

**Royal College of Education and Research for Women
Cancer Awareness Session**

Date: 09/09/2025

Venue: Multipurpose Hall

Time: 12:30 pm onwards

No. of Participants: 50

Objectives:

1. To create awareness among students about cancer, its causes, and preventive measures.
2. To provide scientific understanding of how lifestyle, habits, and environment contribute to cancer development.
3. To motivate students to adopt healthy lifestyle practices for cancer prevention.
4. To encourage early detection and the importance of regular medical check-ups.

Reflection:

Royal College of Education, in collaboration with Wockhard Hospital, organized a Cancer Awareness Session on 9th September 2025. The session was facilitated by Dr. Tiratharam Kaushik as the resource person. The talk gave valuable insights into how cancer might affect individuals and highlighted the risk factors that could lead to its development.

The workshop was a rich learning experience that deepened my understanding of the importance of awareness and prevention. It also encouraged us to take responsibility for our health and well-being. The session not only educated but also inspired us to work towards a better world by promoting a healthy lifestyle.

Learning outcomes:

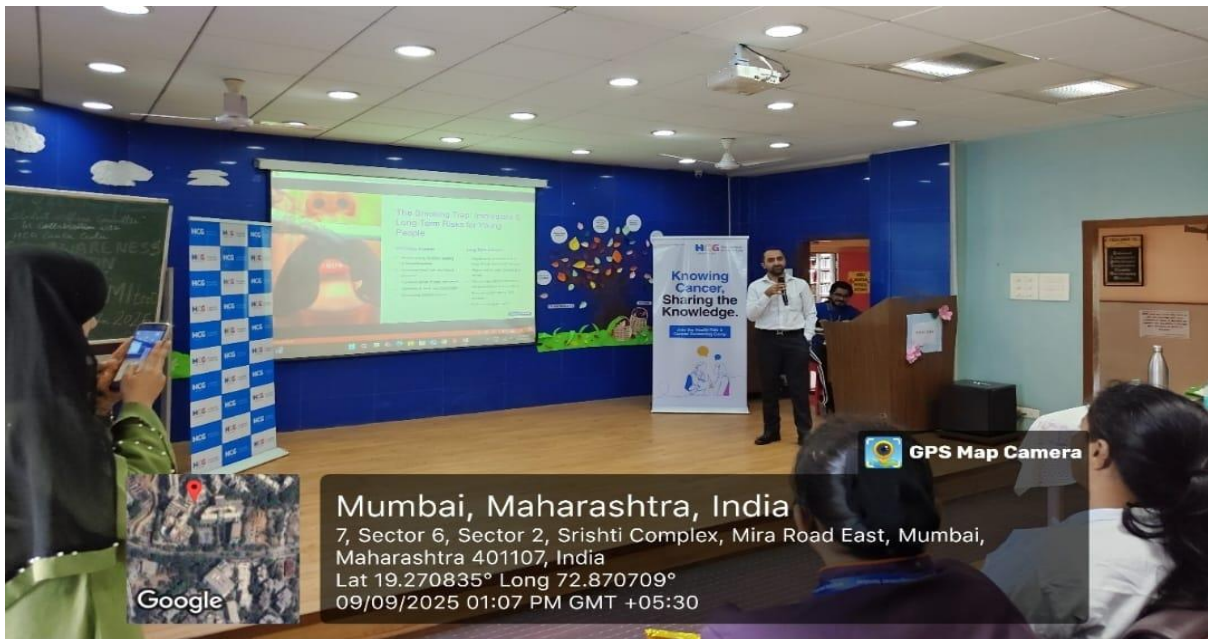
1. Understand the basic concept of cancer and its causes.
2. Recognize the importance of early detection and prevention.
3. Identify the lifestyle factors that reduce cancer risk.
4. Develop awareness of how education can promote health consciousness.
5. Reflect on the need for spreading awareness in society.

Feedback:

Neomi: The session was very informative and helped me realize the importance of healthy habits in preventing diseases like cancer. I now understand why awareness programs are necessary.


Sadiya: Dr. Tiratharam Kaushik explained the topic in a very simple and clear manner. The examples made it easy to understand how lifestyle choices impact our health. It was truly an eye-opening session.

"Photographs:






Flyer


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**CANCER AWARENESS
SESSION**

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**Resource person:
Dr. TIRATHRAM KAUSHIK**

**Principal: Dr. Judy Grace Andrews
Date: 9 th September,2025
Venue: Multipurpose Hall
Time: 12:30 pm Onwards**