

Department of Social Work
Community Program
“Cancer Awareness Class”

Naipunnya

To reach the unreachable

Date of event: 30/11/2024

Faculty In-charge: Fr Siju Varghese



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No: NIMIT/ MSW/PG/04/24-25

Date: 27-11-2024

Circular

Subject: Uterus Cancer Awareness Program for Women

The Department of Social Work is organizing a **Community Awareness Program** at **Anganwadi, Ward 17, Chalakudy Municipality**, on **30th November 2024 at 2:00 p.m.** The session will focus on the topic of **Uterus Cancer Awareness for Women: Demerits of Sanitary Napkins and Their Link to Cancer**. The resource person for this program will be **Mr. Pramod N. P.**, a recognized expert in the field of women's health.

The primary objective of this session is to educate women about the importance of reproductive health and the early detection of uterine cancer. Additionally, the program will raise awareness about the potential health risks associated with the prolonged use of certain sanitary napkins.

All faculty members and students are requested to attend and actively participate in this session. Your presence and engagement will significantly contribute to the success of the program and help in spreading awareness on this important health issue.

Kindly ensure your participation and cooperation.



Fr. Dr. Paulachan K.J

(Principal)

Copy to:

HOD, Department of Social Work



REPORT

The Department of Social Work at NIMIT organized a community program at Chalakudy Municipality Ward 17, Anganwadi Community Hall on November 30, 2024. The session, held from 3:00 p.m. to 4:30 p.m., focused on raising awareness about cancer prevention, early detection, and healthy lifestyle practices among women and adolescent girls in the local community.

The awareness class was led by Mr. Pramod N.P, a resource person well-versed in cancer-related health education. He discussed various aspects of cancer including its causes, risk factors, early signs and symptoms, and the importance of timely medical consultation. He also emphasized preventive measures such as healthy diet, regular exercise, avoiding tobacco, and routine medical check-ups.

The session was interactive with active participation from women and adolescent girls of the locality. The Ward Member and Anganwadi teacher also attended and appreciated the efforts of the organizers. The participants showed keen interest by raising queries regarding myths and facts about cancer and clarified their doubts with the resource person.

Overall, the program served to educate and empower the community to adopt preventive health behaviors and to reduce the fear and stigma associated with cancer.

Prepared by:

Ms. Reni. Kalayil

Asst. Professor

Verified by:

Ms. Joyshree Mondal

HoD, MSW Department

Approved by:

Fr. Dr. Paulachan K.J

Principal



BROCHURE



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AND INFORMATION TECHNOLOGY**

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**CANCER AWARENESS PROGRAME
IN ASSOCIATION WITH SOCIAL WORK
DEPARTMENT, NIMIT**

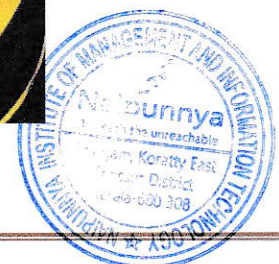


**Resource Person
Pramod N.P**

**venue: Anganwadi Community Hall
ward 17 ,Chalakudy Municipality**

Date:30/11/2024

Time:3:00pm to 4:30pm



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PHOTOGRAPHS /SCREENSHOTS

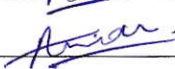
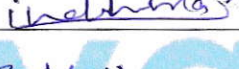
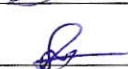
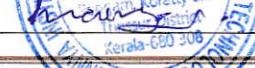


PARTICIPANT'S LIST

Name of the event: Cancer Awareness Class

Date: 30/11/ 2024

Class:

Sl. No.	Name	Signature
1.	Reethi	
2.	Bindhu	
3.	Ramani	
4.	Archana	
5.	Avani	
6.	Mridhula	
7.	Sindhu	
8.	Indhira	
9.	Parvathy	
10.	Sutha Rajesh	
11.	Jini	
12.	Rajini	
13.	Lathika	
14.	Neethu	
15.	Girija	
16.	Radha Venu	
17.	Shyamala	
18.	Beena	
19.	Saraswathi	
20.	Mini	

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21.	Reka	<i>Reka</i>
22.	Sheela	<i>Sheela</i>
23.	Shija	<i>Shija</i>
24.	Meera	<i>Meera</i>
25.	Amini	<i>Amini</i>
26.	Pushpavathy	<i>Pushpavathy</i>
27.	Neeraja	<i>Neeraja</i>
28.	Anamika	<i>Anamika</i>
29.	Anu	<i>Anu</i>
30.	Nadhana	<i>Nadhana</i>
31.	Swathi	<i>Swathi</i>
32.	Sheeja	<i>Sheeja</i>
33.	Mery	<i>Mery</i>
34.	Lalitha	<i>Lalitha</i>
35.	Meena	<i>Meena</i>
36.	Kavitha	<i>Kavitha</i>
37.	Stella Varghese	<i>Stella Varghese</i>
38.	Latha	<i>Latha</i>
39.	Geetha	<i>Geetha</i>
40.	Nima	<i>Nima</i>

[Signature]

Event Coordinator



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FEEDBACK

The cancer awareness session was incredibly impactful, leaving participants with a much deeper understanding of the disease and its prevention. Many attendees reported an enhanced awareness of cancer, its causes, and the vital importance of early detection. The session effectively highlighted how factors like lifestyle choices, genetics, and environmental exposures contribute to cancer risk, empowering participants to make more informed health decisions. Beyond theoretical knowledge, the session provided practical insights on how to reduce cancer risk through healthier lifestyle practices. From maintaining a balanced diet rich in fruits and vegetables to engaging in regular physical activity, participants appreciated the clear, actionable advice they could incorporate into their daily lives. Additionally, the interactive format of the session was highly praised, as it created an open environment where participants could ask questions and have their concerns addressed directly by the resource person. This real-time engagement not only clarified doubts but also helped break down any misconceptions, leaving participants feeling more confident in their ability to take proactive steps toward cancer prevention. Overall, the session was both educational and empowering, providing valuable tools for attendees to protect their health and make informed choices moving forward.

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