

NEWS LETTER

EDITORIAL**ISSUE: MAY 2026**

DO YOU BELIEVE IN GOD

For thousands of years, people have looked at the stars and wondered: *"Is there something greater than us?"* In Hinduism, belief in God is not limited to one fixed definition. It is a vast spiritual vision that allows many paths, many forms, and many ways of understanding the Divine.

One Reality, Many Forms

At the heart of Hindu thought is **Brahman** — the ultimate, infinite reality. Brahman is beyond form, beyond gender, beyond human imagination. Yet the same Divine can also appear in forms that the human heart can love and relate to. Hinduism therefore accepts both:

- God without form
- God with form

Just as water can appear as ice, steam, or a flowing river while remaining the same substance, the Divine can appear in many ways while remaining One.

Most Hindus worship God as **Ishvara**, the personal aspect of the Divine — compassionate, loving, and present within all beings. Ishvara is not a distant ruler sitting somewhere beyond the universe, but the inner presence guiding life itself. Whenever righteousness declines and suffering increases, the Divine is believed to manifest in different forms to restore balance and dharma.

Hindu traditions describe different aspects of the same Divine Reality:

- **Brahma** – the creator
- **Vishnu** – the preserver and protector of the universe
- **Shiva** – the transformer who destroys ignorance and ego
- **Devi/Shakti** – the Divine Mother, the cosmic energy behind all creation

Different people may feel drawn to different forms of God. This chosen form is called an **Ishta Devata** — one's personal deity or spiritual ideal. Though traditions may differ in philosophy or practice, the underlying belief remains the same:

Truth is One, though it is approached in many ways.

Why Is There Suffering?

Hindu philosophy explains suffering through several ideas:

- **Karma** – Every action creates consequences that shape future experiences.
- **Maya** – The world is real at our level of experience, but temporary and ever-changing.
- **Lila** – Creation is understood as the Divine play of existence.

God is not seen as a punishing authority, but as the intelligence and order underlying the universe itself. Hinduism encourages **shraddha** — thoughtful and sincere faith — rather than blind belief. Questioning, reflection, meditation, and personal experience are all considered important parts of spiritual growth. A belief that creates hatred, fear, or narrowness is considered spiritually incomplete. True spirituality should lead to compassion, wisdom, and inner peace.

In the Hindu view, spirituality is not separate from daily life.

- Serving others becomes service to God.
- Work becomes worship when done selflessly.
- Family life, study, prayer, and even ordinary duties can become sacred offerings.

The Bhagavad Gita teaches:

“Whatever you do, whatever you offer, do it as an offering to Me.”

Hinduism does not force belief. It invites exploration.

- If you struggle to believe in a deity, begin with truth, compassion, and dharma.
- If the formless feels difficult, connect with a form of the Divine that inspires you.
- If you are uncertain about God altogether, continue seeking sincerely through thought and action.

The goal is not fear or blind obedience, but **Ananda** — inner bliss and spiritual freedom.

In Hinduism, belief in God is not a test to pass. It is a journey of understanding and experience. Over time, the seeker, the act of worship, and the Divine itself are realized to be one. The ultimate truth of the Hindu spiritual vision is expressed as: **Sat-Chit-Anand**-Existence, Consciousness, and Bliss.

As Ramakrishna said after practicing Islam, Christianity, and Shakta Tantra: “I have found that it is the same God toward whom all are directing their steps, though along different paths.” That’s why you’ll see a Hindu in a Krishna temple in the morning, at a Sufi dargah in afternoon, and meditating silently at night – and feel no conflict.

Dr. A. K. Dewan, Director - Surgical Oncology

CME WITH IMA AMBALA CITY, HARYANA

RGCIRC in association with Indian Medical Association (IMA), Ambala City organized an Oncology CME on Friday, 22nd May 2026 at The Orion Banquet & Resort, Tagore Garden, Baldev Nagar, Ambala, Haryana.



Dr. Bharat Gupta, Consultant – Interventional Radiology delivered an insightful lecture on **Precision Interventional Radiology in Liver Cancers** and Dr. Shaifali Goel, Consultant – Surgical Oncology presented on the topic **Robotic Surgery in Gastrointestinal (GI) & HPB Malignancies**.

The event was a great success, providing a platform for the dissemination of knowledge and the exchange of ideas in the field of oncology.

CME WITH INDIAN ACADEMY OF PEDIATRICS (IAP) JAMMU BRANCH & THE DEPARTMENT OF PEDIATRICS, SMGS HOSPITAL, JAMMU

RGCIRC in association with Indian Academy of Pediatrics (IAP) Jammu Branch & The Department of Pediatrics, SMGS Hospital, Jammu organized an Oncology CME on Saturday, 23rd May 2026 at Fortune Inn Riviera, Gulab Singh Marg, Jammu.

Dr. Anjali Pahuja, Sr. Consultant & Unit Head – Radiation Oncology delivered an insightful lecture on **Malignancy or Mimic? When to refer...** and Dr. Payal Malhotra, Consultant – Pediatric Hematology Oncology and BMT presented on

the topic **Decoding the CBC in Office Practice**.

The audience was thoroughly impressed by the insights shared and the depth of knowledge displayed by the speakers.



WHEN HOPE WAS STRONGER THAN CANCER - PAYAL SOLANKI

"I am 24 years old and working as an Associate Account Manager (Marketing) with Kia & Hyundai Motors. In October 2016, I was diagnosed with **Acute Lymphoblastic Leukaemia (ALL)**. It began one morning when I noticed a small lump behind my right ear.



When I mentioned it to my mother, she casually assumed it was from a playful knock, and we brushed it aside. At the time, I was a happy-go-lucky girl with everything planned ahead, excited about college life — unaware that my world was about to change completely.”.

Within two weeks, the swelling became hard. I underwent X-rays and ultrasounds, but the reports showed nothing abnormal. Still worried, we consulted two well-known doctors in Delhi, who advised an MRI and FNAC (a needle test). The FNAC was extremely painful because the swelling was so hard that the needle struggled to penetrate it. Even after multiple attempts, the results were inconclusive. I was advised not to worry and to undergo surgery to remove the lump.

Around the same time, Diwali arrived, and we visited our hometown, Dehradun.

That visit changed everything. One of my uncles, a cancer surgeon, noticed the swelling during a family gathering.

He asked me to visit the hospital the next day for a routine check-up. Despite normal reports from repeated tests including X-rays, FNAC, MRI, and ultrasound his experience told him that something was not right. He ordered a high-level test, which took five days for results.

In the meantime, I underwent surgery to remove the lump, and a biopsy was performed. The biopsy revealed the presence of cancerous cells. A few days later, the reports confirmed the diagnosis: **Acute Lymphoblastic Leukemia (ALL)**, a type of blood cancer. My chemotherapy began immediately. What was expected to be an eight-month treatment extended to eleven months due to severe side effects. My Diwali break turned into full-time hospital visits.

When chemotherapy started from RGCIRC, I remained positive. I didn't want to give up, and I knew I had to be strong for my family.

The first two months went smoothly, and I believed the journey would be manageable. However, as the sessions continued, the side effects intensified, and chemotherapy was often postponed. For nearly two months, I underwent chemotherapy on alternate days. I lost 17 kilograms and all my hair. The hardest part was being unable to attend college or meet my friends. I had always dreamed of pursuing law, but I couldn't prepare for the entrance exams and had to let go of that dream. I was shattered.

There was a time when, just before chemotherapy, I developed a high fever and my blood counts dropped drastically. I was on the verge of death. My haemoglobin dropped to 3, WBC to 700, and platelets to 30,000. My bone marrow had stopped producing blood cells, and I began passing blood clots in my urine. I underwent three days of continuous blood transfusions. Along with this, I suffered from multiple chemotherapy side effects, including UTIs, anal fistulas, haemorrhoids, nausea, severe constipation, extreme weight changes, and hair loss.

I won't deny that there were moments when I cried alone and questioned God—why me, out of millions? The unbearable pain of injections and side effects often broke me. I felt like I was losing my college life, career, and future. But one belief stayed firm: to heal, I had to stay positive. Even medicines cannot work if the mind gives up.

Whenever I felt weakest, my mother reminded me that I would get through this.

I focused on my mindset. I watched TED Talks, read positive books, and learned to appreciate the fact that I was alive. I stopped covering my head and embraced my transformation. I felt like a phoenix rising from ashes. Cancer is an excruciating process, but it teaches you invaluable lessons.

During the thirteen months I couldn't attend college, I began valuing the smallest joys, home-cooked food, friends making notes for me, shared laughter, and my family's unwavering support. My friends even completed my assignments, and on my birthday, they threw me a small party. A simple cake and balloons had never meant so much.

That is how I battled cancer, appeared for my exams, and secured admission to my dream

school in Bangalore. However, life had other plans. Due to medical restrictions, I was not cleared to travel. After everything I had faced, I accepted it calmly. I took up Spanish and classical dance, regained my health, and set my sights on new goals.

I did my PGDM in Advertising and Marketing from University of Delhi

I could choose to dwell on how hard the journey was, but cancer gave me more than it took away. It taught me gratitude, resilience, and positivity even when life doesn't go as planned. If not for cancer, I wouldn't value life the way I do today. I wouldn't feel this strong or this invincible. The eleven-month journey took a toll on my physical health and appearance, but what carried me through was my willingness to live life once again and fight through the disease.

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