

**National Cancer Awareness Day conference and rally organized by NSS CELL MITS on 7<sup>th</sup> November 2019**



**A report by C. Narasimha Program officer NSS**

National Cancer Awareness Day will be observed across the country on November 7 every year. Cancer is defined as an unrestricted outgrowth of cells. The specific cells start dividing and multiplying giving rise to a lump. Often these lumps grow into diseased or malignant from the body often causing death if not treated earlier. Hence, need of the hour regarding this disease is not to be fearful and consult a doctor, the best remedy of it is to live a clean and healthier life style with proper diet and peace of mind. At the same time we must be aware of the disease.

MITS NSS CELL took initiation in organizing an awareness program for MITS family. On November 7<sup>th</sup> all the NSS volunteers, students and staff assembled at seminar hall. The inauguration of the event is started by inviting dignitaries Dr.P. Ramanadhan Vice Principal Academics, Dr. Chennaiah MITS dispensary doctor, the chief guest Dr. Sreedhar PHC Kurabalakota and C.Narasimha NSS Program Officer on the dias. NSS Program officer given the opening remarks, Dr.P.Ramanadhan and Dr.Chennaiah addressed the gathering and explains the causes of cancer, its symptoms and precautions.

The chief guest Dr.Sudheer delivered, We should bear in mind, though, that in the majority of

cancer cases we cannot attribute the disease to a single cause. **We can roughly divide cancer risk factors into the following groups:**

- Biological or internal factors, such as age, gender, inherited genetic defects and skin type
- Environmental exposure, for instance to radon and UV radiation, and fine particulate matter
- Occupational risk factors, including carcinogens such as many chemicals, radioactive materials and asbestos
- Lifestyle-related factors.

**Lifestyle-related factors that cause cancer include:**

- Tobacco
- Alcohol
- UV radiation in sunlight
- Some food-related factors, such as nitrites and poly aromatic hydrocarbons generated by barbecuing food).

**Cancer causing factors related to work and living environments include:**

- Asbestos fibres
- Tar and pitch
- Polynuclear hydrocarbons (e.g. benzopyrene)
- Some metal compounds
- Some plastic chemicals (e.g. Vinyl chloride)

**Bacteria and viruses can cause cancer:**

- Helicobacter pylori (H. pylori, which causes gastritis)
- HBV, HCV (hepatitis viruses that cause hepatitis)
- HPV (human papilloma virus, papilloma virus, which causes changes eg. Cervical cells)
- EBV (Epstein-Barr virus, the herpes virus that causes inflammation of the throat lymphoid)

**Radiation can cause cancer:**

- Ionizing radiation (e.g. X-ray radiation, soil radon)
- non-ionized radiation (the sun's ultraviolet radiation)

Finally, the chief guest was felicitated by the dignitaries and healthy refreshments are distributed by the NSS Volunteers. In this 31 students, faculty and Admission team attended & benefited.

S.no	Roll number	Name
1	18691A0129	Dinesh Mani Chaudhary
2	18691A0159	Ghanshyam Tharu
3	17691A0136	G.Pavan Kumar
4	18691A0102	Kambukutti Bharat Raj
5	18691a0120	Mude karthik Kumar Naik
6	18691a0149	Kuraku venkta bhargav
7	18691a0154	Boddapati vineela
8	17691a05a3	Puthin Reddy Thallapalli
9	17691a05a3	Puthin Reddy Thallapalli
10	18699A0533	V.Sai Chand Reddy
11	19690A0501	T.Chandrakala
12	19695A0508	M.veerabhadrachiah
13	18699A0519	Narapalli Lokesh
14	19695A0511	Madanapalli ramakrishna
15	18691a0532	Kanduru ganapathi
16	18691A05A8	C.rajesh
17	18699A0534	Palukuri Siva Sankar babu sai deeraj
18	18699A0520	Sugali Madhukar Naik
19	18699A0536	MENTA SAI KUMAR
20	18691A0584	Kotrike Naga Bharat Kumar
21	18699A0507	AenugulaSheik Dadapeer
22	18691a0514	R.Bharath kumar reddy
23	18691a05f8	Polisetty thrishul
24	18691a05i1	Hewan Shrestha
25	18691A05I2	Krishna Kewat
26	18691A05G0	Ukesh Sharma
27	19695a0512	G. Veera Narayana Reddy
28	18699A0501	K.Ashok
29	18699A0532	Rohith
30	18699a0542	SeetakaSudharshan
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