



**JSS MAHAVIDYAPEETHA**  
**JSS COLLEGE OF ARTS, COMMERCE & SCIENCE**  
Autonomous, 'A' Grade and 'College with Potential for Excellence'  
OOTY ROAD, MYSURU-570 025, KARNATAKA  
Ph: 0821-2548236 & 2548380. FAX: 0821-2548238  
E-mail: jssautonomous@gmail.com; Website: jsscacs.edu.in

Date: 05-10-2024

**Report of the National Level Webinar on 'Cancer Awareness'**  
**Organized in collaboration with GAD-TLC & ICS, New Delhi**

A National Level Webinar on Cancer Awareness was organized by the college in collaboration with Guru Angad Dev Teaching Learning Centre and Indian Cancer Society, New Delhi on 5<sup>th</sup> October 2024. Mrs. Aruna Ummat, Joint Secretary of Indian cancer Society spoke on Cervical Cancer, HPV and HPV Vaccination. She said that cervical cancer is the fourth most common cancer among women worldwide, responsible for 342,000 deaths in 2020. Cervical cancer is primarily caused by untreated HPV infections, with risk factors including early marriage, early sexual activity, poor genital hygiene and co-infections with HIV. Ignorance of the disease, especially in rural areas and the absence of regular screenings contribute significantly to its high mortality rate. Ms. Aruna Ummat emphasized that HPV is asymptomatic in its early stages, leading to undetected cases until the disease advances. She has strongly appealed all the participants to adopt a mindset to make themselves a priority in the fight against cancer.

Aruna Ummat presented about the Pap smear, HPV DNA tests and visual inspection with acetic acid (VIA), all of which are crucial for early detection. She stressed that cervical cancer is highly preventable with regular screening and HPV vaccination, which has shown to significantly reduce infection rates. The HPV vaccine is particularly important for young women, and guidelines recommend its administration to girls between 9-14 years before they become sexually active. Additionally, she spoke about how cervical cancer and other cancers, such as anal, vaginal, and penile cancers, are associated with HPV, stressing the need for increased awareness, screening, and vaccination to save lives. Awareness and prevention were the key elements of her talk, especially in reducing the burden of cervical cancer in low-resource settings.

She has concluded by stressing that tackling cancer requires proactive measures, combining healthy lifestyle choices, early detection, and equitable access to medical care.

Another eminent speaker, the Educationist and the Former Principal of DPS School, Gurgaon, Haryana, Ms. Sunitha Nagapal highlighted the significant causes of cancer, emphasizing that both lifestyle and environmental factors play a crucial role. She noted that 40 out of every 200 cancers are caused by tobacco use, while other modifiable risk factors include alcohol consumption, obesity, and poor reproductive health. Factors such as DNA damage from carcinogens, stress, and a sedentary lifestyle further contribute to cancer risk. Non-modifiable risks like environmental pollution, radiation, and genetic predisposition were also discussed. Additionally, Ms. Nagapal stressed that symptoms like bowel changes, unusual bleeding, and lumps must not be ignored.

Preventive measures to combat cancer were outlined, including maintaining a healthy diet, weight management, quitting tobacco, limiting alcohol, regular physical activity, and receiving vaccinations like HPV. Ms. Nagapal underscored the need for active choices in preventing cancer, stating that 30-50% of cancers are preventable through conscious lifestyle changes. The

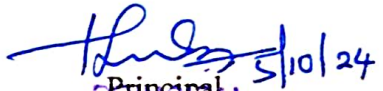
importance of early detection and regular medical screenings was also discussed, as many cancers, when caught early, have higher survival rates. She concluded with the powerful message that the conquest of cancer should be "by choice, not by chance," advocating for increased public awareness and personal responsibility in combating this global health issue.

In his presidential address, Prof. B.V. Sambashivaiah emphasized the urgent need for awareness regarding cancer, which is responsible for 10 million deaths globally in 2020, according to WHO. He noted that despite advancements in treatment, cancers like breast, lung, colorectal and cervical cancer continue to impact millions. In India alone, over 1.39 million new cases were reported in 2020, with 850,000 deaths.

Prof. Sambashivaiah highlighted the alarming shift from traditional diets to modern, processed foods, contributing to lifestyle diseases such as cancer. He called for a return to healthier food practices and active efforts to educate the public on the importance of early detection, vaccination (such as for HPV), and regular screenings, which can reduce cancer incidence by 30-50%. The role of organizations like the Indian Cancer Society, which conducts awareness and screening programs, was applauded for helping bridge healthcare access gaps, particularly in rural areas.

The Principal of the college Dr. M. Prabhu Welcomed. IQAC Coordinator Dr. N Rajendraprasad moderated and proposed Vote of Thanks.

More than 150 participants from teachers, office staff and students have taken part in the webinar. The webinar was also live streamed through YouTube.

  
Principal 5/10/24  
Principal  
JSS College of Arts, Commerce & Science  
(Autonomous)  
Coty Road, MYSURU-25



Guru Angad Dev  
**MALAVIYA MISSION  
TEACHER TRAINING CENTRE  
(UGC-MMTTC)**

S.G.T.B Khalsa College, University of Delhi, Delhi-110007



**Guru Angad Dev  
Malaviya Mission Teacher Training Centre  
UGC- MMTTC**

**in collaboration with**

**JSS College of Arts, Commerce and Science**

Autonomous, 'A' Grade and 'College with Potential for Excellence'

**Ooty Road, Mysuru – 570 025**



# **REPORT**

**NATIONAL WEBINAR ON “CANCER AWARENESS”**

**05 October 2024**

Date(s): 05-10-2024

No. of Registrations: 225

No. of Participants joined: 188 (100 in Zoom + Others in Live YouTube Streaming)

## **Organising Committee @ GAD-MMTTC**

### **Mentors**

- Padam Bhushan Sardar Tarlochan Singh, Chairman, Governing Body, SGTB Khalsa College, University of Delhi
- Prof. Ved Prakash, Former Chairman, University Grants Commission (UGC), Delhi
- Prof. A.K. Bakhshi, Former Vice-Chancellor, PDM University, Bahadurgarh, Haryana
- Prof. Jaswinder Singh, Vice-Chancellor, Eternal University, HP and Former Principal, SGTB Khalsa College, DU
- Dr. C.G. Betsurmamath, Executive Secretary, JSS Mahavidyapeetha, Mysuru
- Prof. S.P. Manjunath, Secretary – I, JSS Mahavidyapeetha, Mysuru
- Prof. R. Mugeshappa, Director, College Education Division, JSS Mahavidyapeetha, Mysuru
- Prof. S. Shivakumaraswamy, Secretary – II, JSS Mahavidyapeetha, Mysuru
- Prof. B.V. Sambashivaiah, Chief Executive, JSS College, Ooty Road, Mysuru
- 

### **Executive Heads**

- Prof. Gurmohinder Singh, Principal, SGTB Khalsa College, University of Delhi
- **Prof. Vimal Rarh**, Programme Director, UGC-MMTTC, SGTB Khalsa College, University of Delhi (**Conceptualiser of the two Tier FDPS**)

## **Organising Committee @ ICS, Delhi**

### **Core Team**

- Mr. Hari Mundra, Chairman, ICS, Mumbai
- Mrs. Usha Thorat, Hon. Secretary & Managing Trustee, ICS, Mumbai
- Mrs. Jyotsna Govil, Chairperson, ICS, Delhi
- Mrs. Renuka Prasad, Hon. Secretary, ICS, Delhi
- Mrs. Aruna Ummat, Hon. Joint Secretary, Awareness & Training, ICS, Delhi

## **Organising Committee @ JSS College of Arts, commerce and Science**

### **Organizing Secretary**

**Dr. N. Rajendraprasad**, Coordinator, IQAC & Assistant Professor of Chemistry

### **Members**

- Dr. B. Prabhuswamy, Controller of Examinations & Assistant Professor of Kannada
- Dr. Mallesha L, Head and Assistant Professor, PG Dept. of Chemistry
- Dr. Ramyashree M, Head and Assistant Professor, PG Dept. of Zoology
- Mr. Karthik G, Placement Officer and Assistant Professor of Physics
- Mr. Mahesha C, Assistant Administrative Officer

### **Speakers and Experts at ICS:**

- Mrs. Aruna Ummat
- Dr. Nalini Vemuri
- Mrs. Rekha Gulabani
- Dr. Kanchan Kaur
- Dr. Rama Joshi
- Mrs. Meenakshi Dhingra
- Mrs. Alka Sheel
- Dr. Vandana Dhamankar
- Mrs. Indra Jasuja
- Dr. Kanchan Kaur
- Dr. Rama Joshi
- Mrs. Nita Ganguly
- Dr. Bhawna Gandhi
- Dr. Smriti Neha

- Dr. Deepak Sarin
- Ms. Kamna Taneja
- Mrs. Sangita Malhotra
- Mrs. Sandhya Gupta
- Mrs. Soumya Rajesh
- Mrs. Seema Bajaj
- Ms. Nitasha Kumar
- Ms. Sunita Nagpal
- Ms. Smriti Rana
- Dr. Adosh Lall
- Mrs. Renuka Prasad
- Dr. Shekhar Grover
- Dr. M. R. Rajagopal
- Dr. Rachna Seth
- Dr. Radhika Srivastav
- Ms. Priya Tiwari
- Dr. Priya Parmar

# Poster/Brochure



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&

**Guru Angad Dev**  
**Malaviya Mission Teacher Training Centre**  
**UGC- MMTTC, New Delhi**



**Jointly Organize**

## **NATIONAL LEVEL WEBINAR ON CANCER AWARENESS**

*With the Divine Blessings of*  
**His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji**  
Jagadguru Sri Veerasimhasana Mahasamsthana Math, Suttur Srikshetra

### **Background**

Cancer remains one of the leading causes of death globally, with millions of new cases diagnosed each year. Early detection and timely intervention can significantly improve survival rates and the quality of life for those affected. Among various types of cancer, cervical cancer is both preventable and treatable when detected in its early stages. However, lack of awareness and access to preventive measures, such as vaccinations, still poses significant challenges, especially in developing countries like India.

### **Objectives**

This Webinar aimed at spreading knowledge on general cancer awareness, with a focus on cancer types and possible remedies to get rid from it. This webinar brings together experts who are providing service to public's health and educate and empower participants on the importance of early detection and preventive healthcare, ultimately contributing to healthier communities.

## **Speakers of the Webinar**

Experts from Indian Cancer Society, New Delhi

Date of Webinar: 5 October 2024 @ 2.30 pm.

## Organising Committee

### Mentors

**Padam Bhushan Sardar Tarlochan Singh**, Chairman, Governing Body, SGTB Khalsa College, University of Delhi  
**Prof. Ved Prakash**, Former Chairman, University Grants Commission (UGC), Delhi  
**Prof. A.K. Bakhshi**, Former Vice-Chancellor, PDM University, Bahadurgarh, Haryana  
**Prof. Jaswinder Singh**, Vice-Chancellor, Eternal University, HP and Former Principal, SGTB Khalsa College, DU  
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**Prof. B.V. Sambashivaiah**, Chief Executive, JSS College, Ooty Road, Mysuru

### Executive Heads

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**Dr. Prabhu M**, Principal, JSS College, Ooty Road, Mysuru  
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**Mrs. Jyotsna Govil**, Chairperson, ICS, Delhi  
**Mrs. Renuka Prasad**, Hon. Secretary, ICS, Delhi  
**Mrs. Aruna Ummat**, Hon. Joint Secretary, Awareness & Training, ICS, Delhi

### Representatives from the College

#### Organizing Secretary

**Dr. N. Rajendraprasad**, Coordinator, IQAC & Assistant Professor of Chemistry

#### Members

**Dr. B. Prabhuswamy**, Controller of Examinations & Assistant Professor of Kannada  
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**Dr. Ramyashree M**, Head and Assistant Professor, PG Dept. of Zoology  
**Mr. Karthik G**, Placement Officer and Assistant Professor of Physics  
**Mr. Mahesha C**, Assistant Administrative Officer

#### Details for Registration

No Registration Fee to participate in the Webinar

Online Registration URL: <https://forms.gle/AYuB9mcVbNdcKsRL8>

#### Special Note

Participants have to fill the feedback form after the event without fail.

E-Certificates will be issued by GAD TLC.



# SCHEDULE



**JSS Mahavidyapeetha**  
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&  
**Guru Angad Dev**  
**Malaviya Mission Teacher Training Centre**  
**UGC- MMTTC, New Delhi**



**In Support with**  
**Indian Cancer Society, New Delhi**

**Organize**

## **NATIONAL LEVEL WEBINAR ON CANCER AWARENESS**

### PROGRAMME

05 October 2024, Saturday

2.30 PM

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**Welcome Speech** :: **Dr. M. Prabhu**  
Principal

**Presidential Speech** :: **Prof. B V Sambashivaiah**  
Chief Executive

**Session - 1** :: **Mrs. Sunitha Nagpal**  
Educationist & Ex-Principal  
DPS Sushanth LoK  
Gurgaon, Haryana

**Session - 2** :: **Mrs. Aruna Ummat**  
Hon. Joint Secretary  
Awareness & Training  
Indian Cancer Society, Delhi Branch

**Q/A Session** :: **Speakers & Participants**

**Vote of Thanks** :: **Dr. Rajendraprasad N**  
Assistant Professor of Chemistry &  
IQAC Coordinator

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**Moderator:** Dr. Rajendraprasad N

# INVITATION



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## **NATIONAL LEVEL WEBINAR ON CANCER AWARENESS**

*With the Divine Blessings of*  
**His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji**  
Jagadguru Sri Veerasimhasana Mahasamsthana Math, Suttur Srikshetra

**President**  
**Prof. B V Sambashivaiah**  
Chief Executive

### **Speakers**

**Mrs. Sunitha Nagpal**

Educationist & Ex-Principal  
DPS Sushanth LoK  
Gurgaon, Haryana

**Topic:** Risk, Symptoms & Prevention  
of General Cancers

**Mrs. Aruna Ummat**

Hon. Joint Secretary  
Awareness & Training  
Indian Cancer Society, Delhi Branch  
**Topic:** HPV, Cervical Cancer & HPV  
vaccination

**Guest of Honour**

**Dr. Prabhu M**  
Principal

**Moderator**

**Dr. N. Rajendraprasad**  
Coordinator, IQAC

**Date & Time**  
05 October 2024, 2.30 PM

**Mode:** Online  
**Platform:** Zoom



**Meeting ID:** 862 9140 9244  
**Passcode:** 4TW8dU

OR

**Meeting Link:** <https://shorturl.at/XYUQg>

*You are cordially invited*

## **SUMMARY OF THE EVENT**

### **Adopt a Mindset to Make Yourself a Priority in the Fight Against Cancer"**

**Mrs. Aruna Ummat**

Joint Secretary, Indian Cancer Society

Cervical cancer is the fourth most common cancer among women worldwide, responsible for 342,000 deaths in 2020. Cervical cancer is primarily caused by untreated HPV infections, with risk factors including early marriage, early sexual activity, poor genital hygiene and co-infections with HIV. Ignorance of the disease, especially in rural areas and the absence of regular screenings contribute significantly to its high mortality rate. While speaking in the National Webinar on Cancer Awareness organized by JSS College of Arts, Commerce and Science, ooty Road, Mysuru in collaboration with Guru Angad Dev Teaching Learning Centre and Indian Cancer Society, New Delhi, Ms. Aruna Ummat emphasized that HPV is asymptomatic in its early stages, leading to undetected cases until the disease advances. She has strongly appealed all the participants to adopt a mindset to make themselves a priority in the fight against cancer.

Aruna Ummat presented about the Pap smear, HPV DNA tests and visual inspection with acetic acid (VIA), all of which are crucial for early detection. She stressed that cervical cancer is highly preventable with regular screening and HPV vaccination, which has shown to significantly reduce infection rates. The HPV vaccine is particularly important for young women, and guidelines recommend its administration to girls between 9-14 years before they become sexually active. Additionally, she spoke about how cervical cancer and other cancers, such as anal, vaginal, and penile cancers, are associated with HPV, stressing the need for increased awareness, screening, and vaccination to save lives. Awareness and prevention were the key elements of her talk, especially in reducing the burden of cervical cancer in low-resource settings.

The professor concluded by stressing that tackling cancer requires proactive measures, combining healthy lifestyle choices, early detection, and equitable access to medical care.

Another eminent speaker, the Educationist and the Former Principal of DPS School, Gurgaon, Haryana, Ms. Sunitha Nagapal highlighted the significant causes of cancer, emphasizing that both lifestyle and environmental factors play a crucial role. She noted that 40 out of every 200 cancers are caused by tobacco use, while other modifiable risk factors include alcohol consumption, obesity, and poor reproductive health. Factors such as DNA damage from carcinogens, stress, and a sedentary lifestyle further contribute to cancer risk. Non-modifiable risks like environmental pollution, radiation, and genetic predisposition were also discussed. Additionally, Ms. Nagapal stressed that symptoms like bowel changes, unusual bleeding, and lumps must not be ignored.

Preventive measures to combat cancer were outlined, including maintaining a healthy diet, weight management, quitting tobacco, limiting alcohol, regular physical activity, and receiving vaccinations like HPV. Ms. Nagapal underscored the need for active choices in preventing cancer, stating that 30-50% of cancers are preventable through conscious lifestyle changes. The importance of early detection and regular medical screenings was also discussed, as many cancers, when caught early, have higher survival rates. She concluded with the powerful message that the conquest of cancer

should be "by choice, not by chance," advocating for increased public awareness and personal responsibility in combating this global health issue.

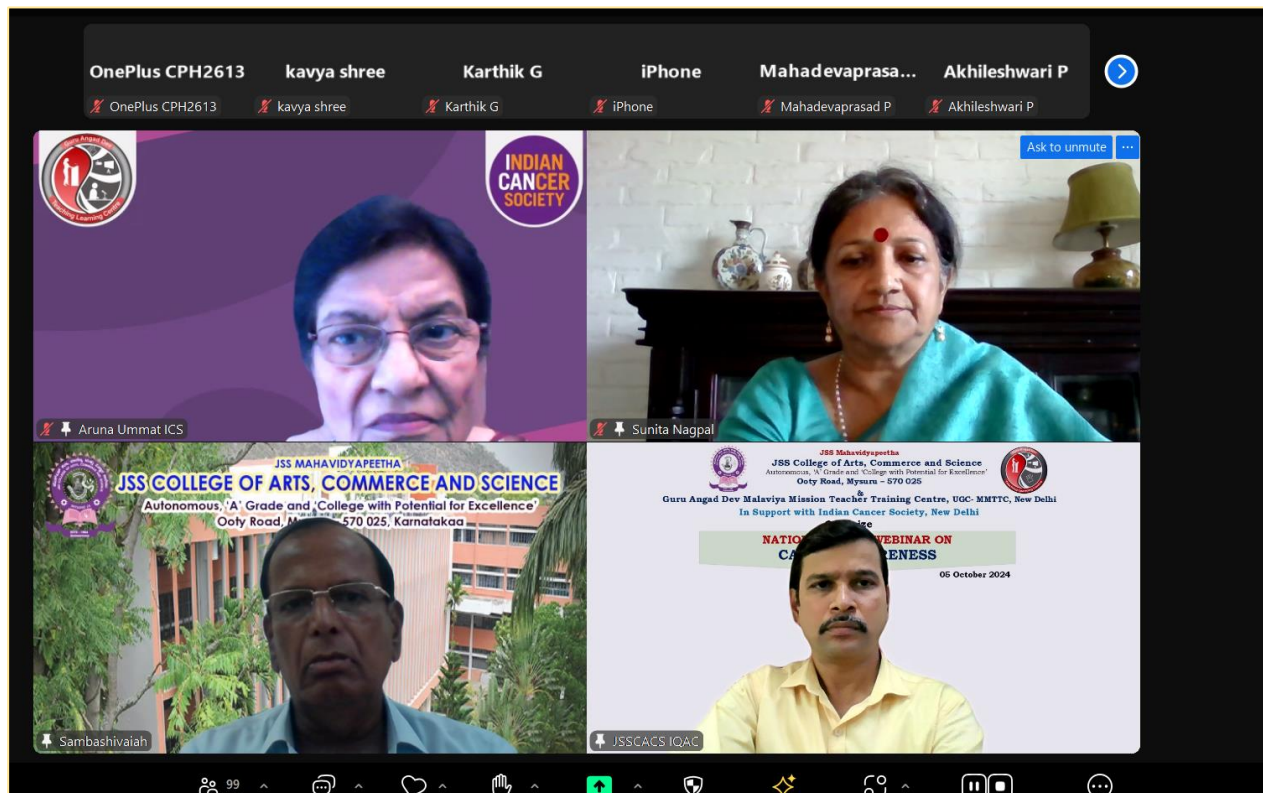
In his presidential address, Prof. B.V. Sambashivaiah emphasized the urgent need for awareness regarding cancer, which is responsible for 10 million deaths globally in 2020, according to WHO. He noted that despite advancements in treatment, cancers like breast, lung, colorectal and cervical cancer continue to impact millions. In India alone, over 1.39 million new cases were reported in 2020, with 850,000 deaths.

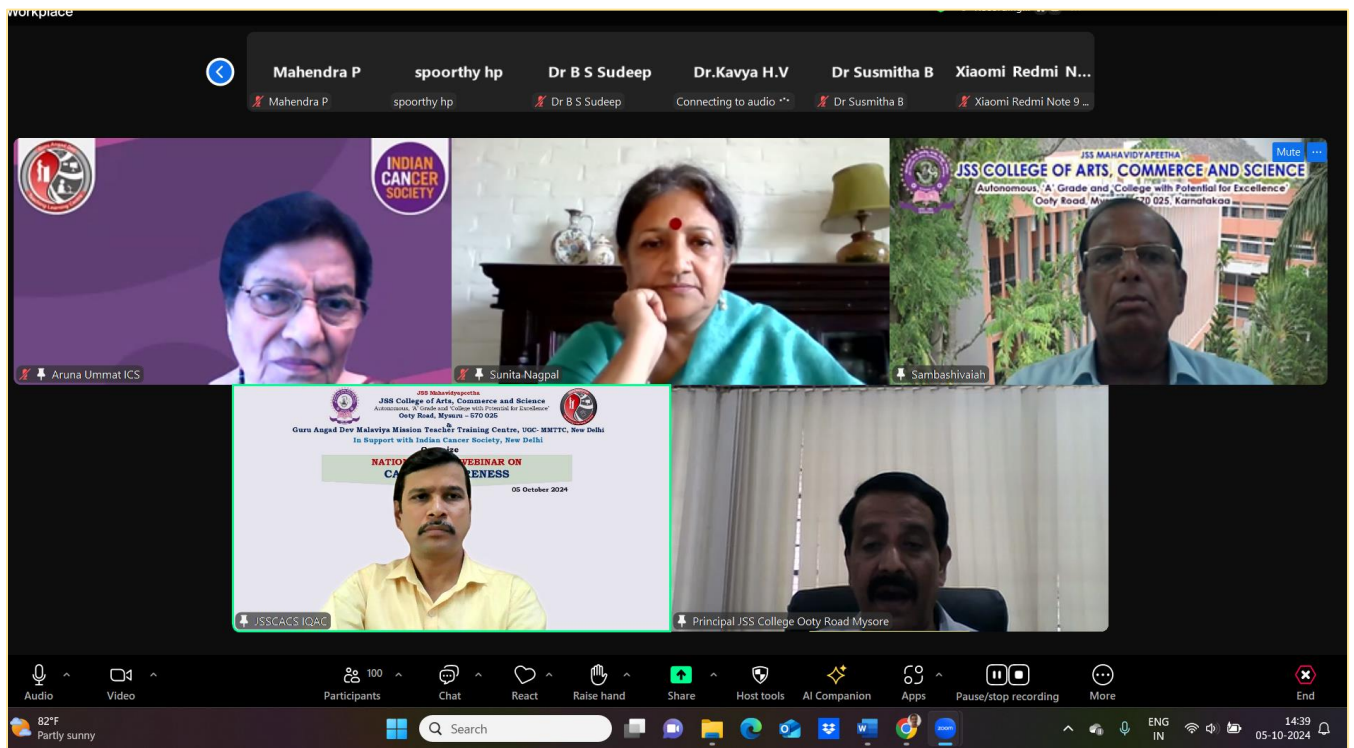
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The Principal of the college Dr. M. Prabhu Welcomed. IQAC Coordinator Dr. N Rajendraprasad moderated and proposed Vote of Thanks.

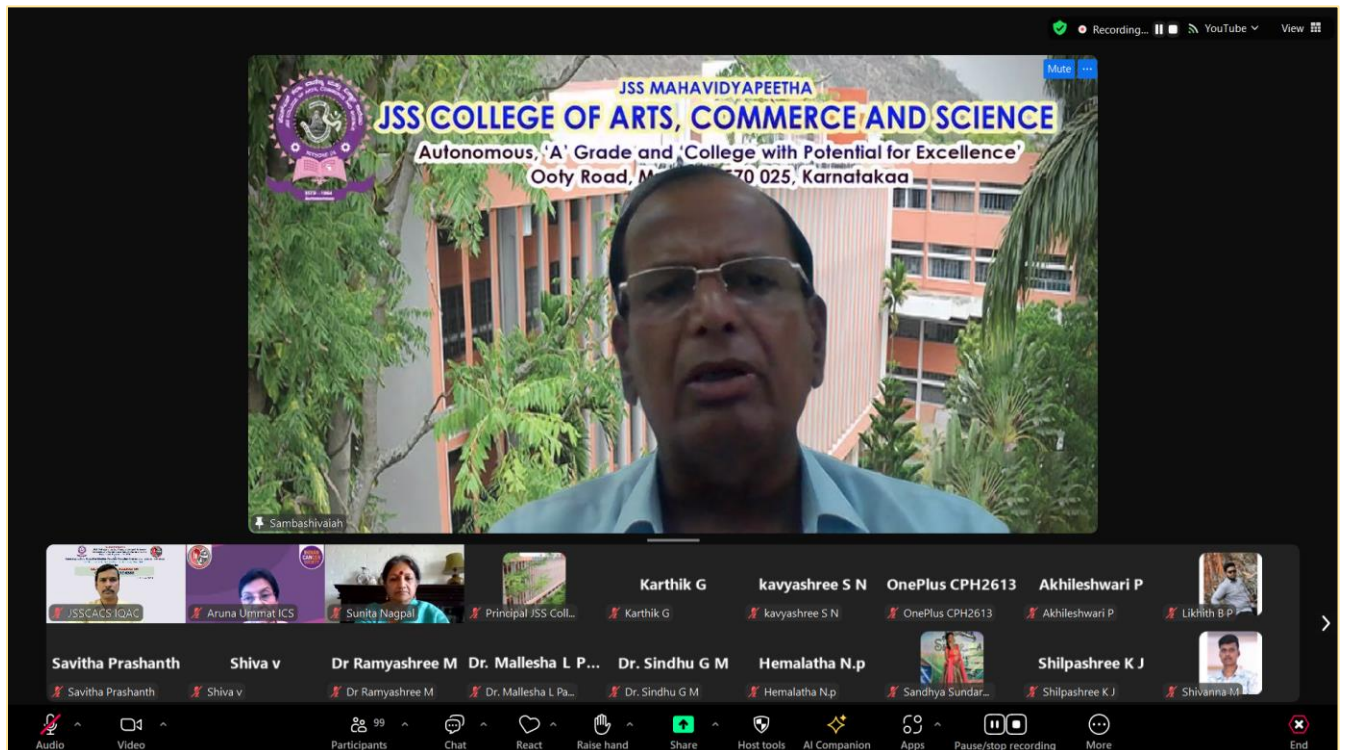
More than 188 participants from teachers, office staff and students have took part in the webinar.

## PHOTOGRAPHS (with Geotags)





## Principal Dr. M. Prabhu-Welcome Address



## Chief Executive Prof. B V Sambashivaiah – Presidential Speech


zoom Workplace Meeting SN Sunita Nagpal's screen Recording... YouTube View

Sunita Nagpal JSSCACS IQAC Aruna Ummat ICS Sambashivaiah Principal JSS College ... Karthik G

**INDIAN CANCER SOCIETY**  
RISE AGAINST CANCER

## What is Cancer?

- Cells follow the life process of birth, growth, reproduction & death.
- When a cell matures, it divides into two daughter cells.
- Abnormal & uncontrolled growth of cells
- Disruption of cell cycle – birth, growth, multiplication, death. Cells forget to die
- Every daughter cell inherits the malfunction
- Without cell death, cells grow to form tumours



Participants (100)

Find a participant

Joined (100)

- JL JSSCACS IQAC (Host, me)
- SN Sunita Nagpal (Co-host)
- A Aruna Ummat ICS (Co-host)
- DR Dr Ramyashree M (Co-host)
- Principal JSS College ... (Co-host)
- S Sambashivaiah (Co-host)
- VI Vaishali, ICS Delhi (Co-host)
- A Admin
- A Akhilar
- AP Akhileshwari P
- AR Asha R G
- BN BHAVANI N
- BS Bhavani S
- BM BINDU M

Audio Video Participants Chat React Raise hand Share Host tools AI Companion Apps More End


82°F ENG 15:01

zoom Workplace Meeting SN Sunita Nagpal's screen Recording... YouTube View

**INDIAN CANCER SOCIETY**  
RISE AGAINST CANCER

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Remove spotlight

Sunita Nagpal

Audio Video Participants Chat React Raise hand Share Host tools AI Companion Apps More End

ENG 15:01

**Mrs. Savita Nagpal – Session 1**

Zoom Meeting: Aruna Ummat ICS's screen

Participants (94)

Get Informed. Get Screened. Get Vaccinated. CERVICAL CANCER & HPV

Aruna Ummat

Aruna Ummat ICS

82°F Partly sunny

Search

15:33 05-10-2024

Zoom Meeting: Aruna Ummat ICS's screen

Participants (88)

GLOBAL ELIMINATION TARGETS ON CERVICAL CANCER

VISION: A world without cervical cancer

THRESHOLD: All countries to reach < 4 cases 100,000 women-years

2030 CONTROL TARGETS

- 90% of girls fully vaccinated with HPV vaccine by 15 years of age
- 70% of women screened with an high precision test at 35 and 45 years of age
- 90% of women identified with cervical disease receive treatment and care

SDG 2030 - Target 3.4  
30% reduction in mortality from Cervical cancer

Global strategy to Eliminate Cervical cancer November 13, 2020

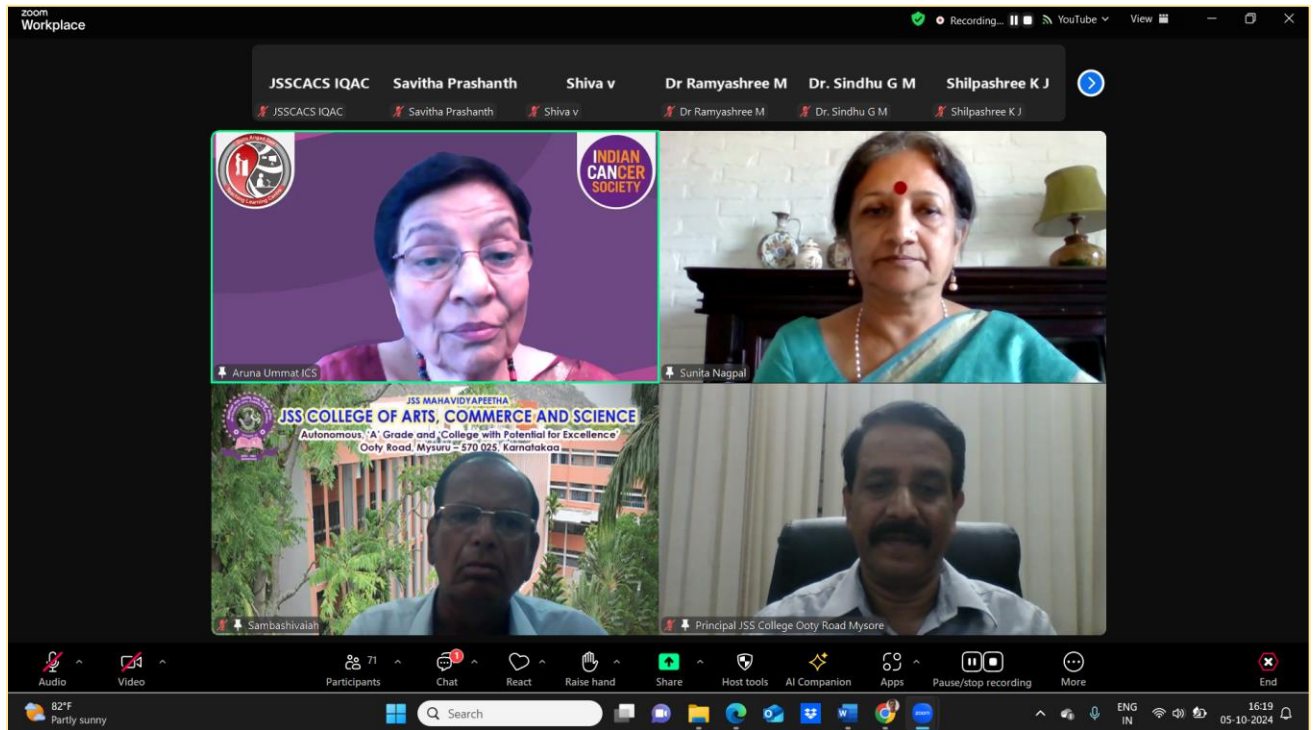
Aruna Ummat ICS

82°F Partly sunny

Search

16:07 05-10-2024

## Mrs. Aruna Ummat – Session 2



## Discussion at the end



## Webinar Moderation and Vote of Thanks – Dr. N Rajendraprasad



**Live Streaming Video URL @YouTube:**

<https://youtube.com/live/WwVjWcta9f4>

**IN MEDIA**

**Press Note (05-10-2024)**



**ಶ್ರೀಷ್ಠಿ ವಾರ್ಡ್ 5-10-2024**

ಬೆಂಗಳೂರು ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು: ಕ್ಯಾನ್ಪಸ್ ಜಾಗೃತಿ ಬಗ್ಗೆ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ವೆಬಿನಾರ್, ಅಧ್ಯಕ್ಷತೆ- ದಿ.ವಿ. ಸಾಂಬಶಿವಯ್ಯ, ಉಪಾಧ್ಯಕ್ಷ- ಸುನೀಶ್ ನಾಗಪಾಲ್, ಸ್ಥಳ: ಊಟ ರಸ್ತೆ, ಸಂಜೆ 5

**ಕೃಷಿ ಪ್ರಭೆ 5-10-2024**

ಬೆಂಗಳೂರು ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು: ಕ್ಯಾನ್ಪಸ್ ಜಾಗೃತಿ ಬಗ್ಗೆ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ವೆಬಿನಾರ್, ಅಧ್ಯಕ್ಷತೆ- ಪ್ರೊ.ಬಿ.ವಿ. ಸಾಂಬಶಿವಯ್ಯ, ಭಾಷಣ- ಸುನೀಶ್ ನಾಗಪಾಲ್, ಆರುಣ ಉಮ್ಮತ್, ಅತಿಥಿಗಳು- ಎಂ. ಪ್ರಭು, ಎನ್. ರಾಜೇಂದ್ರಪ್ರಸಾದ್, ಊಟ ರಸ್ತೆ, ಮಧ್ಯಾಹ್ನ 2.30.

**ವಿಷಯ ಕರ್ನಾಟಕ 5-10-2024**

ಬೆಂಗಳೂರು ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು: ಕ್ಯಾನ್ಪಸ್ ಜಾಗೃತಿ, ಭಾಷಣ- ಶಿಕ್ಷಣ ತಜ್ಞೆ ಸುನೀಶ್ ನಾಗಪಾಲ್, ಇಂಡಿಯನ್ ಕ್ಯಾನ್ಪಸ್ ಸಂಸ್ಥೆ ಜಂಟಿ ಕಾರ್ಯದರ್ಶಿ ಆರುಣ ಉಮ್ಮತ್, ಕಾಲೇಜು ಸಭಾಂಗಣ, ನಂಜನಗೂಡು ರಸ್ತೆ, ಮ.2.30ಕ್ಕೆ



# ಕ್ಯಾನ್ಸರ್‌ಗೆ ಮನೋಸ್ಥೈರ್ಯವೇ ಮದು

ರಾಷ್ಟ್ರೀಯ ವೆಬಿನಾರ್‌ನಲ್ಲಿ ಭಾರತೀಯ ಕ್ಯಾನ್ಸರ್ ಸೊಸೈಟಿ ಜಂಟಿ ಕಾರ್ಯದರ್ಶಿ ಅರುಣಾ ಉಮ್ಮತ್

• ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ ಮೈಸೂರು  
 ಕ್ಯಾನ್ಸರ್‌ರೋಗವು ಹೆಚ್ಚು ಜನರಲ್ಲಿ ಸಾಮಾನ್ಯ ರೋಗವೆಂಬಂತೆ ಕಾಣಿಸಿಕೊಂಡು ಜನರಲ್ಲಿ ಆತಂಕವನ್ನು ಉಂಟುಮಾಡುತ್ತಿದೆ. ಇದರ ವಿರುದ್ಧ ನಾಗರಿಕರು ಮತ್ತು ಕ್ಯಾನ್ಸರ್‌ರೋಗಿಗಳು ಮನೋಸ್ಥೈರ್ಯ ದಿಂದ ಹೋರಾಡಬೇಕು ಎಂದು ಭಾರತೀಯ ಕ್ಯಾನ್ಸರ್‌ಸೊಸೈಟಿ ಜಂಟಿ ಕಾರ್ಯದರ್ಶಿ ಅರುಣಾ ಉಮ್ಮತ್ ಹೇಳಿದರು.  
 ಊಟ ರಸ್ತೆಯ ಜೆಎಸ್‌ಎಸ್ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು, ಗುರು ಅಂಗಡ್ ದೇವ್ ಟೀಚಿಂಗ್ ಲಿನ್ ಆಫ್ ಸೆಂಟರ್ ಮತ್ತು ನವದಹಲಿಯ ಇಂಡಿಯನ್ ಕ್ಯಾನ್ಸರ್‌ಸೊಸೈಟಿ ಸಹಯೋಗದಲ್ಲಿ ಶನಿವಾರ ಆಯೋಜಿಸಿದ್ದ ಕ್ಯಾನ್ಸರ್ ಜಾಗೃತಿ ಕುರಿತ ರಾಷ್ಟ್ರೀಯ ವೆಬಿನಾರ್‌ನಲ್ಲಿ ಅವರು ಮಾತನಾಡಿದರು.  
 ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್‌ವಿಶ್ವಾಸ್ಯತೆ ಮತ್ತು ಮಹಿಳೆಯರಲ್ಲಿ ನಾಲ್ಕನೇ ಅತ್ಯಂತ ಸಾಮಾನ್ಯವಾದ ಕ್ಯಾನ್ಸರ್ ಆಗಿದೆ. ಇದು 2020ರಲ್ಲಿ 3,42,000 ಸಾವುಗಳಿಗೆ ಕಾರಣವಾಗಿದೆ. ಇಂತಹ ಮಾರಕ ಕ್ಯಾನ್ಸರ್ ವಿರುದ್ಧ ಹೋರಾಟವನ್ನು ಇಂದು ವೈದ್ಯಕೀಯ ಕ್ಷೇತ್ರ ಸವಾಲಾಗಿ ಸ್ವೀಕರಿಸಿದೆ. ಇದರೊಂದಿಗೆ ಅವರು ಕ್ಯಾನ್ಸರ್‌ಆರಂಭಿಕ



ಹಂತಗಳಲ್ಲಿ ಪತ್ತೆಮಾಡದೆ ಇರುವುದು ಒಂದು ಸವಾಲಾಗಿದೆ. ಈ ರೀತಿಯ ಪ್ರಕರಣಗಳು ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯಲ್ಲಿವೆ. ಎಚ್.ಪಿ.ವಿ ವ್ಯಾಕ್ಸಿನೇಷನ್ ಮೂಲಕ ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್‌ನು ತಡೆಗಟ್ಟಬಹುದು. ಈ ಚಿಕಿತ್ಸೆ ಬಗ್ಗೆ ಜನರಿಗೆ ಅವಿವೇಕ ಇರಬೇಕು ಎಂದರು.  
 ವಾಗ್ಮಿ ಶಿಕ್ಷಣ ತಜ್ಞ ಹರಿಯಾಣದ ಗುರ್ಗಾವ್‌ನ ಡಿಪಿಎಸ್ ಶಾಲೆಯ ಮಾಜಿ ಪ್ರಾಂಶುಪಾಲೆ ಸುನೀತಾ ನಾಗಪಾಲ್ ಮಾತನಾಡಿ, ಕ್ಯಾನ್ಸರ್‌ಗೆ ಪ್ರಮುಖ ಕಾರಣಗಳನ್ನು ವಿವರಿಸುತ್ತಾ ಕ್ಯಾನ್ಸರ್

ವಿಷಯದಲ್ಲಿ ಜೀವನಶೈಲಿ ಮತ್ತು ಪರಿಸರ ಅಂಶಗಳು ನಿರ್ಣಾಯಕ ಪಾತ್ರ ವಹಿಸುತ್ತಿವೆ. ಪ್ರತಿ 200 ಕ್ಯಾನ್ಸರ್‌ಗಳಲ್ಲಿ 40 ತಂ ಬಾಕು ಸೇವನೆಯಿಂದ ಉಂಟಾಗುತ್ತವೆ. ಅದರ ಜೊತೆಗೆ ಆಲ್ಕೊಹಾಲ್ ಸೇವನೆ, ಸ್ಥೂಲಕಾಯ ಮತ್ತು ಕಳಪೆ ಸಂತಾನೋತ್ಪತ್ತಿ ಈ ಮೊದಲಾದವುಗಳು ಅಪಾಯಕಾರಿ ಅಂಶಗಳಾಗಿವೆ. ಇವುಗಳ ಜನರಲ್ಲಿ ಎಚ್ಚರಿಕೆ ಮತ್ತು ಜಾಗೃತಿ ತೀರ ಅವಶ್ಯಕ ಎಂದರು.  
 ಕಾಲೇಜಿನ ಮುಖ್ಯ ಕಾರ್ಯನಿರ್ವಾಹಕ ಪ್ರೊ.ಬಿ.ವಿ. ಸಾಂಬತಿವಯ್ಯ

ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿ ಮಾತನಾಡಿ, ವಿಶ್ವ ಆರೋಗ್ಯ ಸಂಸ್ಥೆ ಪ್ರಕಾರ 2020ರಲ್ಲಿ ಜಾಗತಿಕವಾಗಿ 10 ಮಿಲಿಯನ್ ಸಾವುಗಳಿಗೆ ಕಾರಣವಾಗಿರುವ ಕ್ಯಾನ್ಸರ್ ಬಗ್ಗೆ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳು ಅವಶ್ಯವಾಗಿವೆ. ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಪ್ರಗತಿಗಳ ಹೊರತಾಗಿಯೂ, ಸ್ತನ, ಶ್ವಾಸಕೋಶ, ಕೊಲೊರೆಕ್ಟಲ್ ಮತ್ತು ಗರ್ಭಕಂಠದ ಕ್ಯಾನ್ಸರ್‌ನಂತಹ ಕ್ಯಾನ್ಸರ್‌ಗಳು ಲಕ್ಷಾಂತರ ಜನರ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರುತ್ತಿವೆ. ಭಾರತದಲ್ಲಿ 2020ರಲ್ಲಿ 1.39 ಮಿಲಿಯನ್ ಹೊಸ ಪ್ರಕರಣ ವರದಿಯಾಗಿದ್ದು, 8,50,000 ಸಾವುಗಳು ಸಂಭವಿಸಿವೆ. ಕ್ಯಾನ್ಸರ್‌ಸಂಭವವನ್ನು ಶೇ. 30 ರಿಂದ 50ರಷ್ಟು ಕಡಿಮೆ ಮಾಡುವ ಆರಂಭಿಕ ಪತ್ತೆ, ವ್ಯಾಕ್ಸಿನೇಷನ್ ಮತ್ತು ನಿಯಮಿತ ಸ್ಕ್ರೀನಿಂಗ್ ನಿಂದ ಜನರಲ್ಲಿ ಜಾಗೃತಿ ಮೂಡಿಸಬೇಕು ಎಂದು ಹೇಳಿದರು.  
 ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲ ಡಾ.ಎಂ. ಪ್ರಭು ಸ್ವಾಗತಿಸಿದರು. ಐಕ್ಯೋಸಿ ಸಂಯೋಜಕ ಡಾ.ಎನ್. ರಾಜೇಂದ್ರ ಪ್ರಸಾದ್ ಸಂಚಾಲಕರಾಗಿ ನಿರೂಪಿಸಿ, ವಂದಿಸಿದರು. ಶಿಕ್ಷಕರು, ಕಚೇರಿ ಸಿಬ್ಬಂದಿ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳು 150ಕ್ಕೂ ಹೆಚ್ಚು ವೆಬಿನಾರ್‌ನಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು.

# FEEDBACK ANALYSIS

**No. of Respondents: 188**

**Average Rating of the Webinar: 4.16 on 5**

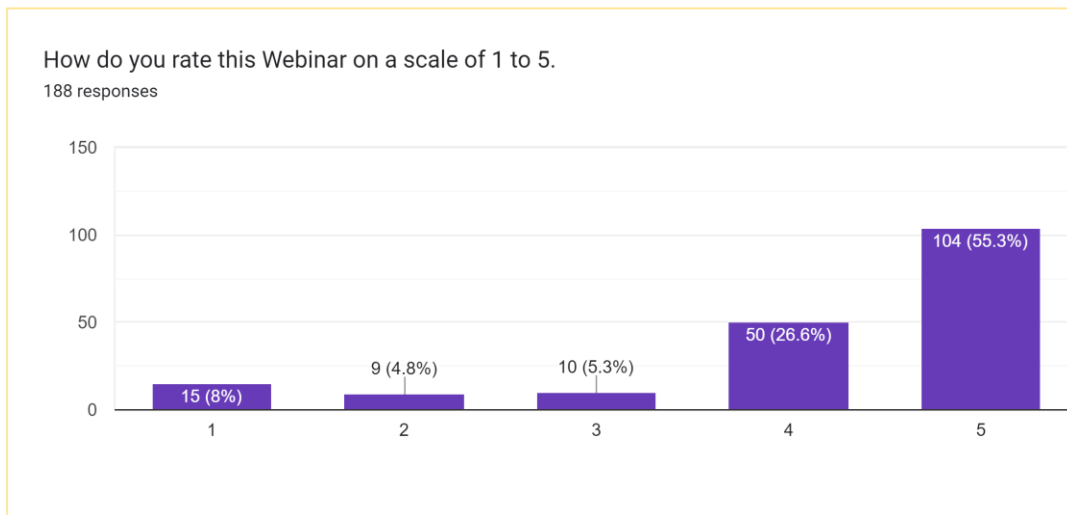
**Knowledge before the Webinar: 3.4 on 5**

**Knowledge after the Webinar: 4.01 on 5**

## Summary of the Feedback Report:

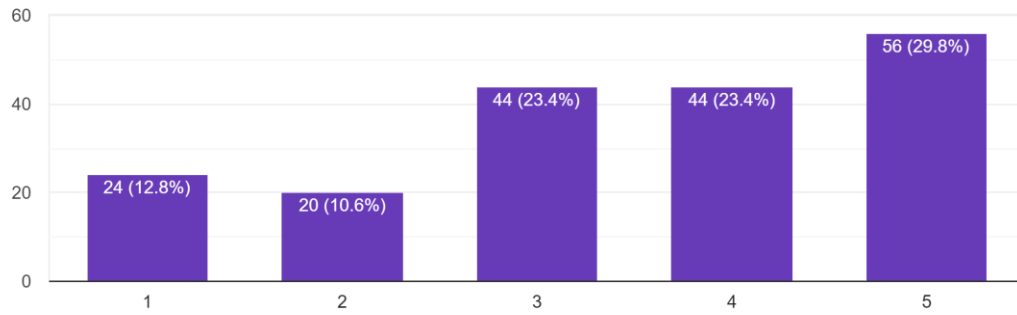
The feedback from the webinar participants was overwhelmingly positive, with many describing the session as informative, helpful and well-organized. Common remarks included appreciation for the quality of the session, the usefulness of the information provided and the overall positive impact on their knowledge, particularly on topics related to cancer awareness. Several participants expressed gratitude to the speakers and the organizing team, while a few specifically noted learning about cancer problems and diet consciousness. There were also requests for similar seminars in the future, as attendees found the content valuable and relevant. Overall, participants felt the webinar was highly beneficial and expressed their thanks.

## Specific question-wise response:



### How do you rate your knowledge in this topic before attending the Webinar?

188 responses



### How do you rate your knowledge in this topic after attending the Webinar?

188 responses

