



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Approved by Indian Nursing Council, Kerala Nurses and Midwives Council, and

Affiliated to Kerala University of Health Sciences

REPORT ON WORLD CANCER DAY CELEBRATION

Date: February 4, 2025

Venue: Oncology OP , Lecture Hall, Venjaramood Bus Stand Organized by: Sree Gokulam Nursing College (3rd Semester Students)

Introduction

World Cancer Day is observed annually on February 4th to raise awareness about cancer prevention, detection, and treatment. In commemoration of this day, Sree Gokulam Nursing College organized a series of programs aimed at spreading awareness and educating the public about cancer. The events included an exhibition in the Oncology OPD, a mime performance in the lecture hall, and a flash mob at Venjaramood Bus Stand. Each of these activities played a crucial role in engaging different audiences and emphasizing the importance of cancer awareness and survival. The programs were efficiently coordinated by Mrs. Jayalekshmi, Assistant Coordinator, and Mrs. Saranya MS, Lecturer, ensuring smooth execution and maximum impact.

Exhibition and Health Education at Oncology OP

An informative exhibition was set up in the Oncology Outpatient Department (OPD) to educate patients, caregivers, and visitors about various aspects of cancer. The exhibition featured:

- Posters and charts depicting the causes, symptoms, prevention, and treatment of different types of cancer.
- Awareness stalls where healthcare professionals provided guidance on early detection, self-examination techniques, and lifestyle modifications to reduce cancer risk.
- Distribution of pamphlets and brochures to reinforce the key messages conveyed during the event.
- Interactive Q&A sessions with oncologists and nursing staff to address queries and concerns of the attendees.
- Demonstrations on self-breast examination techniques and the importance of routine cancer screenings.
- A section dedicated to busting common myths about cancer, helping attendees separate facts from misconceptions.





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Additionally, Ms. Padmaja, Ms. Rizana, Ms. Rijisha, Ms. Neha, and Mr. Prafin conducted a detailed health education session on cancer in the local language, ensuring accessibility and understanding among the audience. The session covered essential topics such as early detection, risk factors, treatment options, and the importance of lifestyle changes in cancer prevention. Ms. Rizana specifically focused on self-detection of breast cancer, explaining various techniques for early identification and stressing the importance of regular self-examinations. Their session was highly informative and well-received by the attendees, who actively participated in discussions and sought clarifications on various aspects of cancer care. The exhibition was well-received, with numerous visitors engaging in discussions and expressing gratitude for the valuable information provided. Many attendees, including cancer patients and their caregivers, found the educational materials and expert guidance beneficial in understanding the disease and its management better.

Mime Performance on Cancer Survival in Lecture Hall

A mime performance was staged in the lecture hall, dedicated to cancer survivors. This impactful performance was presented by the 3rd-semester students of Sree Gokulam Nursing College, who brought to life the journey of a cancer patient through expressive body movements and silent storytelling. The act highlighted the emotional, physical, and psychological struggles faced during treatment, as well as the resilience and strength required to overcome the disease. The event was inaugurated by Avani, a 15-year-old playback singer and cancer survivor, who shared her inspiring journey. Sri.KK Manojan, vice chairman of Sree Gokulam Medical College, addressed the gathering, adding valuable insights on the significance of cancer awareness and survival. The program also featured a variety of cultural performances and testimonials from cancer survivors, who shared their experiences, creating an inspiring atmosphere of hope and motivation. Our mime performance was one of the most appreciated segments of the event. The theme revolved around addiction and its connection to cancer. Ms. Nimmy played the role of a teenage girl who, influenced by harmful substances, fell into the trap of addiction and eventually developed cancer. Ms. Nazrin portrayed cancer itself, symbolizing its relentless hold over the protagonist. Ms. Nayana, Ms. Niranjana, Ms. Nooba, and Ms. Prarthana represented the substances that lead to cancer, guiding the protagonist towards destruction. Meanwhile, Ms. Pavithra JS, Ms. Pavithra Narayanan, Ms. Parvathy, and Ms. Navya embodied the instincts of the girl, representing her inner conflict and struggle to resist these harmful influences. Ms. Rijisha and Mr. Ramees played the roles of the girl's parents, depicting the emotional toll on a family witnessing their loved one's battle with cancer.



Through expressive movements and silent storytelling, the mime performance beautifully conveyed a powerful message about addiction, cancer, and survival. The audience was deeply moved, with many expressing how the performance resonated with their own experiences or those of their loved ones. The act successfully reinforced the message that early detection, timely treatment, and a strong support system are essential for beating cancer.

Flash Mob at Venjaramood Bus Stand

To reach a wider audience, a dynamic flash mob was conducted at Venjaramood Bus Stand. The flash mob aimed to grab public attention and deliver an impactful message on cancer awareness through energetic dance performances. The key highlights included:

- Choreographed dance routines symbolizing the fight against cancer.
- Public interaction, where participants engaged with the audience and encouraged them to undergo regular health check-ups.
- Powerful gestures and movements symbolizing the strength and resilience of cancer survivors, delivering a strong emotional message.
- Engagement with bystanders, urging them to spread cancer awareness within their families and communities.

Unlike conventional awareness drives, this flash mob did not include placards but relied on movement and expression to convey its message. The event attracted a large crowd, effectively spreading the message of cancer awareness in an engaging and memorable manner. Many onlookers appreciated the initiative, and some even stepped forward to share their personal experiences with cancer.

Conclusion

The World Cancer Day celebration was a resounding success, with enthusiastic participation from healthcare professionals, students, cancer survivors, and the general public. The exhibition, mime, and flash mob collectively played a vital role in educating people about cancer, inspiring survivors, and promoting early detection and prevention strategies. The dedicated coordination by Mrs. Jayalekshmi, Assistant Coordinator, and Mrs. Saranya MS, Lecturer, significantly contributed to the smooth execution of these events.



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We hope that these efforts contribute towards building a more informed and proactive community in the fight against cancer. Let us continue spreading awareness and supporting those affected by this disease.

