

Report on Health Talk on National Cancer Awareness Day 2020

National Cancer Awareness Day is observed on 7th November each year in the country to spread awareness about the need of early cancer detection to fight the deadly disease timely.

Dr. T Selvameenakshi, Assistant Professor cum Medical officer gave the health talk on the topic Forestall cancer by the Lifestyle Medicine on 7th November from 11:00 am to 12:00 pm. Dr. Jincy Sundaran, Assistant Professor cum Medical Officer hosted the session. The session was online and was streamlined live in official Facebook page of the College. Dr. T. Selvameenakshi started her talk by giving a detailed description about cancer. Then she elaborated on hints shown by the body when suffering from cancer, then common types of cancer that affect males and females. Then she explained on the role of adopting lifestyle measures which can reduce the severity of cancer. She also gave 10 dietary tips for defeating the cancer. Students actively involved in the session by clearing their queries. Health seekers, doctors, interns and students were benefitted from the health talk.



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