए अतिरिक्त रुग्ण देखभाल की जरूरत है।
Contribution of nurses is unparalleled:

New Delhi 18 May 2020

Nurses are those unsung heroes who always remain behind the scene and silently work towards improving the condition of the patients. As a community they have a vital role in keeping our country healthy. In cancer treatment, the role of nurses is all the more critical and procedures such as chemotherapy need proper care and handling. To celebrate the contribution of Nursing community, Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC) conducted ‘International Nurses Week’.

The week-long program celebrated the work and contribution of nurses through various activities including webinars, discussions, talks, presentations, quiz etc which witnessed overwhelming participation from the entire nursing team. Of special importance were the events such as a Panel Discussion on “Cancer Patients vs Covid-19” and a discussion session on “Nursing the World to Health”. As a part of Nurses Week, all the nurses across the hospital took Florence Nightingale oath.

This year Nurses Week was organized online following the Covid-19 guidelines issued by the Government. During the sessions, various challenges and solutions were also discussed to encourage nurses to lead more meaningful lives, according to a Press release.

Madhumita Dhall 19 May 2020

RGCIRC celebrates International Nurses Week

New Delhi 18 May 2020

Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC) has celebrated ‘International Nurses Week’ in Delhi and applauds contribution of nursing community. This year ‘Nurses Week’ was organised online following the Covid-19 guidelines issued by the government. During the sessions, various challenges and solutions were also discussed to encourage nurses to lead more meaningful lives, according to a Press release.

SNS
Smokers more vulnerable to severe Covid-19 infection: RGCIRC

Besides being the leading risk factor for oral cancer, chewing tobacco could play its part in spread of Covid-19.

ETHealthWorld | May 31, 2020, 06:09 IST

New Delhi, 30th May 2020: Covid-19 is a disease of the respiratory system in human beings. Since lungs and respiratory tract in tobacco smokers are already compromised, the severity of Covid-19 infection in smokers, such as difficulty in breathing, is far higher than the non-smokers, said Dr A K Dewan, Director Surgical Oncology, Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC).

The World Health Organization (WHO) has also stated that tobacco use may increase the risk of suffering from serious symptoms due to COVID-19 illness. Compared to non-smokers, having a history of smoking may substantially increase the chance of adverse health outcomes for COVID-19 patients.

According to Dr L M Darlong, Head of Thoracic Oncosurgery at RGCIRC, tobacco is the single leading cause of cancer in India. About 40% of the cancers in males and 20% of the cancers in females are related to tobacco. These include Lung cancer, Head & Neck Cancer and Oral cancer which are directly related to tobacco consumption. In case of lung cancer, smoking is the leading risk factor and accounts for 80% of lung cancer incidence.

Smoking is also a key reason for co-morbidities in a person such as cardiovascular disease, diabetes, hypertension, chronic respiratory disease and cancer. It has been noticed that mortality rates of Covid-19 are higher among patients with co-morbidities which are directly related to smoking. So it is all the more important to quit smoking during these times of health crisis, stated Dr Dewan.

Besides being the leading risk factor for oral cancer, chewing tobacco could play its part in spread of Covid-19. The use of chewing tobacco leads to increased production of saliva and thus the urge to spit at public places. Indian Council of Medical Research (ICMR) has already warned that "Spitting in public places could enhance the spread of the COVID-19 virus". As a result, spitting in public places has been banned by the Government, Dr Dewan added.

As per the Global Adult Tobacco Survey (GATS): India 2016-17, nearly 267 million, or 29% Indians aged 15 and above used tobacco in different forms. This makes the tobacco consumption in India as one of the highest in the world.

According to WHO, tobacco kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke. Over 80% of the world’s 1.3 billion tobacco users live in low- and middle-income countries.
स्मोकिङ करने वालों में कोविड-19 का संक्रमण ज्यादा गंभीर:

RGCIRC

यह शी देखने में आया है कि कोविड-19 के कारण जाल गंवाने वालों में ऐसे लोग ज्यादा हैं, जिनका पूर्वाञ्चल से सीधा संबंध रहा है। ऐसा इस्तेमाल है क्योंकि पूर्वाञ्चल से दिल, वाराणसी, वाराणसी, कोमोरिटेरी दिजिजिया या कैंसर जैसी बीमारी का संक्रमा बढ़ जाता है और ऐसे वर्गों को कोविड-19 के गंभीर राशियों को सहन नहीं कर पाते।

लाइफाइट | Updated: 31 May 2020, 02:21:00 PM IST

ठाकुरावस्था

- विवशीक्षकों के सुनामिक पूर्वाञ्चल पर्यटन करने वालों में कोविड-19 का संक्रमण दिखा रहा ज्यादा गंभीर
- राजीव गांधी केंद्र इंटरनेट एड रिसर्च सेंटर के प्रोफेसर ब्रजेंद्र कुमार (रायजीवकोलांजी) डॉ. ए. के. टीवारी की रात्रिवीडीय स्वास्थ्य संकट के लिए नजर रखने में कोर्सो का साधन ज्यादा
- इस स्वास्थ्य संकट के लिए नजर रखने में कोर्सो का साधन ज्यादा गंभीर

वह दिल्ली

कोविड-19 मृत्यु रूप से संख्या से जुड़ी बीमारी है। इसमें कर लोगों के फेक्सनों और ऐसे ट्रेफिकिंग एरोडाम में पहले से ही गिनते हो गये हैं, इसलिए से भी पूर्वाञ्चल करने वाले में कोविड-19 संक्रमण के गंभीर होने का संक्रमण आयोजन तो और जो बीमारी की दीर्घकालिक होती है। ऐसे लोगों को राजीव गांधी केंद्र इंटरनेट एड रिसर्च सेंटर (आरजीआईआरसी) के डिप्लोमा सर्जरियल और फोटोग्राफी डॉ. ए. के. टीवारी का कार्य में कर्मचारी है।

प्रवीण स्वास्थ्य संस्थान (दिल्लीपुरवासियों) ने यह कहा है कि तबाकू का इस्तेमाल कोविड-19 बीमारी के लक्षणों के गंभीर होने का संक्रमण बढ़ा देता है। पूर्वाञ्चल करने वाले में, पूर्वाञ्चल करने वाले बीमारी पर कोविड-19 के दुरुस्ती का संक्रमण ज्यादा होता है। ऐसे लोगों को आईसीपी में सर्जरी करने वाले बीमारी पर कर्मचारी करने नहीं होते हैं। ऐसे लोगों को स्वास्थ्य से जुड़ी बीमारी समस्याओं का सामना करना पड़ता है।

डी. टीवारी ने कहा कि यह शी देखने में आया है कि कोविड-19 के कारण जाल गंवाने वाले में ऐसे लोग ज्यादा हैं, जिनका पूर्वाञ्चल से सीधा संबंध रहा है। ऐसा स्मोकिङ है क्योंकि पूर्वाञ्चल से दिल, वाराणसी, वाराणसी, कोमोरिटेरी दिजिजिया या कैंसर जैसी बीमारी का संक्रमण बढ़ जाता है और ऐसे वर्गों को कोविड-19 के गंभीर राशियों को सहन नहीं कर पाते।

इस दिल्ली में की गई राजीव गांधी केंद्र इंटरनेट एड रिसर्च सेंटर की रात्रिवीडीय स्वास्थ्य संकट के लिए नजर रखने में कोर्सो का साधन ज्यादा गंभीर है।

मोबाइल एडिट टैक्सी के सॉर्चर (जीआईटीए) इंडिया 2016-17 के सुनामिक कर्मचारी 26.7 करोड लोगों या 15 साल या इससे यथायोग्य उम्र के 29 प्रतिशत भारतीय किसी भी ऐसी रूप से तबाकू का संक्रमण कर सकते हैं। इस कारण से दुनिया के अन्य देशों की दीर्घकालिक होती है।

दिल्लीपुरासियों के सुनामिक, तबाकू 52 साल 80 लाख से ज्यादा लोगों की जाति होती है। इनमें से 70 लाख मौली जीवी तबाकू के संक्रमण से होती है, और कर्मचारी 12 लाख नौकर ऐसे होते हैं जो पूर्वाञ्चल नहीं करते, लेकिन सेफर्ट हैर्ट स्मोकिङ का संक्रमण करते हैं। दुनिया के 1.3 अब तबाकू प्रयोग करने वालों में से 80 प्रतिशत लोग कम एवं मध्यम आय वाले देशों के हैं.
Environment degradation leading to increase in cancer incidence: RGCIRC

WORLD ENVIRONMENT DAY

Smoking, air pollution, diesel fumes are leading to an increase in incidence of lung cancer. Those working in plastic factories where benzene compounds are used are at risk of cancer of urinary bladder.

05 June, 2020
by BW Online Bureau

Environment degradation and faulty lifestyles are leading to an increase in the cancer incidence in the country. Protecting the environment and adopting a healthy lifestyle can help prevent cancer. This was stated by Dr Vineet Talwar, Director – Medical Oncology at Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC) New Delhi, India’s premier cancer care centre.

Smoking, air pollution, diesel fumes are leading to an increase in incidence of lung cancer. Those working in plastic factories where benzene compounds are used are at risk of cancer of urinary bladder. Similarly those exposed to fungal toxins have high risk of liver cancer.

“We need to take precaution and try not to contribute to further deterioration of environment, added Dr Dr Talwar.

A healthy lifestyle is a life saver against cancer. Obesity, sedentary lifestyle, low roughage diet are all making us vulnerable to different kinds of cancer, added Dr Talwar.

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**Jagaran**

पर्यावरण में निरावत कैंसर बढ़ा कारण : डॉ. विनीत

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जागरण संवाददाता, बाबू दिलीप : पर्यावरण में निरालत और बालिती जीवन शैली के मामलों के कहने का बढ़ा कारण है। पर्यावरण नुकसान और स्वास्थ जीवन शैली के जोखिम कैंसर से बचना संभव है। डॉ. विनीत तालवार केसर सेटर सार्वजनिक शरीर कैंसर लेवल केंद्र, राजस्थान के मेडिकल और राजस्थान के विज्ञान के विशेषज्ञ। तालवार के विश्व पर्यावरण दिवस पर यह बात कही। उन्होंने कहा कि भूमिपान, वातु प्रदूषण और सीजन का पूर्ण का कारण हैं, जिसमें पानी लेने के मामले बड़े हैं। जो तो कई प्राकृतिक के कारखानों में काम करते हैं, जहां बेजीन रंगों का इस्तेमाल होता है, उनमें सूरीनाम व्यावसायिक के कैंसर का अवकाश होता है। इसी तरह केसर टेक्सज लेवल में अलग बालों में टीयर के कैंसर का अवकाश ज्यादा होता है। उन्होंने कहा कि हम ऐसा करते हैं, तालवार बताते हैं। अगर हम पर्यावरण को प्रशिक्षित करने को पहराए वह हमें श्री मुक्तानन्द पुण्यात्मक है, जो ग्रीष्म वार्षिक में नूटन से पताका चढ़ता है। तालवार ने कहा कि हमें अपने स्वास्थ्य के प्रति प्यार देने हुए पर्यावरण के संदर्भ में योगदान करना चाहिए।
International Yoga Day 2020: केसर से लड़ने की ताकत दे सकता है योग

केसर के पास अंधकार के दिन का सुबह काल है। यह सुबह के जीवन के लिए बहुत महत्वपूर्ण है। यहीं, अंधकार के दिन का सुबह काल है। यह सुबह के जीवन के लिए बहुत महत्वपूर्ण है। यह अंधकार के दिन का सुबह काल है।

दीर्घिका

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दीर्घिका

International Yoga Day: अत्याधुनिक तौर पर जीवन को स्थिर करने के लिए योग

international yoga day: केसर से लड़ने की ताकत दे सकता है योग
Yoga in cancer treatment

June 21, 2020

Yoga is an ancient Indian practice and has evolved over thousands of years. It deals with the physical, mental, moral, and spiritual well-being of an individual. It has been observed that, when practiced daily, yoga and meditation significantly helps in reducing stress, anxiety, depression, sleep disturbances, loss of appetite and fatigue in some cancer patients and in addition to enhancing quality of life, immune status and will to fight among patients as well, say experts.

Yoga helps patients with cancer to cope up with symptoms and side effects induced due to treatment they are receiving. Relaxation can be attained through yoga by using different breathing exercises, different body postures, and relaxation techniques. Pranayam helps in regulating breathing patterns, asana improves strength and flexibility. Deep relaxation is earned with regular meditation practices. These yoga interventions help by increasing perceived control, decreasing the potential stigma associated with cancer and having a “psychiatric problem,” and provide a supportive environment where patients can fight with their fears and concerns.

Stress management techniques that have been proven helpful include progressive muscle relaxation, diaphragmatic breathing, guided imagery, and social support. Yoga is especially attractive as it combines many of these techniques with simple stretching exercises, breathing, and relaxation techniques that could be useful for patients with cancer.

Yoga may be calming for post treatment effects.

Patients with cancer have revealed that yoga helped them in calming their mind to cope better with their cancer and its treatment. Few other revealed, it helped in reducing symptoms and side effects such as pain, tiredness, sleep problems and depression. Yoga can sometimes help you to move around more quickly and easily after surgery for cancer, says Dr Harsha Agarwal, Head Psycho Oncology, Rajiv Gandhi Cancer Institute & Research Centre (RGI&RC).

The effects of yoga intervention have been moderate to large in various settings. Cooling effects of Pranayama such as Sheetali, Sheetakari, and Sadanta have been useful in managing chemotherapy-induced nausea and vomiting (CINV) along with Pavanamuktasana (supine knee-chest) and Uttana padasana (straight leg raise).

Loosening exercises, gentle stretches, Yoga Asanas (stretching postures), Sudarshan Kriya, and relaxation techniques have been shown to be effective in managing fatigue, pain, and sleep problems. Techniques that use postures in variable intervals with relaxation techniques (cyclic meditation/movement meditation) have been found to be useful in reducing stress and improving sleep. Mind sound resonance technique that involves chanting and meditating on sound “a,” “u,” and “m,” and mantras have been shown to reduce fear, anxiety, and instill restful state of mind.

It is advisable to perform yoga under the supervision of a qualified practitioner trained by a professional.

Safety measures to be adhered to while practising the yoga poses are as follows:

- Allow at least 2 hours after eating before doing yoga.
- Don’t do yoga alone at home until you’ve practised it with a qualified teacher.
- Tell your teacher about any medical problems you have, including back and joint problems, before you begin.
- Stop and tell your teacher if any posture is painful for you.
- Never try difficult postures, such as head and shoulder stands, without first being shown how to do this by a qualified teacher.
- Women who are pregnant, or have their period, shouldn’t practice certain postures (your teacher will advise you about which these are).
- Drink plenty of water after every class.
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