

**DATE :- 29 OCTOBER 2021**  
**TIME :- 4:00 PM - 5:30 PM**  
**PLATFORM :- ZOOM**

## **ROLE OF REGULAR PHYSICAL ACTIVITY IN BREAST CANCER DIAGNOSIS AND TREATMENT (INTERNATIONAL WORKSHOP)**

**2nd Workshop - Ana Margarida Cordeiro Ferrão certified Pilates, Strength and  
Condition Couch**

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The webinar started with a really nice introduction and then Principal, Prof. Harpreet Kaur added the glory to the webinar through her words. Then the webinar was taken forward by Dr. Gursharan and asked Mrs Charanjeet Kaur, the HOD of the sports department, to speak a few words and welcome the speaker. The speaker Ana Margarida enlightened the audience with her previous words. This cancer survivor firstly introduced herself and then shared her experience. Continuing with her articulative words, she further conversed the difference in physical activity and physical exercise. Stating that early detection of breast cancer is important, she said that the curation in this stage is easy. Further explaining the effects and roles of the physical activity she said that insulin and estrogen are two main causes of the cancer and physical activity helps in its regulation and hence doing it is a prevention. Doing 150 minutes of moderate or intense aerobic activity; resistance training doing 2 or more per week is also a prevention. She conveyed that doing any kind of exercise at any age according to the physic of the doer will surely lead to a better life. Being a certified condition couch, she confabulates that the answer to the question- when to start the exercise, is that it totally depends on the surgeries, bodies and the approach that the doctor follows. When to start exercise totally depends upon the phase in which the patient is. Whenever one gets ill he/she is left with some or other side effects. She also shared a few side effects of the cancer like fatigue syndrome and respiratory capacity. Guiding for the way to exercise with two purposes that are gaining strength and endurance, she gave an exercise guide. If one has a low level of blood platelets or hemoglobin or is suffering from metastatic breast milk, she suggested not indulging in physical activities. In her view the nurses being the closest one to treat the patient, must be trained about how the physical activities can help in treatment and diagnosis. This was followed by the question session by the audience. In the end Mrs. Charanjeet Kaur gave the vote of thanks to

the dear speaker Ana Margarida. Debinagar was full of knowledge and a helping hand for each and every person who attended the webinar.

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**SPEAKER:-Ana Margarida Cordeiro Ferrão**

**HOST :- GUNNET KAUR**

**SAKSHI SINGH**

**COORDINATOR :- Dr. GURSHARAN KAUR**

**CONVENOR :- Ms. CHARANJEET KAUR**

**Co-CONVENOR :- Dr. LOKESH K. GUPTA (IQAC)**

**PRINCIPAL :- Prof. HAPREET KAUR**

# Event Photograph



