# THE WINCHESTER SCHOOL, JEBEL ALI

| **Date:** 27/10/2026 | **Audience:** Year 10 - 13 Girls | **Venue:** Auditorium |
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**Title**: PINK FOR HOPE – Healthy Lifestyle Awareness Assembly

**Presenters / Conductors:** Dr.Yousra

**Aims & Objective:** To raise awareness about breast health, the importance of prevention and early detection, and the role of a healthy lifestyle in promoting overall wellbeing among female students.

**Summary:** The Secondary Section successfully conducted the "PINK FOR HOPE" Healthy Lifestyle Awareness Assembly as part of Pink October, led by Dr. Yousra, Medical Director and School Doctor. The presentation aimed to raise awareness among female students about the importance of breast health, preventive care, early detection and maintaining a healthy lifestyle. Through informative guidance and an inspiring message, students were encouraged to prioritise their health, develop positive lifestyle habits and understand the importance of seeking professional medical advice when needed. The initiative highlighted the significance of awareness, proactive health choices and regular health check-ups in promoting long-term wellbeing. The assembly was an outstanding success, spreading positivity, inspiration and hope while reinforcing the message that prevention is better than cure. It served as a valuable reminder that taking small but meaningful steps towards a healthy lifestyle can make a significant difference to overall health and quality of life.

**Pictures / Flyers:**

**Student Feedback:**

The "PINK FOR HOPE" assembly was informative and inspiring, highlighting the importance of breast health awareness, early detection and healthy lifestyle choices – Eshal 12A

**Teacher's Feedback:**

The "PINK FOR HOPE" initiative was a wonderful success for the Secondary Section. Dr. Yousra delivered a meaningful and impactful presentation that promoted health awareness, prevention and positive lifestyle choices among female students. The initiative spread positivity, inspiration and hope while reinforcing the vital message that prevention is better than cure. It was a valuable learning experience that encouraged students to prioritise their health and wellbeing. - Ms. Amritha

**Organized by: Dr. Yousra Elawany (Medical Director – School Doctor)**