

***“Joining hands in fighting against Oral Cancer & Giving hopes to sufferers”***

April is the National Oral Cancer Awareness month, a time when dental community rallies together to fight against a serious disease. Public awareness about this serious disease and its risk factors is crucial to saving lives and dentists are in unique position to perform head and neck exams and oral screenings which can help to identify abnormalities in mouth at earliest stage, on the same note Seema Dental College & Hospital organized a series of events at the Institute and throughout the Rishikesh to increase Awareness of Oral Cancer & Rehabilitation among the society in collaboration with Indian Prosthodontic Society & Indian Dental Association. **Dr. Himanshu Aeran, Director Principal, Seema Dental College & Hospital, Rishikesh** told that Oral cancer forms the most common group of head and neck cancers and with high prevalence of habits like tobacco, the incidence of Oral cancer is highly raised in the Indian subcontinent. Prevention & early diagnosis are the keys to reduce the mortality associated with Oral cancer. If diagnosed early, oral cancer has an 80- 90% survival rate. Rehabilitation of the sufferers is another issue to improve their quality of life. It is high time that we all should get involved in such awareness programs for the community in hopes to raise oral cancer Awareness and Rehabilitation of sufferer, thus making a difference in the world of oral cancer.

**Exhibition cum Competition on Oral Cancer Awareness & Rehabilitation:** Exhibition was inaugurated by Chairman Dr. Amit Gupta and Director Principal Dr. Himanshu Aeran. A Total number of 64 participants participated in Exhibition with models & collages .Dr. Jyotsna Seth, Dr. Akanksha Nautiyal, Dr. Gagan Sharma & Dr. Rahul Dharmi from Department of Prosthodontics won first prize and Ms. Gayati Barmola, Ms. Anukriti Dimri, Ms. Avni Sharma, Ms. Priyanka Shankar, Ms. Anjali Waldia, Ms. Cheshta Arora, Ms. Ayushi Bhangari & Ms. Richa Sangwan won runner up prize.

**Painting Competition on Oral Cancer Awareness & Rehabilitation:** Chairman, Dr. Amit Gupta and Director Principal, Dr. Himanshu Aeran inaugurated the event by lighting of lamp. A Total number of 40 Participants participated from SDCH & various schools from the city in this event of “ on the spot painting competition”. Ms. Shweta Pant won first prize and Ms. Mansi Balodi & Mr. Gurangi Sehgal won runner up prize.

**“Run Away Cancer” Marathon:** The marathon was inaugurated by SDM Rishikesh Shri Santosh Kumar Pandey and Founder President SDCH Dr. R.K. Gupta. A Total number of 600 Participants participated in Runaway Cancer Marathon from SDCH, DSB International School, Sri Guru Ram Rai School, Sanskar Sarjan Public School, THDC, Nirmal Gyan Daan Academy, Saraswati Vidyalaya & Rotary International, Rishikesh. All participants were carrying posters and slogan on their T- shirts to increase the oral awareness. More than 450 participants completed the 7kms stretch in which Dr. Sakshi Sharma, Mr. Aditya Shubham Joshi & Ms. Pranchita Tiwari won the first prize and Mr. Neeraj Goswami & Ms. Sanjana Pundhir won the runner up prize. Dr. Amit Gupta, Dr. Himanshu Aeran & Dr. Annirudh Pratap Singh gave away the prizes to winners at finishing point.

**“No more Cancer” & Rehabilitate the Sufferer Nukkad Natak:** Under the direction of Dr. Himanshu Aeran, Dr. Harshmindre Kaur, Dr. Tarun Sharma, Dr. Richa Bansal, Dr. Sagrika Shukla & Dr. Shashank Uniyal with number of interns and post graduate students organized a series of street shows at Parmarth Niketan, Triveni Ghat, Ram Jhula, Laxman Jhula and nearby areas to increase Awareness of Oral Cancer & Rehabilitation among the society.

**Honorable Bharat Ratna Dr. APJ Abdul Kalam** Former President of India visited the institute during this month & appreciated the efforts of Indian Prosthodontic Society, Indian Dental Association & Seema Dental College & Hospital for this great Nobel cause for the betterment of the society. All the programs were well attended & participated by Faculty, Students from the institute and nearby schools and colleges and well appreciated by public along with people in media throughout the month. Winners were awarded with a cash prize of Rs 1100/- and runner up's with Rs 500/- along with a certificate of Appreciation. All Participants were given a certificate of Appreciation, a gift hamper and refreshment from Seema Dental College & Hospital Rishikesh, IDA-Colgate.

**Exhibition cum Competition & Painting Competition on Oral Cancer Awareness and Rehabilitation**





**Run Away Cancer Marathon & No More Cancer Nukkar Natak at Rishikesh**

