

# **Mittal Institute of Education**

(Approved by NCTE, New Delhi & Affiliated to BU, Bhopal M.P.)

Opposite Bhopal Memorial Hospital & Research Center Nabi Bagh, Bhopal – 38

Ph. 0755-298001

E-mail: [miebp12009@gmail.com](mailto:miebp12009@gmail.com)



## **Report on Combating Cancer through Nutrition**

Dated 4<sup>th</sup> February 2021

Time – 12:15 P.M. to 2:30 P.M.


**Mittal Group of Institutes**  
 ENGINEERING, POLYTECHNIC, IIT, PHARMACY, MANAGEMENT, EDUCATION, NURSING

**COMBATING CANCER THROUGH NUTRITION**


 DR. N GANESH, CONSULTANT  
 ONCOGENETICS, HEAD & SENIOR  
 SCIENTIST, DEPT. OF RESEARCH,  
 JAWAHARLAL NEHRU CANCER HOSPITAL  
 & RESEARCH CENTRE


 DT. AMITA SINGH DIETITIAN  
 FOR 50 YEARS ASSOCIATED WITH  
 UNICEF, CARE, UNDP, WORLD BANK,  
 FPI & FSSAI, SAI ETC




**JOIN ZOOM ON 4 FEB 2021 AT 12:30 PM**  
[HTTPS://US02WEB.ZOOM.US/J/86148796809?pwd=VMORMKQYVHPQTDQVDGPEVJNVIVKUT09](https://us02web.zoom.us/j/86148796809?pwd=VMORMKQYVHPQTDQVDGPEVJNVIVKUT09)

COORDINATOR  
 DT. NIMRA FATIMA

CONVENOR  
 DR. MALIKA PAL


 World  
**CANCER DAY**  
 "We Wish Cancer Would Only be a Zodiac Sign One Day."



**MITTAL INSTITUTE OF EDUCATION**

MITTAL INSTITUTE OF EDUCATION  
 BHOPAL


**WEBINAR**


**COMBATING CANCER THROUGH NUTRITION**


 Dr. N Ganesh Consultant  
 Oncogenetics Head and Senior  
 Scientist JN Cancer Hospital  
 and Research Bhopal


 Dt. Amita Singh Dietitian  
 for 50ys. Associated with  
 UNICEF, Care, UNDP, World  
 Bank, FPI & FSSAI, SAI etc

**Join Zoom on 4 Feb 2021 At 12:30 pm**

<https://us02web.zoom.us/j/86148796809?pwd=VM0rMkQyVHPQTDQVDGPEVJNVIVKUT09>

Coordinator  
 Dt. Nimra Fatima

Convenor  
 Dr. Malika Pal

Webinar's Invitation

The Department of Clinical Nutrition of Mittal Institute of Education (MIE) organized the Webinar on the topic “**Combating Cancer through Nutrition**” for all the faculty members as well as students. The Webinar was held on 4<sup>th</sup> February 2021 (World Cancer Day) on Zoom Call to spread the awareness about Cancer, its causes and preventive measures.

The webinar began at 12:30 P.M. in the presence of all the faculty members and students of Education Department and Vice – Chairman of the Group.

The Webinar was perfectly coordinated by Assistant Professor and dietician Nimra Fatima and the convener for the Webinar was Prof. Malika Pal , Principal Mittal Institute of Education)

The total of 100 participants were actively present on zoom call from all over India ( 5 participants were from Abroad) and the rest watched it through Face book live functionality. Students of the Life Science Department watched the Session Live on Projector Screen in the Seminar Hall.

It was a very informative session which helped everyone imbibe knowledge about how to use Nutrition and Healthy Diet as a Weapon and preventive measure to combat Cancer in current times.

**The theme of the webinar:**

Cancer is one of the leading causes of death worldwide. But studies suggest that simple lifestyle changes, such as following a healthy diet, could prevent 30–50% of all cancers. What we eat and drink can affect our health in lots of ways. There are some foods that are directly linked to cancer, but our overall diet is more important than these individually.

There is no single super food that can prevent cancer. Rather, a holistic dietary approach is likely to be most beneficial.

Scientists estimate that eating the optimal diet for cancer may reduce your risk by up to 70% and would likely help recovery from cancer as well. They believe that certain foods can fight cancer by blocking the blood vessels that feed cancer in a process called anti-angiogenesis

### **About the Speakers –**

#### **1.** Dr. N Ganesh,

Consultant Oncogenetics,

Head & Senior Scientist, Dept. of Research, Jawaharlal Nehru Cancer Hospital & Research Centre, since 1996

He published 130 scientific publications with a total impact factor of 210.11. He has presented more than 108 scientific papers & 157 posters at International & National Conference and received 89 best paper and 72 best poster awards.

He guided 19 Ph.D. Scholars, ongoing 04 & 300 Post graduate Dissertation Thesis. He is a registered Ph.D. Guide in Genetics, Biotechnology, Zoology, Life Sciences, and Pharmacology & Medicinal Chemistry from 7 National Universities.

#### **2)**

Mrs. Amita Singh is a consultant in nutrition and dietetics. She is a gold medalist in her post graduate degree of masters in Foods and Nutrition. She spent her growing up years in Nigeria, doing her G.C.E.O levels and A levels. She has travelled extensively across the globe and has a passion for reading. She started her career in PGI Chandigarh in 1981.

She started the first independent diet clinic in 1983. She has worked extensively in the community in the interiors of the state with UNICEF, Care, UNDP, World Bank etc.

She has written books on Nutrition and contributed material on nutrition for , Help age India, FPAI , Women and Child Welfare department,

Kota University, IGNOU, World bank etc and she writes articles in newspapers and magazines and gives talks on radio and T.V.

She is on the panel of Raj Bhavan, Sports authority of India etc., Health department Government of M.P. and women and child Welfare department.

She has been a consultant with Sports Authority of India, Sports academy, Department of home for central jail . She is the co convenor of NetProFan of Fssai for food safety and standards of India. She is an active member of Club Literati, Run Bhopal run, works on cancer awareness and creating awareness on other relevant social causes as well.

### **Key Takeaways and Learning from the Webinar-**

- Processed foods that are high in sugar and low in fiber and nutrients have been linked to a higher cancer risk.
- To protect against cancer, limit or avoid foods that boost insulin levels, such as foods high in sugar and refined carbohydrates.
- Cooking certain foods at high temperatures, such as grilling, frying, sautéing, and barbequing, can produce harmful compounds like heterocyclic amines (HA) and advanced glycation end-products. Excess buildup of these harmful compounds can contribute to inflammation and may play a role in the development of cancer and other diseases.
- Certain foods, such as animal foods high in fat and protein, as well as highly processed foods, are most likely to produce these harmful compounds when subjected to high temperatures.
- Consumption of processed meats and meats preserved by methods involving smoke or salt increases exposure to potentially carcinogenic chemicals, and therefore should be minimized.

- Minimize consumption of processed meats such as bacon, sausage, lunchmeats, and hot dogs.
- Choose fish, poultry, or beans as an alternative to red meat (beef, pork, and lamb).
- Bake, broil, or poach meats, poultry and fish instead of frying or charbroiling.
- Eat at least 2.5 cups of vegetables & fruits each day.
- Include vegetables and fruits at every meal and for snacks.
- Eat a variety of Vegetables & fruits each day.
- Emphasize whole vegetables & fruits; choose 100% juice if you drink vegetable or fruit juices.
- Limit consumption of creamy sauces, dressing, and dips with vegetables & fruits.
- Choose whole grains instead of refined grain products.
- Choose whole-grain foods such as whole-grain breads, pasta, cereals (barley & oats) instead of those made from refined grains; and brown rice instead of white rice.
- Limit consumption of other refined carbohydrate foods, including pastries, candy, sugar-sweetened breakfast cereals, and other high-sugar foods.