



Gandhinagar Institute of Technology

A Report on

“World Cancer Day Celebration”

4th February 2019

Introduction:

Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology works with an objective of making students aware regarding healthy living, social consciousness, stress management, building self-esteem, developing critical thinking & soft skills and leading a drug free life. Keeping up with the tradition, a ‘World Cancer Day Celebration’ event was organized by HCC on 4th February 2019.

Objective:

Cancer is a disease which occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumour. If left untreated, tumours can grow and spread into the surrounding normal tissue, and can affect the digestive, nervous and circulatory systems. Cancers can be caused by a number of different factors and, as with many other illnesses, most cancers are the result of exposure to a number of different causal factors such as alcohol, being overweight or obese, bad diet and nutrition, no physical activity, tobacco, ionising radiation, work place hazards and infection. Around one third of cancer cases can be prevented by reducing behavioural and dietary risks. The objective of this event was to create awareness about Cancer among students. The aim is to save millions of preventable deaths each year by raising awareness and education about the disease.

Program Overview:

In morning session events like ‘Graffiti’, ‘Fitness Challenge’ and ‘Critical Thinking’ were organized. Students from L D College of Engineering, Alpha College of Engineering & Technology, and Faculty of Management, GLS University participated in the event. ‘Graffiti’ event provided students an opportunity to paint their innovative and thought-provoking ideas regarding ‘Cancer Awareness’ through their sketches and paintings on the poster. The students performed various tasks related to fitness and sports in ‘Fitness Challenge’ event. The challenging tasks tested their physical and mental endurance levels and motivated them to make fitness a lifestyle. ‘Talwalkars Gym’ carried out BCA (Body Composition Analysis) test and fitness tests for students, faculties and staff. They also distributed free scratch cards where students can avail free Zumba and Cardio sessions at Talwalkars Gym. In ‘Critical Thinking’ students represented their ideas on topics related to Social Awareness, General Awareness, Healthy Living, Cancer Awareness, etc., wherein their elocution skills and ability to solve problems were tested. The event was judged by Prof. Hardik Bhatt (HOD, EC Dept.) and Prof. Nirupama Patel (MH Dept.). All the faculties, staff and students wore purple ribbons to spread awareness about cancer and support people living with cancer.

Shri Harish Kumar (Superintendent, Narcotics Control Bureau) was the chief guest for the afternoon session. He motivated students to stay healthy and shared his views on cancer awareness

and prevention. He urged students to visit ‘www.worldcancerday.org’ website in order to get first hand knowledge about the perils of this disease. Dr H N Shah (Principal, GIT), graced the occasion with his words of wisdom. He spoke about the importance and need of cancer awareness among the students and faculties. A ‘Cancer Awareness Seminar’ was delivered by Shri Sagar Brahmhatt and Dr. Twinkal Patel from the 'High on Life' foundation. Students were educated about the signs and symptoms of different cancer types including risk factors, early detection, diagnosis, and treatment options. Dr. Twinkal Patel distributed free booklets bearing basic information regarding cancer, to the students. All the students, faculties and dignitaries pledged to fight against cancer and lead a healthy life. All the dignitaries and participating institutes were felicitated with mementos for their keen participation in the cancer awareness drive. Prizes and certificates were awarded to all the winners and participants of various events. The event concluded with a vote of thanks from Prof Jatin Chakravarti (Coordinator, HCC). The active participation of faculty members, student coordinators and volunteers contributed to the magnificent success of the programme.

Photo Gallery:



1st Prize winner of ‘Graffiti’ with her painting.



2nd Prize winners of ‘Graffiti’ with their painting.



Dr H N Shah with all the dignitaries at the ‘Graffiti’ event.



Participant explaining his topic during the ‘Critical Thinking’ event.



Prof. Hardik Bhatt and Prof. Nirupama Patel judging the 'Critical Thinking' event.



Boy participant performing tasks at the 'Fitness Challenge' event.



Girl participants during the qualifier round of 'Fitness Challenge' event.



Girl participant performing tasks at the 'Fitness Challenge' event.



Prof. Swapnil Panchal welcoming the team of 'Talwalkars Gym' at the event.



Dr H N Shah undertaking the fitness test and discussing his report with the nutritionist.



Chief Guest Shri Harish Kumar addressing the gathering.



Dr Twinkal Patel from 'High on Life' conducting the 'Cancer Awareness Seminar'



Prof. Jatin Chakravarti (Coordinator, HCC) giving a vote of thanks on the occasion.



Group photo of Dignitaries, Dr H N Shah and members of the Healthy Campus Committee.