



# Gandhinagar Institute of Technology

## A Report on “World Cancer Day - Celebration” (Thursday, 4th February 2016)

### Objective:

Gandhinagar Institute of Technology (GIT) celebrated “World Cancer Day” on 4<sup>th</sup> February 2016 to raise awareness about cancer among students. The objective of this activity was to encourage prevention, detection and treatment of cancer among students and faculty members. It is observed that college students are vulnerable to tobacco abuse through different forms like cigarette smoking and chewing tobacco. Tobacco contains the addictive drug nicotine which is readily absorbed into the bloodstream when a tobacco product is chewed, inhaled, or smoked. Long-term brain changes induced by continued nicotine exposure results in addiction - a condition of compulsive drug seeking and use, even in the face of negative consequences. Cigarette smoking accounts for about one-third of all cancers, including 90 percent of lung cancer cases. Smokeless tobacco (such as chewing tobacco and snuff) also increases the risk of cancer, especially oral cancers. Both behavioural interventions (counselling) and medication can help addicts quit their habit.

### Programme:

World Cancer Day was found by the Union for International Cancer Control (UICC) to support the goals of the World Cancer Declaration written in 2008. The goals were to significantly reduce illness and deaths cured by cancer. As a part of the World Cancer Day celebrations, Dr N M Bhatt, Director GIT, graced the occasion with his words of wisdom. He spoke about the importance and need of cancer awareness among the students and faculties. Dr Arun B. Karanwal (Oncologist) was invited as the chief guest and speaker. He is currently working as a full time consultant medical oncologist & haematologist in Apollo-CBCC Hospital Bhatt, Gandhinagar. Dr. Arun educated the students and faculties about the different forms of cancer, its symptoms and diagnosis. He stressed on the usage of tobacco intake in students and its ill effects. He also spoke about the effect of different food habits and alcohol intake in causing cancer.

The “Anti Narcotics Committee” of GIT was involved with the task of making placards on cancer awareness. Students took equal participation in the celebrations by dressing in blue (boys) and pink (girls) to show their support for cancer. The programme came to an end with the recital of the following pledge:

- ❖ I pledge to remain tobacco free.
- ❖ I pledge to have regular health checkups.
- ❖ I pledge to spread awareness about cancer.
- ❖ I pledge to support the cancer victims.
- ❖ I pledge to never give up.

Both, students and faculties took equal participation in making this program a grand success.



Dr N M Bhatt, Director GIT, welcoming the chief guest and speaker Dr Arun B. Karanwal (Oncologist).



Dr Arun B. Karanwal (Oncologist) addressing the gathering.





Students displaying placards on cancer awareness.



Dr N M Bhatt and Dr Arun B. Karanwal taking the pledge. Boys and girls can be seen in blue and pink, respectively.



Group photo of Dr N M Bhatt and Dr Arun B. Karanwal with HODs.



Members of the "Anti Narcotics Committee" made placards on cancer awareness



Placards on cancer awareness.