

## **REPORT ON CANCER AWARENESS PROGRAMME FOR WOMEN-I**

KL University women forum organized First Cancer Awareness Programme to educate the girl students and women employees.

Topic: Cancer Awareness Programme

Resource Person : Dr.Gayathri Devi, M.D(Gynecologist)

Co-ordinator: Ms.T.Leela, Faculty of Bio-Tech

Date : 15<sup>th</sup> February 2012

Venue : Peacock hall, K L University

Time : 2.00 pm to 5.00 pm

No. of participants : 300



She has created awareness on Breast Cancer, its causes & preventive measures. Displaying slides and videos, she rolled out statistics to prove the alarming increase in breast cancer cases in recent years. Demonstrative videos to explain how to carry out Self Breast Examination (SBE) were shown and advised the girl students & women employees on the measures to be taken to protect themselves from the dreadful disease. The program was well received by all and was very useful.

## **REPORT ON CANCER AWARENESS PROGRAMME FOR WOMEN-II**

KL University women forum organized Second Cancer Awareness Programme to educate the girl students and women employees.

Topic: Cancer Awareness Programme

Resource Person : Bio-Tech Students under the leadership of Ms. Ramya Hari Priya

Co-ordinator: Ms.T.Leela, Faculty of Bio-Tech

Date : 16<sup>th</sup> February 2012

Venue : Peacock hall, K L University

Time : 3.00 pm to 5.00 pm

No. of participants : 150

Bio-Tech students gave power point presentations to bring awareness on breast cancer for the benefit of girl students and women employees.



The elaborate presentation covered aspects like: Probable Symptoms that cause breast cancer, ways to identify it in early stages to be cured off like Dimpling, Puckering, Stretching pain in the back, retracted nipple etc., The factors causing cancer are genetic, physiological, dietary, environmental and life style. They suggested precautionary measures like avoiding cholesterol rich fat diet, alcohol intake, reducing obesity based on the BMI standard, curtailing use of tobacco, being aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc., Later on, they briefed the participants on methods of early detection and curative measures. Showing demonstrative clippings they explained about Self Breast Examination( SBE), clinical Tests, mammography and ultra sound scanning. They advised the girl-students to be conservative, follow healthy food containing fibrous rich foods with Vitamin A, E and C, Beta carotenes and selenium supplements. They wrapped up their presentations with a discussion of the painful treatment process like surgery which is often followed by radiation to melt the malignant lumps. Psychological rehabilitation of affected patients through chemotherapy and re-breast construction with silicon support was discussed with video clippings.

All the audience congratulated the Bio-Tech students for their initiative to create awareness among women regarding this deadly disease. Everyone appreciated the program and opined that these kinds of programs are very useful and may be conducted frequently.