



## A Report On

### HEALTH FORWARD- National Cancer Awareness Day

Project: HEALTH FORWARD- National Cancer Awareness Day

Date: November 7, 2025

Venue: Online/ Google Meet

Host Club: Rotaract Club of GC Sanjauli

**The Rotaract Club of GC Sanjauli** organized an insightful online session titled "**Health Forward: A Young Adult's Guide to Risk Reduction**" on **November 7th**, commemorating **National Cancer Awareness Day**. The event was conducted to spread awareness about early detection, prevention, and lifestyle changes that can help reduce the risk of cancer. The date also honored the **birth anniversary of Madame Marie Curie**, whose contribution to science and medicine remains unmatched.

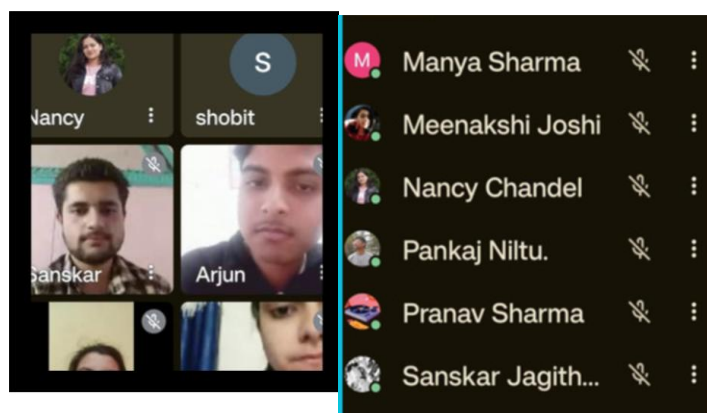
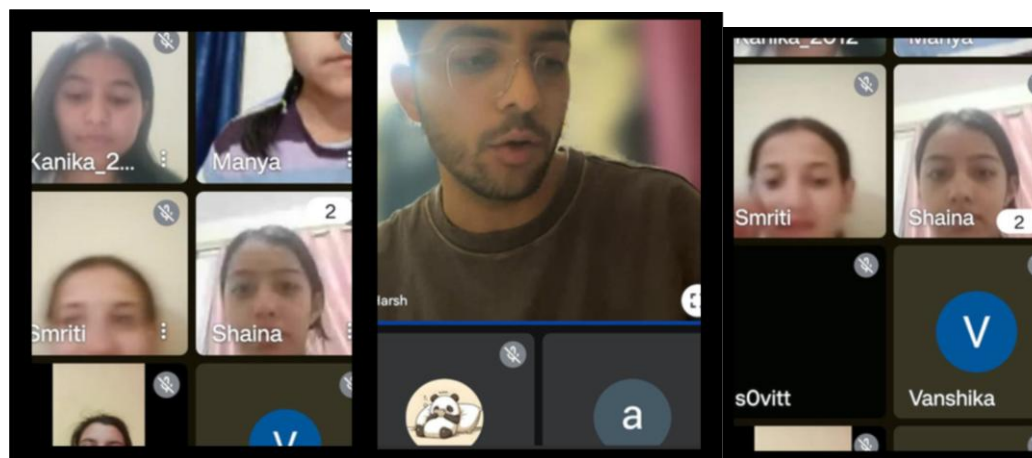
The guest speaker for the webinar was **Dr. Harsh Sharma** (MBBS, DRPGMC). Dr. Sharma shared valuable insights into recognizing early warning signs, adopting a healthy lifestyle, and staying informed about risk factors and myths related to cancer. He emphasized that awareness and prevention are the strongest tools in fighting cancer, especially among young adults.

The session covered early symptoms that should not be ignored, lifestyle and dietary tips for risk reduction, and clarification of common myths versus facts.

Around **45-50 students** actively participated in the webinar, making it an engaging and informative session. The event included an interactive Q&A

session where students actively participated and asked thoughtful questions related to mental health and preventive care. The session encouraged young individuals to take charge of their health and adopt small yet consistent habits that can make a big difference.

The event concluded with a vote of thanks extended to Dr. Harsh Sharma for his valuable guidance and to all participants for their enthusiastic involvement. [Certificates of participation](#) were awarded to the attendees at the end of the session. The Rotaract Club of GC Sanjauli remains committed to organizing such meaningful initiatives that promote awareness and contribute to community well-being.



**Reported by: Rtr. Kshitiz Dhruv Kadda**

**Rotaract Club, Govt College Sanjauli**