

# **Report on Cancer Awareness and Health Education Programme**

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## **Introduction**

Cancer is one of the leading causes of morbidity and mortality worldwide. Early detection, awareness regarding risk factors, lifestyle modification, and regular screening play a vital role in reducing the burden of cancer in the community. With the objective of improving public awareness and promoting preventive health practices, cancer awareness and health education programmes were conducted in rural field practice areas under the guidance of Dr. Balaji Arumugam Professor & HOD, Department of Community Medicine.

These programmes focused on educating the general public about different types of cancers, their causes, warning signs, preventive measures, screening methods, and the importance of self-examination for early diagnosis.

## **Objectives of the Programme**

The main objectives of conducting the cancer awareness sessions were:

- To create awareness about cancer and its increasing public health importance.
- To educate the public on common types of cancers affecting the population.
- To explain risk factors and lifestyle-related causes of cancer.
- To promote early detection through screening programmes.
- To demonstrate self-examination methods, especially for breast cancer.
- To encourage timely medical consultation for warning symptoms.
- To clarify myths and misconceptions related to cancer through interaction.

## Programme Details

### ➤ Programme 1

- **Date:** 04-02-2026
- **Location:** Kallipadi Village
- **Topic:** Cancer Awareness and Prevention

### Resource Persons & Team Members

- Dr. Balaji Arumugam - Professor & HOD
- Dr.Sakthipriyan - Assistant Professor
- Dr. Pavithra M - Senior Resident
- Mr. Deiveegan – Health Inspector
- Mr. Arikrishnan – Health Inspector
- Two CRMI Interns



## Programme Description

A health education and awareness session was conducted for the general public of Kallipadi village focusing on cancer awareness. The session included detailed explanations regarding:

- Types of cancer
- Causes and risk factors
- Early warning signs and symptoms
- Preventive measures
- Importance of screening
- Self-examination practices

Participants were educated on lifestyle modifications such as avoiding tobacco use, maintaining a healthy diet, regular physical activity, and periodic health check-ups.

The programme concluded with an interactive question-and-answer session where participants clarified their doubts and shared concerns regarding cancer prevention and treatment.



## Health Education Strategies Implemented

The following health education strategies were implemented during the programmes to ensure effective learning and community engagement. Interactive health talks were conducted to provide clear and structured information on the relevant topics. Active community participation was encouraged throughout the sessions to promote involvement and shared responsibility. Question-and-answer discussions were held to clarify doubts and reinforce understanding. Awareness counselling was provided to address individual concerns and motivate positive behavioural changes. In addition, demonstrations of self-examination techniques were performed to enhance practical knowledge and encourage early detection practices.



## ➤ **Programme 2**

- **Date:** 07-02-2026
- **Location:** Aradapattu Village
- **Topic:** Cancer Awareness with Special Emphasis on Women's Cancers

### **Resource Persons & Team Members**

- Dr. Arun Vineeth
- Dr. Jeeva Radha
- Mr. Vinoth – Medical Social Worker (MSW)

### **Programme Description**

A community-based cancer awareness session was conducted for the public at Aradapattu village. The session covered comprehensive information about cancer including:

- Types of cancers
- Causes and risk factors
- Symptoms and warning signs
- Preventive strategies
- Screening procedures
- Self-examination techniques

Special emphasis was given to:

- **Cervical Cancer**
- **Breast Cancer**

Participants were educated about the importance of:

- Regular screening tests
- Early detection
- Breast self-examination methods
- Periodic medical consultation for women's health issues

The session encouraged women to participate in screening programmes and overcome fear and stigma associated with cancer diagnosis.

An interactive discussion session followed, allowing community members to actively engage and clarify misconceptions.

## **Key Messages Delivered**

- Cancer can often be prevented through healthy lifestyle choices.
- Early detection significantly improves treatment outcomes.
- Screening plays a crucial role in reducing cancer-related deaths.
- Breast self-examination helps in early identification of abnormalities.
- Cervical cancer is preventable through regular screening.
- Avoidance of tobacco and alcohol reduces cancer risk.



## Outcome of the Programme

- Improved awareness among community members regarding cancer prevention.
- Increased understanding of early symptoms and warning signs.
- Enhanced acceptance toward screening and early diagnosis.
- Active participation and engagement from the public.
- Reduction of myths and misconceptions related to cancer.



## Conclusion

The cancer awareness programmes conducted at Kallipadi and Aradapattu villages were successfully completed with active participation from the community. The sessions effectively enhanced public knowledge regarding cancer prevention, early detection, and screening practices. Such community-based awareness initiatives play an essential role in promoting preventive healthcare and reducing the burden of cancer in rural populations.

The programmes highlighted the importance of continuous health education activities to empower communities toward healthier lifestyles and early health-seeking behaviour.

