

## **Breast Cancer Awareness Programme – “Awareness is Prevention”**

The Soundarya Composite PU College organized an informative and impactful **Breast Cancer Awareness Programme** under the theme “*Awareness is Prevention – Spreading Hope, Saving Lives.*” The session aimed to educate students on the importance of early detection, self-examination techniques, and the lifesaving value of timely medical intervention.

The resource person addressed the students with great clarity, highlighting that **breast cancer is one of the most common cancers affecting women**, yet it is highly treatable when detected early. She emphasized the need for awareness among young people, encouraging them to share accurate information with their families and communities.

Students were informed about:

- Symptoms and early warning signs
- Myths vs. facts about breast cancer
- Importance of regular self-examination
- When to seek medical help
- Healthy lifestyle habits that can lower risk

The session saw enthusiastic participation from students, who listened attentively and interacted with relevant questions. The programme helped break misconceptions and built confidence in understanding preventive healthcare.

This initiative reflects the college’s commitment to promoting **health education and holistic student development**. The Breast Cancer Awareness Programme successfully empowered students with knowledge, inspiring them to become advocates for early detection and better health practices.



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# Awareness is Prevention

Spreading Hope, Saving Lives

Together, let's empower minds  
with knowledge and hearts  
with strength early detection  
saves lives.



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