

Sambhram Academy of Management Studies
Observation of International Women's Day, 2018
Dates: March 03 and 10, 2018

Program Schedule/Day 01: March 03, 2018/ Time: 11.30 AM
Guest Lecture-cum-Seminar/Topic: "Breast Lump to Laughter Health
Education"

Resource Person: Dr. Jayanti S Thumsi

She is one of the very few lady surgeons specializing in Breast Oncology Surgery and women-related surgical problems. She has over 18 years of experience in complete breast care with impressive training from some of the most prestigious institutions in India; an MBBS and MS (General Surgery) from Grant Medical College and JJ Group of Hospitals, Mumbai she has also received Breast Oncology training from the Tata Memorial Hospital, Mumbai (Breast Unit) and training in Breast Reconstruction Surgery; she has performed over 3000 surgeries till date including procedures like Breast Conservation Surgeries, Mastectomies, Non-palpable Breast Cancers, Microdochectomy, Benign (non cancerous) Breast Diseases, LD Flaps, Implant based and Breast Reconstruction Surgeries. She has authored a book "Lump to Laughter" on breast cancer. She is currently working as a Senior Consultant Breast Oncologist, In Charge of the Breast Oncology Department at the Global Cancer Institute, BGS Global Hospital, Bangalore.

Day 02: March 10, 2018/ Time: 10.30-11.30 AM
Guest Lecture-cum-Seminar/Topic: "Connecting the Dots for Life Lessons"
Resource Person: Ms. Goda Doreswamy

An M Tech from IIT Madras she is a Principal Data Scientist with the Data Science Group at Ola Cabs; she leads the algorithms behind ride share pricing and matching for Ola Share. Prior to joining Ola she worked on variety of problems in Airline Pricing and Revenue Management at Sabre Travel Technologies for 10 years.

YOGA SESSION
Topic: Yoga and Women's Health [Practical Therapeutic Yoga]
Time: 11.30---1.00 PM

Resource Persons:

Mrs. Swarnalata
Mrs. Thanuja
Mrs. Tarabai

All the above yoga experts have been practicing yoga for nearly three decades and know really the impact of yoga on women's health. Rather than preaching yoga in theory they

believe “example is better than precept”. Mrs. Swarnalata is a litterateur, yoga expert, exponent of religious practices and a singer; she leads a simple spiritual life. She has been trained on Yoga at Bihar School of Yoga, Munger and Vivekananda Kendra, Kanyakumari. She taught yoga @ Institute of Gandhian Studies, Sewagram; Deenabandhu Health Training Center, Tirutani, Chennai and at Rashtriya Swayam Sevika Samiti, Jaipur. Mrs. Thanuja is an Engineer by education and stands next to Swarnalata as a Yoga expert. Mrs. Tarabai was a School teacher and has been practicing yoga for the last two decades and all the trio sail together in the LIFE YOGA BOAT which is a wonderful coincidence.

The Report

Day: One

The Guest Lecture-cum-Seminar on “Breast Cancer Awareness” was held on March 03, 2018 for all the Girl Students. Dr. Jayanti S Thumsi, Resource Person, was welcomed by Ms. Reema Narayanswamy. The program was started with a short speech by the Principal Dr. K.C Mishra, Principal; he emphasized all female students to become self- doctor for them and spread the message of Breast Cancer Awareness among all near and dear ones. Breast cancer awareness is an effort to raise awareness and reduce the stigma of breast cancer through education on symptoms and treatment. The pink ribbon is the most prominent symbol of breast cancer awareness and in many countries the month of October is National Breast Cancer Awareness Month.

Diagnosing Breast Cancer

Dr. Jayanti S Thumsi shared her knowledge and experience with the students about the Breast Cancer; she described how to diagnose and deal with Breast Cancer. She said earlier the breast cancer is diagnosed, the better the chance of beating it. So it's important to check your breasts regularly. She described the Mirror method for self diagnose. There’s no special technique and you don’t need training to check your breasts. The individual should visit a specialist if she feels any lump or swelling in the breast or there is change in shape or size of breast or if they notice unusual nipple discharge.

Treating Breast Cancer

There are several ways to treat breast cancer depending on its type and stage:

- ✓ Surgery

- ✓ Radiation Therapy

Systemic Treatment

Drugs used to treat breast cancer are considered systemic therapies because they can reach cancer cells almost anywhere in the body. They can be given by mouth or put directly into the bloodstream. Depending on the type of breast cancer, different types of drug treatment might be used including:

- ✓ Chemotherapy
- ✓ Hormone therapy
- ✓ Targeted therapy

Many women get more than one type of treatment for their cancer. Mission of Lump to Laughter is to provide spiritual and emotional support as well as financial assistance to those diagnosed with breast cancer. Lump to Laughter equip women in providing for their basic needs through hope so they may overcome breast cancer, not just survive it. We provide awareness of the spiritual and emotional journey through breast cancer and comfort the spirit of those newly diagnosed. We share stories of Hope, Faith and Grace that sing victory not death. The US, China and India account for one third of breast cancer patients all across the world; In India for every two women newly diagnosed with breast cancer, one lady is dying of it.

Rising Number of breast cancer cases in India

Breast cancer is now the most common cancer in most cities in India, and second most common in the rural areas. Breast cancer accounts for 25% to 32% of all female cancers in all these cities. This implies, practically, one fourth of all female cancer cases are breast cancers. Presently 4% are in 20 to 30 years age group, 16% are in 30 to 40 and 28% are in 40 to 50 age group so almost 48% patients are below 50. An increasing numbers of patients are in the 25 to 40 years of age and this definitely is a very alarming trend. Dr. Jayanti patiently answered to all the queries of the students at the end of the program.

The Report

Day: Two

Guest Lecture-cum-Seminar/Topic: “Connecting the Dots for Life Lessons”

Resource Person: Ms. Goda Doreswamy

Prof K C Mishra, Principal inaugurated the session focusing on the importance of women in our society, he reminded the audience that the duty of a woman is to guide a man spiritually.

Ms Goda Doreswamy initiated her speech through a self-justification that every ordinary person has an extraordinary moment to share and spoke about women empowerment by saying that women have voice to speak; what they need is an ear to listen. Backing every argument with her own personal experience she ignited the fire of empowerment in the soul of every woman in the auditorium. The life lessons she put forth was not only simple but also thought provoking. Those lessons were embraced with the bitterness of failure as well as the willpower of success. Her stances on equality led to a lot of discussions in the session. Ms Goda proclaimed equality doesn't mean a woman should go to work, instead it gives her a choice to work or not.

The forum was open for discussion after the talk; Prof. Neena P C appreciated her way of presenting the talk. Many students from B.Com, BBA, M.Com and MBA asked questions in the interaction session. Most of the questions raised were related to the practicality in empowering women in today's society. Students also pointed out the limitation they are facing being a female and also discussed the possible challenges they would face in shattering the age-old traditions and customs in the society. Ms. Goda answered what is to be changed is the stereotype inflicted in the society; mindset will take a long time to change, may be generations but it should find its way soon. The session ended with the valedictory speech by Prof. Dr. K C Mishra and a token of appreciation to Ms Goda Doreswamy.

Yoga Session

The Yoga session started with the experts spelling out the importance of yoga in human life and specifically benefits of yoga for women. Today we all are so busy for really nothing and ignore basic health education and ignore our

conscious effort towards the better health. Yoga is not just exercise and asanas; it's the emotional integration and spiritual elevation with a touch of spiritual element which gives us something beyond all imagination.

There are four categories of asanas, viz., Standing, Sitting, Prone and Supine; the asanas and pranayamas like: Tadasana, Padahasthasana, Vrikshyasana, Dhyanasana, Ekapada Namaskarasana, Paschimottasana, Ustrasana, Ardhamachhyendrasana, Padmasana, Bhujangasana, Salabhasana, Dhanurasana, Meruakarsanasana, Vasistasana, Pavanamuktasana, Rock and Roll, Jatharapariivartanasana, Chakrasana, Sarvangasana and Hallasana. Also various pranayamas were practiced like: Vastrika, Kapalbhathi, Anuloma-Viloma, Ujjai, Nadisodhana, Sitali-Sitkari-Sadanta, Bhramari and Udgiti were demonstrated enabling the students see and experience practically details of yoga.

The girl student-participants with confidence asked various health related questions to the experts and could get right answers to quench their hunger to live better life. "Example is better than Precept": keeping this in mind the experts demonstrated all the above asanas and pranayamas to create the 'feel better atmosphere' so that the youngsters get convinced leading the yogic way of life to have healthy physical-mental-social-spiritual life.

The message to all participants was very clear: "Lead the Spiritual Life" for a healthy and prosperous professional life.