

(Report on Cancer Awareness Day under Unnat Bharat Abhiyan)

An educational activity on Cancer Awareness Day was celebrated on 4 and 5 Feb 2026 in village Nugawan block Shambu kalan . Cancer Awareness Day was observed with the aim of educating students and the community about cancer, its early warning signs, preventive measures, and the importance of early diagnosis and timely treatment. The programme emphasized adopting a healthy lifestyle and spreading awareness to reduce cancer-related morbidity and mortality.

Objectives of the Programme

- To create awareness about different types of cancer
- To educate participants about early signs and symptoms of cancer
- To highlight preventive measures and lifestyle modifications
- To promote regular screening and early detection
- To encourage community participation in cancer prevention

Programme Details

The programme commenced with an introductory session highlighting the significance of Cancer Awareness Day. Faculty member and nursing students actively participated in organizing and conducting the event.

An awareness lecture was delivered covering:

- Common cancers (breast, cervical, oral, lung, and colorectal cancer)
- Risk factors such as tobacco use, unhealthy diet, lack of physical activity, and genetic factors
- Importance of early detection, screening, and regular health check-ups

Students conducted **awareness activities** such as:

- Poster presentation
- Slogans and placards

Health education was provided to the audience regarding:

- Self-breast examination
- Importance of Pap smear and HPV vaccination
- Avoidance of tobacco and alcohol
- Maintaining a healthy diet and active lifestyle

Participation

The programme witnessed enthusiastic participation from nursing students, faculty member, and members of the community. The audience actively interacted during the session by asking questions and sharing their concerns.

Outcome of the Programme

- Participants gained knowledge about cancer prevention and early detection
- Awareness regarding screening and healthy lifestyle practices was enhanced
- Students developed communication skills and confidence in health education activities
- The programme contributed to spreading awareness at the community level

Conclusion

The observation of Cancer Awareness Day was successful in achieving its objectives. The programme helped in sensitizing the participants about cancer prevention, early diagnosis, and the importance of timely medical intervention. Such awareness programmes play a vital role in building a healthier society.







Swift Institute of Nursing Ghaggar Sarai ,Rajpura

Unnat Bharat Abhiyan (05-02-2026)

Attendace Sheet

Sr. No.	Student Name	Father's Name	Signature
1	Jashanpreet Kaur	Gursewak Singh	<u>Jashanpreet Kaur</u>
2	Khushpreet Kaur	Hakam Singh	<u>Khushpreet Kaur</u>
3	Arshpreet Kaur	Rajinder Singh	<u>Arshpreet Kaur</u>
4	Kashvi Bedi	Tajinder Singh	<u>Kashvi</u>
5	Amandeep Kaur	Harvinder Singh	<u>Amandeep Kaur</u>
6	Ishjot kaur	Baljit Singh	<u>Ishjot kaur</u>

Teacher Name
 Priyanka Rani
 Nursing Tutor
