

WEBINAR

“Cancer Prevention and Healthy Lifestyle”

Resource Person

Ms. Florina Singh

SLBC



RUBY AHLUWALIA

Former Senior Bureaucrat, Life coach, Author, Painter, TEDx, Speaker, Cancer victor and the Founder of non - profit organization Sanjeevini Life beyond cancer a pioneer in comprehensive cancer care

WORLD CANCER DAY

04th February 2022

Conveners: Dr. M.S. Sujatha, HOD, EEE

Dr. V. Nirupama, Asst. Prof., BS&H

Co-Convener : Ms. R. Sindhuja, Asst. Prof., EEE

Women Empowerment Cell

Program Moderator : Mrs. Sunitha Arun

Venue: Online (Zoom)

Date: 02-02-2022

Time: 3.00 PM

NO REGISTRATION FEE

Zoom id : 872 6789 3407

Password : 954755



WHO CAN PARTICIPATE ?

Faculty, Staff & Students



Initiation From
IQAC, SVEC

Organized By
Women Empowerment Cell, SVEC

In Association With
IEEE-WIE Affinity Group

"Webinar on Cancer Prevention and Healthy Lifestyle"

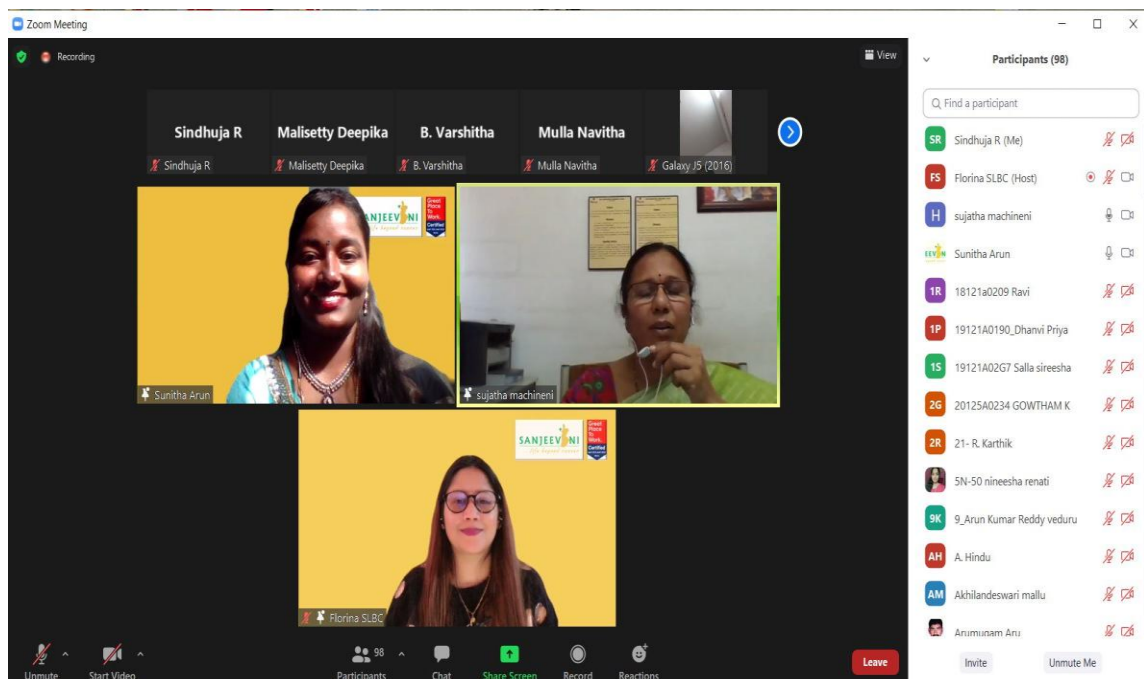
**Women Empowerment Cell and IEEE-WIE Affinity Group
(02-02-2022)**

REPORT

As an initiation from IQAC, SVEC on the occasion of WORLD CANCER DAY (4th February) a one day Webinar on "**Cancer Prevention & Healthy Lifestyle**" was organized under Women Empowerment Cell and IEEE-WIE Affinity Group by Department of Electrical and Electronics Engineering, Sree Vidyanikethan Engineering College, Tirupati in association with **Sanjeevani Life Beyond Cancer** to create awareness about Cancer for the undergraduates students, postgraduates students and faculties of various department and various institutions.

Around 170 participants have enrolled for this webinar. The speaker of the session was Mrs. Sunitha Arun and Mrs. Florina from Sanjeevani Life Beyond Cancer trust who have trained the students and faculties of the workshop on 02-02-2022 virtually through Zoom platform between 3.00 pm to 04.00 pm.

The session started with the welcome note by Dr.M.S.Sujatha, Convener of Women Empowerment Cell.



Dr. M. S. Sujatha Welcoming the speakers of the session

#LETS MAKE INDIA CANCER FREE

OUR FOUNDER – A CANCER VICTOR

"My mission in life is that "Every cancer patient is able to win the battle against cancer and is provided with skills to use this cancer experience as an opportunity to live an enriched and productive life." – Ruby

Mrs. Ruby Ahluwalia
Founder
Sanjeevani Life Beyond Cancer
Former Senior Bureaucrat

Ruby Ahluwalia is a Former Senior Bureaucrat, author, founder of Sanjeevani Life Beyond Cancer and a strong finance professional with an MBA in Finance from Hyderabad with a rich experience in Project finance and Public Private Partnerships.

She joined the **Civil Service in 1986** and was serving as the Principal Financial Advisor to Central Railways.

She has reached out to thousands of souls in selfless acts of charity and care to cancer patients. Her various interests and achievements have earned her the **"Changemakers"** award from **Grant Thornton- SABERA** and the **"Exceptional Contribution in Governance"** award meant for bureaucrats for their outstanding work for society.

Of the many change making initiatives , she has introduced, her commitment towards bringing about a social change for the betterment of healthcare in the developing Indian society

She has taken an early retirement from her job as a Civil servant to put all her time and energies to the work she does through the NGO she founded in 2012 – **Sanjeevani Life Beyond Cancer.**

Website
<https://www.sanjeevani-lifebeyondcancer.com/>
Email Id:
info@sanjeevani-lifebeyondcancer.com

You Tube Channels
Ruby Ahluwalia
Sanjeevani LBC

Helpline:
+91 8691 000 800

adm@sanjeevani-lifebeyondcancer.com **Helpline: +91 8691 000 800** **www.sanjeevani-lifebeyondcancer.com**

Participants: Sindhuja R, Sindhuja R, Sujatha machineni, Malisetty Deepika, Malisetty Deepika, B. Varshitha, B. Varshitha

Mrs. Florina Briefing about the Sanjeevani LBC

Mrs. Florina stated that Cancer affects all, directly or indirectly, and we believe the treatment given to cancer patients should be equal too. But sadly we are still facing gaps and barriers in cancer care treatment. Every action – big or small – makes a difference. On this World Cancer Day 2022 we recognize the power of knowledge and have organized this webinar where 'People against Cancer' are sharing their wisdom on how to CLOSE THE CARE GAP IN CANCER CARE. It aims at Cancer Prevention and a Healthy lifestyle not just in India but also internationally.

Recording

Participants (101)

SR Sindhuja R (Me)
 FS Florina SLBC (Host)
 _Yuvath
 1R 18121a0209 Ravi
 1P 19121A0190_Dhanvi Priya
 1S 19121A02G7 Salla siresha
 2R 21- R. Karthik
 5N-50 nineesha renati
 9S
 AH A. Hindu
 AM Akhlandeswari mallu
 Arumugam Aru
 AK Aruna Kumari
 BS B suvarna Yadav
 BV B. Varshitha
 bharathi m

Mrs. Florina explaining about the formation of tumor cells

Mrs. Florina conveyed that to fight Cancer, one needs a strong body and mind. A health emergency like the Pandemic made the situation worse for cancer patients. In such

a crisis, the only thing that could rescue these cancer patients was their self Immunity.

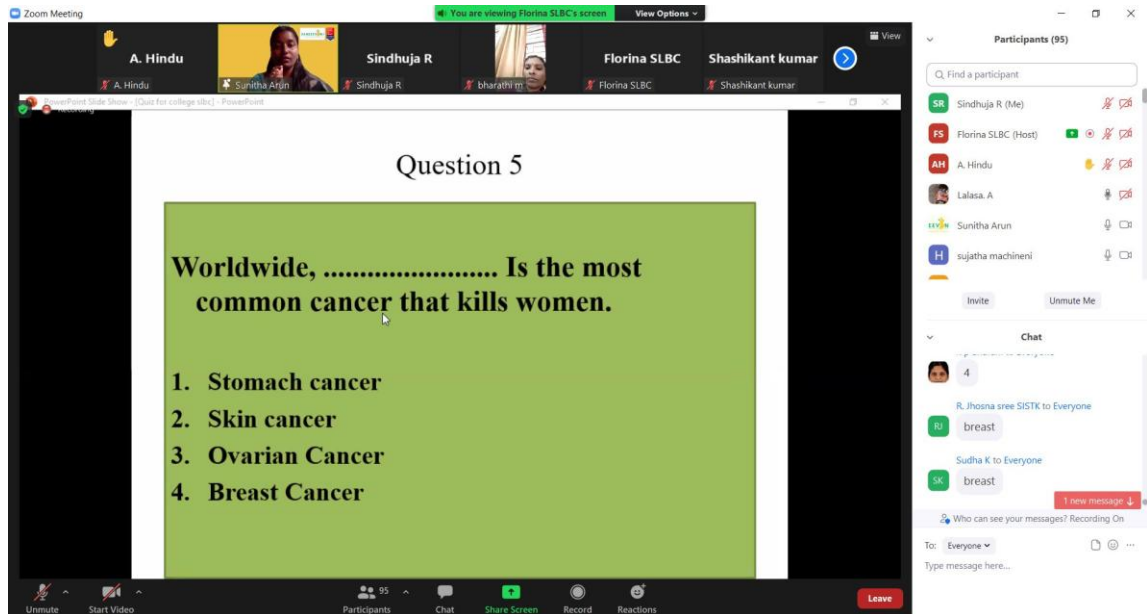
Mrs. Florina about Wellness of Life

Mrs. Florina illustrated about symptoms and early diagnosis

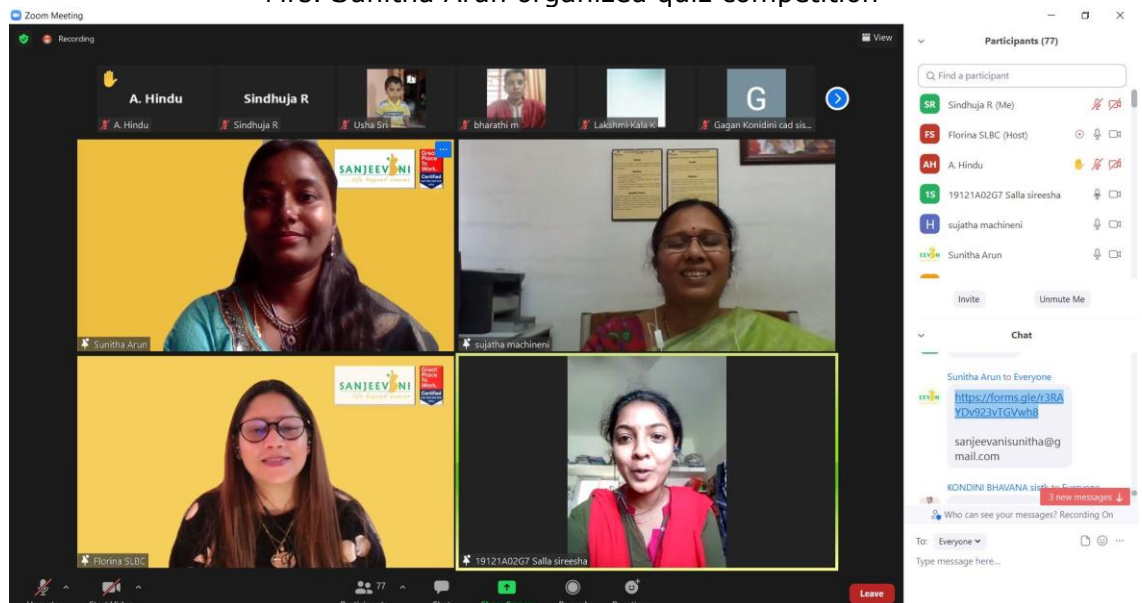
Mrs. Florina explained about the most common form of cancers

The session ended with the questionnaire session where Quiz was conducted and the

participants have actively participated and the winners of the quiz were provided with a memento from Sanjeevani LBC.



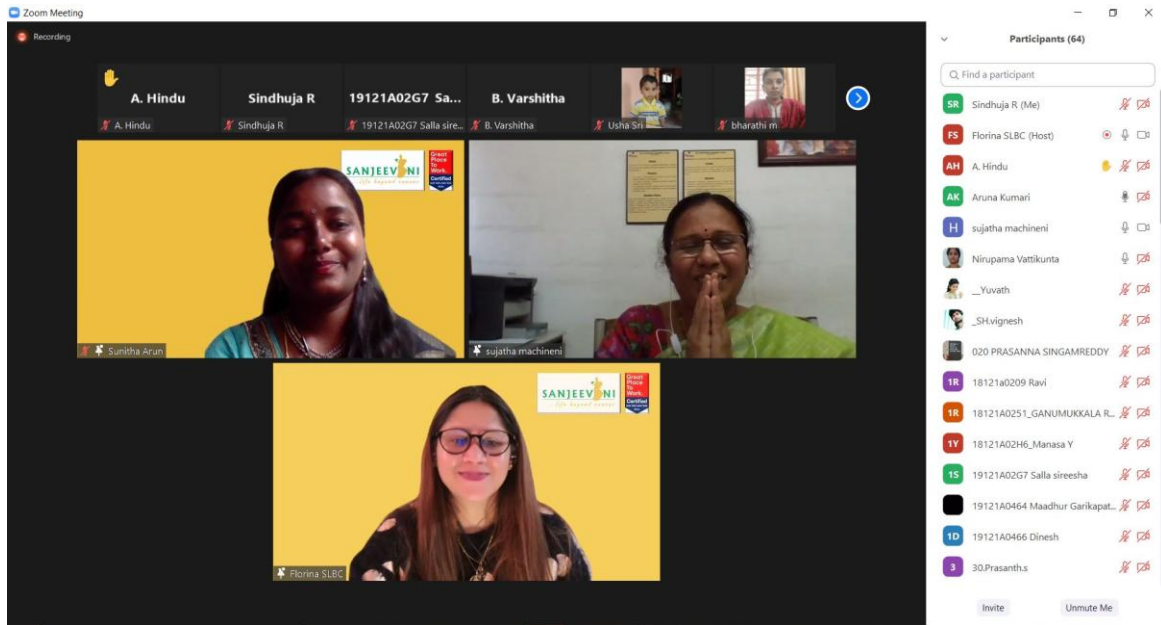
Mrs. Sunitha Arun organized quiz competition



Participants shared their feedback about the session

The doubts were answered by the team members and participants appreciated the initiative carried out by the team and expressed to conduct more programs in future for their student and staff members. At the end of the session speakers made the participants to take a pledge on creating awareness about cancer to uneducated people and to promote elder peoples to follow the healthy food lifestyle and not to indulge in unhealthy activities like chewing tobacco and smoking.

Mrs. Florina ended session highlighting the quote of Stuart Scott ***"When you die, it does not mean that you lose to cancer. You beat cancer by how you live, why you live, and in the manner in which you live."***



Dr. M.S. Sujatha extended her gratitude towards SLBC

Dr. M.S. Sujatha, convener Women Empowerment Cell - SVEC extended her gratitude to Sanjeevani LBC and also to the speakers of the session Mrs. Florina and Mrs. Sunitha Arun. She also extended her hearty thanks to all the participants from various organizations for their active participation.

Details of Speaker

Mrs. Florina
Mrs. Sunitha Arun

Sanjeevani Life Beyond Cancer,
Tirupati.

**Convener
Women Empowerment Cell**