

Loyola College (Autonomous)

Chennai – 600 034.

Department of Outreach

Cancer Awareness Programme

On eve of the National Rose Day, the Department of Outreach wanted to conduct an awareness programme on cancer to the undergraduate students. The department arranged a seminar on this deadly disease, its causes, effects and the preventable methods on 23.9.2015 (Wednesday) at the L. S. Hall, Loyola College. The seminar began around 10 a.m. where Dr. Colonel Aruna Menon, Military Hospital, Pallavaram and Ms. Regina Anthony were the resource persons.

The programme started with a prayer song. Prof. John Kaviarasu, HOD, Outreach Department, welcomed the gathering, with a brief introduction to what the seminar was about and introduced the resource persons. He made a crystal-clear presentation to the participants about the motive of the Outreach Department.

The first speaker for the day was Colonel Aruna Menon, she spoke on the effects of Cancer and the possible methods to cure it. The point she wanted to convey to the students was that Cancer is curable. She mentioned that the most commonly witnessed Cancer diseases were Lung Cancer, Breast Cancer, Stomach Cancer, Mouth Cancer, Brain Tumor, etc. The difference between Cancer cells and Tumor cells was clearly explained and the fundamentals of the causes of Cancer, how those cells develop, changes that could be observed, changes that couldn't be observed, symptoms, proper treatment, vaccination, preferable methods and related information – were all delivered with an interesting and well designed PowerPoint Presentation. She concluded her speech with a note of having belief that there's a cure for Cancer and it takes only the will to survive the disease.

Following the so much informative speech, came forward, Ms. Regina Anthony, with all her enthusiasm in facing such a young crowd. She discussed upon Cancer caused due to Tobacco. Practical applications of day-to-day routine was discussed and a lot of harm that could be caused due to the invisible poison was accurately stated, which left most of the students in shock. The concept and effects of Passive Smoking was also clearly depicted. Those minor but detailed facts about smoking, its effects, and the data related to smoking world-wide and the nationwide shook every listener. The app 'TobaccoMonitor' was introduced to the students and its working, development, effects

were also listed. Through this app, anybody can file a complaint against any person who smokes tobacco in public places or any shop, which sells them against the Law. These complaints are sent from the app developer to the government, seeking suitable action against that particular person under the Law. Her speech was a note of caution for people who smokes and was also as an eye-opener for those who had no idea what smoking Tobacco would cause.

The programme conducted around 11:30 a.m., leaving a deep impact on the students about the disease of Cancer. Finally Professors, staff and students who helped in successfully conducting this programme were thanked.