



## BON SECOURS COLLEGE FOR WOMEN

Nationally Accredited With 'A' Grade By Naac  
(Affiliated To Bharathidasan University, Tiruchirappalli)  
(Ugc Recognised By 2(F) And 12 (B) Institution)  
Vilar Bypass, Thanjavur-613 006, Tamilnadu



### CANCER AWARENESS PROGRAMME

**Date:** 21.12.2019

**Venue:** M.R. Hospital

**Topic:** Cancer Awareness Programme

**Objective:** To make the general public aware about cancer disease its importance of early detection and its treatment procedures which is important to make healthier lifestyle choices.

**Report:**

The program was inaugurated by Dr.k.Siva, who gave awareness about cancer detection. Dr.A.Michael spoke about paediatric Cancers and Dr. Murugavel and Dr.K.S.Senthilkumar gave awareness about adult cancer and radiation therapy.

To throw more light on cancer and, cancer is the second deadliest which cause death among people.

The world cancer day is observed worldwide on February 4. The aim is to inform and encourage people on its prevention, early detection and treatment.

Educating people about the key risk factors for the cancer is essential, since more than 30% of cancer cases could be prevented by modifying lifestyle or avoiding the risk factors.

**Outcome:**

The symptoms of having cancer was brought to light to make the public aware of it.

1. Bone cancer often hurts from the beginning.
2. Weight loss without trying.
3. Fatigue
4. Changes in your skin.
5. Unusual bleeding

Some of the major treatments were also made explicit to the public in order to benefit them.



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### **FREE COMPLETE DENTURE CAMP FOR ELDERLY PERSONS.**

**Date:** 08.12.2018

**Venue:** Little Scholar Matric. Hr. Sec. School, Thanjavur.

**Topic:** Free Complete denture camp for elderly persons.

**Objective:** The aim of the program is to offer free complete denture for elderly persons.

#### **Report:**

Rotaract Club of Thanjavur South organized a free complete denture camp for elderly person on 8<sup>th</sup> December 2018. Around 100 people benefitted through this camp. Rotaract club of Bon Secours College actively participated as volunteers and directed the patients to the dental check-up.

Normally the body's natural defenses and good oral health care is important for proper oral hygiene. Oral dental health transaction to good health, overall. Dental problems such as cavities or gum disease can impair our ability to eat and speak properly, cause pain and bad breath. Concepts like these were highlighted in the programme.

The program was ended with a short prayer by S.Shanmugapriya Asst. prof of English.

#### **Outcome:**

The programme was an eye opener and important points related to oral hygiene was brought to light for the benefit of the participants.

1. Drink fluoridated water and brush with fluoride toothpaste.
2. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
3. Visit your dentist at least once a year, even if you have no natural teeth or have dentures.

