

COLLEGE OF NURSING

ALL INDIA INSTITUTE OF MEDICAL SCIENCE, AIIMS RISHIKESH



REPORT ON BREAST CANCER AWARENESS PROGRAM

Date: 19th October 2022

Venue: Modern Institute of Technology, Dhalwala, Rishikesh.

**Resource Person: Dr. Smriti Arora, Dr. Amit Sehrawat, Ms. Ruchika Rani,
Ms. Tamanna Chauhan.**

Organizing Secretary: Ms. Ruchika Rani , Asstt Prof. CENER

A breast cancer awareness program has been conducted on 19th October 2022, at the Modern Institute of Technology (MIT), Dhalwala, by CENER in collaboration with the Medical Oncology department, AIIMS Rishikesh proclaiming the Breast cancer awareness theme of the year 2022: **“Together We Rise”** through which need of awareness and education regarding breast cancer was disseminated to the participants. The program was initiated by a welcome speech by Dr. Kaushalya Dhangwal, HOD, Biotechnology department, MIT College. They welcomed the faculty from AIIMS, Rishikesh with flowers. The program was initiated with a sensitization role-play specifying the importance of awareness regarding breast cancer among the general population by nursing students. Shivani Sharma, Devika M S, Prerna, Vandana Prakash, Sonali Singh of 2nd year M.Sc. Nursing along with Shivangi, Abhilasha Yadav, and Rinky Singh of 3rd year B.sc Nursing. The session then progressed to elaborative presentation on various topics such as epidemiology and risk factor by Mrs. Tamanna Chauhan, Nursing Tutor, AIIMS Rishikesh, who rolled out statistics to show the alarming increase in breast cancer cases in recent years followed by an enlightening and interactive session by Dr. Ruchika Rani, Assistant Professor, College of Nursing, AIIMS Rishikesh on signs and symptoms of breast-cancer along with a demonstration on how to carry out Self Breast Examination (SBE)

were shown, and advised the girl students & women on the measures to be taken to protect themselves from the dreadful disease. It was succeeded by an extensive informative session by Dr. Amit Sehrawat, Associate Professor, Department of Medical Oncology, AIIMS Rishikesh on diagnosis and management of breast cancer. The session then concluded with an explicative and succinct take-home messages on breast cancer provided by Dr. Smriti Arora, Principal, College of Nursing, AIIMS Rishikesh. The program was well received and was commended as very useful with active participation from Mr. Ajay Tomar, HOD, Department of Pharmacy, Dr. L M Joshi, HOD, Department of Commerce, Dr. Madhuri Kaushik, Associate Professor, Mrs. Manorama Uniyal, Associate Professor, Mrs. Nisha Pharasvan, Associate Professor along with 200 Female students from various departments of MIT University.

