

# **WEBINAR**

## **Cancer Prevention and Palliative Care**

Parivartan, the NSS unit of Mata Sundri College for Women in collaboration with Dharamshila Cancer Foundation and Research Centre organised an informative webinar on the topic, 'Cancer Prevention and Palliative Care' on 16 October, 2021 at 12:00 PM through the platform of Zoom meeting. Fifty NSS volunteers along with their family and friends attended the two-hour session on cancer awareness and palliative care.

The speakers for the event were:

Prof. (Dr.) Ramesh Dawar, Vice President of Dharamshila Cancer Foundation and Research Centre and Dr. Pragya Singh, Senior Project Manager at of Dharamshila Cancer Foundation and Research Centre.

Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body. The best cure for the disease is prevention and early detection.

The speakers reiterated the importance of a healthy lifestyle and the importance of regular monthly health-checks to prevent, catch the terminal-illness in the earliest stage of development and control various forms of cancer. The fatal disease which has a growing trend in India, has proven itself to be a menace, taking innumerable lives every year.

The attendees were told about how to spot symptoms of different kinds of cancer along with the corresponding suggested treatment by highly qualified professionals.

The session was very interactive and was followed by a Q/A session at the end. The event was a success as volunteers learned vital information regarding cancer and how to prevent it, which will help in spreading awareness to the masses.

During the second half of the session, the volunteers were also informed about a volunteer program run by the institution under palliative care and the NSS volunteers were encouraged to apply for the same. They would have to work with the patients put into palliative care after they've been properly instructed as to what and how they will have to do take care of things as a volunteer.