

NCICCC

NATIONAL CONFERENCE ON INTEGRATIVE CANCER CARE

**2ND - 5TH APRIL 2025
PANJIM, GOA, BHARAT**

◆..... An initiative by◆

SANJEEVANI
... life beyond cancer



The overwhelming response to the first NCICC (National Conference on Integrative Cancer Care) 2024, where participants traveled from all over the country to engage in meaningful discussions, experiential workshops, panel discussions with experts and share experiences, made us believe in the immense interest from stakeholders in Integrative cancer care.

Thus, we at 'Sanjeevani Life Beyond Cancer' are excited to announce that we will be making it an annual event, with plans to expand our reach each year.

Building on the success of last year, NCICC 2025 will once again take place in Goa this April, bringing together 300+ cancer patients from across the nation, in this four day event centered around healing, knowledge sharing and creating a space where 'patient' will remain the centre of all conversations and activities.

This year, we aim to delve deeper into the 'why and how' of Integrative Cancer Care strategies, offering a platform for experiential workshops, expert-led panel discussions, and thought-provoking research presentations.

It's an opportunity for like-minded individuals to unite, learn, and empower themselves on the journey to a disease-free life.

This 4 day workshop and conference will consist of :

- 5 Panel Discussions by Senior Experts
- 9 Workshops by Experienced Faculty
- 6 Masterclasses by the Masters in various field of Cancer Care
- 3 Experiential Sessions by Senior Holistic Health Healers

This will be physically participated by 300+ cancer patients, cancer care givers and people who are in the cancer care space as well as over 10000+ patients / stakeholders virtually.

SCHEDULE OF THE CONFERENCE

02 April,2025

The National Conference on Integrated Cancer Care, a platform dedicated to exploring the powerful synergy between conventional medicine and holistic healing. This conference brings together leading oncologists, holistic health experts, and cancer patients and survivors to discuss innovative approaches to comprehensive cancer care.

4.00 PM- 5.00 PM :

- **INAUGURATION AND KEY NOTE ADDRESS**
- **RELEASE OF THE YEAR BOOK**

Following the opening sessions, we are honoured to present two Panel Discussions featuring Senior Oncologists and Holistic Health Experts. This discussion will delve into how integrating medical treatments with holistic therapies can enhance patient outcomes, improve quality of life, and support the healing journey.

The panels will offer valuable insights into the evolving landscape of cancer care and the importance of a holistic, patient-centered approach.

05.00 -06.00 PM :

PANEL DISCUSSION I -

RELEVANCE OF INTEGRATIVE CANCER CARE STRATEGIES AND TOOLS

- **Shri Naveen Kumar** (I.A.S.) Secretary, Government of Uttar Pradesh
- **Dr Vani Parmar** (Chief Breast Surgical Oncology) Punyashlok Ahilyadevi Holkar Head and Neck Cancer Institute of India, Mumbai
- **Dr Mounir Bachouchi** (Medical Oncologist) Morocco
- **Dr Bhavna Sirohi** (Medical Director & Senior Medical Oncologist) BALCO Medical Center, Raipur
- **Dr Jyoti Bajpai** (Lead Medical and Precision Oncology) Apollo Hospitals, Navi Mumbai & Maharashtra
- **Shri Ashok Kakkar** (VP & Zonal Head) Middle East and Africa: Varian, a Siemens Healthineers Company, Mumbai

06.00 -06.45 PM :

**PANEL DISCUSSION II -
ROLE OF SKILLED CARE GIVERS IN CANCER CARE**

- **Mrs Manisha Verma** (I.A.S.), Addl. Chief Secretary Govt of Maharashtra
- **Shri Rahul Mittal** (Chairman and Managing Director) RITES Ltd, Delhi
- **Dr Rama Sivaram** (Consultant and Cancer Advocate) Pune
- **Dr Anubha Dhawan** (Head of Operations), Rajiv Gandhi Cancer Institute and Research Center, Delhi
- **Mrs Sindhu Nair** (Nursing Superintendent) Tata Memorial Hospital, Mumbai

07.00 -07.30 PM:

PRESENTATIONS ON CUTTING EDGE TECHNOLOGIES IN CANCER CARE

- **Dr Sandeep Nayak** (Surgical Oncologist and Founder) Macs Clinic, Bangalore
- **Shri Ratul Lahiri** (Founder and Ceo) The PurpleRibbon, Mumbai
- **Dr Mitali Mukerji**, (Coordinator) Ayurtech for Integrative Precision Health, IIT Jodhpur

07:30 PM ONWARDS : FREE LEISURE TIME TO EXPLORE GOA

SCHEDULE OF THE WORKSHOPS AND MASTERCLASSES

03 APRIL,2025

07:00 - 08:00 AM : WORKSHOP ON MINDFULNESS

This workshop will explore the profound impact of mindfulness practices on holistic health and healing in the context of integrated cancer care. Participants will learn techniques to calm the mind, reduce stress, and foster emotional well-being. Through guided exercises, we'll dive into the power of being present, cultivating inner peace, and supporting the body's natural healing processes. This session will offer practical tools for integrating mindfulness into daily life, promoting resilience and balance throughout the cancer journey.

Facilitator: Dr Shambhavi Samir Alve,

Psychotherapist, Alternative Healing practitioner, Certified Mindfulness Coach Professional (CMTP-065) Vice-President, WICCI's National Mental Health Council

08:00 - 08:30 AM - BREAKFAST

10:00 - 11 AM : WORKSHOP ON NUTRITION

This workshop on Nutrition will focus on the essential understanding of right food, right time to eat, right quantity, right combinations and right feelings in holistic health and cancer care. Participants will gain insights into nutrition strategies that support healing, boost immunity, and enhance overall well-being. Learn how to nourish your body with foods that promote vitality and resilience during the cancer journey.

Facilitator: Ms Poonam Vaswani

Clinical Dietitian, Certified Onco Nutritionist & Diabetes Educator

11:30 - 12.30 PM : WORKSHOP ON EMBRACING WELLNESS

This workshop will develop a holistic approach to health and well being.

Facilitator: Dr Rama Sivaram

Consultant, Cancer Advocate and Massage Therapist

12:30 - 1:30 PM : LUNCH AND FREE TIME

03:30 - 4.30 PM -

**PANEL DISCUSSION III -
ROLE OF GUT HEALTH AND YOG IN HEALING**

- **Dr Anupama Borkar** (Head of Department), Medical Oncology, Goa Medical College, Goa
- **Dr Vikas Oswal** (Professor) Medical Oncology and OIC, Tata Memorial Hospital, Mumbai
- **Shri Kartikeya.A** , Economic Development Board. Government of Andhra Pradesh
- **Dr Ganesh Rao** (Professor) PhD Yoga and Philosophy, KKKSU and Mumbai University, Mumbai
- **Dr Gauri Rokkam** (Holistic Nutritionist and Nature Cure Therapist) Bangalore

Moderator : Mrs Ruby Ahluwalia (Founder) Sanjeevani Life Beyond Cancer

04:30 - 5.15 PM : MASTERCLASS ON YOG

In this Masterclass we will delve deep into the transformative power of yoga in supporting cancer care. We would understand that how the practice of yogic principles can work at the level of conscious and subconscious mind to change our bio-chemistry and enhance overall well-being, aiding the body and mind in the healing process.

Facilitator: Dr Ganesh Rao

Professor, PhD Yoga and Philosophy, KKKSU and Mumbai University

05:15 - 5.30 PM - TEA BREAK

05.30 - 6.00 PM : WORKSHOP ON NATUROPATHY

06.00 - 7.00 PM : MASTERCLASS ON GUT HEALTH

In this Masterclass we will understand the role of gut health in cancer care, focusing on how to nourish our body with healing foods, strengthen immunity, and support the body's natural detoxification processes for optimal health and recovery and maintain a healthy gut.

Facilitator: Dr Gauri Rokkam

Holistic Nutritionist and Nature Cure Therapist

07:00 PM ONWARDS : FREE LEISURE TIME TO EXPLORE GOA

04 APRIL,2025

07:00 -08:00 AM : WORKSHOP ON BREATHWORK

This Breathwork workshop will guide participants through powerful breathing techniques to reduce stress, enhance mental clarity, and promote relaxation. Learn how conscious breathing can support physical and emotional healing, boost energy levels, and help in managing the challenges of cancer treatment and recovery.

Facilitator: Ms Aminah Sheikh

Healing Practitioner, Sufi Storyteller Trauma Healing Specialist and Certified Breathwork Healer

08:00 -08:30 AM - BREAKFAST

10:00 - 11:00 AM : WORKSHOP ON QUANTUM HEALING

This workshop will teach participants how to harness the power of the mind to aid in healing. Through guided imagery techniques, they will learn to create positive, empowering mental images that support emotional well-being, reduce stress, and enhance the body's natural healing abilities during the cancer journey.

Facilitator: Dr Saraah Chimthanawala

Renowned Life Therapist, Homeopath, Alternative Therapy Practitioner and Counselor

11:30 -12:30 PM : WORKSHOP ON ART BASED THERAPY(ABT)

This workshop invites participants to explore creative expression as a tool for healing. Through various art forms, an opportunity is created for the participants to release emotions, reduce stress, and gain insight into your personal journey. ABT promotes emotional well-being, enhances self-awareness, and fosters a sense of empowerment in the healing process.

Facilitator: Ms Shilpa Dani

International Certified Art Based Therapist

12.30 -1.30 PM: LUNCH AND FREE TIME

03:30 - 04:30 PM

**PANEL DISCUSSION IV -
IMPORTANCE OF EMOTIONAL WELL BEING IN CANCER CARE**

- **Dr Amit Sehrawat** (Associate Professor) All India Institute of Medical Sciences, Rishikesh
- **Dr Gaurav Prakash** (Professor) Clinical Haematology and Medical Oncology , Postgraduate Institute of Medical Education and Research Chandigarh
- **Dr Mohit Gupta** (Professor of Cardiology), Public Speaker, Author and Spiritual Trainer, Delhi
- **Dr Mayur Kaku** (Onco Neuro Surgeon and Yog Practitioner) Bangalore

Moderator : Ms Ruby Ahluwalia (Founder) Sanjeevani Life Beyond Cancer

04:30 - 05:15 PM : MASTERCLASS ON EMOTIONAL WELL BEING

In this masterclass, we shall understand and experience the role of emotions in our well being.

Facilitator : Dr Mohit Gupta

Professor of Cardiology, Public Speaker, Author and Spiritual Trainer

05:15 -05:30 PM - TEA BREAK

05:30 -06:00 PM : WORKSHOP ON VIPASSANA MEDITATION

06:00 - 07:00 PM : MASTERCLASS ON PANCH KOSHA VIVEKA

In this masterclass "The Vedic Self Analysis and Journaling" masterclass guides participants on a self-discovery journey using the ancient Vedic system of the five layers of existence. Combining journaling with Vedic wisdom, it helps individuals reflect on their body, breath, mind, intellect, and bliss to uncover deeper insights. This class offers a unique approach to personal growth and lasting happiness through spiritual exploration and self-reflection.

Facilitator : Dr Mayur Kaku

Onco Neuro Surgeon and Yog Practitioner

07:00 PM ONWARDS : FREE LEISURE TIME TO EXPLORE GOA

05 APRIL,2025

07:00 - 08:00 AM: WORKSHOP ON SOUND HEALING

This Sound Healing workshop will explore the therapeutic power of sound frequencies in promoting deep relaxation and emotional healing. Participants will experience how vibrations from sound can help reduce stress, balance energy, and support the body's natural healing process. Discover the healing potential of sound as a tool for restoring harmony and well-being during the cancer journey.

Facilitator: Ms Bhaktiveda

Founder of Pranaah, Co Founder Expressive Art Therapy Association of India
Expressive Art Therapist from Lesley University, USA Integral Sound Healing Trainer

08:00 - 08:30 AM - BREAKFAST

10:00 - 11:00 AM : WORKSHOP ON PSYCHOTHERAPY

This Psychotherapy workshop will explore the psychological aspects of healing during cancer care. Participants will learn how therapy can help process emotions, manage stress, and address mental health challenges. The session will offer tools to support emotional well-being, foster resilience, and enhance the overall healing journey.

Facilitator: Dr Aalapti Singh

Psychosocial Oncology and Public Health Researcher

11:30 - 12.30 PM : WORKSHOP ON KABIR

The Kabir workshop will explore the transformative power of Saint kabir's renditions in shifting from limiting beliefs to core beliefs that serve life. Participants will learn how empathy helps move from fear to trust, fostering a deeper connection with the heart, mind, and body. This session will also focus on navigating the 4 Ds that disconnect us and how to nurture meaningful, honest connections to live life fully.

Facilitator: Ms Reena Ginwala

Non Violent Communication Expert

12:30 - 01:30 PM - LUNCH AND FREE TIME

03:30 - 04:30 PM :

**PANEL DISCUSSION V -
ROLE OF POSITIVE COMMUNICATION IN CREATING A NEW BIOCHEMISTRY**

- **Dr Nisha Vishnu** (Consultant) Fortis Healthcare and MAC's Clinic, Bangalore
- **Dr Shekar Salkar** (Senior Consultant) Surgical Oncology , Manipal Hospital Goa
- **Ms Uma Oza** (A transformative and Coach and Educationist) Ahmedabad

Moderator : Ms Ruby Ahluwalia (Founder) Sanjeevani Life Beyond Cancer

04:30 - 05:15 PM : MASTERCLASS ON NON VIOLENT COMMUNICATION

This masterclass will cover the nuances of Non violent communication and its importance in our well being.

Facilitator : Mrs Uma Oza

A transformative and Coach and Educationist

05:15 -05:30 PM – TEA BREAK

05:30 - 06:00 PM : WORKSHOP ON ACCUPRESSURE

This workshop on Acupressure for Cancer Patients focuses on integrative care techniques to help manage symptoms and improve well-being. Participants will learn simple acupressure methods to relieve pain, stress, and nausea. This holistic approach complements traditional cancer treatments, promoting comfort and enhanced quality of life.

Facilitator : Dr Santosh Pandey

Founder and Managing Director Rejua Energy Center, Mumbai

06:00 - 07:00 PM : MASTERCLASS ON AYURVEDA

07:00 PM ONWARDS : GET TOGETHER