

World Cancer Day

Name of event –

- I. Seminar on “Prevention and Early Detection of Cancer”
- II. Visit on Survivors Day.

Date – 4th and 8th Feb 2025

Resource Person / Guests – Ms. Meenakshi Chadha, Director, Jagriti Program, Indian Cancer Society, Delhi

Participants- BPT II, III and VI Year Students (Seminar – 63 and Visit – Approximately 20)

Objective –

- To Educate participants about various types of cancer and their associated risk factors.
- To Highlight the significance of lifestyle modifications in cancer prevention.
- To Emphasize the role of early detection and screening in improving cancer survival rates.
- To Provide information on available cancer screening methods and resources.

Content -

- I. Seminar on Cancer Prevention and Early detection –

This session provided a comprehensive overview of cancer, including its causes, development, and global burden. Ms. Meenakshi discussed various risk factors associated with different types of cancer, such as tobacco use, diet, physical inactivity, environmental exposures, and genetic predisposition. Further, she focused on actionable steps individuals can take to reduce their cancer risk, including maintaining a healthy weight, eating a balanced diet, engaging in regular physical activity, avoiding tobacco, and limiting alcohol consumption. Specific dietary recommendations and exercise guidelines were shared. Mam has also highlighted the importance of early detection and screening was emphasized. Although the focus was on prevention and detection, a brief overview of recent advances in cancer treatment was also provided to offer hope and demonstrate the impact of early diagnosis. Seminar ended with sharing the information on available resources and support services for cancer patients and their families was shared, including contact information for local cancer support





Indian Cancer Society
FOR ABOLITION OF CANCER

Banarsidas Chandiwala Institute of Physiotherapy
Affiliated to GGSIPU
Maa Anandmai Marg, Kalkaji, New Delhi- 110019



Seminar on Cancer prevention & early detection



Meenakshi chadha
M.sc, M.Ed
Lead's jagriti program at
Indian Cancer Society
Delhi

"Cancer is silent, but so is early detection. Listen to your body, act early, and save a life—maybe your own. Regular screenings and self-exams can catch cancer before it catches you."

4th February 2025
10:00 - 11:00
BCIP



II. Visit on Survivor Day-

Students of Banarsidas Chandiwala Institute of Physiotherapy joined the celebration of the Cancer Survivors Day event organized by Indian Cancer Society on 7th February 2025 at Select city, Saket. It was a heartwarming celebration of strength and resilience. Army personnel joined the occasion to show their support for those who have won over cancer. The event featured a variety of performances, including skits, singing, and dance, which added a touch of joy and hope to the atmosphere. The highlight of the day was the honoring of cancer survivors, acknowledging their courage and perseverance. The event was focused on celebration of life. It was a wonderful time being there with so many life heroes.



Dr. Avi Choudhary
Event Coordinator

Dr. C S Ram
Director, BCIP
