



**P. K. DAS COLLEGE
of NURSING**

PANAYUR (POLVANIYAMKULAM, PALAKKAD - 679522)

(Approved by Indian Nursing Council, Kerala Nurses & Midwives Council & Kerala Government
Affiliated to Kerala University of Health Sciences)



Awareness Day



DATE: 31 OCTOBER 2025

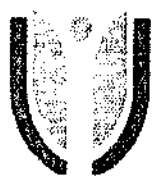
TIME: START 10.00AM

TRKHSS, VANIYAMKULAM, OTTAPALAM

*Wear pink to show your support and help spread the
message of early detection, treatment, and hope.*

TOGETHER, WE CAN MAKE A DIFFERENCE!

ORGANISED BY
OBSTETRICS &
GYNECOLOGY
NURSING
DEPARTMENT



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BREAST CANCER AWARENESS PROGRAMME

Breast cancer is one of the most common cancers affecting women worldwide. Many women are unaware of the importance of early detection and regular screening, which can significantly improve treatment outcomes and survival rates. Awareness programme empowering women to take charge of their health.

The main aim of this programme was to raise awareness among students and the community about the prevention, early detection, and management of breast cancer. The theme of this year's campaign was *"Every story is Unique, Every journey Matters"*. The session emphasized the importance of regular self-examination, clinical breast examination, and maintaining a healthy lifestyle to reduce risk factors.

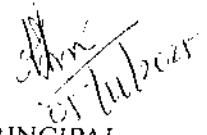
As part of this awareness initiative, the Department of Obstetrics and Gynaecological Nursing, P.K.Das College of Nursing, in collaboration with TRK Higher Secondary School, Vaniyankulam, organized activities of awareness talk on 31.10.2025 from 10.00 a.m. to 1.00 p.m. The programme began with a prayer song, followed by a welcome address delivered by Mrs. Dana Baby, Associate Professor, P.K.Das College of Nursing. The inaugural address and theme presentation were given by Lt.Col Dr. Regina.P.F, HOD and Professor P.K.Das College of Nursing, who highlighted the importance of awareness and early screening.

An informative health talk was delivered by Mrs. Yamunadevi Lecturer P.K.Das. College of Nursing. The session focused on causes, signs and symptoms, stages, and preventive measures for breast cancer. The talk was highly interactive, with students asking questions and sharing their views.

At the end of the session, the Vote of thanks was given by Mrs.Selvi Assistant professor, P.K.Das College of Nursing. The programme was successfully conducted by Fifth Semester BSc Nursing students, who also presented visual materials to effectively convey the message of breast cancer prevention and awareness. Students from TRK Higher Secondary School actively participated in this programme. Overall, the event was highly informative and helped create awareness among young students and teachers about breast cancer and its prevention.


PROGRAMME CO-ORDINATOR


IQAC CO-ORDINATOR

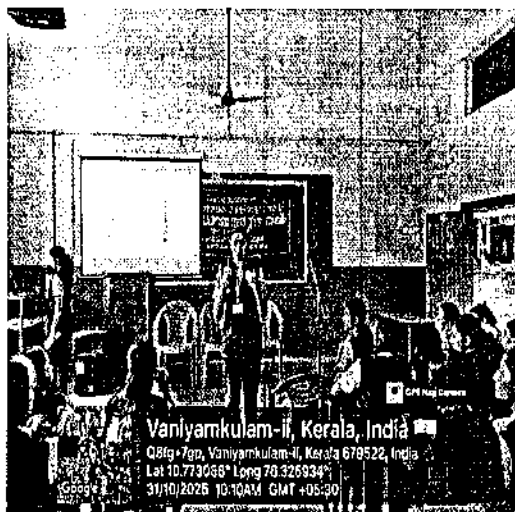

PRINCIPAL



INTRODUCTION



WHAT'S CANCER?



BREAST SELF EXAMINATION



STAGES