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Cancer Awareness Program Report

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Dear All

Greetings from Jaipuria Noida, MRC Team

CANCER AWARENESS PROGRAM

Jaipuria Institute Of Management, Noida organized a Cancer Awareness Program on Sep'18, 2018 in association with Dharamshila Cancer Foundation And Research Centre.



Cancer incidences are increasing at a very high rate, every year 15 lakhs new cases of cancer are detected and around 8 Lakh people die out of cancer. But the good news is that 40-50% cancers in India can be prevented by adopting healthy life style and 50-60% types of cancers are detectable at early stages and can be cured. Cancer prevention and early detection is only possible through public awareness.

Guest Speaker **Dr. Savera Ahmed**, Consultant - Preventive Oncology in Dharamshila Cancer Foundation and Research Centre briefed us about the issue. Since 2013, she



has been actively working in Preventive Oncology, increasing awareness on Cancer Prevention and Early Detection focusing mainly on female cancer awareness and screening programs. She has organized and delivered hundreds of public lectures and has also organized and conducted cancer screening camps incorporates, PSUs, various schools, colleges, RWAs etc. To achieve the objective of decreasing the incidence of cancer and death rates, the NGO runs an active cancer awareness campaign in which it provides free awareness lectures, free cancer screening and subsidized

vaccination for cancer cervix to young children at their Dharamshila Narayana Super Specialty Hospital in Vasundhara Enclave, Delhi.

Dr. Savera informed the students that Cancer is “Abnormal proliferation of cells”. Moreover, 37% of women and 42% of men can get cancer once in a lifetime as per WHO. She also told the causes of cancer which includes addiction of tobacco, stomach Infection, alcohol consumption, hepatitis B and C, papilloma Virus etc. Then after explaining the whole phenomena of Cancer she explained the steps to be taken for prevention of cancer

Few of those are:

- Stop smoking and alcohol consumption
- Exercise daily
- Get vaccination for HPV, HBV
- Avoid high in fat foods

She said as a precaution Men above the age of 50 years and women above the age of 25 years must go for annual cancer screening tests so that if there is anything wrong in their body it comes to notice at an early stage. She

emphasized on the importance of regular health checkups and talked about various free cancer screening test which are available for men and women at their hospital like For Men there are PSA for prostate Cancer, Ultrasound, DRE and for Women. Discount Coupons were also distributed amongst students for free checkup at the hospital.





The session was very interactive as the audience was very much engaged and asked many questions. A very informative session as it made students aware of Cancer, its causes and most importantly its prevention. At the end the Faculty extended a vote of thanks to the Respectable Guest Speaker for taking up some time from her busy schedule and giving students such valuable information. The session was concluded by providing a Green Certificate to the speaker by **Prof. Nidhi Singh** which assures that a tree will be planted in guests name in Sariska Reserves.

Thanks & Regards

MRC NOIDA



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