

### REPORT ON 'Cancer Awareness Program'

Committee: Extra-Curricular Activities Committee

Speakers:

1. Dr. Kiran Sonekar, BYNS Project Director, Senior Expert Counselor in Cancer Awareness.
2. Dr. Pravin Naidu, Administrative Director.

**Coordinator:** - Ms. Neha Samundre, Coordinator, Extra-Curricular Activities Committee

Date: - Monday, 1<sup>st</sup> August, 2022

Time: 4:00 pm to 6:00 pm.

### Objective

1. To create awareness about cancer and remove the stigma and fear attached.
2. Help people recognize the early signs and symptoms of cancer, thus enabling them to seek treatment at an early stage.
3. Educate people about the key risk factors, since more than 30% of cancer cases could be prevented by modifying lifestyle or avoiding the risk factors.
4. The aim of the campaign is to create cancer awareness amongst the staff members.

## Highlights

1. Ms Poorva Wagh introduced and welcomed the guest speakers.



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2. Ms Neha Samundre Co-ordinator, Extra Curricular activities Committee welcomed the guest speakers by offering them a bouquet.
3. Dr Kiran Sonekar, BYNS Project Director, Senior Expert Counselor in Cancer Awareness gave the detailed description of the program to the staff members.
4. He explained about the cancer tissues are already present in the human body and due to the suitable atmosphere it grow within the body accordingly.
5. He also explained the types of cancer like Breast cancer in ladies, Oral cancer, cervical cancer, colorectal cancer, Prostate Cancer, etc.
6. It is important to dispel the myths that people wrongly believe, inform them about the signs and symptoms, and importance of screening for early detection.
7. It is also vital to follow a healthy lifestyle, and sharing of survivor stories gives a message of hope and confidence.

### Outcomes:

1. The staff members learned about the importance of regular screening and check-ups.
2. Inform women about mammograms, clinical breast exam and breast self-exam.
3. Inform women about Pap smear tests to check for signs of cervical cancer.
4. The primary goal this event was to promote and develop awareness in the public and emphasize the importance of early detection, all of which play a major role in the treatment of cancer.
5. Cancer awareness can also lead to people making healthier lifestyle choices.
6. They learned what type of regular tests and check up can be done.

**No. of Beneficiaries: about 45 staff members attended the program**

**Anchoring by: Ms Poorva Wagh**

**Vote of Thanks by: Ms Priya Godbole**





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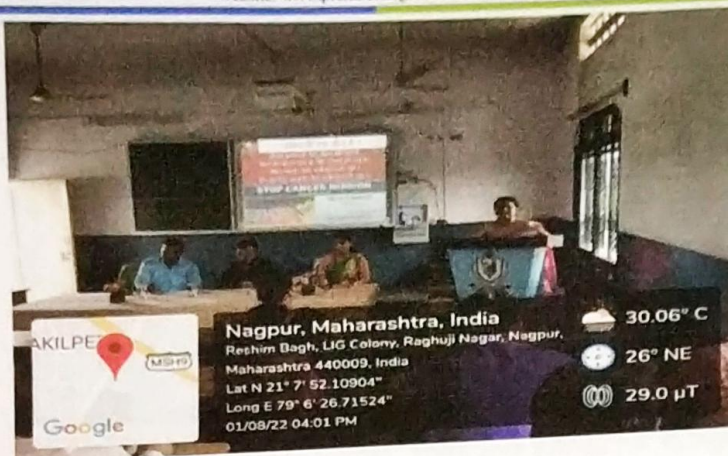
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Ms Poorva Wagh doing compering



Ms Neha Samundre welcomed the guest speaker Dr Kiran Sonekar



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Dr Kiran Sonekar explaining the staff members about the symptoms of cancer.

*Namrata*  
Ms Nela Samunhe  
Programme Co-ordinator  
Prerna College of Commerce