

MES ASMABI COLLEGE, P VEMBALLUR
NATIONAL SERVICE SCHEME UNITS 53 & 95

Date: 22nd October 2024

Venue: MES Asmabi College, Kodungallur

Topic: "Sthanarbudham: Ariyam, Prathirodhikkam"

Organised by: NSS Units 53 & 95 in collaboration with CIGI Thrissur Chapter and Wellness Foundation

In alignment with the National Service Scheme's objective to promote health and wellness among the student community and the public, MES Asmabi College conducted an awareness program titled "Sthanarbudham: Ariyam, Prathirodhikkam" (Breast Cancer: Awareness and Prevention) on October 22, 2024. The event was jointly organized by NSS Units 53 and 95 in collaboration with CIGI Thrissur Chapter and Wellness Foundation.

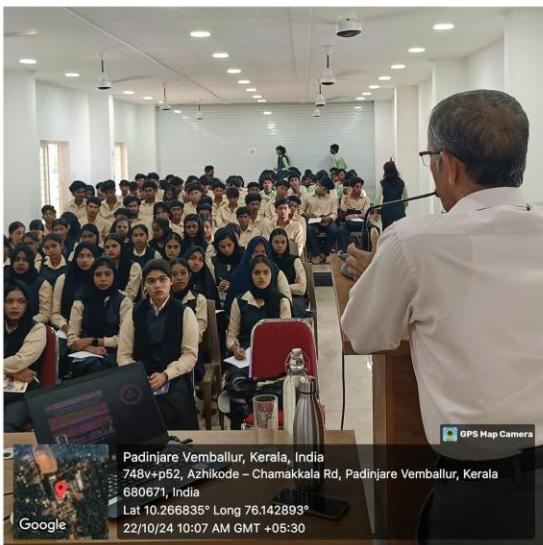
The program aimed to spread awareness about breast cancer, its symptoms, prevention methods, and the importance of early detection. It also focused on educating the audience about the different stages of breast cancer, self-examination techniques, and the latest available treatments.

The event began at 9:30 AM with an inaugural session presided over by Dr. Reena Muhammed P.M., Principal of MES Asmabi College. She addressed the gathering, highlighting the significance of creating awareness about breast cancer, especially among women, and the role of educational institutions in organizing such programs.

Hussain Cheruthuruthy, a well-known wellness expert from Thrissur, delivered the keynote address. His detailed session covered critical topics such as cancer risk factors, preventive measures, and the importance of lifestyle changes in reducing the risk of breast cancer. The session also emphasized the need for regular health check-ups and self-examinations to ensure early detection, which significantly increases the chances of recovery.

The program witnessed enthusiastic participation from students, faculty members, and the general public. Attendees actively engaged in discussions and raised several pertinent questions regarding breast cancer diagnosis, treatment options, and preventive healthcare measures. Informational pamphlets and brochures were distributed to further reinforce the knowledge shared during the session.

The event concluded with a vote of thanks, acknowledging the efforts of the NSS volunteers, CIGI Thrissur Chapter, and Wellness Foundation in organising and supporting the event.



This awareness program successfully met its objective of educating the participants on the critical subject of breast cancer and empowering them with preventive knowledge and practical tools for early detection.

