



## INSIGHT

### PG. 2

**PRECIOUS SMILE:** Transforming the life of a young athlete

### PG. 2

Understanding **Acceptance and commitment therapy** as a psychology tool!

### PG. 4

**E-Support Systems:** How CCF virtual support works

# theSPARROW

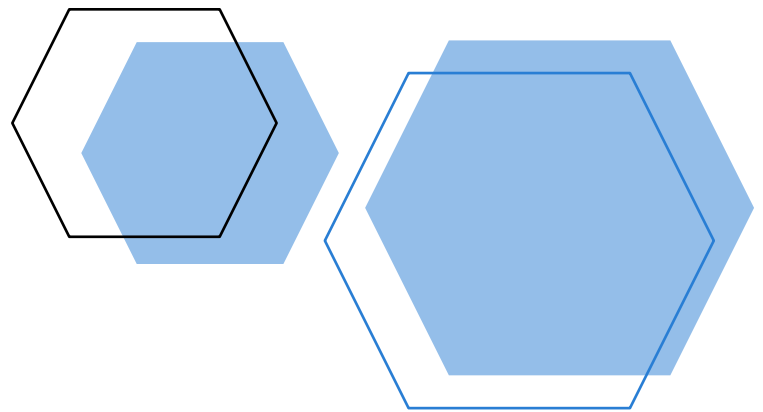
## COIMBATORE CANCER FOUNDATION

Coimbatore Cancer Foundation deeply mourns the loss of our beloved chairman Mrs Shah Rani Sargunam. She was a brave warrior battling cancer out, but fate took its toll and we lost one of our strongest lights! Her last days revealed to us and all our stakeholders the impact End-Of-Life Care and supportive palliation can make on the QoL of both patient and the caregiver. Her journey through cancer gave deep insights into cancer care and made us more committed to focusing on our Vision & Mission. With the world looming around another wave of COVID pandemic, CCF is all the more focused on innovating the best practices for virtual support systems and effective care delivery for cancer patients in the community.

# PRECIOUS SMILE!

SUBTITLE GOES HERE

A few months back CCF's counselling team came across an awesome girl who was just seventeen years old but had contracted with Germ Cell Tumor of ovaries. She was a state level cricket player with an ambition to play for the Indian Team, this diagnosis broke her will and the whole family was in a depressive phase. It was quite a challenge to convince her about the curability and good outcome of this disease, but our counsellor's constant support improved her quality of life. The final PET-CT showed a complete response, and all markers were negative giving her a complete cure. The news simply lit up a smile which warmed our hearts, A precious Smile beyond words!



## UNDERSTANDING PSYCHOLOGY

ACCEPTANCE AND COMMITMENT THERAPY (ACT)

Acceptance and commitment therapy (ACT, typically pronounced as the word "act") is a form of psychotherapy and a branch of clinical behavior analysis. It is an empirically based psychological intervention that uses acceptance and mindfulness strategies mixed in different ways with commitment and behavior-change strategies, to increase psychological flexibility.

The objective of ACT is not elimination of difficult feelings; rather, it is to be present with what life brings and to "move toward valued behavior". Acceptance and commitment therapy invites people to open up to unpleasant feelings, and learn not to overreact to them, and not avoid situations where they are invoked. Its therapeutic effect aims to be a positive spiral where feeling better leads to a better understanding of the truth. In ACT, 'truth' is measured through the concept of 'workability', or what works to take another step toward what matters.





# E-SUPPORT

## SUPPORT GROUP MEETING FOR FAMILIES UNDER HOME QUARANTINE

The second wave of COVID saw a sudden spike in the number of people being home quarantined and keeping them motivated and happy was a challenge. To address this issue CCF and Shanthi Ashram came together to conduct a series of motivational and support sessions for COVID patients in-home quarantine. In these sessions, CCF's Counsellor Ms Saraswathi educated sixty five patients with techniques for stress management, the Shanthi Ashram team too helped by counseling them about diet and lifestyle modifications for a healthy and fit life!

**“When we lose someone, we love, we must learn not to live without them, but to live with the love they left behind”**

---

## LOSS BEYOND WORDS!



MRS. SHAH RANI SARGUNAM 21/01/2010 TO 24/01/2021

A beacon of hope for the poor cancer patients and their family was lost to cancer and she showed us again how a brave warrior can fight cancer and pass with grace. She was also active at various social causes in Coimbatore and an invested person at social upliftment of women and children. It's a great loss for everyone at CCF, losing the shining torch that led our way through this fight with cancer and its ill effects to the social well being!







# WHAT'S BREWING @ CCF

Annual General Body Meeting (AGM) was conducted on 24th of July 2021. In the meeting, the soft launch of "cancer made me" Tamil version was released.

Ms. Indra Doraiswamy our former trustee resigned due to age factor. She was one of the founder trustees (1991) and gave a significant contribution to CCF and to the society.

Mr. Gopal, 90 years old, who worked with Sitra Srinivasan for 30 years extended his service by providing fund for CCF to support cancer patients who are in treatment.

SERVICE	Number
Palliative	14
Review	76
Counseling	55
Total	145

PATIENTS FUNDING SUPPORT	Rupees
GKNM	₹2,89,138
PSG	₹ 20,000
ASHWIN	₹ 50,000
Total	₹ 3,59,738



*“Remember how far you've come, not just how far you have to go. You may not be where you want to be, but neither are you where you used to be.”*



