

## **Report of World Cancer Day 2024- Screening and Health Awareness Program**

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**Organized by** : Dept.of Pharmacy Practice & JSS Rotaract Club with the support extended by JSSAHER.

**Venue** : Government Botanical Garden The Nilgiris.

Department of Pharmacy practice JSS College of Pharmacy, Ooty jointly with IPA Nilgiris local branch, Rotary Club Nilgiris West, Rotaract Club of JSSCP, and BS hospital, Ooty organized a Cancer Awareness program at the Government Botanical Garden, Ooty. The program was sponsored by JSSAHER, Mysuru, and aimed to raise awareness about the cancer risk factors, the importance of diagnosis, screening, vaccination, treatment, and prevention of cancer among the public & tourists. A total of 7 volunteers from V PharmD actively involved in the health screening activities of the program, 5 faculty members delivered their counseling addressing each topic related to cancer and there were around 500 participants benefited from the program.

Firstly, the program began with finger imprinting by the Manager, Govt. Botanical Garden & Vice Principal in the fingerprinting tree, followed by the public and tourists had imprinted their fingerprints and pledged to fight against cancer and filled out a feedback form for this program. The students counseled the public on the unusual symptoms of cancer, when should they go to a physician for a check-up, and the importance of regular screening for the prevention of cancer, self-detection of breast tumors, etc. There were more than 50 feedback forms filled by the public and around 200 fingerprints were recorded.

Dr Deepalakshmi M, Assistant Professor JSSCP, Ooty the co-ordinator of the program highlighted the importance of cancer awareness and the free diagnostic checkups available in the Government Medical College Hospital, Ooty, and a free Pap smear test for about 10 beneficiaries were carried out at BS hospital, Ooty.

The other staff along with V Pharm D students counseled the public regarding the types of cancer, general signs and symptoms of cancer, and healthy lifestyle measures to prevent cancer and distributed Cancer Awareness Pamphlets. Since obesity is one of the risk factors for Cancer, BMI was checked and necessary counseling was given to obese patients. Apart from counseling activities, a one-minute plank challenge was conducted for the participants as an initiative of daily exercise for a healthy lifestyle. The participants were encouraged and were given a plant sapling in appreciation of their efforts. The plank challenge was a great success as it attracted tourists, and few physicians, professionals, foreign tourists, and the general public actively participated.

The volunteers actively educated the public with sufficient points regarding cancer and created a general cancer awareness video that attracted the public. The event was a resounding success, through informative counseling, and screening, the program encouraged valuable insights on awareness of cancer. The program received positive feedback from the participants in attendance, indicating a desire for similar initiatives in the future.

