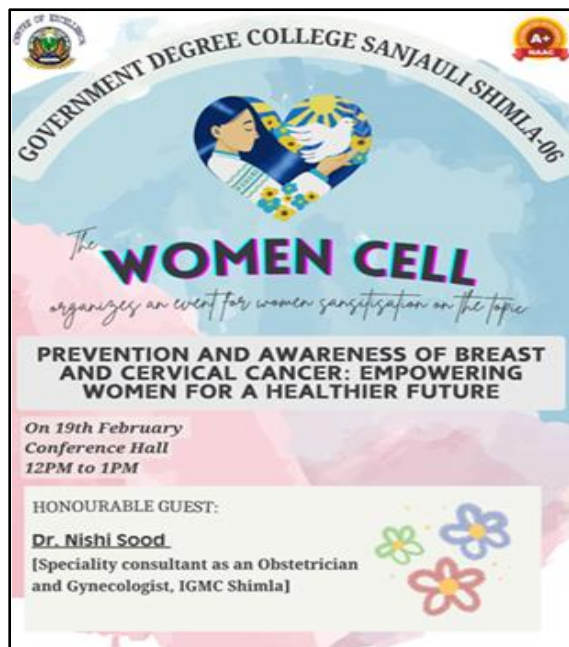




Taking Charge of Women's Health: A cancer Awareness Initiative by Women Cell



On February 19th, The Women Cell of GDC Sanjauli organised a gender sensitisation program on 'Prevention and Awareness of Breast and Cervical Cancer' with an aim to raise awareness about the causes and risks of Breast and Cervical cancer among the young students as well as the college faculty members. The event was held in the college conference hall from 12PM to 1 PM.

The event was graced by Dr. Nishi Sood, a distinguished Obstetrician and Gynaecologist from Kamla Nehru State Hospital [speciality consultant, IGMC Shimla], as the esteemed guest speaker. Principal Dr. Bharti Bhagra served as the honourable chief guest for the event.

The program commenced with a warm welcome from the organisers and a brief welcome address acknowledging the presence of the honourable guests, Dr. Bharti Bhagra, Dr. Nishi Sood, and the Co Ordinator of the women cell, Dr. Minakshi Sharma and the various members of the staff. Gender champion Vineeta, requested Dr. Minakshi Sharma and Dr. Deepti Gupta to pin a rosette each on Dr. Bharti Bhagra and on Dr. Nishi Sood. Following this our guests were awarded with a flower pot and a Himachali muffler as token of appreciation.

The event was officially inaugurated with the lighting of a lamp by Principal Bharti Bhagra, Dr. Nishi Sood, Dr. Minakshi Sharma and other senior faculty members, the symbolic gesture representing the illumination of knowledge and empowerment of women.



Dr. Nishi Sood delivered an insightful and interactive two-phased session focusing on breast and cervical cancer. Starting off the lecture with the basics of breast, Dr. Nishi thoroughly explained the causes, symptoms and preventive measures of breast cancer which included the warning signs, risk factors, breast screening and examination [self-examination methods, mammography and MRI]. The first session concluded with the emphasis on early diagnoses of breast cancer and the stages of treatment.

The next phase of lecture was based on cervical cancer, with special emphasis on Human Papilloma Virus as the main cause of cervical cancer in women. It included the detailed explanation on symptoms, high risk age groups, diagnosis methods including Pap tests, HPV or co-testing, Cytology etc. Dr. Nishi highlighted the importance of sex education in young children, vaccination awareness, contraceptive knowledge and regular check-ups as the primary prevention methods of cervical cancer. She concluded her lecture by interacting with the audience and answering the questions and queries raised by the students as well as the members of college faculty.

Dr. Minakshi delivered the vote of thanks, expressing heartfelt gratitude to the esteemed guests, faculty, members of the Women Cell, Gender Champions and the audience. The event ended with the singing of the National Anthem.