



Report on
Cancer Prevention and Early Detection (Extension Activity)
in collaboration with NSS

Date: Monday, 07th November 2022.

Venue: Village Berka Anganvadi.

Event Type: Extension Activity

Mode of Activity: Offline

Target Group: Anganvadi worker and villagers

Resource Person (if any): Dr. Richa Agarwal

Coordinators: Dr. Pooja Vats & Dr. Mina Yadav

Organized by: School of Basic and Applied Sciences

Number of Participants (Attach Attendance as Annexure): 40 including students of SBAS, NSS and female of the village
(annexure uploaded)

School of Basic and Applied Sciences in collaboration with NSS, K. R. Mangalam University organized an extension activity on 'Cancer Prevention and Early Detection' in Village Berka on 07.11.2022 from 10:30 onwards. The resource person of the session was Dr. Richa Agarwal who is a social worker, motivational speaker and trainer. She is Advisory member of 'One Step Towards Peace' an NGO working for establishing peace and sustainability in society and environment. She is cancer survivor and has founded 'Well We Live' – an initiative that works towards inspiring people with a mission they have named as **Ayushmaan bhava** which follows with the spirit of Conquerorship beyond just survivorship of diseases or any other traumatic life events. and Ms. Krishna (Asha worker). In the program, almost 40 participants including K R Mangalam University students and villagers were present. The main objective of the program was to raise the awareness among the women's health regarding cancer and to provide insight into managing their health better.

The event was started by Dr. Pooja Vats, Coordinator of the event by giving brief introduction about the Dr. Richa Agarwal.

Dr. Richa Agarwal created awareness on different types of cancer. She has covered all aspects like probable symptoms, ways to identify it, factors causing cancer and precautionary measures.


Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

She said that the factors causing cancer are genetic, physiological, dietary, environmental and life style. She has suggested precautionary measures like avoiding cholesterol rich fat diet, alcohol intake, reducing obesity based on the BMI standard, curtailing use of tobacco, being aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc. She shared some stories of cancer survivor which gives a message of hope and confidence among the participants.

The session was very helpful for the villagers where they get to know about the signs and symptoms, and importance of screening for early detection. It is also vital to follow a healthy lifestyle. Participants were informed about the value of treatment and the importance of visiting the doctor. In the last, the participants interacted with Dr. Richa Agarwal, asked their queries and clarifying the doubts about their health issues.

In the last, the program was concluded by Coordinator, Dr. Mina Yadav by giving vote of thanks to the guest and participants.

Pics (non-geotagged for social media /geotagged for NAAC) with Date and Captions




Registrar
K.R. Mangalam University
Gurgaon (Haryana)

aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc. She shared some stories of cancer survivor which gives a message of hope and confidence among the participants.

The session was very helpful for the villagers where they get to know about the signs and symptoms, and importance of screening for early detection. It is also vital to follow a healthy lifestyle. Participants were informed about the value of treatment and the importance of visiting the doctor. In the last, the participants interacted with Dr. Richa Agarwal, asked their queries and clarifying the doubts about their health issues.

In the last, the program was concluded by Coordinator, Dr. Mina Yadav by giving vote of thanks to the guest and participants.

Pics (non-geotagged for social media /geotagged for NAAC) with Date and Captions

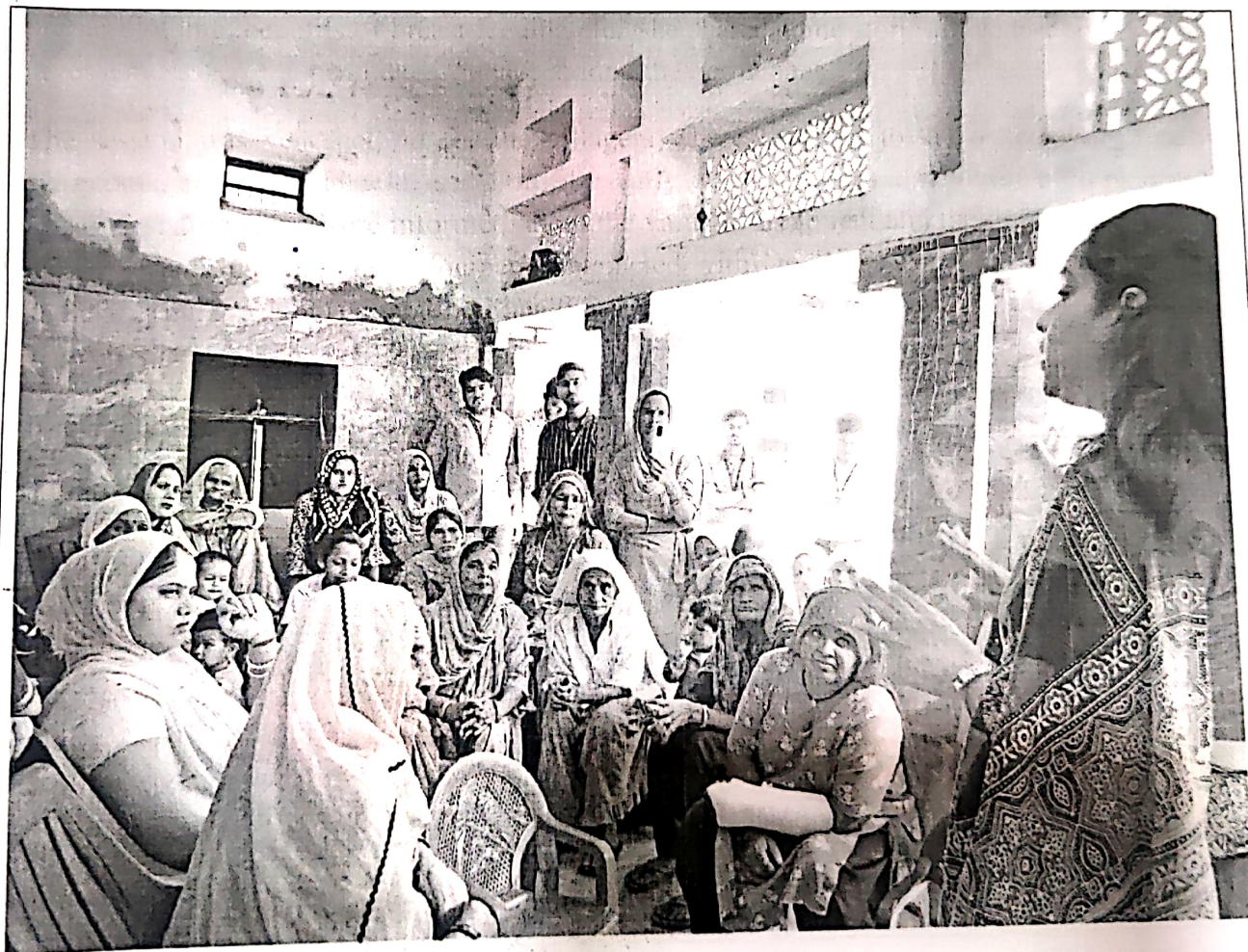


Photo1: Speaker is sharing her own experience about Cancer

[Signature]
Registrar
K.R. Mangalam University
Sector Road, Gurugram (Haryana)

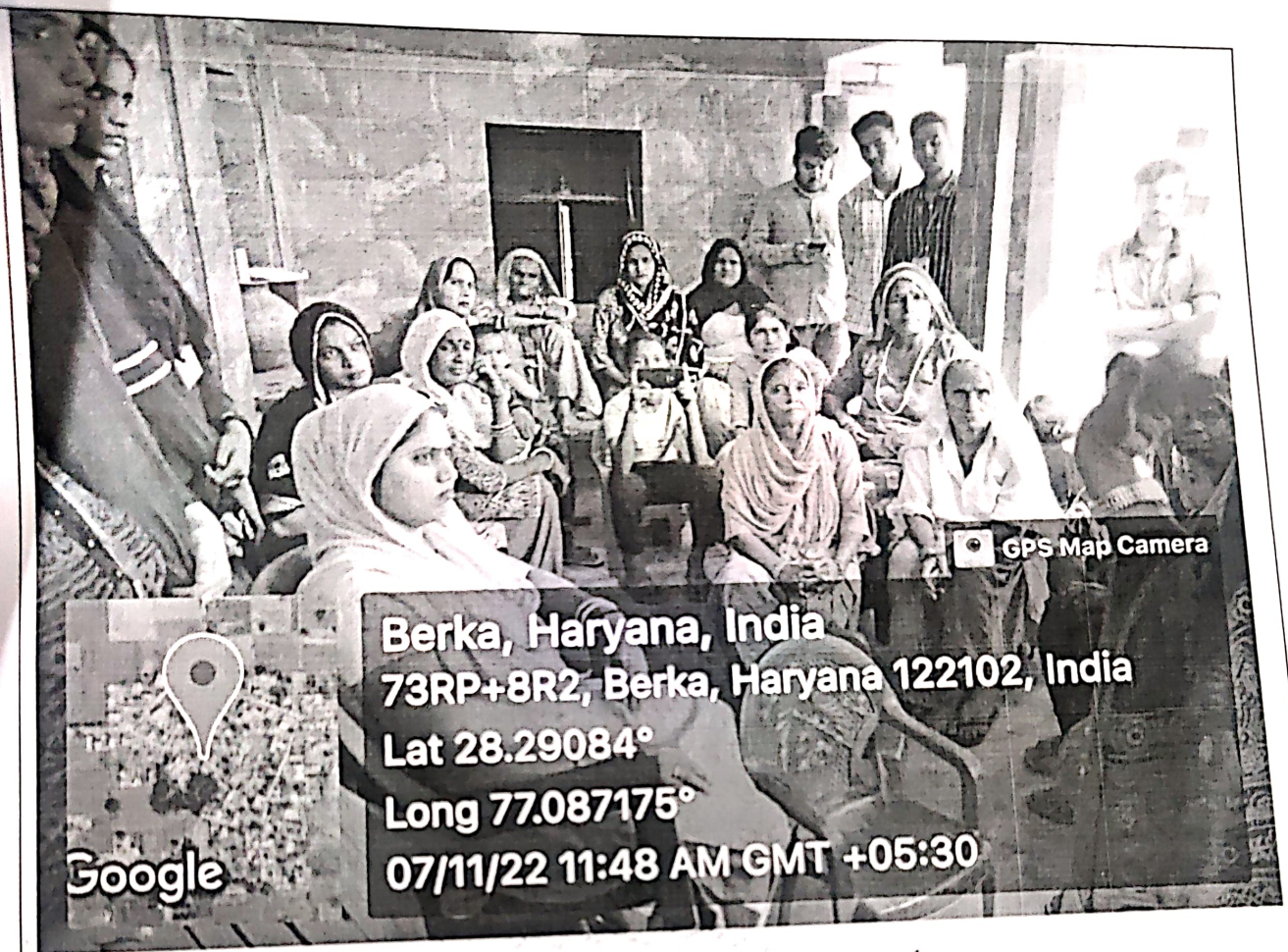
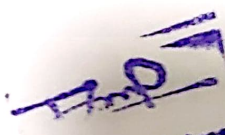


Photo2: Audience are listening to speaker


Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)



GPS Map Camera

Berka, Haryana, India

73RP+8R2, Berka, Haryana 122102, India

Lat 28.290852°

Long 77.087064°

07/11/22 12:04 PM GMT +05:30

Google

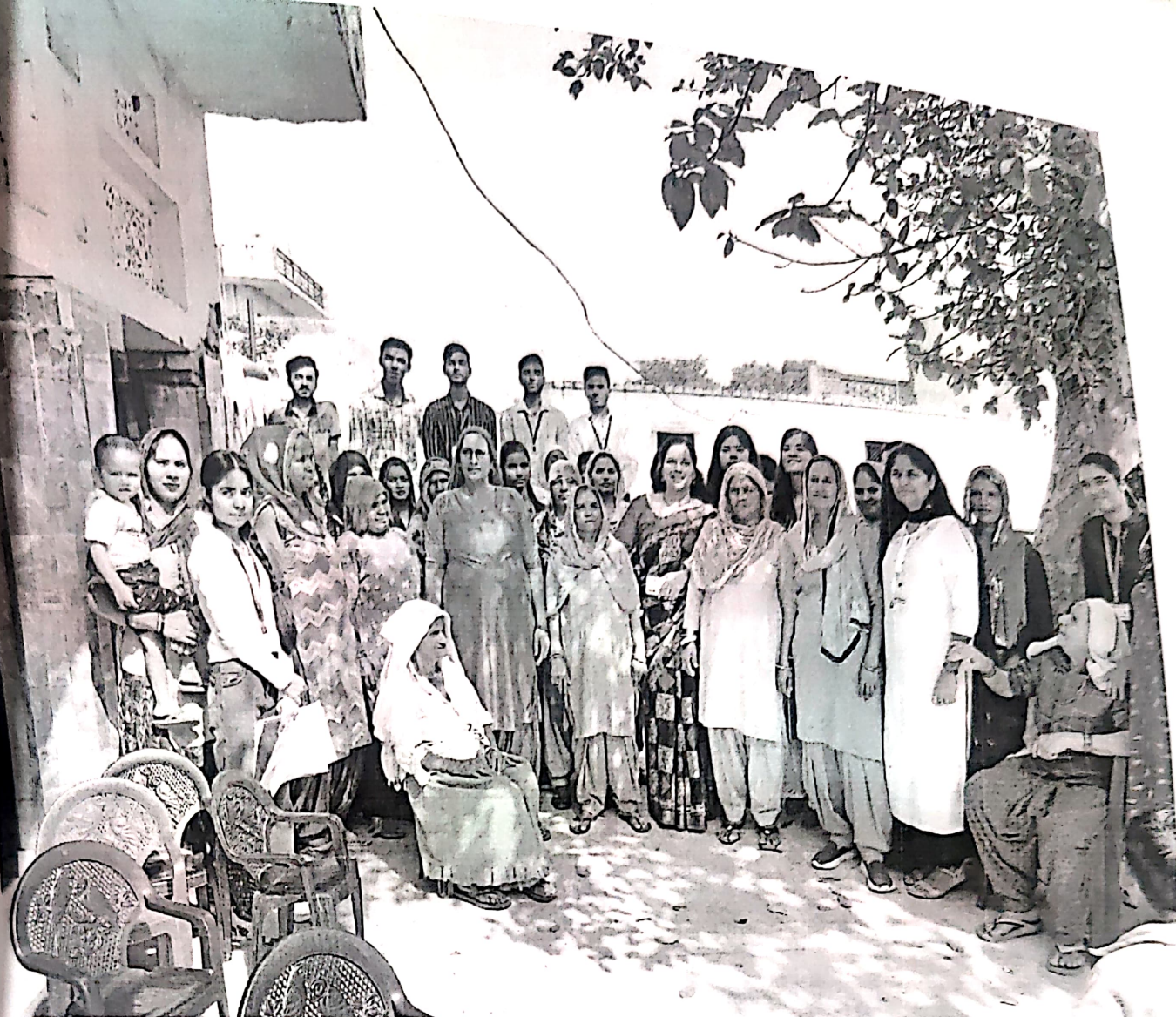


Photo 4: Feeling of Togetherness

Report prepared by	Dr.Pooja Vats & Dr.Mina Yadav
Report verified by Event Coordinator	Dr.Pooja Vats & Dr.Mina Yadav
Report Seen by VC Sir	Prof.C.S.Dubey (Vice Chancellor K R Mangalam University) (11-10-2022)

[Signature]

Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

Meena

CANCER PREVENTION EARLY DETECTION

Date: 7th November 2022

Venue: Village Berka Anganwadi

School of Basic and Applied Sciences

Sr. No.	Name	Signature
1	Rinku	रिंकू
2	Sangeeta	Sangeeta
3	Meenakshi	मीनाक्षी
4	दयावती	दयावती
5	कृष्णा	कृष्णा
6	कृष्णा	कृष्णा
7	सुरेश	सुरेश
8	कोशलदा	कोशलदा
9	कला	कला
10	राजेश	राजेश
11	शान्ति	शान्ति
12	ममता	ममता
13	Munesh Deyi	Munesh Deyi
14	रामचारी	रामचारी
15	Preeti	प्रीति
16	Bhanti	Bhanti
17	मामचंदी	मामचंदी
18	बाला	बाला
19	Preeti	Preeti

Verified by:

Signature:

Date:

7th Nov. 2022

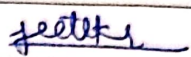
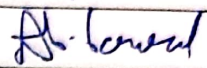
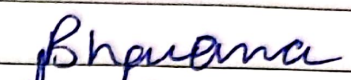
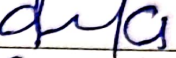
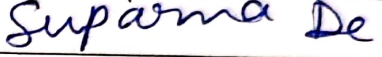
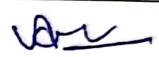
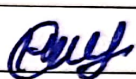
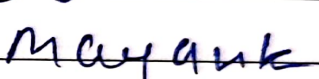
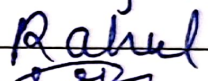



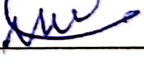
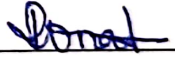
Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

Cancer detection and Prevention

Date: 7th November 2022

Venue: Village Berka Anganwadi

School of Basic and Applied Sciences

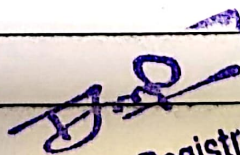
Sr. No.	Roll Number	Student Name	Signature
1	2003110001	Teelika	
2	2003240001	Abhay	
3	2203110007	Bhawana	
4	2203110006	Anuvanshika	
5	2203110002	Suparna De	
6	2203110005	Archana	
7	2203110003	Hitesh	
8	2203110001	Mayank	
9	2203110008	Rahul	
10	2103110006	Sejal	
11	2103110004	Amrit	
12	2103110007	Chondan	
13	2103110004	Muskan	
14	2103110001	Ronak	
15			
16			
17			
18			
19			

Verified by:

Signature:

Date:

7th Nov. 2022



Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

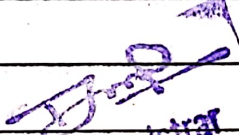
CANCER PREVENTION EARLY DETECTION

Date: 7th November 2022

Venue: Village Berka Anganwadi

School of Basic and Applied Sciences

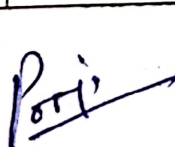
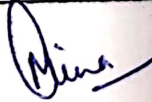
Sr. No.	Name	Signature
1	Anju	अनंज
2	Rajesh	Rajesh
3	Kaushalya	Kaushalya
4	Jagindri	जोगिन्दरी
5		
6	Munesh	Munesh
7	Rampyari	Rampyari
8	Sundhri	Sundhri
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		


 Registrar
 K.R. Mangalam University
 Sector Road, Gurugram (Haryana)

Verified by:

Signature:

Date:



 7th Nov. 2022