



SNDT WOMEN'S UNIVERSITY

Shreemati Nathibai Damodar Thackersey Women's University

1, N.T. Road, New Marine Lines, Mumbai 400020, India

Department of Economics

in Collaboration with

SUADHA NGO- Social Upliftment and Development for Health Action

organise a session on

Breast Cancer Awareness Advocacy & Psychological Well-Being of Women

Early Detection is the Best Solution

Speakers

Mrs. Iva Vinay Athavia & Ms. Arati Daryanani

Organising Committee

Dr. Sanjay Phad

Head, Department of Economics

Organizing Committee Dr. S J Suryawanshi, Dr. Asema Siddiqui, Ms. Kalyanee Sarkale, Ms. Tauqeer Fatima, Ms. Dianka Naskar

16th October 2024- 12.00pm

Venue: 6th Floor, Patkar Hall Building, Room no. 601



The Report for Session on Breast Cancer Awareness Advocacy & Psychological Well-Being of Women.

Date : 16 October 2024

Time : 12 pm – 1 pm

Speakers:- Mrs. Iva Vinay Athavia ; Ms. Arati Daryanani.

Authored by:- Gautami Masurkar , Firdous Shaikh and Mrugaja Churi

On 16th October 2024, the Department of Economics, SNT Women's University, in collaboration with SUADHA NGO (Social Upliftment and Development for Health Action), organized an insightful session titled *Breast Cancer Awareness Advocacy & Psychological Well-Being of Women*. This event, in observance of Breast Cancer Awareness Month, aimed to promote awareness about breast cancer and mental health, with a focus on early detection and psychological resilience. The theme of the session, "Early Detection is the Best Solution," resonated with the audience comprising students, faculty, and guests.

The event began with a warm welcome by **Dr. Sanjay Phad Sir**, Head of the Department of Economics, who presented the guest speakers, **Mrs. Iva Vinay Athavia** and **Ms. Arati Daryanani**, with potted plants as a gesture of appreciation. This was followed by an introduction of the guest speakers by Priyanka Mali, an MA Part 2 student, who provided a brief background on their expertise and their contributions to women's health and well-being.

1. Understanding Breast Cancer: The first speaker, Mrs. Iva Vinay Athavia, delivered an informative session covering:

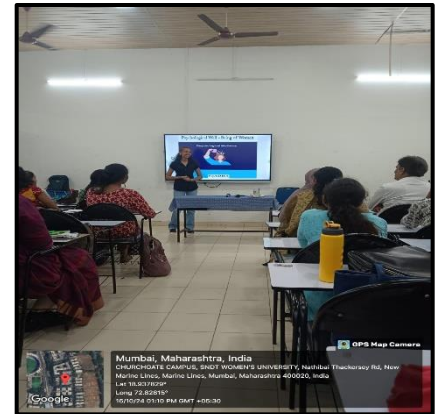


checks were strongly advocated.

- **What is Cancer:**
She explained the fundamentals of cancer, focusing on breast cancer, and its widespread impact on women globally.
- **Detection and Symptoms:**
Mrs. Athavia highlighted the importance of recognizing early symptoms, such as lumps, changes in breast shape, and skin texture. She stressed that early detection plays a pivotal role in effective treatment.
- **Advanced Detection Technology:**
The audience was introduced to the latest technologies used in cancer detection, including machines capable of identifying cancer at an early stage. Regular screenings and proactive health

2. Mental Health and Cancer: The second speaker, Ms. Arati Daryanani, shifted the discussion towards mental health, particularly in the context of illness. Her speech included:

- **Mental Health Awareness:**
She emphasized the importance of mental well-being, stating that mental health is as critical as physical health in today's fast-paced world.
- **Impact of Cancer on Mental Health:**
Ms. Daryanani discussed the emotional and psychological toll of a cancer diagnosis on patients and their families. She provided insights on how mental health challenges can be managed, particularly through counseling and support networks.
- **Cancer Phobia:**
A key point was the discussion on "cancer phobia," where individuals experience an intense fear of developing cancer. She outlined symptoms such as persistent anxiety and stress, and offered strategies for overcoming these fears.
- **Living in the Moment:**
She underlined our responsibility in preventing cancer depends on what we eat, how we think, what is our lifestyle. Ms. Daryanani concluded with an empowering message, encouraging the audience to live fully in the present, as "the life we are living now is all we get," urging them to prioritize mental well-being alongside physical health.



The event concluded with a formal vote of thanks delivered by Samiksha Gaikwad, an MA Part II Marathi student, who expressed gratitude to the guest speakers, organizers, and attendees for their participation and contributions to the successful execution of the event.

The workshop ended on a thoughtful and reflective note, with participants appreciating the comprehensive and practical information provided by both speakers. It was evident that the session was timely and crucial, addressing the physical risks associated with breast cancer while



also highlighting the psychological challenges that women often face. The message that breast cancer awareness goes beyond medical diagnosis, encompassing lifestyle, mental health, and emotional well-being, resonated deeply with the attendees. The insights shared during the workshop left a lasting impact, encouraging women to be more mindful of their health and adopt a proactive approach to both physical and mental care. The collaboration between the Department of Economics and SUADHA NGO in organizing this event was highly commendable, and the presence of speakers like Mrs. Iva Vinay Athavia and Ms.

Arati Daryanani made the workshop an enriching and valuable experience for all in attendance.

Through this workshop, the importance of early detection and preventive care was strongly reinforced, while also underscoring the significance of psychological well-being in the broader context of women's health.