



NARAYANA COLLEGE OF NURSING

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Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.

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REPORT ON

CANCER AWARENESS DAY

Cancer Awareness Day was conducted on **4th February 2026** With the theme "United by unique" at **Akuthota UPHC** by the Department of Obstetrics and Gynecology Nursing from Narayana College of Nursing. The program was organized with the objective of creating awareness about cancer, its early detection, prevention, and available treatment options. A total of **30 participants** attended the program, including community members and healthcare staff. The session aimed to educate the public on the importance of recognizing early warning signs and adopting preventive measures to reduce cancer risk.

The program began with an introduction delivered by the OBG Department Head, **Mrs. T. Usha Kiran**, who highlighted the significance of observing Cancer Awareness Day and emphasized the increasing burden of cancer worldwide. She explained the need for community awareness, regular health check-ups, and lifestyle modifications to prevent cancer. Her address set the stage for an informative and interactive session.

The detailed explanation of the topic was presented by **Mrs. L. Haritha**, Associate Professor from the OBG Department. She clearly explained the meaning of cancer as the uncontrolled growth of abnormal cells in the body. The session covered major causes of cancer such as tobacco use, alcohol consumption, unhealthy diet, lack of physical activity, infections, and genetic factors. She also elaborated on the early warning signs of cancer, including unexplained weight loss, persistent cough, abnormal bleeding, lumps, and non-healing sores.

Furthermore, the speaker discussed the common types of cancers affecting both males and females. She explained about breast cancer and cervical cancer commonly seen in females, and prostate and lung cancer commonly seen in males. The importance of screening methods such as breast self-examination, Pap smear, and regular medical check-ups was emphasized. She also explained the available treatment options including surgery, chemotherapy, radiation therapy, and immunotherapy, stressing that early detection greatly improves survival rates.

The program was further strengthened by the presence of the UPHC Medical Officer, **Dr. Azma**, who shared valuable insights on community-level cancer prevention and early diagnosis. The Community Health Officer (CHO), **Mrs. Manjula**, also actively participated and supported the awareness initiative. All participants listened attentively, actively engaged in the discussion, and were motivated to adopt healthy lifestyle practices to prevent cancer. The program concluded successfully with increased awareness and in-depth knowledge among the attendees regarding cancer prevention and management.



Introduction about the program by Mrs. T.Usha Kiran, HOD, Department of OBG



Presentation by Mrs.L.Haritha Associate professor, OBG Department



Participation of Dignitaries MO, Ms. Azma, and CHO Mrs. Manjula in the programme


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