

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

**WOMEN DEVELOPMENT CELL
Academic Session - 2020-2021**

REPORT ON GUEST LECTURE

PROGRAMME DETAILS

NAME OF THE PROGRAMME: Guest Lecture on the topic,
**‘Susceptibility of Breast and Ovarian
Cancer: Prevention and Treatment’**

NAME OF RESOURCE PERSON: Dr. Mrs.Suwarna Joshi,
M.D. (Gynaecologist&Obstetrician),
Nagpur.

DAY & DATE: **Saturday, 07th November 2020**

TIME: 2.30 PM to 4.00 PM

ZOOM MEETING LINK:
<https://zoom.us/j/92576112452?pwd=dXF4LzluUDA1MFo0T2FPNmdHbklhZz09>

CO-ORDINATOR &TEACHER IN CHARGE: Dr. Mrs. Sandhya kalamdhad

NUMBER OF PARTICIPANTS: 81 Girls and 11 Lady Teachers

NOTICE:

NOTICE

Date: 04/11/2020

DR. AMBEDKAR COLLEGE DEEKSHA BHOOMI, NAGPUR

WOMEN DEVELOPMENT CELL

All the girl students of Science, Arts, Commerce and Law faculty are hereby informed that a Guest Lecture on the topic, '**Susceptibility of Breast and Ovarian Cancer: Prevention and Treatment**', is organised by Women Development Cell of the college on the occasion of, 'National Cancer Awareness Day' to create awareness amongst the girl students about cancer. The program will be held on Saturday, 07th November 2020 at 2.30 p.m., through Zoom App, the link of which will be shared a day before the program.

It is mandatory for the girl students to attend the programme.

Date: 07th November 2020

Time: 02.30pm to 03.30 pm

App: Zoom Meeting



PRINCIPAL

DR. MRS. BHUMI MEHARE
PRINCIPAL
DR. AMBEDKAR COLLEGE
NAGPUR.



CO-ORDINATOR WDC

DR. S.P. KALAMDHAD

LECTURER
DR. AMBEDKAR COLLEGE
NAGPUR.

REPORT:

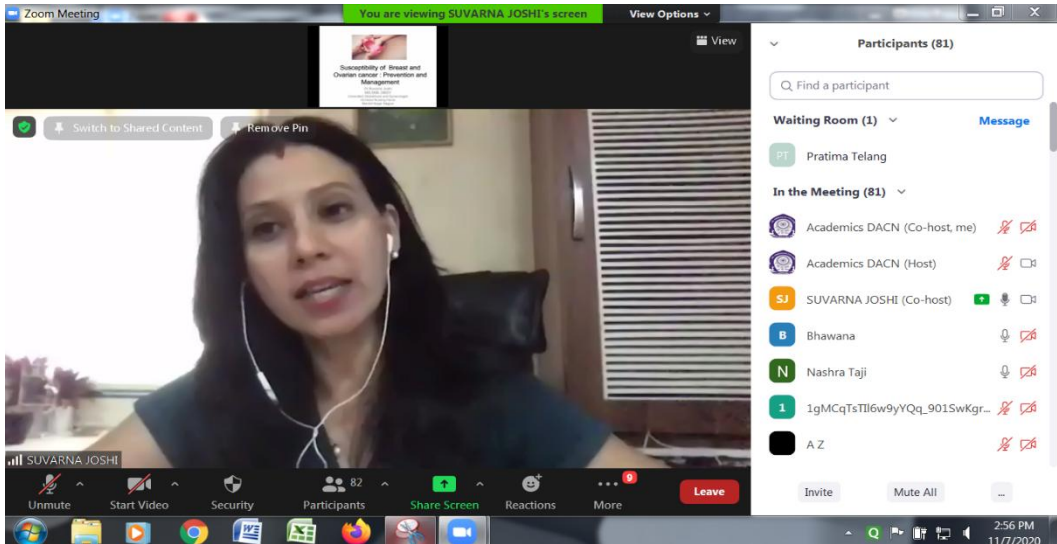
The women's Development Cell of Dr. Ambedkar College organized an extremely relevant guest lecture on "**Susceptibility of Breast and Ovarian Cancer: Prevention and Treatment**", on the occasion of **National Cancer Day, 7th November 2020**. The aim and purpose of the lecture was to create awareness as well as to sensitize the girl students of the institution about their body especially about the detection and preventive measures to be adopted for breast and ovarian cancer. Noted gynecologist of Nagpur City Dr. Suvarna Joshi was the guest speaker who held the audience spell bound by her elaborative and informative presentation and lecture on how to detect breast and ovarian cancer and the measures to be taken to prevent the same. Highlighting the importance of breasts and ovaries as the attributes of womanhood, she talked about the hormonal changes and how it can even lead to cancer. By way of excellent presentation, she showed the various ways in which breast examination can be done by oneself and not to neglect any lumps in it. Diagnosis can be done through Mammography, Mammosonography and MRI. She advised that after

40 years of age, Mammography should be done once in a year. Every woman is susceptible to cancer, she said and that treatment depends on the stage one is in. One should follow a healthy lifestyle of healthy diet and exercise, avoid fatty food, conceive early and use HRT cautiously after menopause.

Speaking about Ovarian cancer she said that only 20% can be detected in the early stage. She provided significant information about the occurrence of cysts in ovary and of normal and abnormal cysts and about the need of visiting a doctor for check up and treatment. Risk factors of ovarian cancer was also highlighted. Women who have crossed 50 years and more are prone to cancer. Many factors can increase or decrease a woman's risk of developing ovarian cancer. Symptoms are very vague. Treatment of ovarian malignancy depends on the stage. Genetic counselling is important. She concluded her brilliant lecture by saying that one needs to be vigilant and protect yourself.

The outcome of the lecture is that awareness has been created and knowledge dispensed amongst the girl students about the threatening disease and the preventive measures to be taken if they discover the symptoms discussed in the lecture.

Earlier Principal of the college, Dr. B A. Mehere welcomed the guest and gave introductory remarks by informing that 7th November marked the birthday anniversary of the famous scientist Madame Marie Curie who had died of over exposure to radioactive elements and cancer. Coordinator of the Women's Development Cell Dr. Sandhya Kalamdhad ably conducted the proceedings whilst the vote of thanks was proposed by Dr. P.A. Bhelwa. Eighty one girl students from all faculties attended the lecture.



Dr. Mrs. Suvarna Joshi addressing the Girl students and Lady Teachers

