

NSS Cancer Awareness Programme Report

The **NSS Unit of Keshav Memorial Institute of Commerce & Sciences (KMICS)** organised a **Cancer Awareness Programme** on **19 December 2025** with the aim of creating awareness about cancer prevention, early detection, and healthy lifestyle practices among students and the community. A total of **150 students actively participated** in the programme.

The programme focused on educating participants about the **causes, common types of cancer, early warning signs, preventive measures, and the importance of regular health check-ups**. Special emphasis was laid on lifestyle-related factors such as tobacco use, unhealthy diet, lack of physical activity, and stress, which significantly contribute to the risk of cancer.

As part of the programme, NSS volunteers actively participated in spreading awareness through **interactive talks, slogan explanation, and a cancer awareness pledge administered by Principal Mrs. V. Shanthi**, encouraging individuals to adopt healthy habits and support those affected by cancer. The session helped dispel common myths related to cancer and highlighted the importance of timely medical consultation and screening.

The programme created a strong sense of social responsibility among students and sensitised them towards public health issues. It also reinforced the role of NSS in promoting health education and community well-being, in line with its motto *“Not Me, But You.”*

The Cancer Awareness Programme was well received and proved to be informative, meaningful, and impactful for all participants.

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