

SCHOOL OF CIVIL ENGINEERING

NSS BUREAU, KIIT DU

WEBINAR ON CANCER AWARENESS

07-11-2020

Organised by :- KIIT NSS BUREAU , SCHOOL OF CIVIL ENGINEERING

With the rapid rise in no. of **Cancer** cases in India, making it one of the greatest causes of deaths in India, a Cancer awareness programme was conducted on 7th November, 2020 by the volunteers of **NSS BUILDERS, SCHOOL OF CIVIL ENGINEERING**.

The online event was commenced by Prof. Gaurav Udgata, Program Officer introduces the guest speaker, Dr. Humshika Samantray (Alumni of **KIMS, BHUBANESWAR**). Volunteers of **NSS School of Civil Engineering** attended the event along with a few faculty members of the School.

The Invited speaker, Dr. Humshika Samantray, who is a resident medical officer SUM Ultimate Medicare, Bhubaneswar gave an elaborated knowledge on Cancer, its causes, symptoms as well as the preventive measures required to fight it. It was an extra-ordinary interactive session and witnessed active participation from all the volunteers as well as the faculties.

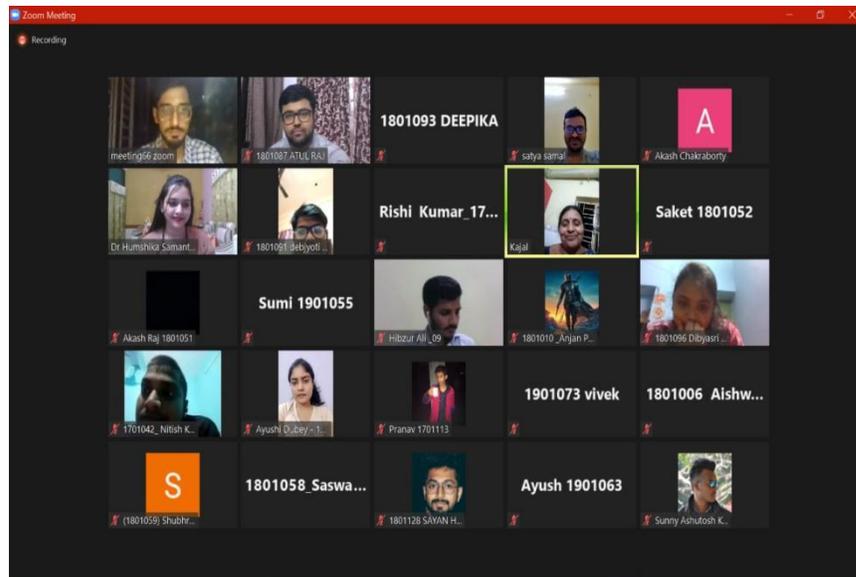
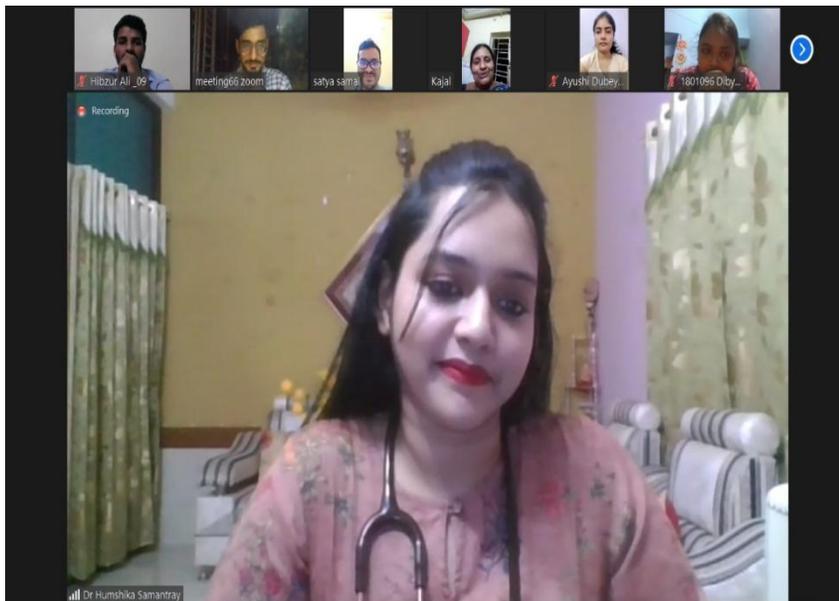
The following points were discussed by Dr. Humshika Samantray :-

- What cancer is and how it has become one of the biggest causes of deaths not only in India but in the entire world.
- The reason for the importance of spreading awareness amongst the population regarding the same.
- Breast Cancer, Cervical Cancer and Lung cancer being the most common types of cancer were discussed thoroughly. Their causes, symptoms, ways to combat the disease, etc. were analysed.
- The importance of screening for early detection.
- The importance of following a healthy lifestyle with healthy food, good sleep as well as reduction of screen time.
- The importance of limiting alcohol consumption and avoidance of tobacco and smoking.
- Importance of exercise and regular check-ups.

- She also answered a few questions regarding the Cancer asked by the volunteers.
- The online event was graced by the presence of Prof. Kajal Parashar, Programme Coordinator **KIIT NSS Bureau**. She appreciated the efforts of the volunteers and expressed her gratitude to the invited guest speaker as well. Further plans of setting up mobile vans (Mammo vans) by **NSS** were discussed with the guest speaker.
- The final vote of thanks was given by Prof. Satya Ranjan Samal, Program Officer, SCE. He also shared his views regarding the importance of healthy lifestyle to tackle this deadly disease.
- The volunteers of the NSS Bureau of KIIT School of Civil Engineering extended thankfulness to the Hon'ble Founder Dr. Achyuta Samanta, Vice Chancellor Prof. Hrushiksha Mohanty, Pro Vice Chancellor Prof. Sasmita Samanta, Dean SCE Dr. Sanjib Moulick and Programme Coordinator KIIT NSS Bureau, Prof Kajal Parashar for their



constant support and guidance





NATIONAL CANCER AWARENESS DAY

NSS BUILDERS School of Civil Engineering
WELCOMES



ZOOM DETAILS :

MEETING ID : 631 430 0941

PASSCODE : 1234

DATE : 7TH NOV 2020

PLATFORM : ZOOM

TIME : 07:15 PM

DR. HUMSHIKA SAMANTRAY [ALUMNI OF KIMS, BHUBANESWAR]

Resident medical officer SUM Ultimate Medicare, Bhubaneswar

Former resident at Department of Cardiology AMRI hospitals, Bhubaneswar