

KG Reddy College of Engineering & Technology

(Approved by AICTE, New Delhi, Affiliated to JNTUH, Hyderabad)
Chilkur (Village), Moinabad (Mandal), R. R Dist, TS-501504

Report

On

**WEBINAR ON CANCER PREVENTION AND HEALTHY LIFE BY
SNAJIVANI- LIFESTYLE LIFE BEYOND CANCER**

28-09-2020

Organized by



KGR CET NSS UNIT

At

ONLINE MEETING ON ZOOM

Submitted by

Ms. POONAM SWAMI, NSS UBA OSD

Mr. M. RATHNACHARY, NSS PO

NSS OFFICER

PRINCIPAL

Objective: Awareness is the first step towards change and vulnerability can be a powerful tool to help you realize this change by harnessing it with the power of knowledge. Since to be aware is to be in control, the fear of the unknown can no longer hurt your soul. And with a fearless heart, you can now tap into your ability to be courageous not just for your good, but also for the good of those around you.

In an effort to raise awareness about a healthy lifestyle, reduce stigma and raise the bar for cancer care in India, 'Sanjeevani- Life Beyond Cancer' undertakes awareness camps and workshops by collaborating with schools, colleges, hospitals, formal & informal groups of people.

Outcome: Cancer is the name given to a collection of related diseases. In all types of cancer, some of the body's cells begin to divide without stopping and spread into surrounding tissues. Cancer can start almost anywhere in the human body, which is made up of trillions of cells. By creating awareness among the volunteers its always helps to improve our as well as others life. In this programme faculties along with volunteers had participated actively. More than 100 volunteers along with KGR CET faculties were participated and made this event successful.

Resource Persons:

Mr. ANIL AHHUWALIA, COFOUNDER SANJEEVANI- LIFE BEYOND CANCER

Ms. SANGEETHA DAS, MEMBER OF SANJEEVANI- LIFE BEYOND CANCER

Ms. SUMKI BEGUM, SPEAKER & PROGRAMME COORDINATOR OF SANJEEVANI- LIFE BEYOND CANCER

Dr. R.S. JAHAGIRDAR, PRINCIPAL OF KGR CET

NSS COORDINATORS: Ms. POONAM SWAMI, Mr. M. RATHNACHARY

Summary Report on Webinar on Cancer Prevention and Healthy life By Snajivani- Lifestyle Life Beyond Cancer

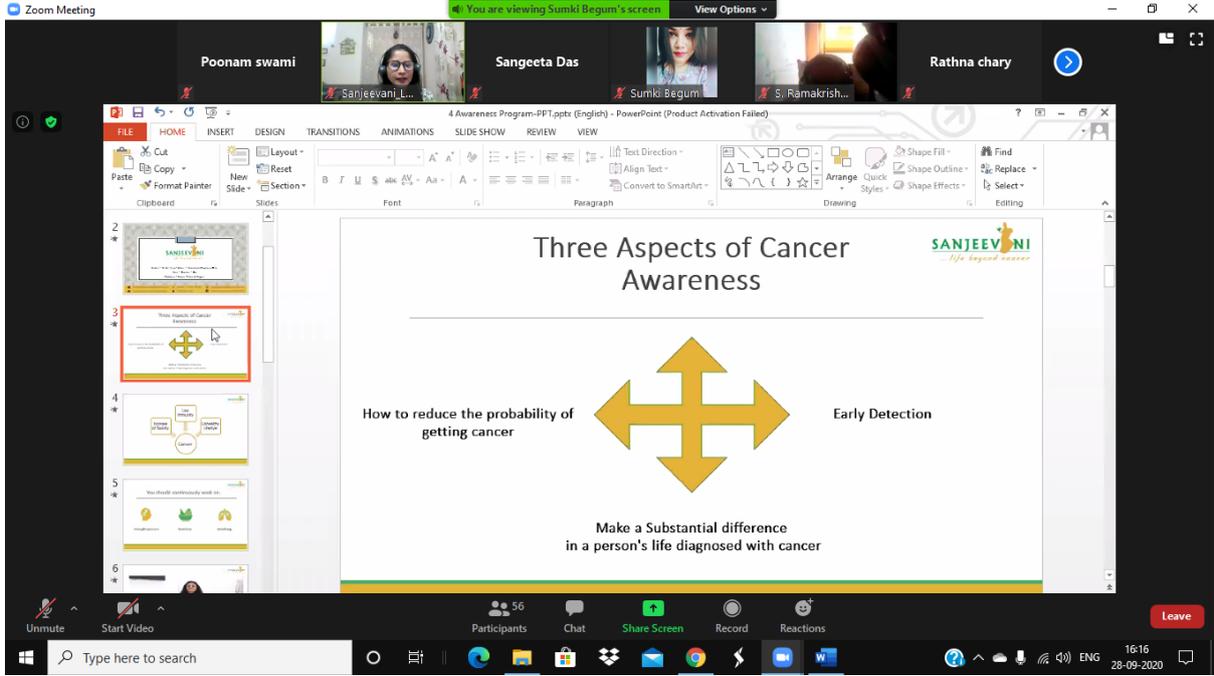
Venue: Online webinar on Zoom

Awareness is the first step towards change and vulnerability can be a powerful tool to help you realize this change by harnessing it with the power of knowledge. Since to be aware is to be in control, the fear of the unknown can no longer hurt your soul. And with a fearless heart, you can now tap into your ability to be courageous not just for your good, but also for the good of those around you.

In an effort to raise awareness about a healthy lifestyle, reduce stigma and raise the bar for cancer care in India, 'Sanjeevani- Life Beyond Cancer' undertakes awareness camps and workshops by collaborating with schools, colleges, hospitals, formal & informal groups of people. Our hope lies in the belief that by being educated about the symptoms and methods of treatment will lead to making a mindful effort towards healthier lifestyle choices, earlier detection of cancer, which in turn results in a higher long-term survival rate. Know how early birds get the worm? Well the same way, early detections catch the tumour!

Throughout our lives, healthy cells in our bodies divide and replace themselves in a controlled fashion. Cancer starts when a cell is somehow altered so that it multiplies out of control. A tumour is a mass composed of a cluster of such abnormal cells. Most cancers form tumors, but not all tumors are cancerous. Benign, or noncancerous, tumors do not spread to other parts of the body, and do not create new tumors. Malignant, or cancerous, tumors crowd out healthy cells, interfere with body functions, and draw nutrients from body tissues. Cancers continue to grow and spread by direct extension or through a process called metastasis, whereby the malignant cells travel through the lymphatic or blood vessels -- eventually forming new tumors in other parts of the body.

Cancer is the name given to a collection of related diseases. In all types of cancer, some of the body's cells begin to divide without stopping and spread into surrounding tissues. Cancer can start almost anywhere in the human body, which is made up of trillions of cells. By creating awareness among the volunteers its always helps to improve our as well as others life. In this programme faculties along with volunteers had participated actively. More than 100 volunteers along with KGR CET faculties were participated and made this event successful.



Zoom Meeting | You are viewing Sumki Begum's screen | View Options

Participants: Poonam swami, Sanjeevani L..., Sangeeta Das, Sumki Begum, S. Ramakrish..., Rathna chary

4 Awareness Program-PPT.pptx (English) - PowerPoint (Product Activation Failed)

Three Aspects of Cancer Awareness

How to reduce the probability of getting cancer

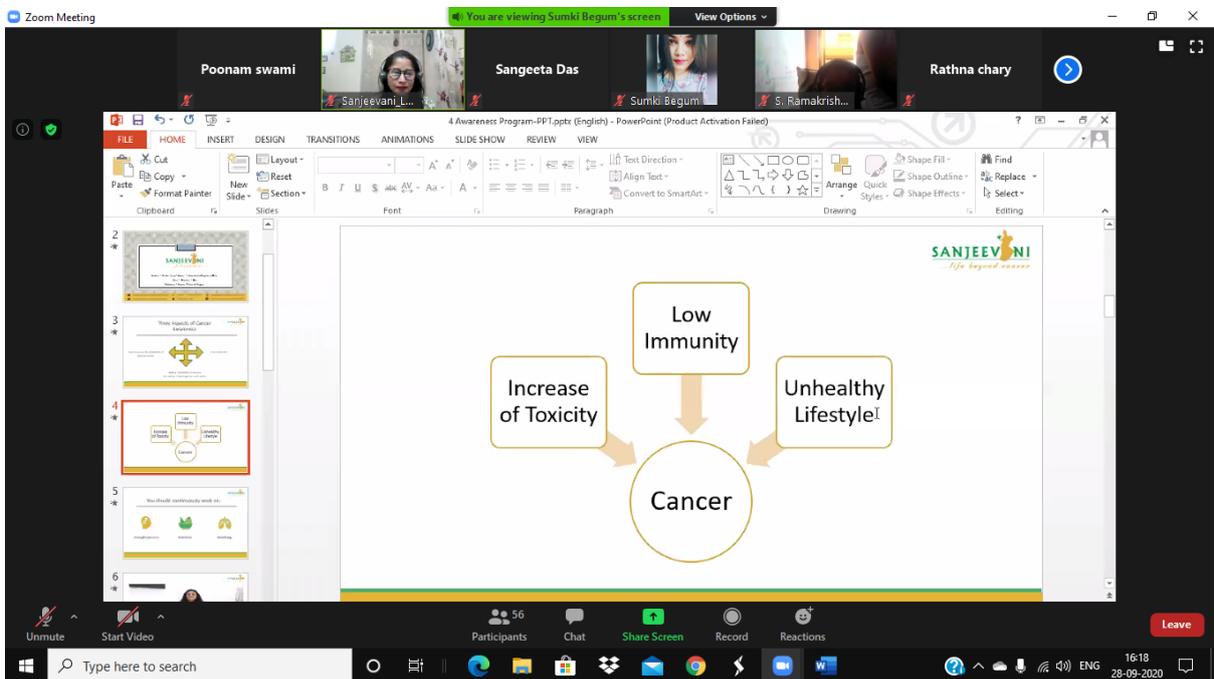
Early Detection

Make a Substantial difference in a person's life diagnosed with cancer

Sanjeevani Life beyond cancer

Unmute | Start Video | Participants (56) | Chat | Share Screen | Record | Reactions | Leave

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Zoom Meeting | You are viewing Sumki Begum's screen | View Options

Participants: Poonam swami, Sanjeevani L..., Sangeeta Das, Sumki Begum, S. Ramakrish..., Rathna chary

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Cancer

Low Immunity

Increase of Toxicity

Unhealthy Lifestyle!

Sanjeevani Life beyond cancer

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Fig: resource person while giving webinar on cancer prevention and healthy life

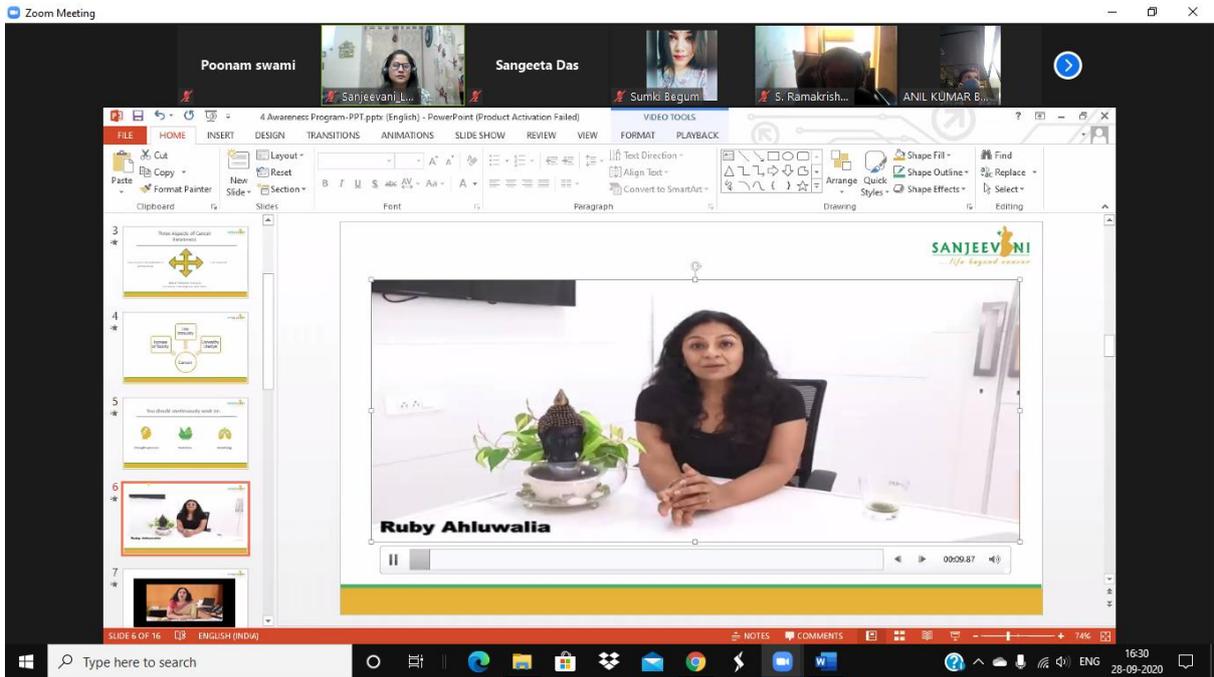
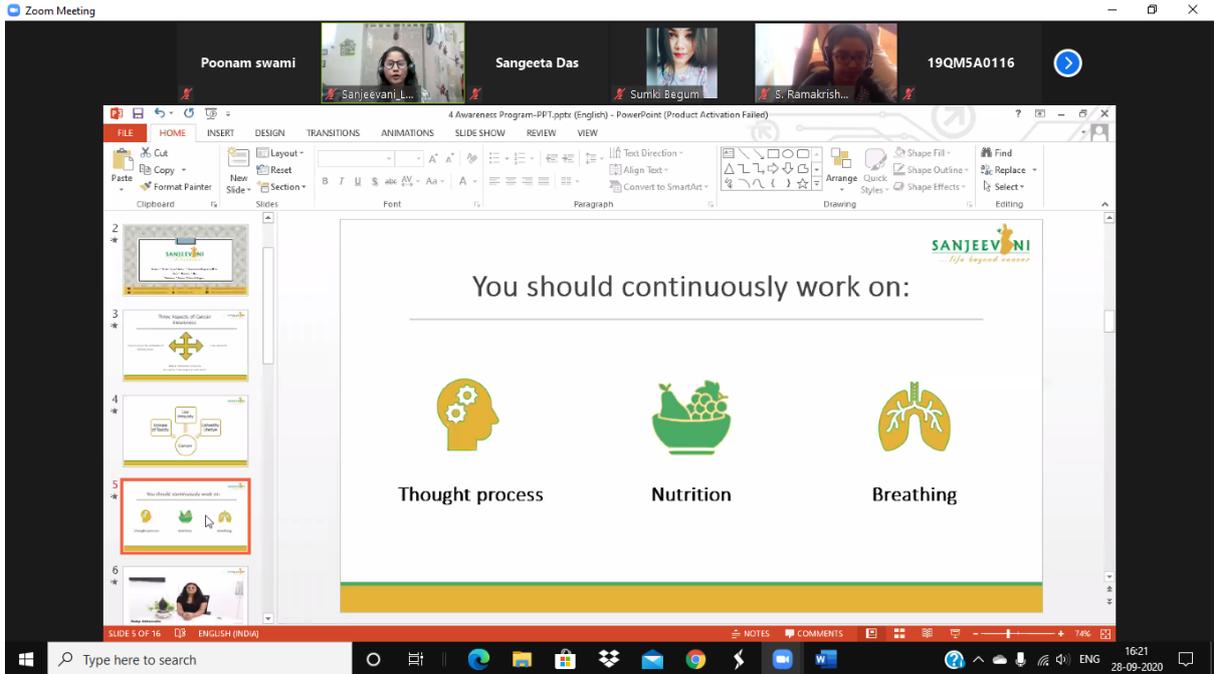


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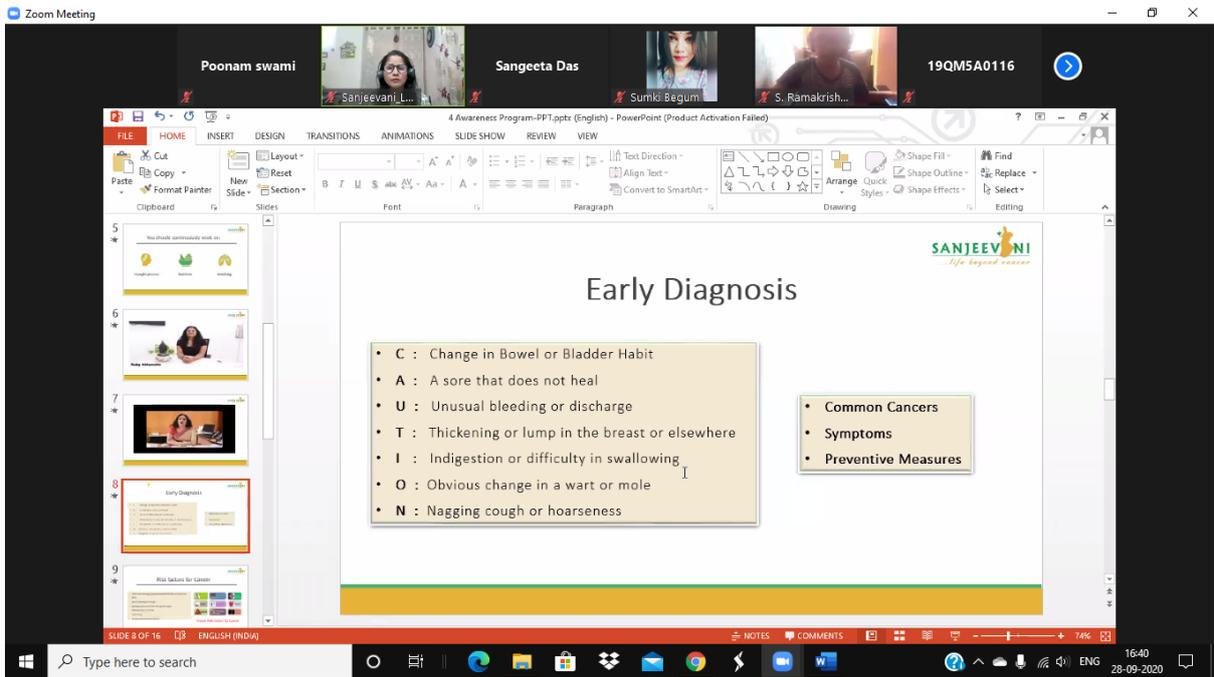
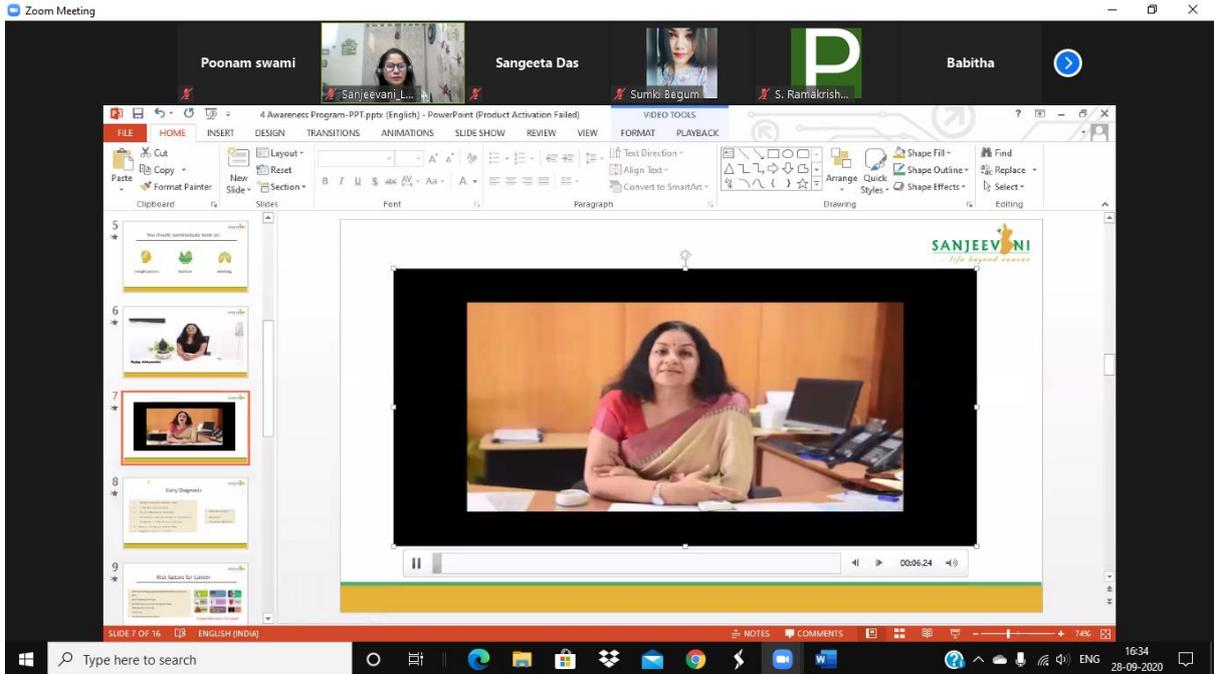
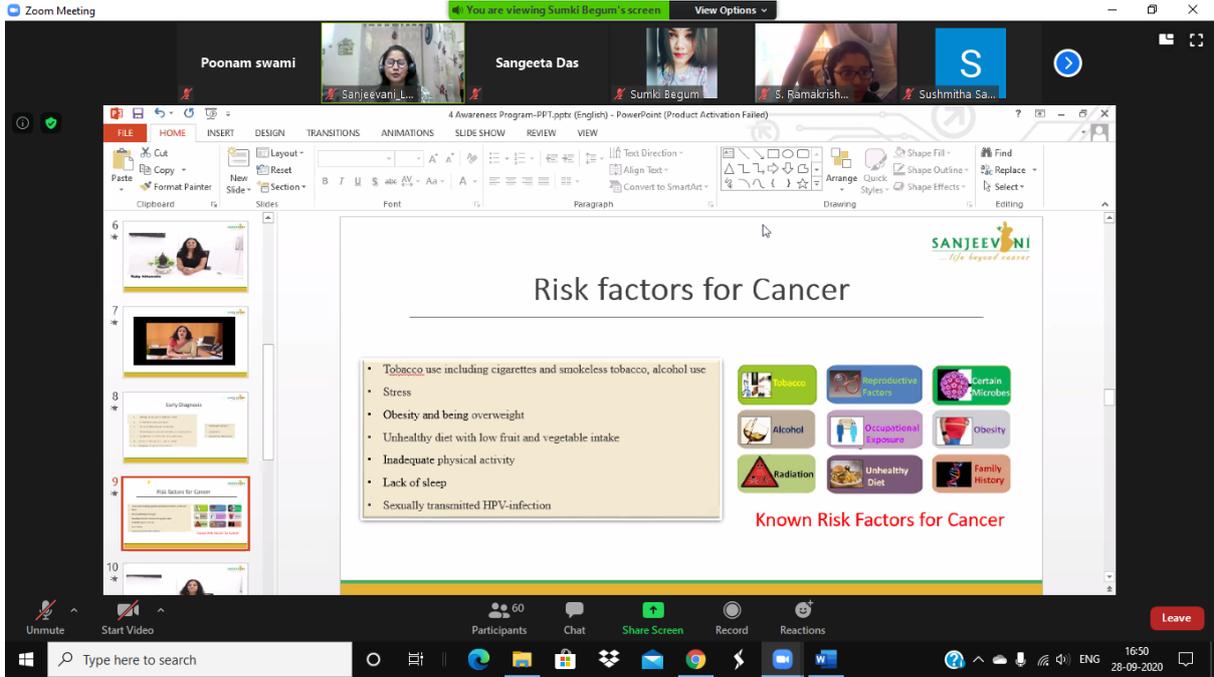


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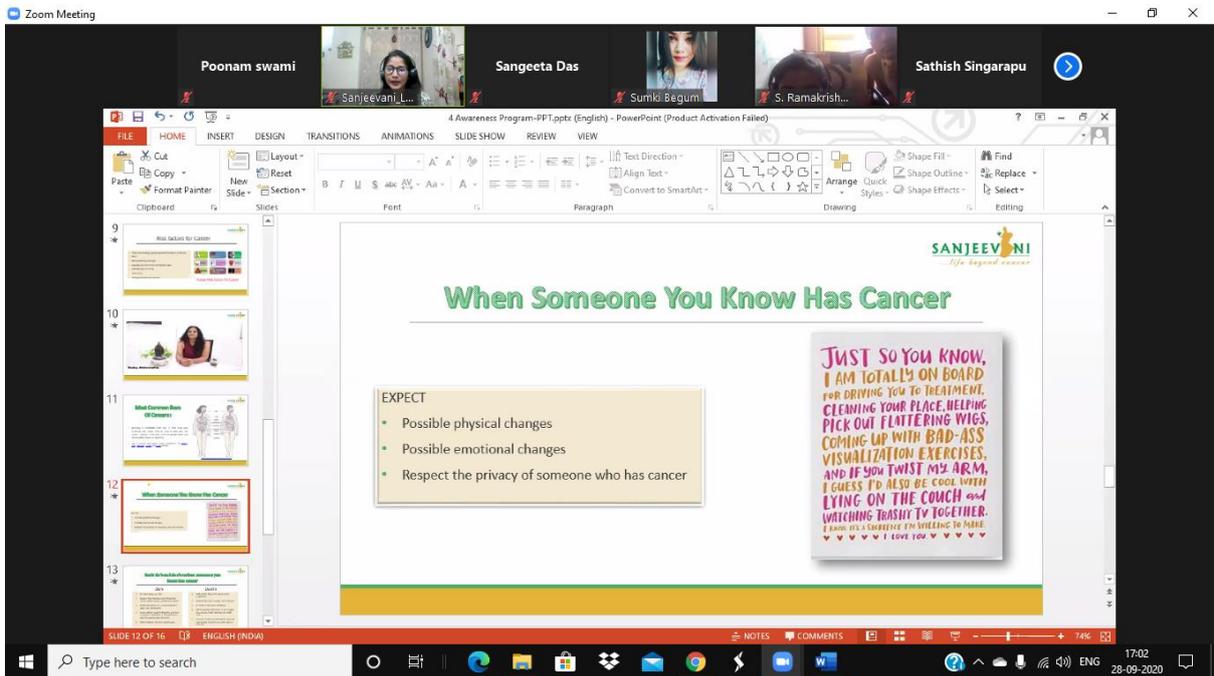


Risk factors for Cancer

- Tobacco use including cigarettes and smokeless tobacco, alcohol use
- Stress
- Obesity and being overweight
- Unhealthy diet with low fruit and vegetable intake
- Inadequate physical activity
- Lack of sleep
- Sexually transmitted HPV-infection

Known Risk Factors for Cancer

Icons representing: Tobacco, Reproductive Injuries, Certain Microbes, Alcohol, Occupational Exposures, Obesity, Radiation, Unhealthy Diet, Family History.



When Someone You Know Has Cancer

EXPECT

- Possible physical changes
- Possible emotional changes
- Respect the privacy of someone who has cancer

JUST SO YOU KNOW, I AM TOTALLY ON BOARD FOR DRIVING YOU TO TREATMENT, CLEANING YOUR PLACE, HELPING PICK OUT FLATTERING WIGS, COMING UP WITH BAD-ASS VISUALIZATION EXERCISES, AND IF YOU TWIST MY ARM, I GUESS I'D ALSO BE COOL WITH LYING ON THE COUCH and WATCHING TRASHY TV TOGETHER. I know it's a surprise I'm willing to make. ♡♡♡♡♡ I love you ♡♡♡♡

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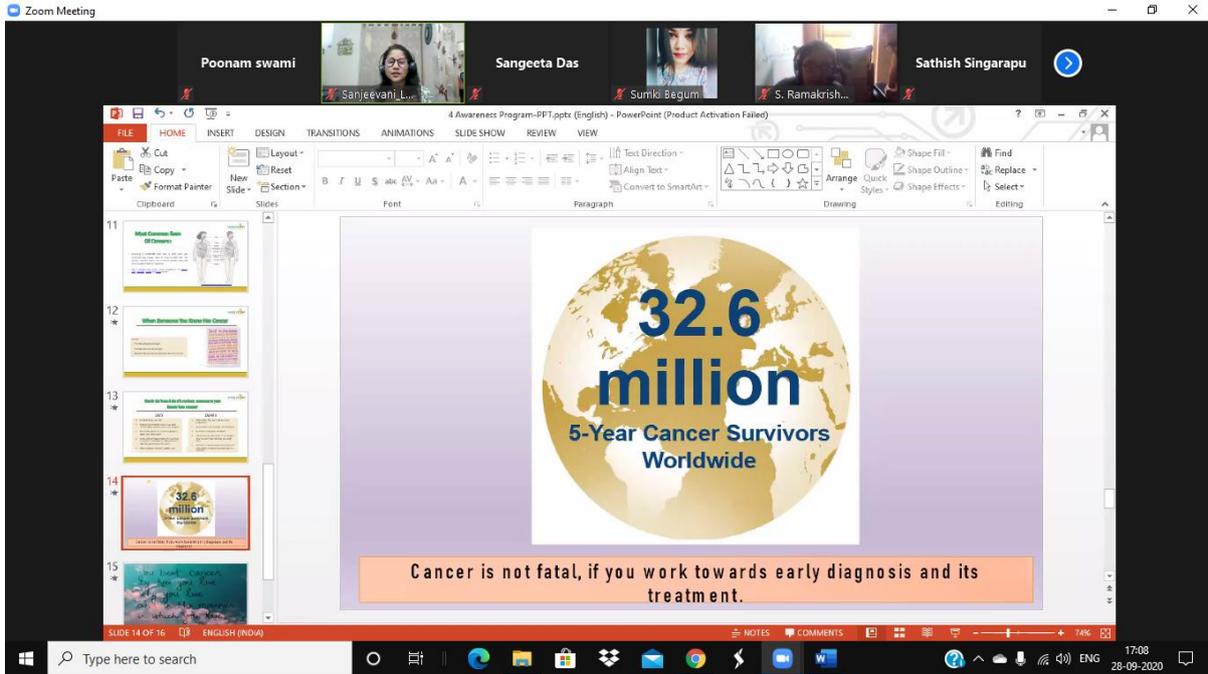
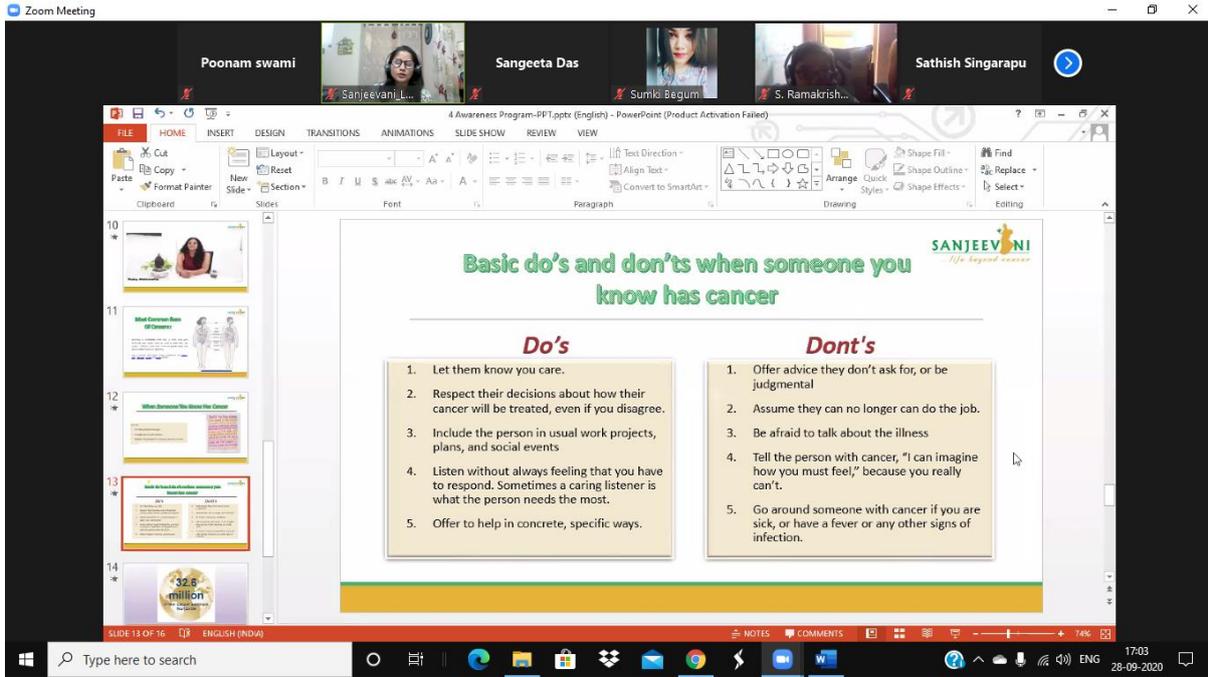


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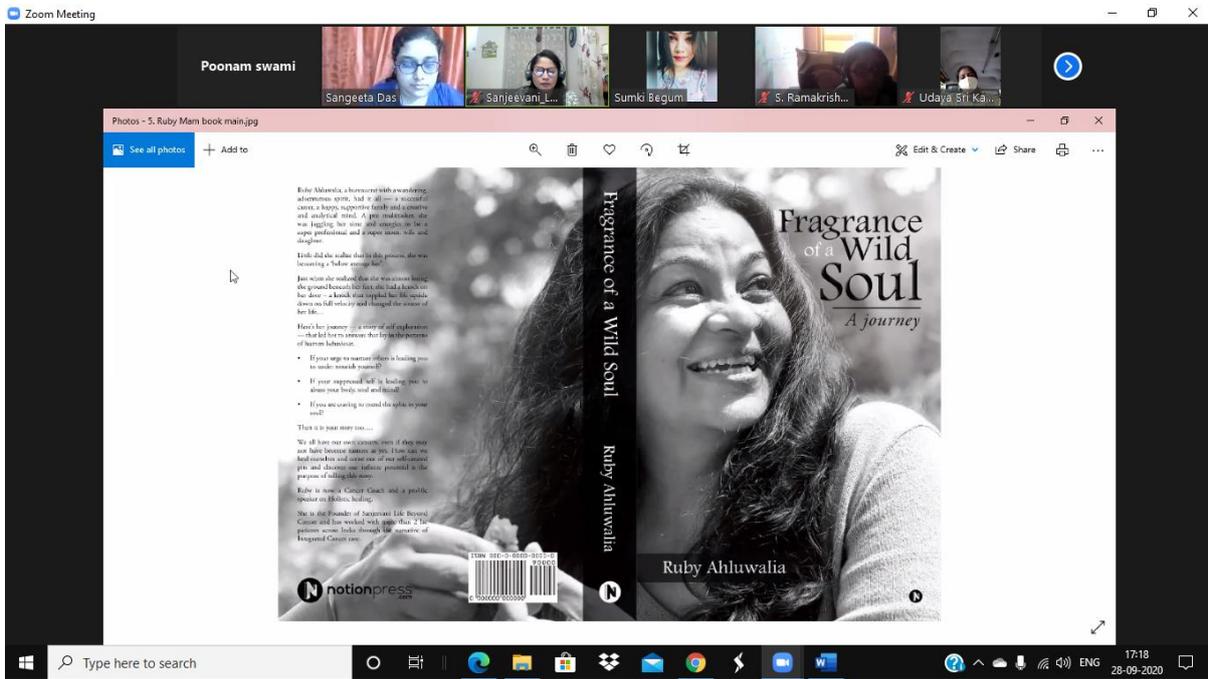
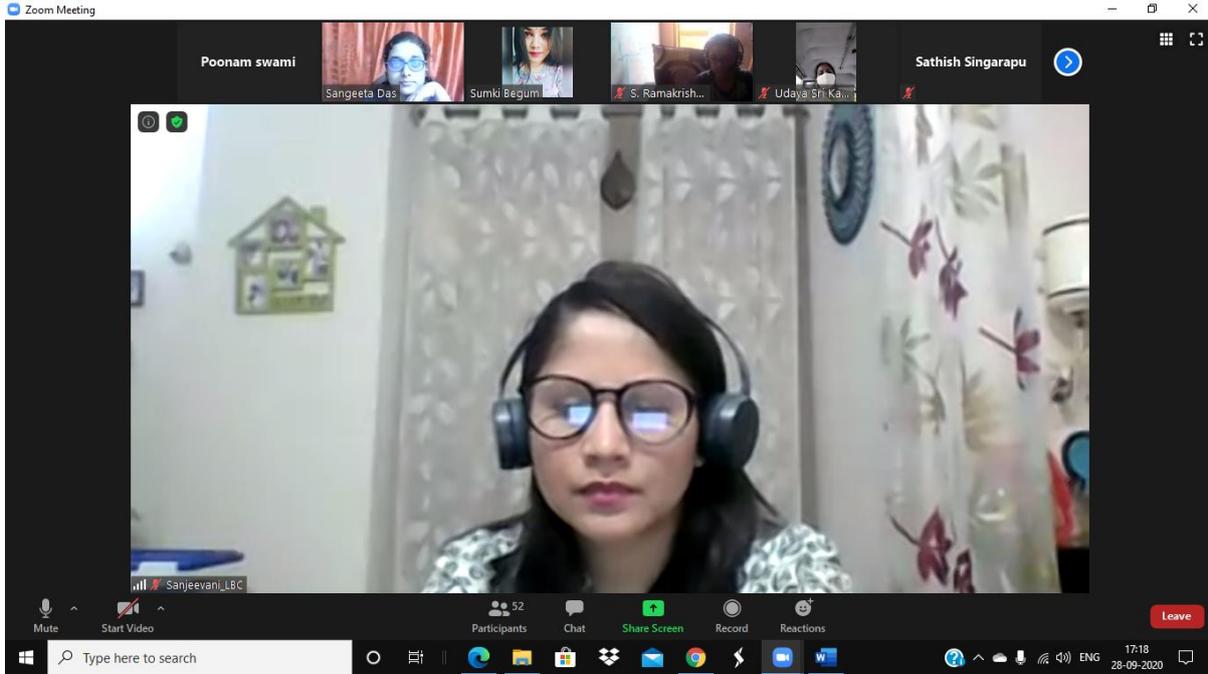


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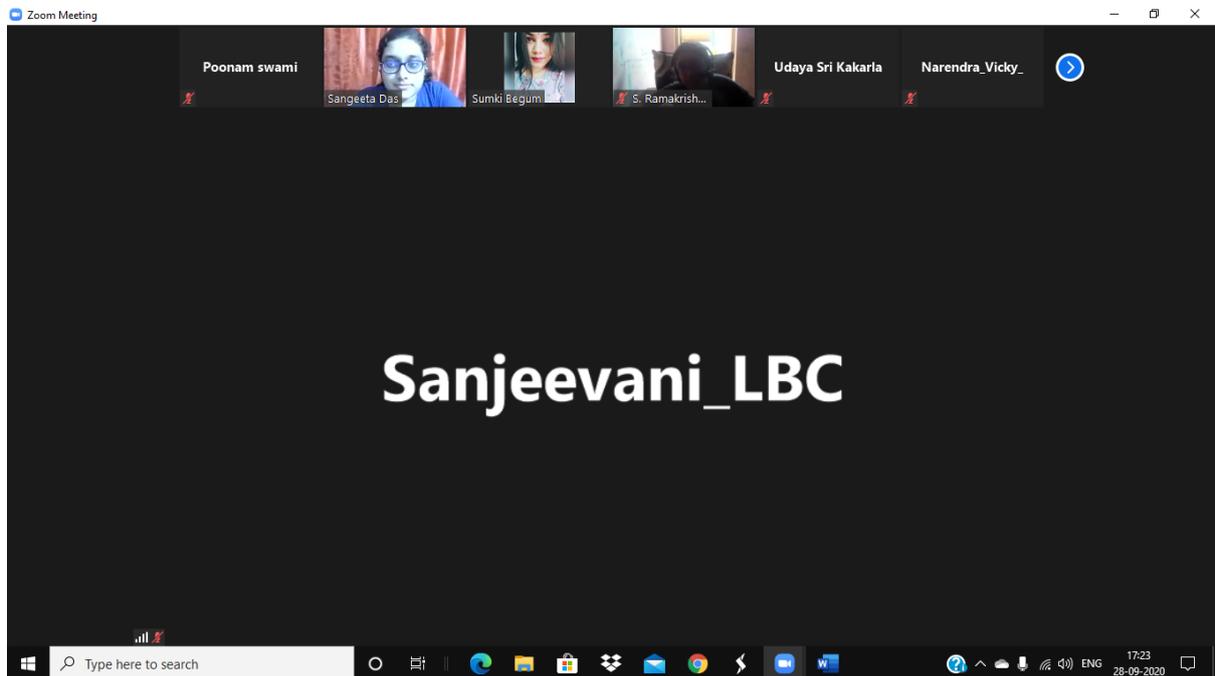


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