

## **Webinar on “Cancer Prevention and Healthy Lifestyle”-held on December 18<sup>th</sup> 2020.**

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SPES's, Goa Multi-Faculty College, Dharbandora-Goa, in collaboration with Sanjeevani, Life Beyond Control, organised a webinar on “Cancer Prevention and Healthy Lifestyles” for the students and staff members of the college on 18<sup>th</sup> December 2020. This One and half-hour webinar was comprised of two sessions by experts who enlightened 98 participants including staff members. The program commenced at 11.00 a.m. Assistant professor Mrs. Kalpita Naik welcomed the gathering and gave a brief introduction of the Resource Persons.

The Resource Person Mrs. Florina Singh, Senior Program Executive for North India, Sanjeevani – Life Beyond Control, who enlightened the participants by giving a broad profile of Sanjeevani and its operations. Her session explored on the introductory aspects of cancer, causes of cancer, importance of early diagnosis of cancer, risk factors for cancer, most common forms of cancer, basic Do's and Don'ts when someone knows that he or she has a cancer. She further touched upon the aspects like how immunity is the main ingredient to wellness, how one can have healthy lifestyles practices etc.

The webinar was followed by a quiz competition on the above topic. It was conducted by the Ms. Jahanvi Vyas and the winners of the quiz were Ms. Sharada Sonar, Ms. Anupa Bhendigiri from S.Y.B.Com and Ms. Vishaka Jalmi from F.Y B.Com. Winners were gifted with the Sanjeevani goodies.

The webinar was indeed an informative, interesting and interactive. In a feedback Miss. Sharda Sonar students from SY.B.Com mentioned that the webinar enlightened her young mind and she will do her best to create awareness on prevention of cancer & adopting healthy lifestyles.

Assistant Professor Mrs. Kalpita Naik coordinated the webinar along with college counsellor Ms. Ravina Matkar, and Ms. Ruchi Kuttikar, System administrator. The webinar ended at 12.30 p.m. with the Vote of thanks proposed by Mrs. Ravina Matkar

### **Report prepared by:**

Ms. Kalpita R. Naik

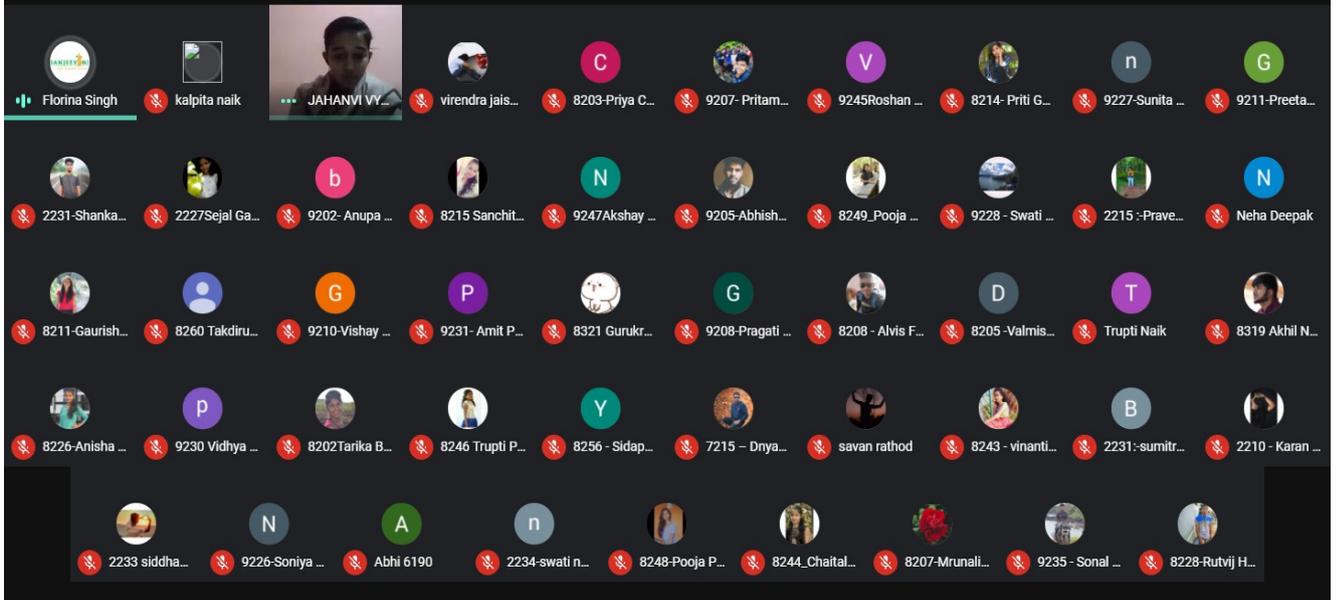
Asst. Professor,

(Department of Commerce)

Link for webinar on 17-12 x Meet - hqk-opyt-dxa x Inbax (15) - goamultiweb x Inbax - gmfcgoaliberati x Inbax (494) - ruchigmc x PDF2WORD - Change PD x

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Meeting details ^

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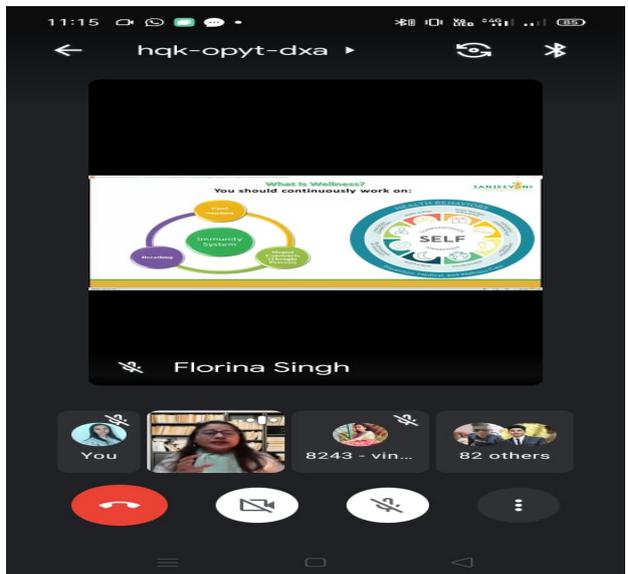
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Florina Singh



hqk-opyt-dxa

What is Wellness?  
You should continuously work on:

Community Support SELF

Florina Singh

