

 (Estd : 1987)	SIR C R REDDY COLLEGE FOR WOMEN (Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram) Accredited by NAAC with B + Grade An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution Included under section 2(f) & 12(B) of UGC Vatluru, Eluru - 534007	 ENTER-ENDEAVOR-EXCEL
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REPORT

An Awareness Programme on “Early Detection of Cancer and Mental Strength during Illness” was organized by the **Psychological Counseling Cell** and **Women Empowerment Cell** in association with **IQAC** for **I Year students** on **25th October 2025**.

In this programme, **Dr. Sri Divya Madamsetti, Radiation Oncologist**, delivered an insightful talk on the importance of early detection in combating cancer. She explained that **cervical cancer is one of the most common and preventable cancers among women**. **Dr. Sri Divya** emphasized that **regular medical check-ups, Pap smear tests, and timely preventive screenings** play a crucial role in identifying the disease at an early stage, when treatment is most effective. She highlighted that **raising awareness and promoting routine health examinations** can significantly reduce the mortality rate associated with cervical cancer. Furthermore, she encouraged women to **overcome hesitation and take proactive steps toward their health**, as early detection not only saves lives but also improves the quality of life during and after treatment.

Following this, **Dr. Deepthi Doddapaneni, Psychiatrist**, spoke about the importance of maintaining **mental strength during illness**. She explained that **mental stress** is the body’s natural response to emotional or psychological pressure and can be triggered by various factors such as workload, personal relationships, financial issues, or health concerns. **Dr. Deepthi** pointed out that **prolonged or intense stress can affect both the mind and body**, leading to symptoms like anxiety, irritability, insomnia, and fatigue. She emphasized that **managing stress through healthy lifestyle habits, relaxation techniques, counselling, and, when necessary, medication** helps maintain emotional balance and prevents serious mental health problems.

At the conclusion of the programme, **Principal Smt. G. Sarala**, along with the members of the **Psychological Counseling Cell** and **Women Empowerment Cell**, expressed gratitude to the resource persons for their **fruitful and enlightening sessions**. The students actively participated and appreciated the valuable information shared, which enhanced their awareness of both physical and mental health.

