

Programme Report

Central University of Punjab organized Expert Lectures on Cancer Prevention and Awareness to mark World Cancer Day

3rd February 2020, Bathinda: To commemorate the World Cancer Day, Central University of Punjab (CUPB) organized an Expert Lectures on “Cancer Prevention and Awareness”, on 3rd February 2020. The programme was conducted by Dept. of Biochemistry, Dept. of Zoology and Dept. of Human Genetics & Molecular Medicine under the leadership of honourable Vice-Chancellor Prof. K. Kohli. Eminent Oncologists Dr Praveen Bansal, Director, BFUHS, Faridkot, Well-known Physician Dr Vitull K. Gupta, Kishori Ram Hospital Bathinda and Cancer Immunologist Dr Sunil Arora, PGIMR, Chandigarh were the guest speakers on this occasion. Speakers highlighted the need for lifestyle modifications to reduce cancer risk. Besides faculty members non-teaching employees, more the 300 students and research scholars took part in the event.

Dr Aklank Jain, a Cancer Biologist from the Department of Zoology, welcomed the guest speakers and introduced the programme theme. He mentioned that “there is the need for advanced cancer diagnostic methods to prevent and treat cancer”.

Keynote Speaker Dr Parveen Bansal, BFUHS, Faridkot, defined cancer as the condition of malignant growth caused due to the uncontrolled division of cells. He mentioned that spices, vegetables and fruits keep diseases away. He emphasized to practice Upavasa, Dincharya, Ritucharya and Brahmamurat in daily life to stay fit and healthy.

Dr Sunil Arora, Cancer Immunologist, PGIMR, Chandigarh, mentioned that it is essential to study tumour microenvironment to identify the growth and development of cancer cells. He stressed that additional research is needed to study the origin and chemoresistance of cancer cells. He informed that this disease can be cured by targeting the tumour microenvironment and by strengthening our immune system.

While addressing the gathering, Prof Vitull K Gupta, Kishori Ram Hospital Bathinda mentioned that around 85 % of cancers cases can be preventable by adopting healthy lifestyle (taking fresh fruits and vegetable, avoiding tobacco & liquor consumption, regular exercise), and avoiding risk factors (obesity, diabetes, low physical activity). He suggested one should do regular exercise for a healthy body and healthy mind.



Dr Sunil Arora (Left), and Dr Parveen Bansal (Right) addressing the gathering

Dr. Shashank Kumar, Cancer Biochemist from Department of Biochemistry, CUPB informed that, as per Indian Council of Medical Research, data about 1.5 lakh new breast cancer cases occur annually in India. He added Stage Zero Breast Cancer is the earliest form of “Breast Cancer”, but due to the absence of symptoms, it is hard to detect. He added that the regular periodic physical examination of the breast by a trained health workers, or breast self-examination by women might help in early detection of cancer.”

Dr. Sabyasachi Senapati, from the Department of Human Genetics and Molecular Medicine, CUPB, said “appropriate genetic tests for early diagnosis & preventive therapies for some forms of familial breast, prostate, uterine, colorectal, liver and ovarian cancer can reduce the risk of cancer by up to 40%.” Department of Health Research (DHR) and the Indian Council of Medical Research (ICMR) has granted major public health projects to initiate integrated awareness and prevention drive to fight cancer.”

During this programme, University students actively participated in the event and presented a thematic poster. A Nukkad drama was also played by the university students on this occasion to reach the masses and the aware general public about cancer prevention and treatments. Towards the end, organisers thanked everyone for making the event a success.



CUPB Faculty and students attending the Programme (Left), and Group Picture of Contest Winners with Guest Speaker Dr Vitul K Gupta