



2021-2022

Name of the Department/Society: WDC

Name of the Event 3: National Webinar on Breast Cancer: Screening and Early Detection

Date of the Event: 13th July 2021

Breast cancer is the most frequent invasive cancer in women, and after lung cancer, it is the second largest cause of cancer death in women. Breast cancer awareness is critical because early identification, through self-screening, allows the illness to be caught when it is most curable.

In an attempt to guide women about the issues faced and questions raised about Breast Cancer, Women Development Cell, Hansraj College, collaborated with *Max Institute of Cancer care, Vaishali* and organized a **National on Breast Cancer: Screening and Early Detection**. The guest speaker of the session was Dr Meenu Walia, a renowned Cancer specialist with almost 30 years of experience in treating Cancer patients and also the first DNB medical oncologist of India. The session began with an oration by our President, followed by brief comments from our convenors in which they addressed the audience, the guest speaker, and informed everyone about our Cell's current projects as well as our planned initiatives.

Our guest speaker then gave an informative PowerPoint presentation to the entire audience. The presentation covered all aspects of Breast Cancer, including what it is, how it occurs, why it occurs, what diet should be followed to prevent or treat Breast Cancer, what lifestyle changes should be made to prevent the disease, and how to diagnose Breast Cancer using a mammogram or self examination. She also emphasised the necessity of staying active, maintaining a healthy weight, and rigorously avoiding smoking, nicotine, or any form of processed or red meat in order to keep the breasts healthy and cancer-free.

The speaker finished up by thoroughly answering the audience's queries, and the session came to a close. Overall, it was an educational workshop that emphasised the significance of staying healthy and taking advantage of early stage breast cancer prevention and detection.

