

## Awareness Session Script for Students

**For use in:** Schools & Colleges (peer-led or teacher-led)

**Audience:** 14+ students

**Duration:** 15–20 minutes

**Tone:** Friendly, respectful, informative

### 1. Opening Lines (1 min)

"Hello everyone,

We're here not just to talk about cancer, but to help prevent it, for ourselves, our families, and our communities.

Most people in India find out they have cancer too late.

But if we act early, we can save lives, including our own."

### 2. What is Cancer? (1 min)

"Cancer is when some cells in our body start growing abnormally.

They form lumps, damage organs, and if not treated early, can become dangerous.

But not all cancer is deadly, if caught in time, many cancers are 100% treatable."

### 3. Common Types in India (2–3 mins)

- Breast Cancer – mostly in women
- Oral Cancer – caused by tobacco use
- Cervical Cancer – in women (age 21+)
- Lung Cancer – mostly in smokers
- Prostate Cancer – in older men

### 4. What Are the Early Signs? (3 mins)

- A lump anywhere in the body
- A sore that doesn't heal
- Bleeding that is unusual
- Change in breast shape
- Difficulty in swallowing
- Persistent cough
- Long-lasting pain or swelling

"If anything feels odd for more than 2–3 weeks, tell a doctor. Don't ignore it."



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### 5. What Causes Cancer? (2 mins)

- Tobacco and Gutka – biggest cause in youth
- Poor diet
- No exercise
- Not getting check-ups
- In some cases, family history

### 6. Myth vs Fact (Interactive)

Ask:

“How many of you believe cancer spreads by touch?” (Let students raise hands)

Then correct it:

“That’s a myth. Cancer is not contagious. You can sit with, hug, and eat with a person who has cancer.”

### 7. What Can We Do? (2 mins)

- Talk to parents, tell them about early detection
- Avoid tobacco, alcohol, or any addiction
- Eat healthy and stay active
- Encourage people to attend free screening camps
- Spread awareness, talk, post, and care

### 8. Closing Line (Powerful)

“Even if one of us goes home and talks to our family today, this session has already saved a life.”

“Cancer can be beaten. But only if we speak before it’s too late.”

### 9. Optional Add-ons for Students

- Prepare a poster about signs of cancer
- Invite a medical guest in next session
- Record a reel/talk and post on social media with #CAPP
- Share Anant Aman’s awareness drive details with your school

### Want our team to visit your college or school?

**Contact:** anantaman.sws@gmail.com | +91-7771997475

Thank you

Bhushan Pungliya

Anant Aman Social Welfare Society

