



Office of Student Affairs
COMSATS University Islamabad
Vehari Campus



REPORT ON ONE DAY SEMINAR

Facilitations for Breast cancer, Mental Health challenges

On

14th September 2023

COMSATS UNIVERSITY ISLAMABAD, VEHARI CAMPUS organized a one day seminar on “Facilitations for Breast cancer and mental health challenges” on December 14th September 2023 in Auditorium hall. The seminar is organized by Health Awareness and Blood Donor Society (**Wing of Office of Student Affairs**). This seminar focused on the awareness on breast cancer and mental health challenges for early diagnose of fatal disease. The seminar started at 10:20 am with the welcome address by **Miss.Hina Abbas khan Coordination Officer**; She welcoming all female students and her colleagues to join this valuable session .





She highlighted the importance of self-awareness about breast cancer in females. She welcomed Chief guest **Dr Aamra Saeed Khan MBBS FCPS specialized in Breast surgery**, Deputy Incharge Examination Madam Shagufta, InCharge Librarian Madam Aabida, Miss Atiq Waqar (Lecturer) and Miss Sana (Lecturer) also joined this session.

The Event was started with the recitation of Holy Quran And Naat Rasul (SAW).

After that **Dr Aamra saeed khan** was invited on stage she introduced herself and told the students firstly about Cancer, what is the disease itself and then she told about breast cancer and its symptoms on early and as well as late stages. She discussed the self-examination/screening process how we examine ourselves to diagnose disease. She showed a video about that process and explained it step by step. She told that every one woman out of 10 suffering through the disease. And she explained the basic reason behind the cause of disease, like it's due to inherent problems at maternal side, genetic cells and their irregular growth, older age marriages and when old lady conceive child and alcohol.



And one of the major reason behind female disease is intake of **Broiler chicken on daily basis**.

Precautionary Measures

1. Dr.Ammara Saeed khan also described about the diet that females intakes and strictly prohibited to take western food **like pizza, burgers and other junk food** which causes cancer in breast. She said it can be cure in early stages and whenever you feel any change in breast structure or feel anything make an appointment with specialist.
2. Breast Feeding minimizes the Risk factor of and Mothers should feed their babies, its blessing and reduce the risk of breast cancer .
3. Do Exercise Daily to cope up the disease of Breast cancer.

She also said not only females are suffering from Breast cancer in their early ages but males are effecting too. Diet and Exercise are the basic elements to reduce it.

Then she explained the screening treatment and other sources to diagnose the disease like **Ultrasound and mammography and MRI** is the best way to diagnose early stage lumps.

She told in start lump is about **1 cm** and in Young females they prefer **ultrasound** and in older female they prefer **mammography**

There was a question and answer session in the end of the event, which was quite informative and helped the students regarding resolving their quires. Students openly asked questions about

of their concerns. This Awareness seminar help to clear the concept of cancer, not only students but female faculty learn and get aware of. Dr. Aamra Saeed Khan also talked about myths that are common in people regarding breast cancer or other Cancers. She also talked about mental health challenges faced by people.

At the end of event Madam Hina Abbas Khan delivered her closing remarks. She expressed her gratitude to the Chief Guest for this awareness session ,Colleagues ,Students and promise to bring this informative session onwards from the platform of **Office Of Student Affairs**.

Worthy Director Dr.Saleem Farooq Shaukat Presented Guest of Honor Souvenir to Dr.Ammara Saeed khan along with **Convener Dr.Muhammad Farhan** and Madam Hina Abbas Khan **Coordination officer (CO)** as an appreciation .



Prepared by
Miss Hina Abbas Khan
Coordination Officer (CO)

Office of Student Affairs