



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

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BREAST CANCER AWARENESS



On 8th December 2020, the NSS unit along with Ms. Yoshika Brooks Dsilva, Asst. Professor Front Office organised an awareness talk on Breast Cancer. The Recourse Speaker, Dr R C Suvarna Fonseca e Antao focused on creating awareness and reducing the stigma linked to the early symptoms and treatment of breast cancer. Dr R C Suvarna Fonseca e Antao is a retired biology teacher of Carmel Higher Secondary School, Nuvem, and an awardee of the National Award to Teachers for the year 2019 for her innovative teaching methods. She took leave from her teaching career to study Homoeopathy and is presently a consultant and practicing Physician in Homoeopathy at Dr. Suvarna's Trinita Clinic Murmuti- Comba Margao –Goa. Besides, she is also a trained First Aider being associated with the Indian Red Cross.

The Guest Speaker was welcomed with a potted plant by our administrator - Dr. Marie Raj.

Dr R C Suvarna Fonseca e Antao enlightened the lady staff members about:

- Breast Cancer Myths
- Types of Breast Cancer
- Causes of Breast Cancer – Risk Factors
- Symptoms of Breast Cancer
- Self-Examination
- Prevention & Early diagnosis

The Speaker concluded with a question and answer session clearing doubts and difficulties the ladies faced. She was very informative and helped the audience understand the importance of early detection of the disease when it's most treatable. We are very thankful to Dr R C Suvarna Fonseca e Antao for having taken time of her busy schedule and imparting the knowledge required to our day to day life.



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Breast Cancer Awareness Program

8/12/2020

ZURICH CLASSROOM

Sr. No	Name	Signature
1	Alethea Baracho	
2	Amelia Edna Castro Cota Cruz	
3	Valerie Jacques	
4	Belinda Baracho	
5	Beverly Steffie Fernandes	
6	Chaitra Phaldesai	
7	Deepti Rajaram Jog	
8	Dr. Marie Raj	
9	Gauri Patil	
10	Yoshika Brooks D'Silva	
11	Jinnie Rodrigues	
12	Lorna Syanora Fernandes	
13	Manisha Borkar	
14	Maria Jeniffer Gonsalves	
15	Martha Rebello	
16	Nelissa Andrea Alcasoas	
17	Pratibha Alvares	
18	Sharada Prabhu	
19	Sherlaine Flory Gomes	
20	Sujatha Madhavan	
21	Sushma Lotliker	
22	Tanvi Shenvi Manerikar	
23	Jesmina Alvares	
24	Ashlesha Sadia de Noronha	

Sr. No	Name (ECO CLEAN)	Signature
1	Aditi Gadkar	-
2	Chandrika	
3	Dalita	
4	Emma	
5	Francisca	
6	Lorencia	
7	Luciana	
8	Mehboobi	
9	Paulin	
10	Perpetua	
11	Santana /	
12	Saverina	

Sr. No	Name (ECO CLEAN)	Signature
1	Piedade Fenandes	

Sr. No	Name (Gardener)	Signature
1	Carmelina Baracho	

