



Breast and Cervical Cancer Awareness

Date: 3rd March, 2025

Objectives: Raise awareness about breast and cervical cancer, emphasizing early detection, risk factors, preventive measures, available treatment options and misconceptions. It sought to educate attendees, particularly young women, about the significance of self-examinations, regular screenings and lifestyle choices.

Summary: On 3rd March, 2025, Pragati: the Women's Development Cell (WDC) of Daulat Ram College, organized a seminar on Breast and Cervical Cancer Awareness in collaboration with Max Healthcare. The event was graced by the presence of distinguished speaker Dr. Charu Garg, a leading oncologist specializing in cancer care, gynecologic oncology, thoracic oncology, radiation oncology, and breast cancer. Dr. Charu has a total of 19 years of post MD Experience in Oncology and Radiation Oncology and she joined Max Healthcare as Senior Consultant in Radiation Oncology in 2011. Before joining Max Hospital, Dr. Charu had the privilege of working in Rajiv Gandhi Cancer and Research Institute (7 years) and Medanta – The Medicity (1 year). She has a special interest in treating women cancers with special focus on breast and gynaecological cancers.

The event commenced with the auspicious lamp lighting ceremony, done by honourable Dr. Charu, accompanied by Dr. Malvika, Dr. Deepshikha and Dr. Prajna. Dr. Garg began the session by first explaining that breast cancer is a type of cancer where abnormal cells grow uncontrollably in breast tissue. She highlighted the prevalence of breast and cervical cancer among women in India and globally and provided statistical insights, stressing that these cancers are among the leading causes of mortality in women, yet they are highly preventable and treatable if detected early. She elaborated on the common symptoms of breast cancer and the modifiable and non-modifiable risk factors, including genetic predisposition (BRCA1 & BRCA2 mutations), hormonal imbalances, lifestyle habits, and environmental influences.

The seminar focused on early detection methods, including self-breast examination, clinical breast exams, mammography, and Pap smear tests. Dr. Garg emphasized the importance of routine screenings and self-awareness, explaining that early diagnosis significantly improves survival rates.

Moving on to preventive strategies, she discussed the role of a balanced diet, regular physical activity of at least 45-60 minutes 5 or more days a week, and avoiding smoking, tobacco and alcohol consumption in reducing cancer risks. She busted the myths around breast cancer and reassured the audience that psychosocial support, early intervention, and awareness play a crucial role in improving patient outcomes.

Further on, Dr. Charu talked about Cervical cancer, highlighting that it is a cancer that develops in the cervix due to persistent Human Papillomavirus (HPV) infection. She shared its common symptoms and risk factors, emphasizing the effectiveness of the HPV vaccine in preventing cervical cancer among women (ideal age is 9-26 years) and encouraging young women to consider vaccination as a proactive step toward health protection.

The session concluded with an interactive Q&A segment, where attendees sought guidance on various concerns, including the impact of stress on cancer risk, the hereditary risk of getting cancer, the overlap of PCOD symptoms with breast and cervical cancer symptoms, and myths surrounding cancer treatments. Dr. Garg addressed each query with clarity, reinforcing the need for scientific knowledge over misinformation.




Key outcomes:

The key outcomes of the session were:

1. Participants gained a thorough understanding of risk factors, symptoms, early detection methods, and treatment options for both cancers.
2. The importance of self-examinations, regular screenings (mammograms and Pap smears), and HPV vaccination was reinforced to promote early intervention.
3. The session debunked common myths surrounding cancer, promoting a scientific and evidence-based approach to health awareness.
4. The discussion on diet, exercise, tobacco cessation, and reduced alcohol consumption provided participants with actionable steps to minimize cancer risks.

The seminar was an engaging and informative session, empowering participants with the knowledge to prioritize their health and well-being.


Poster:



PRAGATI
Women's Development Cell
DAULAT RAM COLLEGE
(Under the aegis of IQAC)


organises

**SEMINAR ON BREAST AND
CERVICAL CANCER AWARENESS**




SPEAKER
Dr. Charu Garg

CANCER CARE/ ONCOLOGY,
GYNECOLOGIC ONCOLOGY,
THORACIC ONCOLOGY, RADIATION
ONCOLOGY, BREAST CANCER



**3RD MARCH, CONFERENCE HALL,
11:00am - 12:30pm**



PRINCIPAL
PROF. SAVITA ROY

CONVENER
DR. MALVIKA SINGH

