



Programme on Cancer Awareness

Surendranath Law College

24/2 Mahatma Gandhi Road
Kolkata-700 009

<https://snlawcollege.ac.in>



Cancer represents one of the most formidable health challenges confronting mankind as despite remarkable strides in medical science, an assured cure for cancer cases still remains elusive. Early detection is crucial in the management of cancer because it enhances the chances of successful treatment and improvement of overall prognosis. If detected early, cancer is often easier to treat and hence the chances of survivability higher. Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body. The burden of cancer continues to increase worldwide because of the population ageing and prolonged exposure to carcinogens and increasing cancer-causing behaviours (e.g., unhealthy eating behaviour, unhealthy food preparation). In India, the incidence of cancer is increasing rapidly; therefore, it is important to step up cancer literacy and knowledge amongst the adolescent youth students. In recent years, nutrition has received an increasingly important role in the aetiology of cancer. Thus, public education about dietary factors associated with cancer risk or prevention could be an important intervention for cancer prevention, particularly in low- and middle-income countries where the burden of cancer is increasing rapidly and the access to care is limited. In compliance with the UGC Regulation and its second Amendment regarding submission of undertaking by each student and every parent, an undertaking (online and/ or offline) has to be submitted mandatorily at the time of admission.

On the occasion of **World Health Day**, the Extension Activities Committee of Surendranath Law College, organised a Health Awareness Programme on the topic: "**Food Habit, Nutrition Education, Physical Activity, and the Prevention of Cancer**" on 27th April 2023 at the college seminar hall.

The Program was addressed by Dr. Shankar Kumar Nath, an eminent Consultant Oncologist. The programme witnessed an active participation by the students, and faculty members of the college.

This awareness programme aimed to study the effect of nutrition education on the knowledge, attitude, and dietary factors related to cancer. Alimentation through food habits and nutrition to restore oneself after recovering from cancer is one of the optimal routines one can rehearse through one's daily lifestyle. One has to accommodate one's body to the stage of recovery that succeeds the obliteration of cancerous tissues; the accommodation stands ancillary to the input of nutritional components which comes in pair with cautious eating habits. It must be of paramount importance that one regulates what one eats by consulting a competent dietician and fitting medical assistance.



**EXTENSION ACTIVITIES CLUB of
SURENDRANATH LAW COLLEGE**



Celebrates

7th April World Health Day, 2023



Leading an active life, combined with healthy food habits is essential to good health.

Organising: Awareness Programme on the Theme:

“Food Habit, Nutrition Education, Physical Activity, and the Prevention of Cancer”

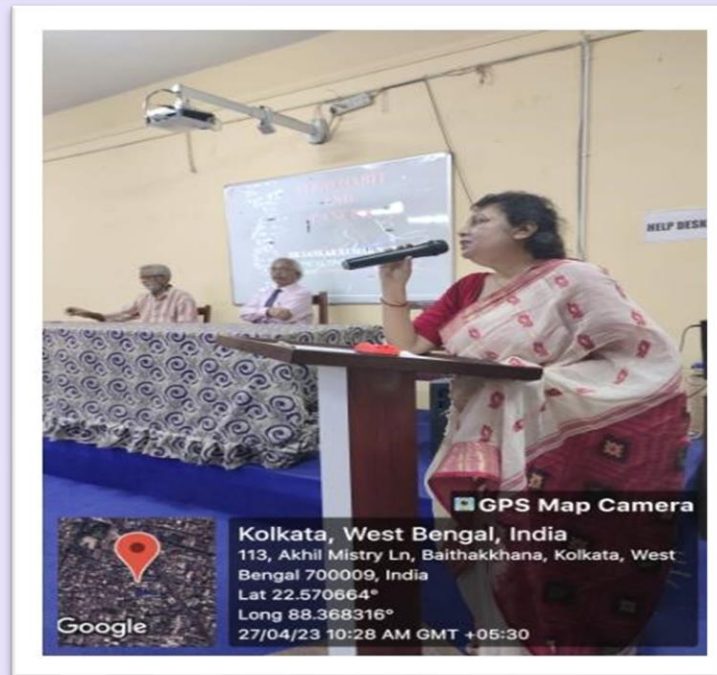
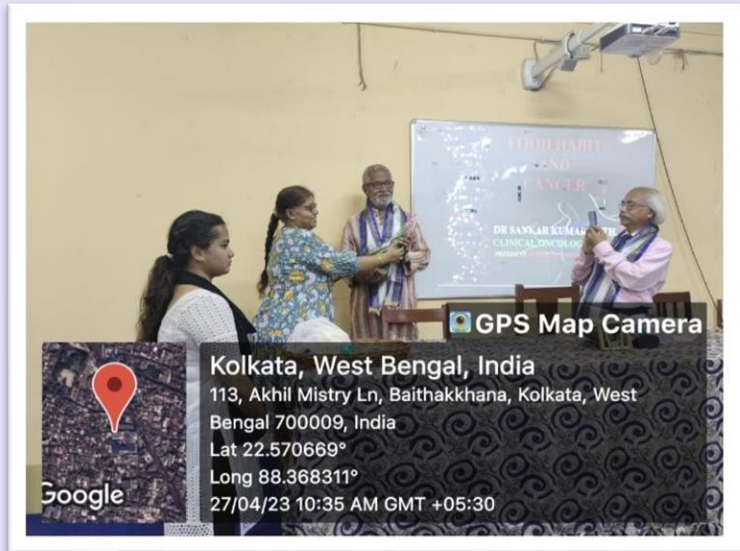
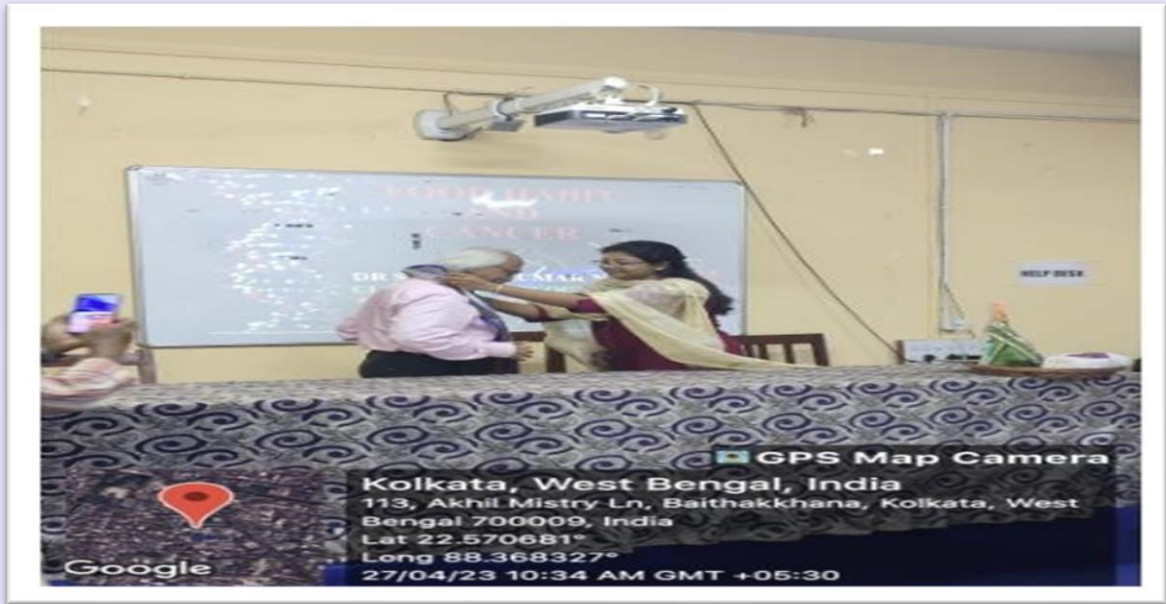
27-04-2023 (Thursday), 10:00 A.M. Onwards.

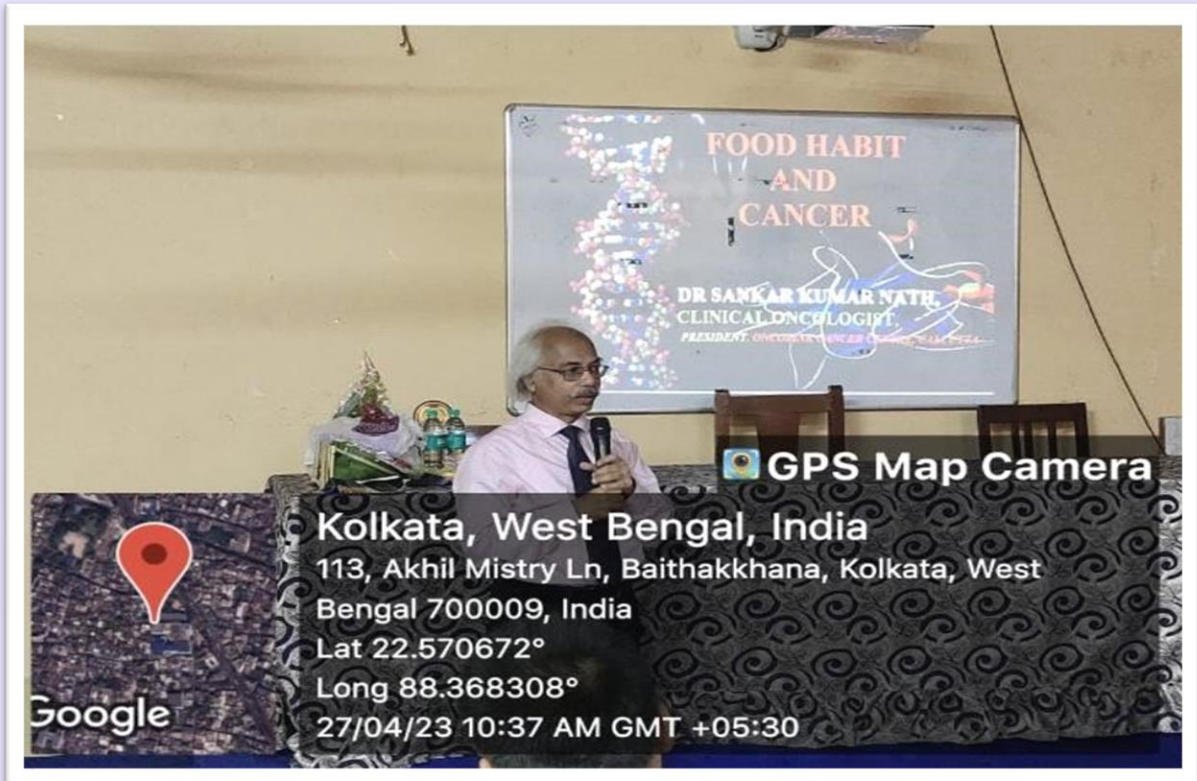
Programme Organiser :

Mafuza Yasmin, Assistant Professor,
Convener, Extension Activities Club,
Surendranath Law College

Programme Chairperson :

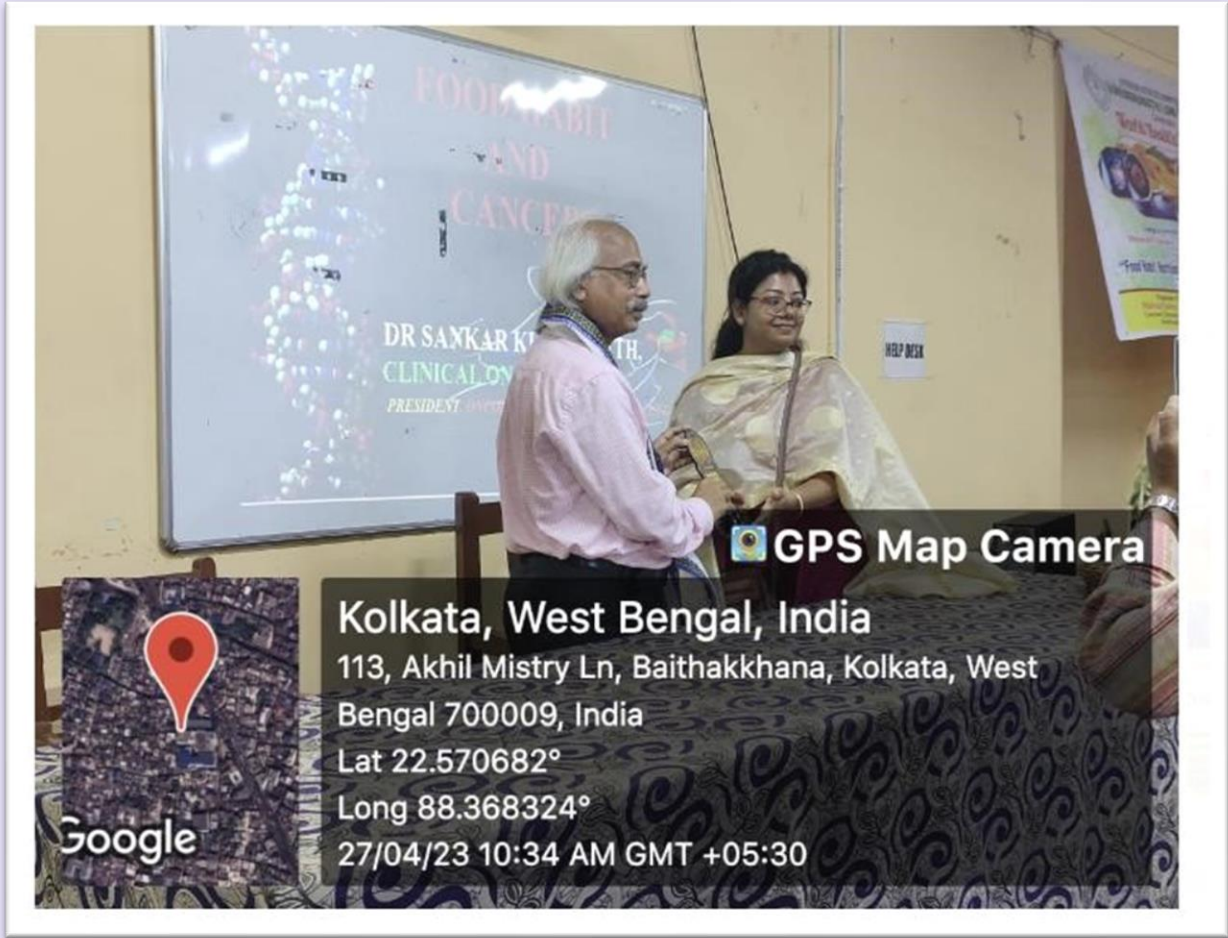
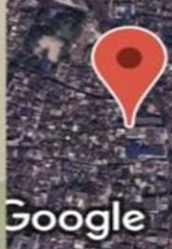
Prof. (Dr.) Mohammadi Tarannum
Vice Principal,
Surendranath Law College





GPS Map Camera

Kolkata, West Bengal, India
113, Akhil Mistry Ln, Baithakkhana, Kolkata, West Bengal 700009, India
Lat 22.570672°
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