

**A BRIEF REPORT ON
AWARENESS PROGRAMME ON
“HEALTH & HYGIENE”
An awareness Prog
“ORAL CANCER”
ORGANIZED BY
DEPARTMENT OF BIOSCIENCES
IN COLLABORATION WITH
NSS
19 MAY 2022**

Dear All,

It's a matter of pleasure to inform you all that the Department of Biosciences, Integral University, Lucknow in collaboration with "NSS" had organised an Awareness Programme on HEALTH AND HYGIENE (oral cancer) under the supervision of Dr. Snober S. Mir Associate Professor & Head, Department of Biosciences on 19th May 2022.

The programme started with the welcome address delivered by Dr. Snober S. Mir Head, Department of Biosciences. She spoke on the occasion stating that our society has progressed a lot in the context of Health & Hygiene and that we need to keep working in the same direction. She boosted the morale of the Faculty coordinator of this event (Dr. Jahanarah Khatoon & Dr. Amita Dubey) and volunteers further with encouragement and motivation to work towards quitting smoking and tobacco consumption so as to avoid oral cancer. Our team from Integral university consisting of both student and faculty members as volunteers went to the rural areas and conducted awareness programs on oral cancer and health care. We went door to door to educate each and every member of the area on the topic using charts, posters and verbal communication they were told about various harmful effects of tobacco consumption and smoking and how is it effecting their health and their wealth as well. After listening to their side of the story about how chewing tobacco & smoking cigarettes have become their never changing habit we helped them switch to alternatives like nicotine chewing gums so as to slowly and steadily get rid of this habit which would have catastrophic effects on their health. As a result of our awareness program many kids out of the crowd threw their father's cigarettes and their mother's tobacco packets in the dustbin and cheered with slogans like “no smoking”, “no tobacco” & “say no to oral cancer”. The awareness program thus included enlightening the underprivileged crowd of the rural areas of sadamau about the catastrophic effects of oral cancer and its deadly effects.

**AWARENESS PROGRAM
ON
ORAL CANCER
(HEALTH AND HYGIENE)
Organised on 19 May, 2022**

| Sl. No. | VOLUNTEER'S NAME |
|----------------|-------------------------|
| 1 | Dr. Jahanarah Khatoon |
| 2 | Dr. Amita Dubey |

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