

REPORT ON NATIONAL CANCER AWARENESS DAY 2025

Introduction

Under the Guidance of the Head of the department, a health awareness programme was organized on the occasion of *national cancer awareness day 2025* at the panchayat office, konalur village. The program aimed to enhance community understanding of cancer, its risk factors, early warning signs, and preventive measures.

Organizing team

- **Dr. Janarthanan Dhayanithi**, Senior Resident
- **Mr. Mahalingam**, health inspector
- **Mr. Vinoth**, medical social worker

Participant profile

A total of **31 participants** from the Konalur village attended the program & actively engaged throughout the session.

Location / date

The panchayat office, Konalur village, November 8 2025



Risk factors of cancer

The session provided a comprehensive overview of cancer, beginning with an explanation of its major risk factors such as tobacco use, alcohol consumption, unhealthy dietary patterns, physical inactivity, obesity, and long-term exposure to environmental pollutants. Participants were informed that many of these risk factors are modifiable and that adopting a healthy lifestyle can significantly reduce the probability of developing cancer. The speaker also highlighted the role of chronic infections like HPV and hepatitis B, genetic predisposition, and occupational hazards as important contributors to cancer incidence, particularly in communities with limited access to routine health screening.

The discussion then focused on the most commonly observed cancers in the Indian population, including breast, oral, cervical, and lung cancers. Participants were made aware of the early symptoms often associated with these cancers, such as persistent mouth ulcers, white or red patches in the mouth, abnormal breast lumps, changes in breast shape, chronic cough, breathlessness, unexplained weight loss, and irregular vaginal bleeding. The importance of recognizing these warning signs early was strongly emphasized, as timely detection significantly improves treatment outcomes. Simple, low-cost practices such as breast self-examination, regular oral cavity checks, pap smear testing for cervical cancer, and avoiding tobacco in all forms were explained in detail to the audience.

Prevention and early diagnosis

Finally, the session underlined the crucial role of prevention and early diagnosis in cancer control. The resource team encouraged participants to adopt healthy habits, avoid risk behaviours like tobacco and excessive alcohol consumption, maintain good nutrition, and engage in regular physical activity. Guidance on the benefits of HPV vaccination, routine medical check-ups were emphasised. The audience were educated to seek medical attention promptly if any persistent symptoms or unusual changes were noticed, reinforcing the message that cancer can be prevented or effectively managed when identified at an early stage.

Interactive session

The program concluded with an interactive query session, during which participants raised questions related to symptoms, screening methods, and lifestyle modifications. The resource team provided clear and practical guidance to all queries.

Conclusion

The health awareness programme on National Cancer Awareness day 2025 successfully enhanced community knowledge on cancer prevention and early detection. The active participation of the villagers and the dedicated efforts of the healthcare team contributed to the overall success of the event



National Cancer Awareness Day 2025 THEME “United by Unique”