

Programme Report- 26th February 2020



- Name of the Programme: **Cancer Awareness**
- Organized by **Medical Committee & Women Development Cell, Govt. Hrangbana College**
- Date: **26th February 2020**
- Resource Person: **Dr Cindy Lalthanpuii, Radiation Oncologist, Cancer Institute, Zemabawk**
- No of participants: **60**



Highlights of the Programme

- On 26th February 2020 , a Cancer Awareness Programme was conducted at the Conference Hall of the college specifically for girl students. The aim of this program was to increase awareness and understanding of cancer, its prevention, early detection, and available treatment options. Dr Cindy Lalthanpuii, an experienced oncologist served as the resource person, delivering comprehensive information and insights pertaining to cancer-related topics.
- The oncologist expertly discussed the fundamentals of cancer, including what it is, how it develops, and the various types of cancer. The presentation also addressed the risk factors associated with cancer, such as tobacco use, poor lifestyle choices, genetic factors, and environmental exposures.
- The resource person also focused on recognizing common symptoms and warning signs for each type of cancer, as well as the importance of timely medical consultation.
- The resource person emphasized the significance of adopting a healthy lifestyle to reduce the risk of developing cancer. The participants were educated about preventive measures, such as regular exercise, a balanced diet, avoiding tobacco and excessive alcohol consumption, and maintaining a healthy weight. Strategies for early cancer detection, including regular check-ups, self-examinations, and screenings, were extensively discussed.

- *The programme concluded with an interactive session allowing the participants to seek clarification and ask questions relating to cancer prevention, diagnosis, and treatment. The oncologist expertly addressed the queries, providing valuable insights and dispelling common misconceptions about cancer.*
- *Through this Cancer Awareness Programme, the participants gained valuable insights, enabling them to spread awareness in their communities and promote healthy living practices. It is hoped that the knowledge gained from this programme will encourage students to prioritize their health and engage in preventive measures, ultimately contributing to a decrease in the burden of cancer on society.*

