

Awareness Programme On Cancer

A team of doctors from Rajeev Gandhi Cancer Institute and Research Centre conducted a seminar on awareness for all the educators in the school on 29th July 2017. Dr. Indu, Gynecologist, briefed the teachers about various types of Cancers and how patients panic when diagnosed with it. Prognosis becomes worse with the myth that it is incurable. It is painless in the early stages and the patient is oblivious about the growing disease in his body. We should be aware of our bodies especially after 40 and should not take any symptom lightly. Anything that persists longer than 3 weeks needs expert advice. Cancer like any other ailment is completely curable and the key to cure is early diagnosis. She stressed that cancer should be nipped in the bud and if not it can be fatal. Certain precautionary measures like abstaining from tobacco, red meat, processed meat is essential as they enhance the chances of becoming susceptible to the disease. She encouraged teachers to undergo PAP Smear Test and routine screening, a voluntary service, for which many consented.

It was a profusely educating session. The hall packed with the keen listeners came out many notches wiser about the most dreaded subject and was deeply thankful to the management for hosting a programme on health and diseases. The Principal, Ms. Archana Jain, appreciated the resource person and advised all to take preliminary precautions essential to enjoy good health and happy life. She encouraged all to live a fearless life by undergoing regular tests and avoid becoming a victim by being naive.