



## **Report on Awareness Session on ‘Cancer Prevention and Healthy Lifestyles’**

**Date:** 5<sup>th</sup> April 2024

**Venue:** Akarshan Kaushal Kendra, Bhondsi

**Event Type:** Awareness Session

**Mode of Activity:** Offline

**Target Group:** Women of NGO and NSS volunteers

**Coordinators:** Dr Mina Kumari (NSS member) and Neeraj Kumari (NSS Coordinator)

**Organized by:** NSS, K R Mangalam University, Gurugram

**Resource Person:** Dr. Richa Aggarwal, Counselor and Training Consultant at LTIMindtree organization, Noida.

**Participants during awareness session:** Approximate 30 women of NGO and 17 NSS volunteers

### **Introduction:**

World Health Day is observed globally on April 7<sup>th</sup> each year, serving as an opportunity to raise awareness about health-related issues and mobilize efforts to promote healthier living. The World Health Day was established by the World Health Organization (WHO) in 1948 with an aim to address health concerns and advocating for collective action to improve public health outcomes worldwide. Therefore, on the occasion of World Health Day, NSS K. R. Mangalam University organized an awareness session on ‘Cancer Prevention and Healthy Lifestyles’ at Akarshan Kaushal Kendra, Bondsai on 5<sup>th</sup> April 2024.

### **Objectives:**

The main motive to organize the session was to disseminate crucial information about cancer prevention, early detection, and the significance of adopting healthy habits to lead a fulfilling life.

### **Content:**

The event was started by Dr. Richa Aggarwal, a counsellor and training consultant at LTIMindtree organization. Dr. Richa Aggarwal commenced the session by elucidating various aspects of cancer, including its types, causes, and risk factors. She emphasized the importance of proactive measures in



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preventing cancer, such as maintaining a balanced diet, avoiding tobacco and alcohol consumption, and engaging in regular physical activity. The significance of early detection in improving cancer prognosis was a focal point of Dr. Aggarwal's discourse. Attendees were educated on recognizing warning signs and symptoms, as well as the significance of regular screenings and check-ups for early diagnosis. Dr. Aggarwal emphasized the pivotal role of a healthy lifestyle in reducing the risk of cancer and enhancing overall well-being. She elucidated the benefits of consuming a diet rich in fruits, vegetables, and whole grains while limiting processed foods and sugary beverages. Additionally, she advocated for maintaining a healthy weight, staying physically active, and managing stress effectively. Following the informative presentation, an interactive session ensued where attendees had the opportunity to seek clarification on cancer-related queries and share their experiences. Dr. Aggarwal addressed various concerns raised by participants, fostering an engaging and informative exchange of ideas.

#### **Conclusions:**

The seminar on cancer awareness and healthy lifestyle practices, led by Dr. Richa Aggarwal and organized by Dr. Neeraj, NSS Coordinator, served as a valuable platform for disseminating vital information about cancer prevention, early detection, and the adoption of healthy habits.

#### **Event outcome:**

Through insightful discussions and interactive sessions, attendees gained valuable insights into safeguarding their health and well-being against the threat of cancer. Such initiatives play a pivotal role in empowering individuals to make informed choices and lead healthier lives, ultimately contributing to the collective effort in combating cancer and promoting overall wellness in society.



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Dr. Richa discussing about the cancer



Participants during the session



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Dr. Neeraj Kumari expressed her gratitude toward expert and participants



A group photograph with participants and NSS volunteers