Press Release

**Dharamshila Narayana Super-speciality Hospital organizes “Rubaroo” - The annual women cancer survivors and patients Meet**

**New Delhi, August 12, 2017:** Dharamshila Narayana Superspeciality Hospital, which is managed by Narayana Health is not only emerging as a major carer of cancer patients but also as an awareness advocate of cancer survivors. The hospital organized yet another women cancer survivors and patient meet, Rubaroo (face-to-face), which has become one of its foremost annual milestones.

Rubaroo was attended by cancer survivors and women cancer patients alike and was coordinated by a team of doctors led by Dr. Kanika Sharma, Senior Consultant, Radiation Oncology and Dr. Satinder Kaur, Senior Consultant, Gynae Oncology.

Like every year, this year’s event also aimed at encouraging women cancer patients and their families to redeem self-esteem and confidence which they often lose in this difficult journey towards recovery. A full day event, Rubaroo is so structured that it attempts to inculcate spirit of life in patients undergoing cancer treatment and also instil further hope in survivors.

Rubaroo has been successful in breaking some myths also and the doctors at Dharamshila Narayana Superspeciality Hospital are ensuring that right messages go out to general public through them and also through Rubaroo members-turned-volunteers.

**Dr. Kanika Sharma, Sr. Consultant, Radiation Oncology,** said, “Earlier the myth was that cancer is a non-curable ailment and especially women suffering from breast cancer may not be able to resume normal life. But with the use of radiation oncology, cancer can be cured and in most cases our patients have regained their confidence and are pursuing their dreams”.

Rubaroo members form a task force to spread awareness about cancer by means of skits, nukkad nataks and radio talks. Present on the occasion where some well-known cancer survivors including Ms. Opal Rawat and others were seen boosting the morale of the cancer patients. Rubaroo lets patients showcase their success stories to rest of the members who feel down because of the disease.

**Dr. Satinder Kaur, Senior Consultant, Gynae Oncology** said, “Cancer is a taboo in our society and due to the negative perception about the disease cancer patients, especially women, are often seen demotivated and hopeless. Rubaroo helps rebuild their confidence”.

To facilitate smooth rehabilitation of cancer survivors, Dharamshila Narayana Super-speciality Hospital established a support group in 2015 which conducts several classes addressing lymphedema management, breast reconstruction, and stress management.
About Dharamshila Narayana Superspeciality Hospital:

Dharamshila Narayana Superspeciality Hospital - a unit of Dharamshila Cancer Foundation and Research Centre is a multispeciality hospital with world-class medical infrastructure and an expert team of highly skilled doctors and professionals providing services in all streams of Oncology, namely medical, surgical and radiation oncology including a highly specialized team of Bone Marrow Stem Cell Transplant specialists apart from Nephrology, Neurology, Urology, Gastroenterology, and Orthopaedics. A Long legacy of trust; more than two decades of experience and Innovative treatment approaches has made the hospital a leading and preferred destination for medical treatment in India.

Dharamshila Narayana Superspeciality Hospital (DNSH) is managed by Narayana Health - a pan India multispeciality hospital group founded by Dr. Devi Prasad Shetty with the vision of making high quality healthcare accessible to all at an affordable cost.

About Narayana Health:

With all superspeciality tertiary care facilities that the medical world offers, Narayana Health is a one-stop healthcare destination for all. Founded by Dr. Devi Shetty and headquartered in Bengaluru, Narayana Health group is the second largest health care provider in the country in terms of operational bed counts. The first facility was established with approximately 225 operational beds in 2000 at NH Health City in Bengaluru. The Company today runs a chain of multispecialty tertiary and primary healthcare facilities across India with a network of seven heart centres and 24 hospitals and an overseas hospital in the Cayman Islands. NH has more than 5,900 operational beds at its centres with a potential to reach a capacity of over 7,100 beds (For details, visit www.narayanahealth.org).