

Report on Breast Cancer Awareness Program

The Breast Cancer Awareness Program was organized on October 23, 2024, from 11:00 AM to 12:00 PM at the 6th Floor Seminar Hall of St. Francis College. The event, coordinated by Ananya Ravi, had 20 participants and featured Dr. Madavi Nair, a surgeon from Manipal Hospital, as the resource person.

The primary goal of the program was to enhance public awareness regarding breast and cervical cancer, focusing on risk factors, symptoms, and the importance of early detection. The session aimed to educate volunteers on the event's objectives, emphasizing the empowerment of individuals, particularly women, through knowledge and proactive health measures. Additionally, the event sought to equip women participants with essential information about breast cancer awareness, self-examinations, and the significance of regular screenings for early diagnosis and prevention.

The session commenced at 11:00 AM with a welcome address, setting the stage for an insightful discussion on breast cancer awareness. Dr. Madavi Nair, an esteemed surgeon from Manipal Hospital, delivered a comprehensive talk on the risks associated with breast cancer and the critical role of early detection in improving survival rates.

During the session, Dr. Nair highlighted the key warning signs and symptoms of breast cancer, reinforcing the importance of self-examinations and regular screenings. She provided a live demonstration on how to perform self-breast examinations, empowering attendees with practical knowledge to detect potential abnormalities at an early stage. The session also emphasized the need for timely medical consultations, stressing that early intervention significantly improves treatment outcomes.

A key aspect of the program was the training of volunteers to effectively communicate cancer awareness within their communities. Volunteers were encouraged to take an active role in spreading awareness, dispelling myths, and encouraging women to prioritize their health through routine check-ups and preventive measures.

By the end of the session, participants had gained a deeper understanding of breast cancer, including key risk factors and early warning signs. They recognized the importance of early detection, regular screenings, and preventive healthcare practices. Additionally, the training provided volunteers with the skills and confidence to advocate for breast cancer awareness within their communities, ensuring that the knowledge imparted during the session would have a lasting impact beyond the event.

The session concluded at 12:00 PM with a vote of thanks, acknowledging the valuable insights shared by Dr. Madavi Nair and the enthusiastic participation of volunteers. The event was a successful initiative in promoting awareness and proactive health management, reinforcing the importance of education and early detection in the fight against breast cancer.



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**Know the Signs,
Save Lives:**

A Breast Cancer Conversation

Speaker:
Dr. Madhavi Nair
Associate Consultant - Surgical Oncology
Manipal Hospital Old Airport Road

A close-up photograph of a person's hand holding a pink ribbon, which is a well-known symbol for breast cancer awareness and support.

 23rd October 2024, Wednesday |  11:00 am - 12:00 pm

 St. Francis College Auditorium, Bengaluru

Manipal Hospital Old Airport Road
498, Old Airport Road, Kodihalli, Bengaluru - 560 017