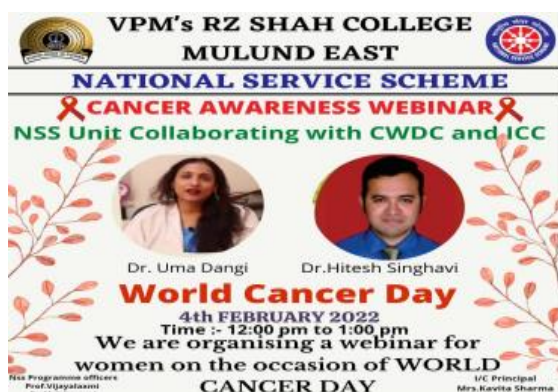
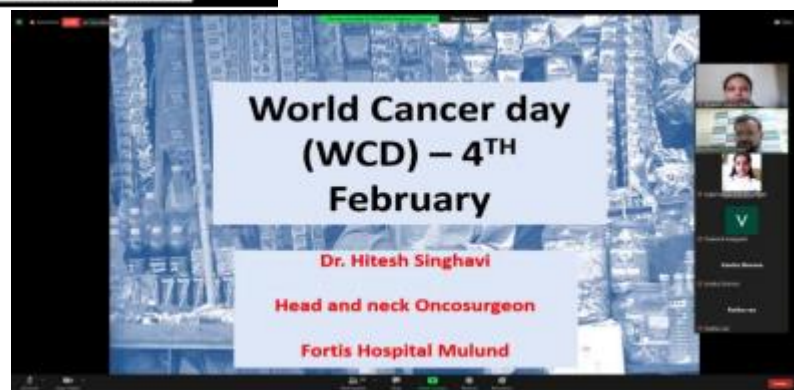


CANCER AWARENESS WEBINAR REPORT

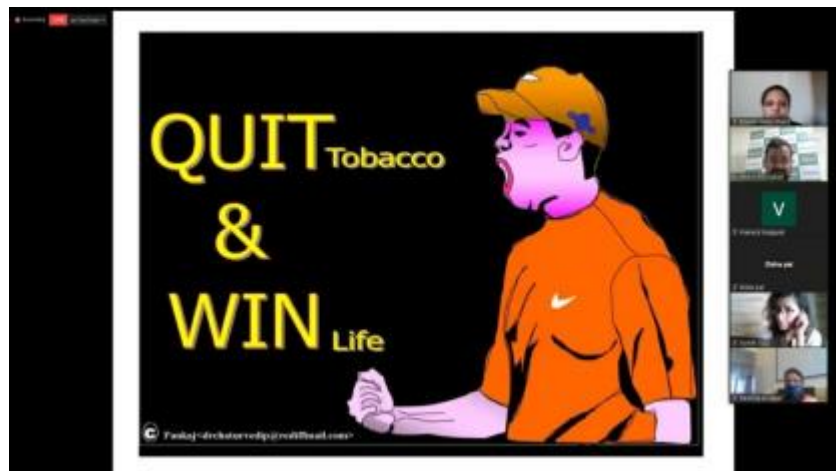


NSS Unit in collaboration with CWDC and ICC organized a webinar on “Cancer Awareness” on 4th February 2022 at 12:00 pm. This webinar was organized for women on the occasion of **WORLD CANCER DAY**. It was hosted on Zoom platform. Dr. Hitesh R Singhavi and Dr. Uma Dangi from Fortis Hospital, Mulund were invited as speaker for the session. Incharge Principal Mrs Kavita Sharma, Vice Principal Mrs Anjaneeka Uday and staff members and students of VPM family were present.

The webinar commenced with a welcome address by Ms Kajal Yadav, student NSS volunteer. She welcomed and introduced Webinar speakers. Incharge Principal Mrs Kavita Sharma addressed the gathering and shared her valuable thoughts and also expressed her gratitude to both the speakers. Dr Hitesh R Singhavi started the session with an introduction on “World Cancer Day” and goals and objective. He provided relevant statistics regarding cancer ailment and focussed mainly on cancer due to tobacco consumption, “Why tobacco is popular” citing reasons such as peer pressure, tax generation and others.



To make the session more interesting, he cited real life examples like smoker's selfie. He shared information about myths that less smoking is safe and more. He explained students about importance of life and focused on "Quit Tobacco and Win life"



Prevention

- ◆ Report any lump or abnormal changes in the breast to the doctor.
- ◆ Report any abnormal vaginal bleeding or discharge to the doctor.
- ◆ Controlling obesity, blood pressure, and diabetes help reduce risk.
- ◆ Physical activity is important part of risk reduction
- ◆ Avoid habits like smoking, excessive alcohol intake
- ◆ Get screened regularly.



What is cervical cancer?

- **It is a cancer of the female reproductive tract**
- **It is the most common cause of cancer death in the world where Pap tests are not available**
- **It is the easiest gynecologic cancer to prevent through screening and early vaccination**

Dr.Uma Dangi (Senior Consultant Medical Oncology) at Fortis Hospital, gave a brief knowledge about the purpose of leading web sites concerning cancer. She stressed mainly on female breast and cervical cancers providing information of their various types, symptoms, diagnosis and treatment. She shared experiences of patients under her examination and cautioned about ignoring symptoms at earlier stages to avoid degenerating the disease into the advance stage and rendering treatment difficult.



Queries raised by Adv Vijay Kulkarni, Joint Secretary of VPM, teachers and student were eloquently answered by Dr. Hitesh R Singhavi and Dr. Uma Dangi. The session ended with a Vote of Thanks by Ms.Kajal Yadav. Feedback of the session was collected from the students wherein they expressed their appreciation of the webinar.

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