



Swastha
Navjeevan

Healthy New Life

Holistic Cancer Healing Retreat (HCHR)
Evidence-Based Integrative Oncology
For **BODY • MIND • INTELLIGENCE • SOUL**





A new paradigm of healing, rooted in Vedic wisdom and validated by science.

A shloka from the Sushruta Samhita describes health as far more than the absence of illness. It is a state of harmony between the doshas, agni, dhatus, malas, and the self. A profound understanding that modern science is only now beginning to rediscover, although it was articulated in the Vedas thousands of years ago.

Swastha NavJeevan is rooted in this philosophy and embraces health as the balance of body, mind and inner self. This vision of Swastha NavJeevan comes alive through its 2H·2R·2L framework, delivering care that restores the whole person rather than simply treating the disease.



MISSION

To advance the science of holistic healing through research and community outreach, empowering people with the integrated wisdom of Body, Mind, Intelligence and Consciousness to address the root causes of disease and enhance quality of life and long-term well-being.



VISION

To become the world's leading organisation for holistic cancer healing, supporting patients, caregivers, families, and survivors by transforming every cancer journey into one of renewed health and happiness, deep rejuvenation and resilience, and lasting wellness.



HOLISTIC CANCER HEALING RETREAT (HCHR)

Caring for the person, _____
not just the cancer

The Holistic Cancer Healing Retreat (HCHR) is the inaugural programme of Swastha NavJeevan, an initiative of Bhaktivedanta Ayurvedic Healing & Research Centre (BAHRC), the Glory of Maharashtra Project of ISKCON Navi Mumbai.

It pioneers an integrative oncology protocol that brings together nutrition, mind-body practices, art, and meaning-centred therapy alongside conventional cancer care to strengthen resilience and ease treatment-related challenges.

It strives to improve quality of life by supporting physical, emotional and mental well-being of the person alongside medical cancer care.



Purpose of the programme _____



Develop a foundational understanding of **holistic cancer healing**.



Discover the four dimensions that support **a better quality of life**.



Begin your **30-day lifestyle transformation** journey.



Become an active participant in your **own healing and recovery**.

The foundations of **holistic health** _____



Healing the four dimensions of life



Cancer can impact every dimension of life. True healing, therefore, requires care that looks beyond the illness to the whole person.

Our one-day programme embraces holistic healing through evidence-informed integrative oncology, supporting the body, mind, intellect and soul. By nurturing these interconnected dimensions of health, the programme supports the person's recovery and overall well-being.



SESSION ONE

Annamaya (Rebuilding the body)

This session brings together evidence-based anti-cancer nutrition, yoga, therapeutic movement, and Ayurvedic dietary principles to support the body through nourishment and restorative care.

The approach helps strengthen the body while supporting appetite, digestion, physiological balance, and healthy elimination, contributing to overall physical well-being.



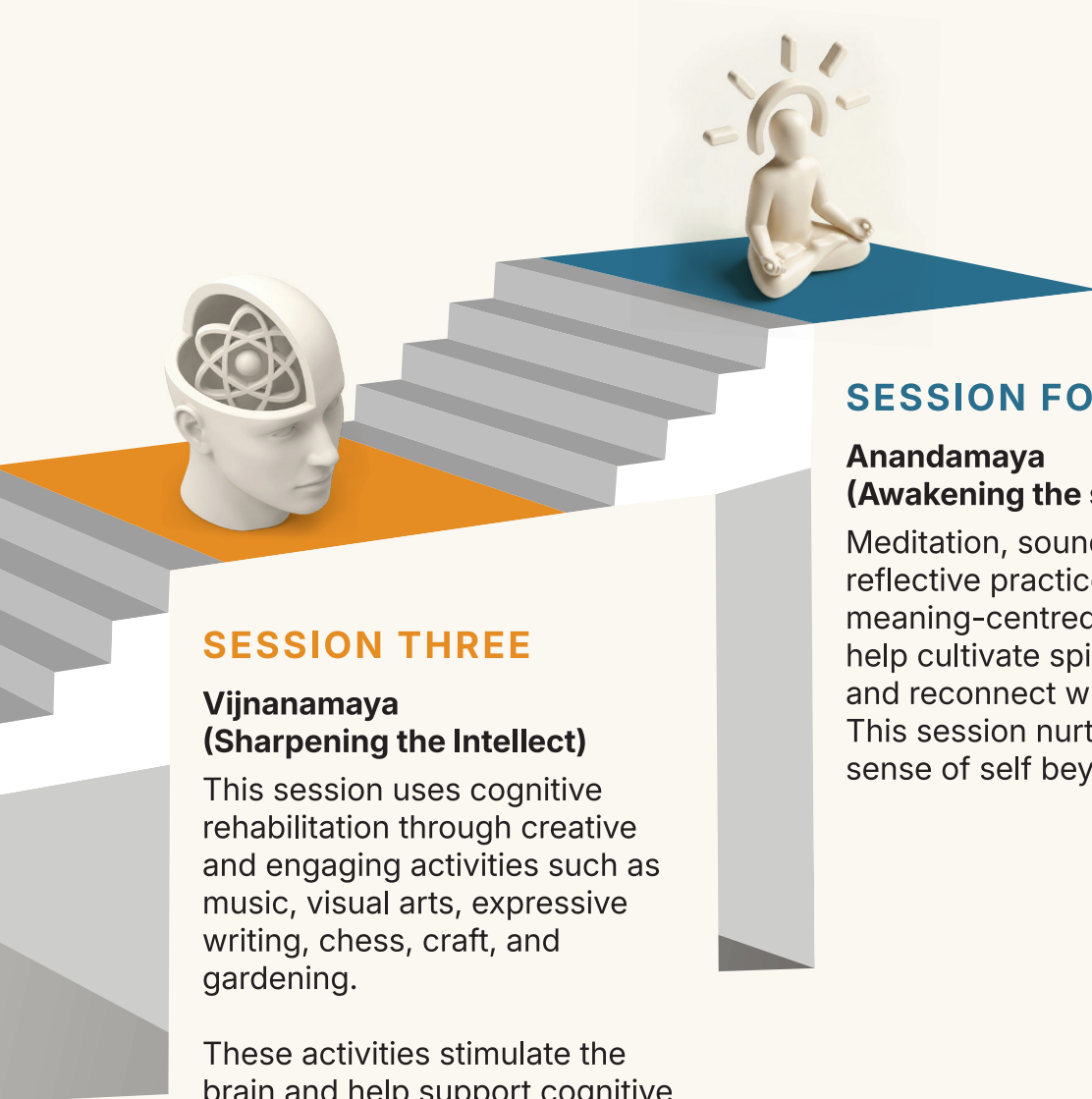
SESSION TWO

Manomaya (Quieting the fear)

The session focuses on mindfulness-based stress reduction through guided relaxation and breathwork. Through guided techniques, you learn to recognise and reframe negative thoughts.

These practices help ease emotional distress and manage stress, while nurturing a greater sense of emotional balance and inner steadiness.





SESSION THREE

Vijnanamaya (Sharpening the Intellect)

This session uses cognitive rehabilitation through creative and engaging activities such as music, visual arts, expressive writing, chess, craft, and gardening.

These activities stimulate the brain and help support cognitive recovery from treatment-related changes.

SESSION FOUR

Anandamaya (Awakening the soul)

Meditation, sound therapy, reflective practices and meaning-centred conversations help cultivate spiritual resilience and reconnect with the inner self. This session nurtures a renewed sense of self beyond illness.

Guided by global standards

Our integrative oncology approach draws upon internationally recognised clinical guidelines. It brings together evidence-based recommendations for supportive cancer care under one roof.

				
National Comprehensive Cancer Network	American Society of Clinical Oncology	European Society for Medical Oncology	Society for Integrative Oncology	World Health Organization
Survivorship Guidelines (Version 2.2023)	Exercise Guidelines (2022)	Survivorship Guidelines (2022)	Clinical Practice Guidelines (2023)	Guidelines on Physical Activity and Sedentary Behaviour

Uniting international best practices to deliver comprehensive, person-centred cancer care.



Who can benefit

This programme welcomes anyone seeking holistic care, guidance, and strength through the cancer journey. It offers compassionate support regardless of faith or financial circumstances.

For everyone touched by cancer

- **Cancer patients**
- **Cancer survivors**
- **Caregivers**
- **Family members**



An integrated approach helps to



**Enhance
quality of life**



**Reduce treatment-related
side effects**



**Strengthen
immune function**

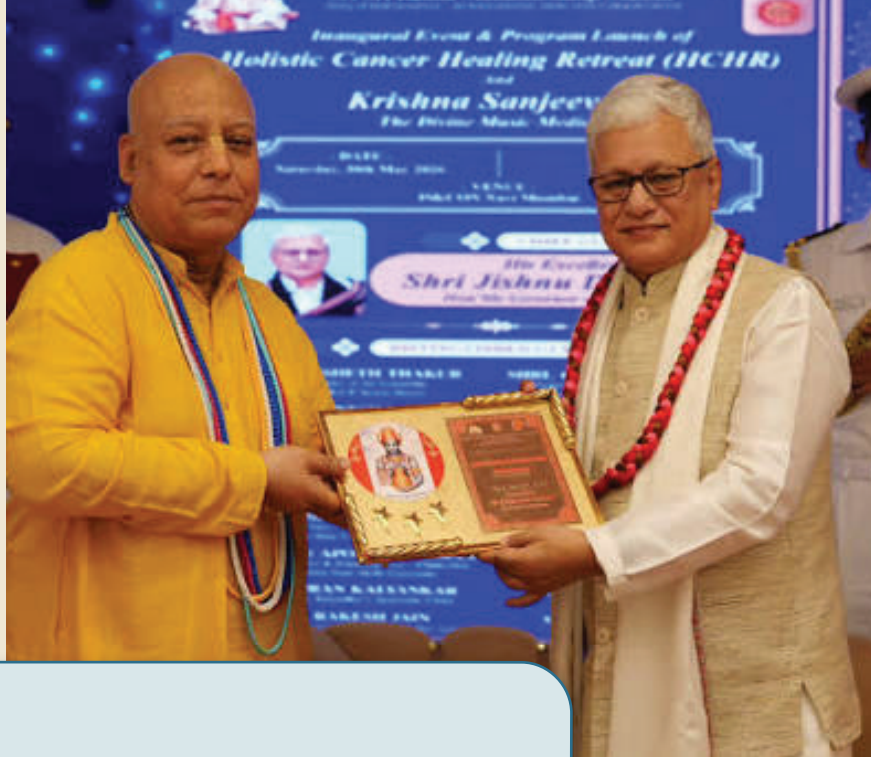


**Support whole-person
well-being**



On 30 May 2026, the Hon'ble Governor of Maharashtra, Shri Jishnu Dev Varma, inaugurated India's first Holistic Cancer Healing Retreat and unveiled the divine music therapy initiative, Krishna Sanjeevani, at ISKCON Kharghar.

The occasion was witnessed by over 200 patients, caregivers, physicians, and distinguished guests, marking the beginning of a new chapter in integrative cancer care.



Modern medicine has given us cures – but healing also needs humanity, faith and compassion. This retreat brings the spirit back to cancer care, and that is what makes it truly Indian.

Shri Jishnu Dev Varma
Hon'ble Governor of Maharashtra

You can help make healing accessible

Together, we can make evidence-based, holistic cancer care accessible to more individuals and families.

₹5 Lakh

**Sponsor One Holistic
Cancer Healing Retreat**

Enable one complete HCHR for 300 people, including all four healing sessions, programme materials, and nourishing meals.

₹50 Lakh

**Sponsor
a Year of Healing**

Support 12 monthly Holistic Cancer Healing Retreats, reaching approximately 3,500 people with comprehensive integrative oncology care throughout the year.

₹1 Crore +

**Become a
Founding Patron**

Support the future of integrative oncology through clinical research, programme development, and the expansion of the Holistic Cancer Healing Retreat.

Contact us if you would like to support the HCHR initiative.
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SRI SRI RADHA MADANMOHANJI TEMPLE

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