

## CANCER AWARENESS SESSION

Parivartan, the NSS Unit of Mata Sundri College for Women, organised a Cancer Awareness Session to spread awareness about cancer prevention, early detection, and the importance of maintaining a healthy lifestyle among students and volunteers.

Date: 4th February 2026

Time : 1:30 pm

Venue: Mata sundri college

No. of Volunteers Participated: 43

Programme Officer: Dr. Uzma Nadeem

Parivartan, the NSS Unit of Mata Sundri College for Women, organised a Cancer Awareness Session on 4th February 2026 with the objective of educating students and volunteers about cancer, its causes, symptoms, and preventive measures. The session aimed to create awareness about the importance of early detection and adopting a healthy lifestyle to reduce the risk of cancer.

The session was conducted by Dr. Sanjeev Kumar, MS, MCh, Head and Associate Director, Department of Surgical Oncology, Max Hospital, Dwarka, who shared his valuable knowledge and expertise on cancer awareness and prevention. Through his informative address, he highlighted the importance of early diagnosis, regular health check-ups, and adopting healthy lifestyle practices to reduce the risk of cancer.

During the session, participants were informed about different types of cancer, their early warning signs, and the importance of timely medical consultation. Emphasis was also laid on maintaining a balanced diet, engaging in regular physical activity, and avoiding harmful habits such as tobacco and substance use.

The session encouraged volunteers to understand the significance of spreading awareness within their communities and helping in breaking the myths and stigma associated with cancer. Through this initiative, the volunteers were motivated to contribute towards building a more informed and health-conscious society.

The programme concluded successfully with the active participation of all volunteers. The Cancer Awareness Session proved to be an informative and meaningful initiative, inspiring participants to prioritise health awareness and work towards promoting well-being in society.





GPS Map Camera



New Delhi, Delhi, India 🇮🇳

1, Mata Sundari Ln, Mata Sundri Women's  
College, Press Enclave, Barakhamba, New Delhi,  
Delhi 110002, India

Lat 28.633641° Long 77.234023°

Wednesday, 04/02/2026 02:50 PM GMT +05:30



## Breast Self Examination

Self-examination of breast cancer



