

COE – GDC SANJAULI, SHIMLA -6
7 HP (I) COY NCC
NATIONAL CANCER AWARENESS (NCA) DAY 2020

National Cancer Awareness Day is marked on November 7th of every year. The day is important; it educates people about the serious threat that is cancer. WHO (world Health Organization) admits that cancer is the deadliest disease which causes death among people. Union Health Minister Dr. Harsh Vardhan first announced NCA Day in SEP 2014. In this connection NCC unit of the college conducted a virtual class activity on 7th NOV 2020. A documentary session (through Whatsapp/Google Meet) on cancer awareness was organized for NCC cadets. It was everyone's energy and involvement that made the activity meaningful.




Feedback submitted by the cadets:

You
<https://youtu.be/xOWDBA4UI7c>

Cadet Akhil
Reg.no.- HP19SDA304914
In our life health plays a very important role without it we can't enjoy our life if we are not healthy it creates lots of challenges to survive. There are lots of diseases which affect our body badly from these cancer is one of them. The victim of cancer not survive his proper life and he is died in a little age. To prevent this disease we have to aware people to do his routine checkup, maintain hygiene, not smoking, doing daily exercise, not eat junk food take balance diet properly.. We are taking precautions and maintain our body healthy. We have to aware others as well to taking precautions and routine checkup of their body

1:17 pm



National Cancer Awareness Day
Feedback-
In India the incidence of Cancer is increasing rapidly; therefore it is important step up cancer literacy and knowledge amongst the population.
We hope that this will lead to early detection which is important in the management and treatment of cancer and also prevention by making necessary changes in lifestyle. We can make people aware of this information.
We can make people aware follow 7 steps to prevent Cancer to reduce our risk-
1 Don't use Tobacco.
2 Protect your skin from the sun.
3 Eat a healthy diet.
4. Maintain a healthy weight and be physically active.
5 Practice safe sex and avoid risky behaviours.
6 Get immunized. (HPV & HEPATITIS VACCINES)
7 Know your family medicine history and get regular cancer screenings.
The cancer awareness reviewed positively by community based health workers and led to improvements in confidence to talk about cancer & knowledge of risk factors and warning signs of Cancer. It is hoped that raising awareness among this unit will help them to communicate and we can help them drive behaviour change in the at-risk population.

Samiksha Sharma
HP19SWA304925

Feedback :-
Video was good as well as motivational.

As National cancer awareness day is celebrated in India today. On that day we have to educate people about serious threat that is cancer. According to WHO cancer is second deadliest disease which cause death among people. Thus to raise awareness about cancer we have to encourage people to taking precautions and health checkup properly....

Cadet:- Amit Rana
Reg.no. HP19SDA304913

1:36 pm

Feedback

The video acquaints us with how health is the greatest treasure and due to changing circumstances various diseases like cancer threaten our health. It described the mechanism of cancer and how it is generated in our body. Listed various types of treatments that can be used to cure cancer like surgery chemotherapy and radiotherapy. Last but not the least as prevention is better than cure, it made us aware how cancer can be prevented through true healthy lifestyle choices.

- Cdt. Snigdha Dadhwal
Reg. No. HP19SDA304903

1:45 pm

Jai hind
Cdt. Kritika

Vedio was very informative... If we want to live healthy we should avoid smoking junk food etc.. And do exercise daily.. And spread awareness.. Stay healthy stay safe

Feedback

Jai Hind!

Video was good as well as knowledgeable. As we know National cancer awareness day is celebrated in all over India. There are lots of diseases which affect our body badly from these cancer one of them. The victim of cancer not survive his proper life and he is died before getting adult.

To examine the impact of cancer awareness training for community based health workers on confidence to talk about cancer and knowledge of cancer risk factors and signs and symptoms.

"KICK CANCER BEFORE IT KICKS YOU"

cadet Srijan Khimta

Regt.no HP19SWA304924

3:49 pm

Video was very good and informative. As we are celebrating national cancer awareness day through out India. On that day we must educate people about serious threat that is cancer. According to WHO cancer is 2nd deadliest disease which cause death among people. We have to encourage people to take precautions and health check up properly. We have to spread awareness about side effects of this life threatening illness.

Cadet karan singh

Regt. No. - HP19SDA304910

2:26 pm

It is very good initiative taken by Akhil bhartiya marvadi yuva manch to aware paper about such harmful diseases cancer.

If we want to live a life with full of happiness then we should have to maintain a healthy lifestyle avoid bad habit like eating junk food smoking chewing tobacco instead of doing this eat a balanced diet and exercise on daily basis only doing this things not only we physically fit but we can be far away from such type of chronic diseases.

without health we cannot enjoy any moment of our life if we have everything like money, good job but we are not healthy so there is no use of such luxurious life.

CDT. ATUL VERMA

HP19SDA304908

2:12 pm

Cadet sangeeta

Video was very good .There are lots of diseases which affect our body badly from these cancer is one of them¹¹

3:14 pm

JAI HIND

Cadet sangeeta.

Video was very nice regular physical activity will considerably reduce cancer risk as there is a link between overweight and obesity to many types of cancers .

The national cancer Awareness day let us join hands in making a firm decision to be aware of our own bodies and take any sudden unexplained change in the body

Feedback

Jai hind!

This video is very good, I really did not know that cancer is like this, after watching this video, a lot of information was received. I really appreciate it . Now I know how that how cancer take place in our body .

Reg. No. HP19SDA304906

6:28 pm

~Anshul Shatiyan

You

<https://youtu.be/xOWDBA4UI7c>



Feedback

JAI HIND!

The video is very good about the cancer. Before these video I never understand how the cancer occur in our body but after watching these video I got lot of information about cancer

So these video is very helpful for about cancer.

In last after watching these video I want to say only one line

INDIA STAY FIT AND STAY HEALTHY.

reg. No. HP19SDA304905

6:46 pm

Feedback

Jai hind

Video was very good.

As we know that "Prevention is better than cure".

So we can take some small steps to prevent these big disease. Doing exercise daily is the most important step that can help us.

Also spread awareness about cancer.

Stay healthy and stay safe

CDT.Rohit

Reg.no-HP19SDA304909

3:57 pm

~Anjali Rajput

feedback

Jai Hind

video was very good as well as knowledgeable .. in India the incidence of cancer is increasing rapidly ,therefore it is important to step up cancer literacy and knowledge amongst the population .

Breast cancer is rapidly increasing in urban areas and it is the most common cancer in India . cervical cancer is the 2

ND most common cancer ,oral and lungs cancer are the highest among men and women ..therefore we should aware

people chewing tobacco and smoking

and spread awareness..

~ create cancer awareness

~ inform people about the importance of regular screening and checkups...

Feedback

jai hind

video was quite good for awareness

purpose and as said health is wealth,we

should take care of our health and ignore

these kind of substances weach cause

cancer and unhealthy life body is more

prone to other diseases also.we have to

encourage people to take precautions

and health check up probably.

Cadet Pariksha

Reg.no HP19SWA304929

5:00 pm

Jainav NCC

Jai hind

This video was very informative....which is very helpful to the youth of the nation...

As we all know that Health is the biggest treasureso we should take care of

our health.....and we should aware other

people to stay fit..... This video make us

aware that how cancer can prevent

through true healthy lifestyle.....so we

should maintain our health.....

5:50 pm

Cdt. Ishant negi

HP19SDA304916

video was quite good for awareness

purpose and as said health is wealth , we

should take care of our health and ignore

these kind of substances which causes

cancer , and unhealthy body is more

prone to other diseases also. So we

should go for a healthy life by adopting

healthy routines in our daily life

1:25 pm

Cdt. Abhishek sharma

HP19SDA304912

As we know that health is wealth if we

are not healthy it creates lot of difficulties

in our life. Today the incidence of cancer

increasing day by day therefore it is

important to setup cancer knowledge

amongst the people.

So we have to aware others as well

taking precautions and routine checkup

of our body

1:35 pm

JAI HIND!

The video is very good about the cancer.

Before these video I never understand

how the cancer occur in our body but

after watching these video I got lot of

information about cancer

So these video is very helpful for about

cancer.

In last after watching these video I want

to say only one line

INDIA STAY FIT AND STAY HEALTHY.

reg. No. HP19SDA304905

6:46 pm

~Sarthak Mehta/19/904

JAI HIND

Feedback:-

This video was very informative

regarding cancer awareness. Every

person should exercise daily and Stay Fit

and Healthy as we all know HEALTH IS

WEALTH

HP19SDA304904

Cadet Sarthak Mehta

6:51 pm

~Mahesh Thakur

Feedback ->

Video educates about how cancer form

in our bodies.

What factors are responsible for it & how

cancer patients are treated for their

recovery

7:38 pm

HP19SDA304921

Cdt.-Mahesh Thakur

7:42 pm