

Report
of the Workshop on
“WORLD ROSE DAY”

Welfare of Cancer Patients

(Short Video/Reel Competition)

22 SEPTEMBER 2026



Organized by:

The Department of Zoology

Govt. Post Graduate College Berinag, Pithoragarh

SSJ University Almora Uttarakhand

262531



GOVT. P. G. COLLEGE
BERINAG, PITHORAGARH

WORLD ROSE DAY

Welfare of Cancer Patients

Short Video / Reel Competition on Cancer Awareness

All students of Government P.G. College, Berinag are cordially invited to participate in a Short Video/Reel Competition organized on **22 September 2026**

Note: World Rose Day is observed to spread awareness about cancer, the importance of early detection, prevention, emotional support, and hope for cancer patients and survivors. It is an opportunity to support and show solidarity with cancer patients and their families while reminding patients and their caregivers, that they are not alone in this battle against the deadly disease.

Theme

"Bring Hope & Support- Spread Cancer Awareness"



Suggested topics:

- Cancer awareness and prevention
- Importance of early detection and screening
- Cancer: Myths vs. Facts
- Healthy Lifestyle and Cancer Prevention
- Emotional support for cancer patients and survivors
- Fighting cancer with courage, hope and positivity
- Role of family and society in supporting cancer patients
- "Cancer is not contagious" - removing stigma and misconceptions
- A message of hope: "Together Against Cancer"

Special Message Your 60 seconds can spread awareness, challenge a misconception and give someone hope. Let us use our creativity to spread the message of awareness, compassion, courage and hope.

Competition Guidelines:

1. The competition is open to all students of the college.
2. The video/reel should be original and created by the participating student(s).
3. Individual or team participation is permitted.
4. Maximum duration: 60-90 seconds.
5. The content should be educational, respectful, positive and appropriate for public awareness.
6. Videos may be created in Hindi, English or bilingual format.
7. Students are encouraged to use creative methods such as storytelling, acting, animation, interviews, poetry, narration or short skits.
8. Avoid spreading unverified medical claims, misinformation or content that may stigmatize cancer patients.
9. Background music, if used, should be appropriate and preferably copyright-safe.
10. The video should clearly convey a cancer-awareness or hope-related message.
11. Participants should submit the final video in MP4 format via Whatsapp through the designated submission method.
12. The participant's name, class, semester and contact details should accompany the submission.
13. Videos will be evaluated on accuracy of information, creativity, originality, relevance to the theme, presentation and overall impact.
14. The decision of the judging committee shall be final.

The final video should be submitted to the given WhatsApp number on or before 20 September 2026:



9719223913

Blood Donation Camp: All eligible students, faculty members and staff are encouraged to voluntarily donate blood as part of the World's Rose Day Programme jointly organized by Department of Zoology, NSS, Red Cross and Rover Rangers

Prof. BM. Pandey

Principal

Organizing Secretary Convenor (s)

Zoology Departmental Association Department of Zoology I

Co-Convenor

QAC/IAC

WORKSHOP HIGHLIGHTS

- On 22 September 2026, Department of Zoology, under the guidance of Prof. B. M. Pandey, Principal, Government P.G. College, Berinag organized a programme on the occasion of World Rose Day with the objective of promoting cancer awareness, hope, compassion, emotional support and social responsibility. The theme of the programme was “Bring Hope & Support – Spread Cancer Awareness.”
- About 53 students participated in the programme and the programme aimed to create awareness among students regarding cancer prevention, early detection, healthy lifestyle choices and the importance of emotional and social support for people affected by cancer.
- The programme also provided students with an opportunity to use their creativity and digital skills for spreading meaningful health-awareness messages.

Short Video/Reel Competition

- A major attraction of the programme was the Short Video/Reel Competition on Cancer Awareness, organized for the students of the college. The competition encouraged students to use short-form digital media as a creative and effective tool for communicating important health and social messages.
- Students were invited to prepare 60–90 second original videos/reels to Spread Cancer Awareness.” They explored a wide range of topics, including:
 - Cancer awareness and prevention
 - Importance of early detection and screening
 - Cancer: Myths vs. Facts
 - Healthy Lifestyle and Cancer Prevention
 - Emotional support for cancer patients and survivors
 - Fighting cancer with courage, hope and positivity
 - Role of family and society in supporting cancer patients
 - “Cancer is not contagious” – removing stigma and misconceptions
 - A message of hope: “Together Against Cancer”

- Students demonstrated considerable creativity through acting, storytelling, dialogue, narration, poetry, role play, visual messaging and other digital presentation techniques. The participants effectively combined educational information with creative storytelling to make their messages engaging and accessible.
- The competition also emphasized the responsible use of social media and digital platforms for health communication and public awareness. Students were encouraged to ensure that the information presented in their videos was accurate, respectful and free from misleading medical claims.

Evaluation

The entries were evaluated by the designated judging panel including Dr. Ashwani Kumar, Assistant Professor (Botany), Ms. Rashmi Selwal, Assistant Professor (Economics), and Mrs. Kalpana Devi, Assistant Professor (Economics) on the basis of:

1. Relevance to the theme
2. Accuracy and clarity of information
3. Creativity and originality
4. Effectiveness of communication
5. Social and emotional impact

Results of the Short Video/Reel Competition

Position	Name of Student(s)	Class/Department
	First Position	Tamanna Mahara
	Second Position	Diya & Jyoti Pant
	Third Position	Neha

“Wall of Hope”

- Another important component of the programme was the “Wall of Hope.” Students prepared paper roses and message cards carrying messages of hope, courage, support and compassion for people living with cancer, cancer survivors and their families.
- Students displayed messages such as “You Are Not Alone,” “Keep Hope Alive,” and “Let Hope Bloom.” The activity transformed the campus display area into a symbolic Garden of Hope and encouraged students to reflect on the emotional and social dimensions of cancer.
- The Wall of Hope also provided an interactive platform through which students could express their solidarity with cancer patients and communicate positive messages to the wider community.

Acknowledgement

The successful organization of the programme was made possible through the valuable guidance and support of the Principal, Government P.G. College, Berinag. Sincere gratitude is extended to all faculty members, staff members, judges and participating students for their cooperation and enthusiastic involvement. Special appreciation is extended to the Department of Zoology for conceptualizing and coordinating the activities and providing students with a meaningful platform to combine scientific awareness with creativity and social responsibility.



GOVERNMENT POST GRADUATE COLLEGE, BERINAG

Pithoragarh, Uttarakhand (262531)

DEPARTMENT OF ZOOLOGY

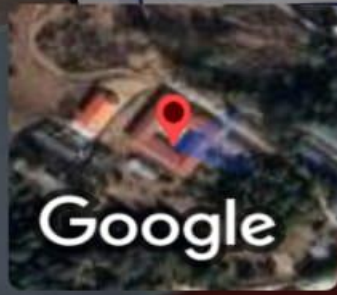


WORLD ROSE DAY
WELFARE OF CANCER
PATIENTS

Short video & Reel competition
Date - 22-09-2026



GPS Map Camera



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Berinag, Uttarakhand, India

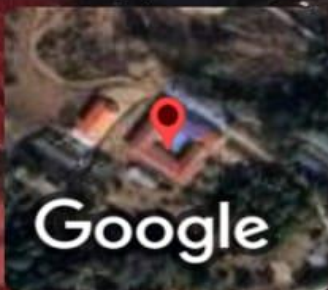
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262531, India

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Tuesday, 22/09/2026 12:45 PM GMT +05:30



GPS Map Camera

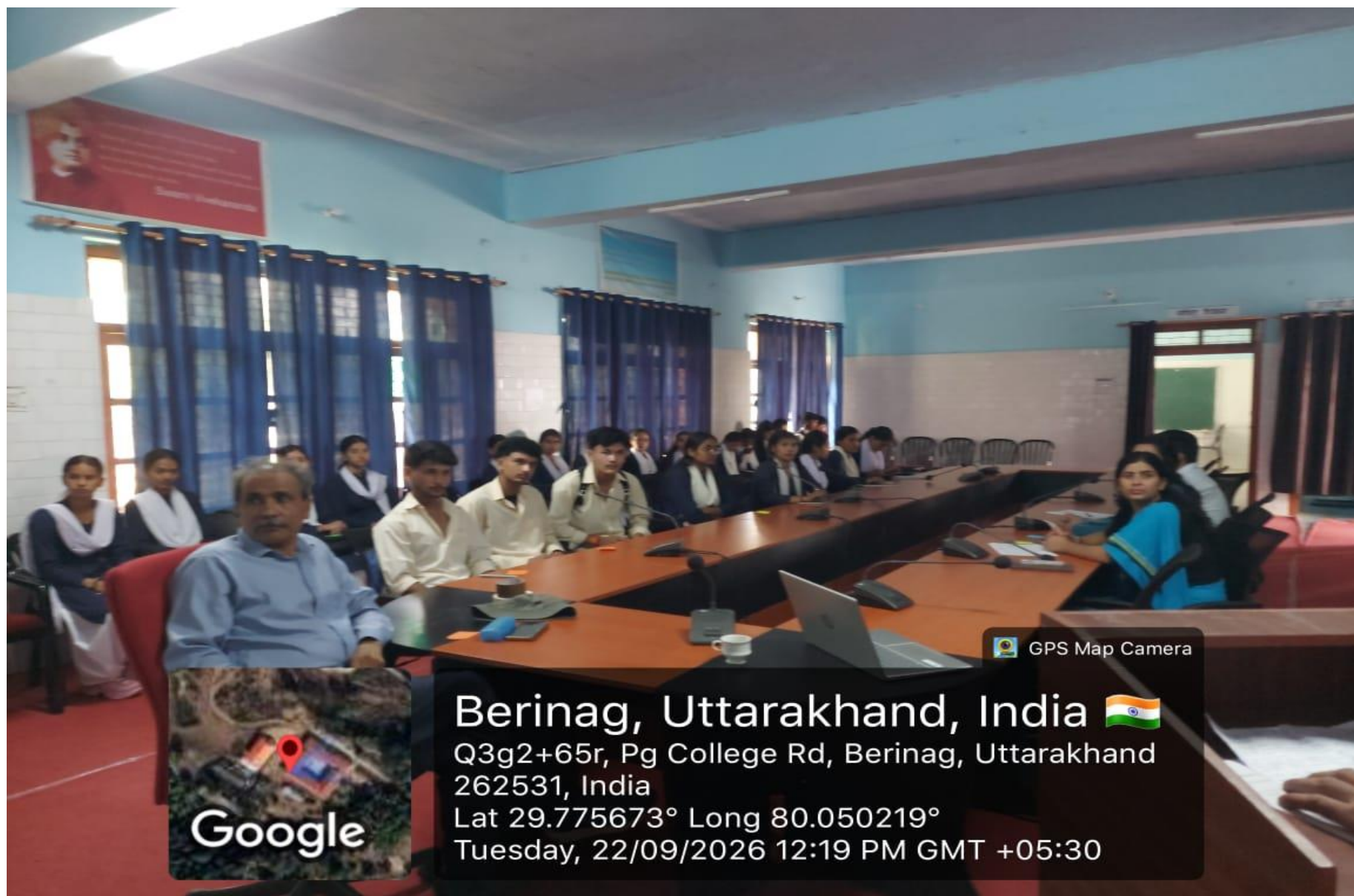


Berinag, Uttarakhand, India 

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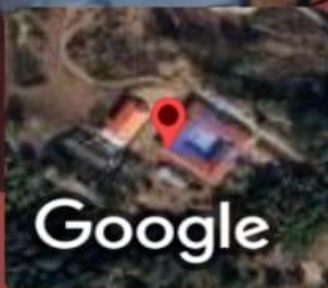
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OUTCOMES OF THE PROGRAMME

The World Rose Day programme on “Bring Hope & Support – Spread Cancer Awareness”, organized by the Department of Zoology on 22 September 2026, achieved the following significant outcomes:

1. **Enhanced Cancer Awareness:** The programme increased students’ awareness about cancer, its risk factors, preventive measures, early detection, screening, and the importance of timely medical intervention.
2. **Promotion of Healthy Lifestyle Practices:** Students developed a better understanding of the role of healthy dietary habits, physical activity, avoidance of tobacco and other risk factors, and overall healthy living in reducing cancer risk.
3. **Reduction of Myths and Stigma:** The activities encouraged students to identify and challenge common misconceptions about cancer, particularly the stigma surrounding cancer patients and the misconception that cancer is contagious.
4. **Encouragement of Early Detection:** The programme highlighted the importance of recognizing warning signs and seeking appropriate medical advice and screening at an early stage.
5. **Development of Digital and Creative Skills:** The Short Video/Reel Competition provided above 50 participating students with an opportunity to communicate health messages through acting, storytelling, narration, poetry, role play, and digital media.
6. **Responsible Use of Social Media:** Students were encouraged to use digital platforms responsibly for disseminating accurate, respectful, and meaningful health-awareness information while avoiding misleading medical claims.
7. **Promotion of Empathy and Emotional Support:** The programme emphasized the psychological and emotional needs of cancer patients and survivors and encouraged students to provide compassion, encouragement, and social support to affected individuals and their families.
8. **Creation of a Positive and Hopeful Environment:** The “Wall of Hope” activity provided students with a platform to express solidarity with cancer patients and survivors through messages of courage, hope, and compassion, creating a symbolic Garden of Hope on the college campus.

9. **Strengthening Social Responsibility:** Students were encouraged to recognize cancer awareness as a shared social responsibility and to become active messengers of scientifically appropriate health information within their families and communities.
10. **Interdisciplinary Student Engagement:** Participation from students of Zoology, Biology, History, and other disciplines demonstrated that cancer awareness extends beyond biological sciences and requires a broader social, emotional, and community-based approach.
11. **Recognition of Student Talent:** The competition provided a constructive platform for students to demonstrate creativity, communication skills, scientific understanding, originality, and social awareness. The winning entries further encouraged students to participate in future awareness-oriented activities.
12. **Integration of Science with Social Outreach:** The programme successfully connected scientific knowledge, digital creativity, emotional wellbeing, and social responsibility, demonstrating the role of higher education institutions in addressing important public-health concerns.

Overall Outcome

Overall, the programme successfully transformed World Rose Day from an awareness observance into an interactive student-centred learning and outreach activity. It helped students understand that cancer awareness involves not only prevention and early detection but also compassion, emotional support, stigma reduction, hope, and collective social responsibility. The programme also demonstrated the potential of creative digital communication and campus-based activities to promote meaningful health awareness among young people and the wider community.



Wall of Hope

NEWS REPORT

राज्य

अपना उत्तराखंड

सम्पादकीय मंडल

राजनीति

खेल

शिक्षा

राशिफल

व्यापार

वीडियो

अपनी खबर भेजे

हमारी टीम

Hindi

राजकीय स्नातकोत्तर महाविद्यालय बेरीनाग में विश्व रोज डे पर कैंसर जागरूकता कार्यक्रम आयोजित, रील्स प्रतियोगिता में तमन्ना महरा प्रथम।

September 23, 2026 एनएचएल नेटवर्क

Listen to this



बेरीनाग संवाददाता।

बेरीनाग। राजकीय स्नातकोत्तर महाविद्यालय, बेरीनाग में विश्व रोज डे के अवसर पर जन्तु विज्ञान विभाग की ओर से एक दिवसीय कैंसर जागरूकता कार्यक्रम का आयोजन किया गया। प्राचार्य प्रो. बी. एम. पाण्डेय की अध्यक्षता में आयोजित इस कार्यक्रम का मुख्य विषय "ब्राइट होप एंड सपोर्ट - स्टेड कैंसर अवेयरनेस" रहा। यूनिवर्सिटी एडमिशन पाए

कार्यक्रम के तहत विद्यार्थियों में जागरूकता बढ़ाने के उद्देश्य से शॉर्ट वीडियो व रील प्रतियोगिता आयोजित की गई। इसमें छात्र-छात्राओं ने डिजिटल माध्यमों, अभिनय, संवाद, कहानी और वाचन के जरिए कैंसर की रोकथाम, प्रारंभिक पहचान व स्क्रीनिंग, भ्रूतियों और तथ्यों पर प्रभावशाली प्रस्तुतियां दीं। विद्यार्थियों ने वीडियो क्लिप्स के माध्यम से कैंसर रोगियों के प्रति संवेदनशीलता, आशा और साहस का सशक्त संदेश दिया।

प्रतियोगिता में एमएससी तृतीय सेमेस्टर की तमन्ना महरा ने उत्कृष्ट प्रस्तुति देते हुए प्रथम स्थान प्राप्त किया। बीएससी तृतीय सेमेस्टर की दीया एव ज्योती पंत संयुक्त रूप से द्वितीय रहीं, जबकि एमए प्रथम सेमेस्टर की नेहा ने तृतीय स्थान हासिल किया।

कार्यक्रम का सफल संचालन जन्तु विज्ञान विभाग के प्रभारी डॉ. अमन वर्मा के नेतृत्व में संपन्न हुआ। समापन अवसर पर डॉ. वर्मा ने सभी प्राध्यापकों, कर्मचारियों, निर्णायक मंडल और प्रतिभागी विद्यार्थियों का आभार व्यक्त करते हुए कहा कि युवाओं की रचनात्मक पहल समाज में गंभीर बीमारियों के प्रति जागरूकता फैलाने में अहम भूमिका निभाती है।

Post Views: 23

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दर्शकों से पूछता है:
2027 में उत्तराखंड की सत्ता किसे मिलनी चाहिए

○ भाजपा

○ कांग्रेस

○ यूकेडी

○ अन्य

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“ राष्ट्र निर्माण में अभियंताओं का योगदान अमूल्य है, जो स्वयं को संस्कार में बदलते हैं। ”

अपनी सभी देशवासियों को

आभियांता दिवस

की हार्दिक बधाई

शुभकामनाएं

गोकुल गंगोला

A वलास गवर्नमेंट कॉन्स्ट्रक्टर

गवर्नमेंट विपार्टमेंट उत्तराखंड

ऋषि पंचमी

के शुभ अवसर पर

पौराणिक बेरीनाग मेले

सभी भक्तों का

हार्दिक स्वागत अभिनंदन

<https://www.newshomelive.co.in/tamanna-mehra-in-the-reels-competition-organized-on-world-rose-day-in-cancer-awareness-program-at-government-post-graduate-college-berinag/>

Organizing Secretary

Principal

Dr. Aman Verma

Assistant Professor (Zoology)

Govt. Post Graduate College Berinag

Govt. Post Graduate College Berinag

आज दिनांक 22/09/2026 को शां.स्ना. महा. बरेलीन में प्राचार्य प्रो० बी० एम० पाण्डेय के मार्गदर्शन में विश्व रोज डे के अवसर पर कैंसर जागरूकता कार्यक्रम का आयोजन जन्तु विज्ञान विभाग द्वारा किया गया। कार्यक्रम का मुख्य विषय - Bring hope and support - Spread cancer Awareness रखा गया।

कार्यक्रम के अन्तर्गत विद्यार्थियों के लिए कैंसर जागृकता पर Short videos / शील प्रतियोगिता आयोजित की गयी। विद्यार्थियों ने कैंसर की रोकथाम, प्रारम्भिक पहचान एवं स्क्रिनिंग, कैंसर से जुड़े मिथक एवं तथ्य (सत्य जीवन शैली तथा कैंसर के विरुद्ध आशा और साहस जैसे विषयों पर रचनात्मक वीडियो क्लिप तैयार किए।

विद्यार्थियों ने अभिनय कहानी, संवाद, संदेश, वाचन तथा अन्य ऐशियल माध्यमों का प्रयोग करते हुए प्रभावशाली प्रस्तुतियाँ दीं। उक्त प्रतियोगिता में प्रथम स्थान - तमन्ना मल्ल

द्वितीय स्थान प्राप्त किया। कार्यक्रम के आयोजन में विभाग ^{के} ~~की~~ डॉ. ^{अनिल} ~~अनिल~~ ने सहयोग प्रदान करने वाले समस्त प्राध्यापकों, कर्मचारियों, निरीक्षक मण्डल तथा विद्यार्थियों का आभार व्यक्त किया।

1. Pranjali B.Sc V sem
2. Saniya Agari B.Sc. V sem
3. Rasna "
4. Harshita Rathour
5. Sonali Prabha
6. Megha Rathour
7. Ashi Arya B.Sc. Ist Sem
8. Anjali Bora B.Sc. Ist sem

10	Kajal Pandey	B.Sc 1 st Sem	<u>Kajal</u>
11	Dimpal Karki	B.Sc 1 st Sem	<u>Dimpal</u>
12	Anjali	B.Sc 1 st Sem	<u>Anjali</u>
13	Anjali Karki	B.Sc 1 st Sem	<u>Anjali</u>
14	Tanuja Lahari	B.Sc. I st Sem	<u>Tanuja</u>
15	Sneha	B.S.C I st Sem	<u>Sneha</u>
16	Simran Patyal	"	<u>Simran</u>
17	Tanuja	B.Sc I st Sem	<u>Tanuja</u>
18	Sneha Pathani	B.Sc I st sem	<u>Sneha</u>
19	Suhani	B.Sc I st sem	<u>Suhani</u>
20	Kanika Pathani	B.Sc I st Sem	<u>Kanika</u>
21	Priyanka Bora	B.Sc III sem	<u>Priyanka</u>
22	Anshel	B.Sc III sem	<u>Anshel</u>
23	Preeti Joshi	B.Sc V sem	<u>Preeti</u>
24	Meenakshi Arya	B.Sc V sem	<u>Meenakshi</u>
25	Gurjan Bora	B.Sc V sem	<u>Gurjan</u>
26	Sneha Bora	B.Sc V th sem	<u>Sneha</u>
27	Diya	B.Sc III rd Sem	<u>Diya</u>
28	Bhawana	B.S.C III rd sem	<u>Bhawana</u>
29	Geetanjali Pant	B.Sc. III rd sem	<u>Geetanjali</u>
30	Shruti Bora	M.Sc I st sem	<u>Shruti</u>
31	Kareema	M.Sc I st sem	<u>Kareema</u>
32	Rachana	M.Sc III rd sem	<u>Rachana</u>
33	Megha Pant	B.Sc III Sem	<u>Megha</u>
34	Kalpana Mehta	"	<u>Kalpana</u>
35	Archita Chanyal	B.A 1 st Sem	<u>Archita</u>
36	LAMIE BACHHETS	B.A 1 st sem	<u>Lamie</u>
37	Ansham Singh	BA 1 st Sem	<u>Ansham</u>
38	Ravi Chanyal	BA th sem	<u>Ravi</u>

- 39- Kaushal singh B.A I sem ~~Rishu~~ Harit Singh
- 40- Mohit Kumar Arya B.A I sem
- 41- Karan Kumar B.A I sem Karan
- 42- Saloni Dobal B.A I sem Sal
- 43- Sakshi B.A I sem Sakshi
- 44- Archita B.A I sem Archita
- 45- Komal B.A I sem Komal
- 46- Anjali B.A I sem Anjali
- 47- Komal B.A I sem Komal
- 48- Meena B.A I sem Meena
- 49- Iyankish B.A I sem Iyankish
- 50- Divya Vishwakarma B.A I sem Divya
- 51- Arpita Kohli M.S.C.II, sem Arpita
- 52- Anushi Raj " " Anushi
- 53- Sunita " " Sunita

प्रचार

प्रचार

Prerna

विभाग प्रमुख

विभाग प्रमुख

जन्तु विज्ञान विभाग

राष्ट्र स्नातक महाविद्यालय

बरीनाम (विधौरागढ़)