

Department of Bioresources, University of Kashmir in collaboration with Indian Cancer Society hold workshop on Breast Cancer Awareness

On the occasion of Breast Cancer Awareness Month being commemorated in October every year, a one-day webinar was organized by Department of Bioresources, University of Kashmir in collaboration with Indian Cancer Society on Sunday 31st October 2021. Theme of the webinar was Breast Cancer Care, Screen for Early Detection, Treatment, Research and Education of Breast Cancer. The workshop was attended by more than 300 participants across the country.

The webinar was inaugurated by Dr Nisar Ahmad Mir the Registrar of the University who while discussing emerging trends of cancers globally, emphasized on awareness and early detection of breast cancer so that it's treated early. He acknowledged the role of Department of Bioresources for conducting such workshops on emerging and sensitive issues. He emphasized on the need to have a breast cancer screening cum detection center at the Health center of University of Kashmir and directed Dr Manzoor A Mir Organizing Secretary of the Workshop to workout the modalities for its establishment.

The Honorable Vice Chancellor Prof. (Dr.) Talat Ahmad in his message urged that breast cancer awareness shall reach young generation so that they get awareness regarding risks factors, screening and early detection of breast cancer. We need to pool and share our resources, using latest technologies for the diagnosis, treatment and awareness about breast cancer, he added.

Dr. Manzoor Ahmad Mir, Coordinator, Department of Bioresources and organizing secretary of the webinar in his welcome speech, gave the overall scenario of breast cancer and said that all should work together to create a national strategy for awareness and early detection of breast cancer that reflects the principles of 'research-informed clinical practice'. He welcomed the participants from various institutions across the country. Dr. Mir highlighted the teaching and research activities of the Department of Bioresources and emphasized that the Department is actively engaged in Breast cancer research especially the Triple Negative Breast cancer which is showing highest prevalence in India. Recently Innovation Council Department of Science and Technology Govt of J&K has sanctioned a research project to him and he has recently published two books on various aspects of Breast cancer.

Dr Shamima Wani, Assistant Professor and Head, surgical Oncology GMC Srinagar made an elaborate presentation on overview and awareness about breast cancer. Dr. Wani discussed about primary, secondary and tertiary strategies for prevention of breast cancer, self-examination, methods for early detection of breast cancer and treatment. Dr. Wani also elaborated upon the patients and patient care related to Breast Cancer available in the tertiary care centers of Kashmir.

Mrs. Sunita Gupta, Joint Secretary, Indian Cancer Society, New Delhi highlighted the role of Indian Cancer Society towards raising awareness and prevention of Breast Cancer, and opined that Breast Cancer is rapidly rising amongst women in urban areas and it is one of the most common cancers in India. Mrs. Gupta impressed upon ignorance, fear, myths and social stigma because of which many women present with stage III or IV cancer require surgery and extensive treatment. She highlighted various outreach programmes of Indian Cancer society and m-Shakti an android based mobile application for breast cancer detection and management.

Dr. Shabnam Bashir, senior consultant Breast, Colorectal and Peritoneal surface Cancer expert and an Alumni of Roswell Park Cancer Institute USA gave a detailed presentation on over all aspects of breast cancer. She talked extensively about preventive strategies, the role of diet and lifestyle, signs, symptoms and risk factors related to Breast Cancer. She answered all the queries of the participants. The workshop concluded with a Quiz test and all the participants who qualified the test were awarded with certificates.

Vote of thanks was delivered by Dr. Bashir wherein he thanked all the participants, the entire administration of Kashmir University, particularly the HVC, Prof Talat Ahmad, Dean Academic Affairs, Dean Research, Registrar, and speakers.