

## **REPORT ON KIDS CAN ACTIVITIES 2023-24**

### **Initiation of 'Kids Can' Project**

'Kids Can', an exceptional project, that aims at creating an awareness about Cancer - one of the greatest threats to human life, its causes, symptoms, preventive measures, treatment and diagnostic advancements was flagged off on 7th August, 2023, at Saraswathi Vidyalaya Senior Secondary School, Vattiyoorkavu, by the joint efforts of the Kerala Association of Surgical Oncology (KASO), Swasthi Foundation and Saraswathi Group of Institutions.

As the first step of the 'Kids Can' Project, an extensive awareness session was conducted at Saraswathi Vidyalaya. The session was undertaken by the core team members of the 'Kids Can' Project, Dr. Babu Mathew, (Retd. Professor Community Oncology, RCC, Tvm), Dr. Chandramohan K. ( Additional Professor Surgical Oncology, RCC, Tvm) and Dr. Deepa Susan Joy Philip ( Assistant Professor Medical Oncology, RCC, Tvm).

Dr. Babu Mathew, in his inspiring interaction with the students, highlighted the various types of Cancers that are commonly prevalent, along with their respective preventive measures and the significance of early detection. He also laid emphasis on how dietary changes can help in reducing or avoiding Cancer.

Dr. Chandramohan K. gave an in-depth understanding on how creating mass awareness, about different aspects of Cancer, can bring down its incidence in future. He laid stress on how following consistent exercise routines and inculcating healthy lifestyle choices can contribute in eradicating the disease.

Dr. Deepa Susan Joy Philip gave the students an insight into the latest advancements made in the field of Cancer diagnosis and treatment. She prioritised on how spreading awareness on timely diagnosis, preventive actions and choices, among common people can lead to saving lives.

In the introductory speech, Dr. Devi Mohan, Vice Chairperson, Saraswathi Vidyalaya accentuated the fact that the role played by young students, in the fight against Cancer, is of great importance and is the need of the hour. She gave prominence to the concept that students, actively participating, as ambassadors of Cancer awareness, will result in bringing about a positive shift in the existing crusade against Cancer.

The session, not only guided and motivated the students to become valuable and empowered volunteers of the 'Kids Can' Project, but also instilled in them the compassion to actively and responsibly serve their community, by advancing the mission of the project.





**Kidscan Awareness campaign conducted in Saraswathi Vidyalaya on August 23rd and 24th, 2023:**

- On 23rd August, the first day of the campaign, Dr. Chandra Mohan, Oncosurgeon, RCC delivered an informative and engaging session on health, cancer, and the importance of a balanced diet. He provided valuable insights into the consequences of unhealthy eating habits and their link to various diseases, including cancer.

-Dr. Ansar P P, Oncosurgeon, GG Hospital, continued the awareness campaign by focusing on practical tips and strategies for disease prevention. He shared basic knowledge on how students can lead a healthier life through dietary choices and lifestyle changes.

- Student volunteers from classes 3 to 12 actively participated in the awareness sessions. Their involvement included assisting with event logistics, distributing informational materials, and engaging in discussions with their peers.

A survey was conducted with the help of a questionnaire for students of classes 3-12.

- The campaign had a significant impact on the students, raising their awareness about the importance of a balanced diet and its role in disease prevention. Students gained valuable knowledge about maintaining a healthy lifestyle to reduce their risk of diseases in later life. The engagement of healthcare professionals and student volunteers contributed to the success of the campaign.





## **OUTREACH ACTIVITIES**

### **Vocational Higher Secondary School ,Karakulam**

An awareness session conducted for students of class 11 at the Vocational Higher Secondary School in Karakulam on October 6th, 2023. The session took place on October 6th, 2023, Friday.

The session likely focused on educating the students about various topics relevant to their age group, such as career guidance, personal development, or social issues. These sessions are essential for students as they provide valuable insights and information that can help them make informed decisions about their future.

Additionally, Kudumbashree ladies were also assembled at the same venue. They were given awareness about daily habits and their impacts. This suggests that the event aimed to raise awareness not only among students but also among community members, particularly women, about the importance of healthy habits and their effects on daily life.

As part of the event, students gave plant saplings to the Kudumbashree ladies. This gesture likely aimed to promote environmental consciousness and encourage the adoption of sustainable practices among community members.



### **DePaul Centre, Kumarpuram**

During Kidscan's outreach activity in Depaul Centre, Kumarpuram, on 12/10/2023 from 6.30pm to 7.30pm, the collaboration between Saraswathi Vidyalaya students and Oncologists Dr Babu Mathew and Dr Chandra Mohan from RCC was insightful.

The students led by Kalyani D Raj of class 12B ,took an active role in interacting with cancer patients and their families. Kalyani specifically addressed the impact of daily life habits on diseases like diabetes ,cholesterol and high blood pressure.

The expert Oncologists, Dr Chandra Mohan and Dr Babu Mathew, played a crucial role in the session. Dr Chandra Mohan offered detailed explanations to the students' queries ,enhancing their understanding of cancer -related issues. Dr Babu Mathew focused on the significance of maintaining a balanced diet in daily life, underlining its role in overall health.







### **Kanthari International Organisation**

As we successfully progress in our noble mission 'Kids Can', the students of Saraswathi Vidyalaya (Kids Can Champions) and Trivandrum Oncology Club, in association with kanthari international - an educational and training institute in Trivandrum that aims at recognising potential talent that is capable of accomplishing innovative changes in the society and providing leadership training, feel extremely elated to invite you to be a part of an awareness programme - October Breast Cancer Awareness Programme, that will be conducted on Sunday, 15th October, 2023, at Jawahar Balabhavan, Trivandrum.

At the event, our Kids Can Champions will present a highly engaging and informative session on Breast Cancer Awareness. After the session there will be an exceptionally effective and educative interaction with highly qualified oncologists, wherein, you may directly raise your queries and concerns on the related issue.

The event that is perfectly infused with knowledge, information, awareness, enthusiastic interaction and vibrant energy will definitely strike a chord of healthy living in our minds.



## Awareness sessions conducted in various residence associations

Awareness sessions conducted in various residence associations in Kailas Nagar Association in Poojapura and Unni Nagar Association in Poojapura, on October 21st, 2023, a Saturday. Participants included individuals of different age groups, including aged people and children. The sessions likely focused on educating attendees about the importance of daily habits and their effects on health. Specifically, Dr. Babu Mathew and Dr. Chandra Mohan provided valuable insights into daily habit diseases, such as the impact of lifestyle choices on health outcomes. This could include discussions on topics such as nutrition, exercise, sleep habits, and stress management.

The awareness sessions held at the residence associations in Poojapura appear to have been valuable initiatives aimed at educating community members about the significance of daily habits for maintaining good health and well-being. Such events play a crucial role in fostering a healthier and more informed community.





### **International Preventive Onco Summit held at Forte Manor.**

On October 27th, the students of the Kid Can Project had the extraordinary opportunity to participate in the International Preventive Onco Summit held at Forte Manor. This remarkable event brought together experts and professionals from around the world to share groundbreaking insights and strategies in the field of cancer prevention. The students actively engaged with renowned oncologists, researchers, and public health advocates, fostering a valuable exchange of ideas and knowledge. Their presence at the summit underscored their dedication to understanding and combating cancer, further empowering them as ambassadors of change within their community. The experience at this summit was not only educational but also deeply inspirational, leaving a lasting impression on these young advocates for cancer prevention.





### **Short play on Annual day Function**

Saraswathi Vidyalaya celebrated its 32nd Annual Day Function on 2nd February, 2024, in the august presence of eminent luminaries, who have made their mark in their respective fields. Every element of the celebration was thoroughly planned and executed by the School Management, faculty and students of Saraswathi Vidyalaya leading to the grand event that was graced by iconic figures like the chief guest, Shri. Adoor Gopalakrishnan, Saraswathi Vidyalaya's 'Icon of the Year' award recipient and India's pride, Shri. S. Somanath, (Chairman, ISRO), Dr. S. Unnikrishnan (Director, VSSC), Shri. Mahesh Dharmadhikari (Regional Officer, CBSE Trivandrum), Ms. Abhaya Hiranmayi (popular singer) and Smt. Parvathi I.M. (Councillor, Vattiyoorkavu Ward).

The students of the 'KidsCan' project presented a short play on the occasion that aimed at emphasizing the need to raise awareness about Cancer and related issues. It highlighted the importance of maintaining a healthy lifestyle and the criticality of early detection and timely intervention.

The play was a perfect blend of a powerful social message, a well scripted story line and outstanding performances by the students, laced with subtle humour, and was truly appreciated and enjoyed by the everyone.

## World Cancer Awareness Day on 04/02/2024

On the occasion of World Cancer Awareness Day on 4th February, 2024, with the collaborative efforts of various organizations in Trivandrum, a Walkathon was organised to raise awareness about Cancer and to promote the concept of healthy lifestyle. The Walkathon, jointly organized by the Trivandrum Oncology Club, Young Indians, Saraswathi Vidyalaya, Saraswathi College of Arts and Sciences, Kalari, and St. Mary's School, saw the participation of, approximately, 150 people from different walks of life.

The Walkathon, that began at Kowdiar Junction, was flagged off by Mr. Nithin Raj, IPS, Deputy Commissioner of City Police. The participants adorned in symbolic attire, signifying solidarity against Cancer, embarked on a route that traversed through prominent areas of the city.

As part of the Walkathon, students of Saraswathi Vidyalaya engaged in "Kidscan" activities by presenting a short educational drama aimed at spreading awareness about Cancer prevention and the importance of early detection. This initiative aimed at educating, both the participants and the onlookers, about the importance of early intervention in the fight against Cancer.





## CONCLUSION

KIDSCAN's activities go beyond traditional cancer awareness campaigns by empowering individuals with knowledge and promoting healthy lifestyles. By fostering collective efforts and engaging diverse stakeholders, KIDSCAN contributes to a comprehensive approach to cancer prevention and control. Together, we can become proud warriors in the fight against cancer, making significant strides towards reducing its impact on individuals and communities worldwide. KIDSCAN emphasizes the importance of adopting healthy lifestyles to reduce the risk of cancer. Through educational campaigns, workshops, and community

outreach programs, KIDSCAN encourages individuals to make positive changes in their diet, exercise regimen, and overall lifestyle habits. By promoting tobacco cessation, limiting alcohol consumption, and advocating for a balanced diet rich in fruits and vegetables, KIDSCAN strives to create a culture of wellness that can lower cancer incidence rates.

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