

Health Awareness Talk on Breast and Cervical Cancer

The Rotary Club Shimla and Inner Wheel Club Shimla collaboratively organized a health awareness talk on breast and cervical cancer on 20th march 2025. This significant event took place at the **Institute of Vocational Studies, Himachal Pradesh University (HPU), Shimla**. The initiative aimed to educate and empower young women with knowledge about these prevalent health issues.

Participants The event witnessed enthusiastic participation from the girl students of the Tourism Department and the Biosciences Department of HPU. Their presence underscored the importance of raising awareness among young women about preventive healthcare and early detection.

Keynote Speaker The lecture was delivered by a specialist from Kamla Nehru Hospital (KNH), Shimla. The expert provided valuable insights into the causes, symptoms, preventive measures, and treatment options for breast and cervical cancer. The session emphasized the importance of regular screenings, self-examinations and vaccinations (such as the HPV vaccine) to combat these diseases effectively.

Highlights of the Talk

1. Breast Cancer Awareness:

- Risk factors, including genetic predisposition, lifestyle choices, and environmental factors.
- Importance of early detection through self-examinations and mammograms.
- Treatment options and advancements in medical technology.

2. Cervical Cancer Awareness:

- Causes, with a focus on the role of the Human Papillomavirus (HPV).
- Preventive measures, including HPV vaccination and regular Pap smear tests.
- Addressing myths and misconceptions surrounding cervical cancer.

Interactive Session The talk concluded with an interactive Q&A session, where students actively engaged with the specialist. Questions ranged from personal health concerns to broader queries about healthcare access and resources.

Impact and Feedback The event was highly appreciated by the attendees, who found the session informative and empowering. Many students expressed their gratitude for the opportunity to learn about these critical health issues in a supportive and educational environment.

Conclusion This health awareness talk exemplified the commitment of Institute of vocational studies, Rotary Club Shimla and Inner Wheel Club Shimla to community welfare and women's health. By fostering awareness and encouraging proactive health measures, the event contributed significantly to the well-being of the students and the broader community.



Shimla, Himachal Pradesh, India

Sangti Neri Road, Summer Hill, Shimla,
Himachal Pradesh 171005, India
Lat 31.112089, Long 77.140038
03/20/2025 11:54 AM GMT+05:30
Note : Captured by GPS Map Camera



Shimla, Himachal Pradesh, India

Sangti Neri Road, Summer Hill, Shimla,
Himachal Pradesh 171005, India
Lat 31.112148, Long 77.140129
03/20/2025 11:55 AM GMT+05:30
Note : Captured by GPS Map Camera





Shimla, Himachal Pradesh, India

Sangti Neri Road, Summer Hill, Shimla,
Himachal Pradesh 171005, India
Lat 31.112106, Long 77.140042
03/20/2025 12:00 PM GMT+05:30
Note : Captured by GPS Map Camera



Shimla, Himachal Pradesh, India

Sangti Neri Road, Summer Hill, Shimla,
Himachal Pradesh 171005, India
Lat 31.112219, Long 77.140034
03/20/2025 11:58 AM GMT+05:30
Note : Captured by GPS Map Camera



Shimla, Himachal Pradesh, India

Sangti Neri Road, Summer Hill, Shimla,

Himachal Pradesh 171005, India

Lat 31.112035, Long 77.140003

03/20/2025 11:54 AM GMT+05:30

Note : Captured by GPS Map Camera