

# Sarvajanik College of Engineering and Technology, Surat

Affiliated by  
GUJARAT TECHNOLOGICAL UNIVERSITY  
Chandkheda, Ahmedabad



## National Service Scheme



A Report On

Webinar on **C**ancer **P**revention and **H**ealthy **L**ifestyle

11<sup>th</sup> of December, 2020

By

NSS SCET, SURAT



Academic year  
(2020-2021)



## SANJEEVANI - LIFE BEYOND CANCER

SARVAJANIK COLLEGE OF ENGINEERING AND TECHNOLOGY

NATIONAL SERVICE SCHEME (NSS)

welcome you to a webinar on

# Cancer Prevention and Healthy Lifestyle

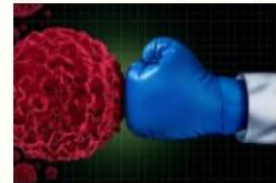


SPEAKER:

Ms. SUMKI BEGUM

PROGRAM COORDINATOR - OUTREACH,  
SLBC

**Date: 11 th  
December, 2020  
Time: 3:00P.M. -  
4:30 P.M.**



ORGANIZER:  
NSS UNIT, SARVAJANIK  
COLLEGE OF  
ENGINEERING AND  
TECHNOLOGY (SCET)

**E-CERTIFICATE WILL BE PROVIDED**



**ALL ARE WELCOME**



**LET'S JOIN HANDS AND BEAT CANCER TOGETHER!**

- **ABOUT THE SPEAKER OF EVENT:**

**Ms. Sumki Begum**

Program Coordinator-Outreach and Counselor, Sanjeevani-Life Beyond Cancer.  
Former Welfare Officer at University of Science and Technology, Meghalaya.  
Former Field Investigator at National Health Resource Repository.

She has Three Years of Experience in the field of Cancer Care

She has received two Awards

- 1) Award of Excellence in the field of Cancer care
- 2) Award for new innovation in the field of Cancer care.

She has conducted 30+ physical Awareness camps on Cancer Prevention

She has conducted 90+ webinars on cancer prevention and Healthy Lifestyle in the field of Cancer Care.

She has done Research (dissertation) on "Women Alcoholism in Guwahati Metro"

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The NSS unit of Sarvajani College of Engineering & Technology (SCET, Surat) hosted a webinar on 'Cancer Prevention and Healthy Lifestyle' in association with Sanjeevani – Life Beyond Cancer, a pioneer in comprehensive cancer care, on 11th December, 2020.

It was attended by the students and the faculty members of the college.

Ms. Sumki Begum, Program Coordinator (Outreach), SLBC was the resource person.

The speaker, Ms. Sumki Begum, gave a brief introduction about SLBC where she spoke about four flagship programs of SLBC, namely,

- CanSahyogi- counseling and handholding program,
- CanSaarthi- skill development program,
- Satori- holistic healing program
- CanChetna- awareness program

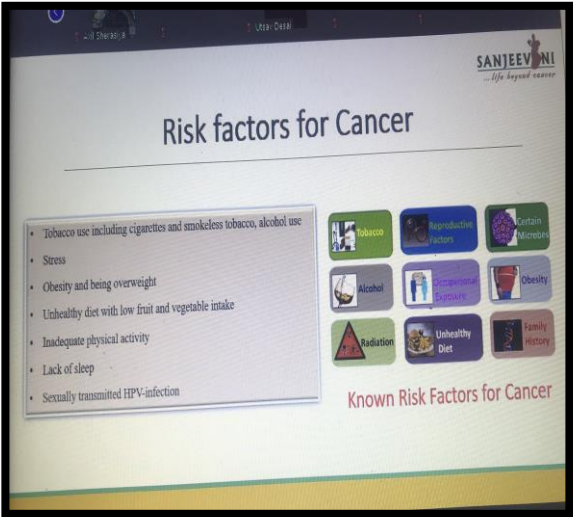
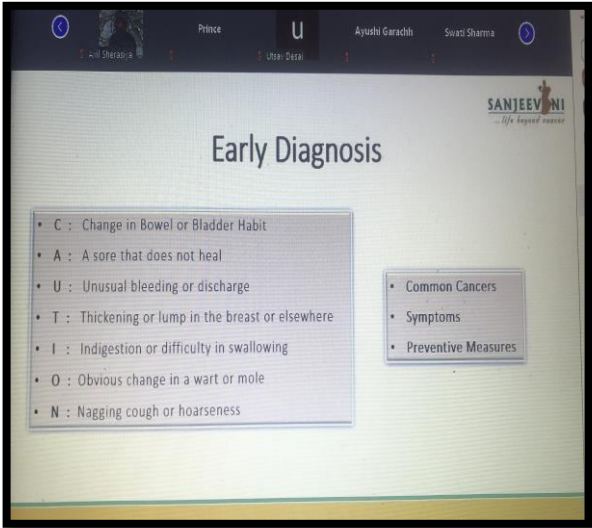
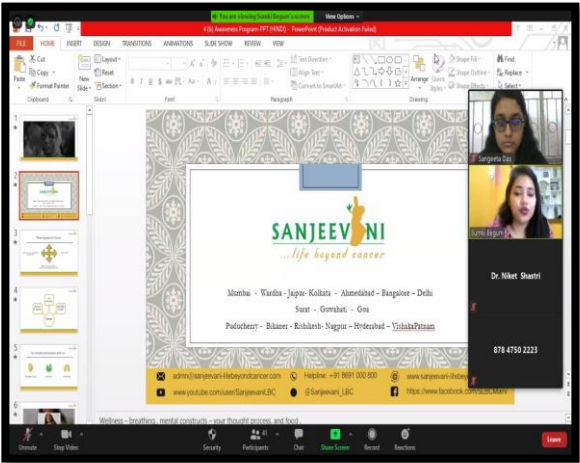
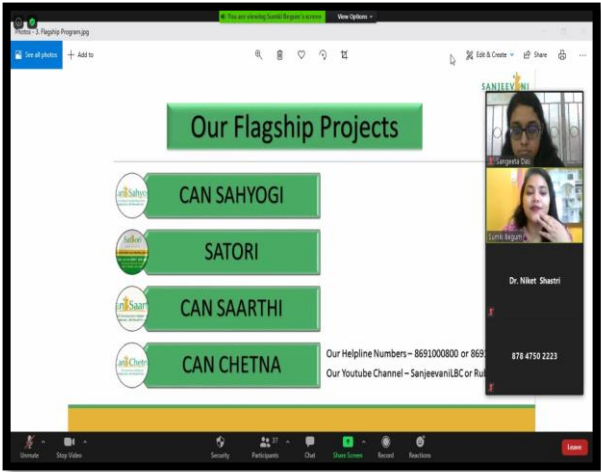
The speaker then discussed about three aspects of cancer awareness – how to reduce the probability of getting cancer, early detection and how to make a substantial difference in a person's life diagnosed with cancer.

The speaker explained about cancer, which is a lifestyle disease, in very simple terms. She spoke about the three leading factors of cancer – increase in toxicity, low immunity and unhealthy lifestyle. The speaker also explained that our immune system depends on our thought process, nutrition and breathing pattern and we should work on all of these so as to boost our immune system so strong that we are able to prevent ourselves from getting any chronic illnesses including cancer.

Ms. Sumki Begum elaborated on the signs and symptoms of common forms of cancer and explained that it is extremely essential to look out for these signs and symptoms and immediately rush to the doctor, in case of any abnormality, since cancer is often curable if detected early. Then she touched upon some common risk factors for cancer such as tobacco use and alcohol use, stress, obesity and being overweight, unhealthy diet with low fruit and vegetable intake, inadequate physical activity, lack of sleep and sexually transmitted infections like HPV, HIV / AIDS. The speaker also talked about the top five forms of cancer affecting the Indian population.

Lastly, the speaker discussed about some basic do's and don'ts when someone we know has cancer. She encouraged the young students to donate blood regularly. She also tried to break the taboos associated with cancer in the society including cancer means death and cancer is contagious. She ended the presentation by saying that cancer is not fatal, if we work towards early diagnosis and its treatment.

# Glimpses of the Webinar:



## **NSS TEAM**

### **Acknowledgement**

We extend our sincere thanks to our principal, Dr. Hiren Patel for his constant support and motivation in facilitating such activities.

We are very much thankful to managing trustees and office bearers of the Sarvajanik Education Society for their support.

We thank one and all for their direct or indirect support.

**Dr. Niket Shastri**  
**NSS Program Officer**  
**SCET**

**Prof. (Dr.) Keyur Rana**  
**DEAN, SAWC**  
**SCET**