

**A Report on**  
**One Day Workshop on “Cancer Awareness- YOU CAN!” at VAMNICOM,**  
**Pune on 04<sup>th</sup> October, 2023**

The cancer awareness workshop- ‘YOU CAN!’ was organized at VAMNICOM on 04<sup>th</sup> October, 2023 to spread awareness about common cancer types in men and women, their treatments and social stigma around cancer disease, to understand the healthy lifestyle required for prevention of diseases. The workshop was also conducted with the purpose to create sensitization and awareness on how to face challenges life throws at us: be it Physical, Emotional, Financial or Relationship; via action including conversations (a Cancer survivor is an apt example, cause Cancer patient and their family faces all the above challenges while going through the journey).

The programme started in the presence of Dr. Hema Yadav, Director, VAMNICOM and Shri. R. K. Menon, Registrar, VAMNICOM with the guest speakers-

1. Ms. Suporna Noronha, Chief Consultant Partnerships at United Minds,
2. Dr. Ritu Dave, Oncologist, Mumbai Oncocare Centre (MOC),
3. Dr. Manjusha Kadam, Chief Consultant Learning & Development at United Minds

This session was about the ways to deal with the challenges and emotions when we have someone close who deal with the cancer. One activity was conducted called ‘Wheel of Life’ where we can track present status of our life and setting target to achieve the desirable life.

Doctor from Mumbai Oncocare Centre explained the steps to take to help cancer patients go through the physical, emotional, financial and relationship challenges by giving authentic information about:-

- What is next step once Cancer is detected?
- What are the medications their physical and financial implication?
- How to deal with emotional turmoil?
- What are the dos and don’ts for family and caregivers?
- Preventive measures for patient and family so that it does not recur
- **Cancer Survivor Journey** : - Emotional Challenge, Physical Challenge, Financial Challenge, Relationship challenge.

Participants had insights into some of the good practices to continue, the habits that are supposed to be changed, supposed to be started.

The sessions were interactive. During the session live example was given to understand the journey of a cancer patient.



Inaugural Address by Dr. Hema Yadav, Director, VAMNICOM



Dr. Manjusha Kadam,  
Topic: Health and Life Balance "You Can"



During the Activity 'Wheel of Life'- Self-Assessment and Reflection Exercise



Dr. Ritu Dave

Topic: Cancer, Prevention, Post Care and Other Aspects





Ms. Suporna Noronha,  
Topic: CCSS (Continue, Change, Start, Stop)



Dr. Pallavi Ingale, Associate Professor, HoC-CGS Delivering Vote of Thanks