

Yeshwant Mahavidyalaya, Seloo, Dist. Wardha
Internal Quality Assurance Cell
Cancer Awareness Program
Report

Date: September 23, 2023

Organized by: IQAC, Yeshwant Mahavidyalaya, Seloo, in collaboration with Stop Cancer Mission and Multipurpose Society

On the 23rd of September, 2023, a Cancer Awareness Program was organized with great enthusiasm at Yeshwant Mahavidyalaya, Seloo. This significant event was the result of a collaborative effort between Yeshwant Mahavidyalaya, Seloo and Stop Cancer Mission Multipurpose Society, highlighting the commitment of various organizations to spread awareness about cancer prevention and early detection. The program aimed to educate both teaching and non-teaching staff about cancer prevention, early detection and the importance of a healthy lifestyle.



The event was graced by the presence of Dr. Sandip Kale, the Principal of Yeshwant Mahavidyalaya, who presided over the function and set the tone for an informative and

enlightening gathering. The keynote address was delivered by Dr. Chetan Masram, a distinguished expert in the field of healthcare, who shared valuable insights on cancer prevention and the importance of leading a healthy lifestyle.

Dr. Masram's talk was both informative and motivational. He emphasized several key points during his address:

- **Avoiding Fast and Junk Food:** Dr. Masram stressed the necessity of staying away from fast and junk food, which are known contributors to various health issues, including cancer. He encouraged the audience to adopt a diet rich in fresh fruits, vegetables, and whole grains.
- **Early Detection:** Early detection of cancer plays a pivotal role in increasing the chances of successful treatment. Dr. Masram underscored the significance of regular health check-ups and screenings, especially for individuals with a family history of cancer.
- **Healthy Eating:** A balanced and nutritious diet can act as a shield against cancer. Dr. Masram provided dietary recommendations, emphasizing the consumption of foods that boost the body's immune system and overall health.
- **Panchakarma:** Dr. Masram also discussed the benefits of Panchakarma, an ancient Ayurvedic detoxification and rejuvenation therapy. He explained how Panchakarma can help maintain overall well-being.



The program was skillfully hosted by Dr. Anant Rindhe, who ensured the smooth flow of events and engaged the audience in meaningful discussions. Mr. Sunil Dhanule, in his role, concluded the program with a heartfelt vote of thanks, expressing gratitude to all participants, speakers, organizers, and attendees for their active involvement and commitment to spreading awareness about cancer prevention.

The Cancer Awareness Program at Yeshwant Mahavidyalaya, Seloo, served as a valuable platform for knowledge-sharing and underscored the importance of proactive measures in the fight against cancer. It left a lasting impact on the attendees, motivating them to make healthier lifestyle choices and prioritize their well-being. The collaborative effort of Yeshwant Mahavidyalaya, Seloo and Stop Cancer Mission Multipurpose Society in organizing this event exemplifies their dedication to the health and welfare of the community.