



## Report on Cervical Cancer awareness month observation -January 2026

### Introduction

Cervical Cancer Awareness Month is observed every year in January to highlight the importance of preventing, detecting, and treating cervical cancer at an early stage. Cervical cancer remains a major public health concern, especially in low- and middle-income countries, and is mainly caused by persistent infection with high-risk types of the Human Papillomavirus (HPV). The majority of cervical cancer cases can be prevented through HPV vaccination and regular screening methods such as Pap smear and HPV testing, enabling early detection and timely treatment.

In alignment with the global initiative of Cervical Cancer Awareness Month, the Department of Obstetrics and Gynecological Nursing, Sree Gokulam Nursing College (SGNC) organized a series of awareness activities on 28th January 2026 at the Gynecology OPD of Sree Gokulam Medical College (SGMC). The programme was coordinated by Prof. Smitha J.S., Head of the Department, and Ms. Annie Priya Albert, Lecturer, in collaboration with 7th semester BSc Nursing students.

### Objectives

The main objectives of the awareness month activities were to:

- Raise awareness about cervical cancer among the community
- Promote HPV vaccination as a primary prevention strategy
- Encourage regular cervical cancer screening
- Educate about early detection and treatment options
- Support global and national goals toward cervical cancer elimination

### Theme

For January 2026, the Cervical Cancer Awareness Month theme is "**Empower the Storytellers,**" which focuses on using survivor voices and personal narratives to drive advocacy, encourage screening, and highlight prevention. The campaign emphasizes that



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cervical cancer is highly preventable and treatable through HPV vaccination, regular screenings, and early detection

## Event highlights

Programs were commenced with a warm welcome speech delivered by Ms. Adithya Rajeev, 7th Sem Bsc nursing student. Her words not only set a positive tone for the event but also captured the attention of audience, motivating them to actively participate in the session. Audio-visual aids such as charts and posters were used to enhance understanding.

## Activity 1

One of the events conducted was an interactive awareness session on cervical cancer as a part of cervical cancer awareness month. The session highlighted the importance of early detection and prevention of cervical cancer. Information was provided on the causes of cervical cancer, with special emphasis on human papilloma virus infection as the main risk factor. The session also covered common risk factors including early marriage, multiple pregnancy, smoking and lack of regular screening.



The signs and symptoms of cervical cancer were explained in detail, focusing on early warning signs such as abnormal vaginal bleeding, post-coital bleeding, foul-smelling vaginal discharge, and pelvic pain.



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Preventive measures such as hpv vaccination, maintaining personal hygiene, and adopting safe sexual practices were discussed.



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The importance of regular screening methods like pap smear, visual inspection with acetic acid (via), and HPV testing was emphasized to promote early diagnosis and timely treatment.



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## Activity 2

Role play was another key event conducted as part of Cervical Cancer Awareness Month, performed by 7th semester BSc Nursing students. The role play portrayed a mother experiencing symptoms such as abnormal vaginal bleeding and pelvic discomfort, who visited a healthcare facility accompanied by her children.

During the enactment, the mother expressed her health concerns to the doctor, while her children demonstrated care, concern, and emotional support, encouraging her to seek timely medical attention. The doctor explained the possible causes of the symptoms and emphasized the importance of cervical cancer screening tests such as Pap smear and HPV testing for early detection and prevention.

The role play effectively conveyed the importance of family support, early health-seeking behavior, and regular screening in the prevention and timely management of cervical cancer.



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This interactive approach helped in conveying valuable messages in a simple and engaging manner, making the session more impactful for the audience.

The session commenced at 10:00 am and concluded at 11:30 am with a wealth of knowledge regarding cervical cancer awareness. Ms. Aarsha, 7th Semester BSc nursing student extended heartfelt gratitude to all speakers and attenders of the event for their active participation and contribution to the success of the event.

## Conclusion

The Cervical Cancer Awareness Month activities, conducted through awareness sessions and role play by 7th semester BSc Nursing students, were effective in enhancing participants' knowledge and understanding of cervical cancer. The awareness sessions provided comprehensive information on the incidence, causes, risk factors, signs and symptoms, stages of cervical cancer, preventive measures, screening methods, and available treatment options including surgery, chemotherapy, and radiation therapy.

The role play activity enabled participants to understand the significance of early consultation, family support, and timely screening by depicting realistic life situations. Together, these interactive approaches encouraged active participation, helped clarify



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misconceptions, and motivated women to seek regular screening and early medical care, thereby contributing to the overall goal of cervical cancer prevention and control.

