

# Mitra Sandesh

July 1, 2023

## I CAN & I WILL

It is normal to feel frightened, anxious, and panicky at times when you're diagnosed with cancer. There is no right or wrong way to feel about having cancer. We all deal with things in our own way and a lot depends on various circumstances in our own lives. Most people find that fears lessen as they move forward and begin cancer treatment.

“ Acceptance is the first step in overcoming fear ”

Amar Bhaskar



## The Healing Power of Yoga

**Dr. Mayur V Kaku**

Yogic Neurosurgeon .MBBS, MCh (Neurosurgery), Brain and Spine Surgeon, Senior Consultant Neurosurgery, HoD Yoga and Neuroscience, PES Medical College, Kuppam

Mitra CanCare Foundation jointly in association with Rotary Club of Bangalore West presented “The Healing Power of Yoga” by Dr. Mayur V Kaku, Senior Consultant Neurosurgery, HoD Yoga and Neuroscience, PES Medical College, Kuppam, on Sunday 25th Jun 2023.

Dr Mayur started the session with a talk about how Yoga can help to fight cancer and its numerous health benefits , some are

**Stress Reduction:** Yoga can help reduce cortisol levels which are known for causing stress in the body and increases the production of feel-good hormones such as endorphins and serotonin.

**Improved Flexibility:** Yoga involves stretching and holding poses which can help improve flexibility, range of motion, and mobility.

**Better Breathing:** Pranayama or breathing exercises in yoga can help improve respiratory health, increase lung capacity, improve oxygenation of the body, and help reduce stress and anxiety.

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**Enhanced Strength and Balance:** Yoga involves holding poses and balancing which can help improve muscle strength and balance.

**Improved Sleep Quality:** Yoga helps in relaxation and sleep.

**Reduced Chronic Pain:** such as back pain, arthritis, and headaches.

**Lowered Blood Pressure:** can help reduce blood pressure levels and promote a healthy heart.

The human body is autonomic; It possesses an enormous, astonishing, and persistent capacity to heal itself. When you approach yoga practice from a perspective of internal body awareness, feel deep inside and feel the presence of your body, your mind starts to calm down and become more coherent, more present. Greatest healing occurs when you have a relaxed and coherent mind.

After the talk, all participants performed Yoga in group Yoga session under Dr Mayur and Ms. Shilpa Dani's guidance. Also, Ms Shilpa shared her experience about how yoga helped her to fight cancer.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.



## Dr Swaroop's Corner

MD radiation oncology, DM medical oncology, MRCP SCE medical oncology

## LEARN & KNOW

### Sarcoma and Bone Cancer :

While common cancers like breast and lung cancer receive significant awareness, rare cancers such as sarcoma and bone cancer silently impact lives, leaving patients feeling isolated. It's time to acknowledge and shed light on these diseases, empowering patients and caregivers while educating the public.

We must also understand that sarcomas and bone cancers often affect young people (children, adolescents, and young adults), disrupting their careers and social lives, causing untold financial and psychological strain.

Recognize the signs: persistent pain, swelling, or tenderness in bones or soft tissues. Early detection saves lives, so seek immediate medical attention if you experience these symptoms. Help break the silence by spreading this crucial information among your friends, family, and social networks. Together, we can make a difference, improving outcomes and supporting those affected.



Note

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