

Mitra Sandesh

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I CAN & I WILL

Cancer treatment is widely acknowledged as a deeply challenging experience that often imposes severe physical, mental, emotional, and financial hardships on patients and burden on their families. The prolonged intensive treatment is a complex, traumatic and frustrating journey with severe side effects and impacts your mind and body. Feelings of helplessness and hopelessness are common and often leads to further challenges.

“ Cancer treatment often leaves behind several limitations and constraints, causing disruptions to your quality of life; embracing them helps you progress forward. ”

Amar Bhaskar



HOLISTIC WELLNESS BEYOND PHYSICAL SELF

DR. TAPASWINI PRADHAN

Senior Consultant, Head and Neck Oncosurgery ,
Indraprastha Apollo Hospitals , New Delhi

Mitra CanCare Foundation recently organized an insightful webinar titled “Holistic Wellness Beyond Physical Self,” emphasizing the importance of overall well-being beyond just physical health. The session was led by Dr. Tapaswini Pradhan, a distinguished expert in head and neck oncosurgery, who shared valuable perspectives on integrating mental, emotional, and lifestyle factors into daily health practices. The webinar aimed to create awareness about adopting a balanced approach to wellness in today’s fast-paced world, which often glorifies quick success, social media validation, and surface-level charisma—frequently leaving individuals feeling pressured and unfulfilled. From an early age, people are conditioned to measure outcomes and achievements, which can lead to stress and a constant sense of inadequacy.

A significant part of the session focused on the role of mindset in achieving true well-being. Dr. Pradhan emphasized that the natural state of human existence is rooted in joy, love, ecstasy, freedom,

gratitude, and peace. She shared a powerful message: true wellness begins when individuals move away from external sources of happiness and discover their internal source of well-being. Participants were encouraged to begin each day with a positive outlook, consciously focusing on meaningful aspects of life such as relationships, friendships, home, and work. According to her, cultivating gratitude and positivity enhances emotional resilience and has a direct impact on overall health outcomes. She highlighted that mental well-being is deeply interconnected with physical health and plays a crucial role in both prevention and recovery.

Drawing from both ancient wisdom and modern science, she referred to the teachings of Charaka, who defined health as a state where the body, mind, senses, and soul are in harmony, and anything contrary is disease. Similarly, the World Health Organization defines health as a complete state of physical, mental, and social well-being, later expanding it to include spiritual wellness. To maintain this balance, Dr. Pradhan recommended practices such as yoga, regular exercise, meditation, music therapy, and prayer as effective ways to de-stress and maintain inner harmony.

Addressing stress as an inevitable part of 21st-century life. It often arises from excessive engagement with technology, an overemphasis on success rather than learning, unending aspirations, relationship challenges, and socio-economic disparities. Chronic stress can lead to anxiety, premature ageing, sleep disturbances, digestive issues, and even contribute to the growth of serious illnesses such as cancer. She suggested practical ways to manage stress, including adopting a positive approach, reframing problems as opportunities, avoiding excessive emotional reactions, and reducing unnecessary worry.

The session also highlighted the importance of dietary habits in maintaining holistic wellness. Dr. Pradhan cautioned against the consumption of processed foods, explaining that they often contain obesogens that contribute to weight gain and hidden sugars that disrupt blood sugar levels, energy balance, and mood. She advised adopting a balanced, natural diet as a sustainable and effective approach to long-term health. The webinar provided valuable insights and practical tools, reminding participants that small, consistent changes can lead to lasting health benefits and a more balanced, fulfilling life.