**Breast Cancer Seminar**

Incharge Department of Public Administration Miss qamar shahzadi,Incharge Department of Commerce Faiza Rehman, Miss Nayyer sultana and Miss Sidra Ghulam rasool along with 53 students of concerned departments has attended a seminar on Monday 25th October 2021 on awareness of breast cancer which was organized by the women wing of Pakistan Tehreek Insaaf. The venue was perveen shakir club Faisalabad. The guest speaker was Dr Alia who is the head of department of breast surgery Allied Hospital Faisalabad. She has contributed a lot towards creating awareness about breast cancer among the participants. She highlights the recent research that shows that healthy lifestyle can decrease the risk of breast cancer. If your weight is healthy, work to maintain that weight. she emphasize reduction of number of calories for each of the day and slowly increasing the amount of walk. Physical activity can help in maintaining a healthy weight which helps in preventing breast cancer. Breast feeding might play a vital role in breast cancer prevention. She also mentioned that substantial support for breast cancer awareness and research funding has helped created advances in the diagnosis and treatment of breast cancer. Breast cancer survival rate has increased, and the number of deaths associated with this disease is steadily declining, largely due to factors such as earlier detection. She focused on a new personalized approach to treatment and a better understanding of the disease.

 