



RUKMINI DEVI

Institute of Advanced Studies

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“Session on Cancer: An initiative by Social Club RDIAS”

Topic :	A session on Cancer Awareness by Social Club, RDIAS
Date of event :	September 6,2011
Aim of the Event :	A session on Cancer Awareness was organized by Social Club RDIAS for all the students and faculty members. The session was taken by Dr. Sheh Rawat. Talking about his qualifications, he is an MBBS and MD. In Rajiv Gandhi Cancer Institute, New Delhi and he enjoys the designation of a Sr. Consultant. The session aimed at making everyone aware about Cancer and the cure available for it.
Event Report in brief :	<p>The Doctor began with a serious note that “Cancer is serious but is preventable” if detected timely. He then added Cancer is a dreaded class of diseases characterized by out-of-control cell growth. There are over 100 different types of cancer and each is classified by the type of cell that is initially affected, but the fear often arises out of ignorance and misconceptions, rather than any reality. Through its work at grass-root level, Cancer society came to realize that one of the main problems in India in the control of cancer was lack of knowledge about lifestyles and societal practices that caused 70 per cent of its occurrence.</p> <p>With the highest incidence of cancers in the head and neck regions for men and cervix and breast for women, Cancer society woke up to the realization that many of these cancers were preventable and curable had they been caught at an early stage.</p> <p>The Doctor mentioned that gone are the days when cancer was mortal. The idea behind being educated citizens of this country is also to make sure that the health and welfare of future generations is well understood</p>

and cared for.

The session can be summarized as follows :

- ✓ Cancer and its awareness. Dr. Sheh Rawat discuss the following points :
 - What is a Cervix?
 - What is Cervical Cancer? - Cancer that affects the “mouth” of the uterus and it is the commonest cancer in Indian Women
 - Why is it important? - India makes up only 16% of the world’s population But has 27% of the world’s total cervical cancer cases and deaths every year
 - What causes it? - A virus HPV (Human Papilloma Virus). The 4 most important types of HPV- HPV16, HPV18, HPV6, HPV11
 - What are the symptoms of Cervical Cancer? - Usually no symptoms in early stage but when advanced, there can be the following symptoms:
 - A little bleeding between periods
 - Bleeding after sexual intercourse
 - Abnormal vaginal discharge
 - Sometimes - pain
 - During intercourse
 - Continuous
 - Low back-ache
 - Unexplained loss of weight
 - Pail face and nails (anemia)
 - How is it treated? - Treatment options depend on the the stage of the cancer , the size of the tumor , Woman’s age , Woman’s desire to have children , Related diseases
 - How can one protect himself?
 - He also discussed about screening and early vaccination
- ✓ He also showed terrible and horrifying cancer related pictures
- ✓ He also discussed signs , symptoms and caution required for cervix, breast and oral cancer(due to TOBACCO)

It was an interactive session in which the queries of curious audience were entertained by the presenter enthusiastically. They also awarded the participating students with gift hampers.

RDIAS has done what is required and expected of a well aware and matured society. That's how we spread awareness!!