



GOVERNMENT COLLEGE

RAJAHMUNDRY, ANDHRA PRADESH | **AUTONOMOUS**
ISO - 21001 : 2018, ACCREDITED BY - NAAC - A+
AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY

Women Empowerment Cell



A Brief Report on

“ One Day National Workshop on Uncover,Understand,Unite:Fight Against Breast cancer and Cervical Cancer”

Collaboration with UGC MMTTC ,University of Delhi and Indian Cancer Society Delhi

(Sponsored By GSL Cancer Trust And Rotary Club)

About: To Create Awareness on Breast and Cervical Cancer

No of participants : 600 (online amnd offline)

Venue: Dr.B.R Ambedkar Hall

Date: 29-10-2024

Breast Cancer Awareness month -October 2024

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GOVERNMENT COLLEGE (A) RAJAHMUNDRY

ESTD - 1853 An Autonomous Institution Since 2000: Rajahmundry, Andhra Pradesh, India NAAC Accredited with "A+"

Sponsored by :





Free Cancer Screening for Women Staff & Girls Students

Welcome to all

One Day National Workshop on
UNCOVER - UNDERSTAND - UNITE
The Fight Against Breast & Cervical Cancer

29th Oct 2024
Venue : B.R. Ambedkar Seminar Hall
Time : 9 am to 5 pm

Chief Guests :



Dr. Pola Bhaskar, JG
Collegiate, Rajahmundry, Andhra Pradesh



Dr. Chappalil Krishna,
Joint Director APJCC



Dr. S. Sathya Ram,
R.O (Zone 18)



Dr. Ramachandra H.K.,
Principal, Government College (A),
Rajahmundry



RESOURCE PERSONS



Mrs. Chandra Babu Gubbala
JG, Rajahmundry



Mrs. Anuja Eshwar
JG, Rajahmundry



Dr. Anand K
Assistant Professor, JG



Dr. Anuja Rao
Assistant Professor, JG



Dr. Deepak
Assistant Professor, JG



Dr. Perveen
Assistant Professor, JG



Dr. N.S. Suresh Babu
Assistant Professor, JG

Organised by

Women Empowerment Cell & Youth Red Cross

in Collaboration with

UGC-MMTTC/GAD-MMTTC, University of Delhi & Indian Cancer Society, Delhi.



Introduction

The Women Empowerment Cell and Youth Red Cross organized a highly informative and impactful workshop on the theme *"The Fight Against Breast Cancer"* on October 29, 2024. The primary goal of the workshop was to raise awareness about breast cancer, educate participants about early detection, prevention, and provide emotional and psychological support to those affected by the disease. The workshop was attended by students, faculty, healthcare professionals, and members of the local community.

Workshop Flyer:



RESOURCE PERSONS

Dr. P. Surekha, Lecturer in Chemistry (WEC Coordinator)
 Smt. T. Sony
 Dr. B. Prathima
 Dr. J. Suresh
 Dr. Ch. Sri Devi
 Smt. B. Durgalakshmi
 Smt. M. Vijayanthi
 Dr. B. Anjali Kumari
 Ms. S. Deekshitha
 Mr. M. Prasad
 Sri N. Venkanna Babu

Address for Correspondence :
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GOVERNMENT COLLEGE (A) RAJAHMUNDRY
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ROTARY CLUB OF RAJAHMUNDRY RIVER CITY
 Club No. 60644 R.I. Dist. 3020

One Day National Workshop on UNCOVER - UNDERSTAND - UNITE The Fight Against Breast & Cervical Cancer
 29th Oct 2024 Venue: B. R. Ambedkar Seminar Hall Time: 9 am to 5 pm

OCTOBER BREAST CANCER AWARENESS MONTH
 Theme: "No-one should face breast cancer alone".

Free Cancer Screening for Women Staff & Girls Students
 Organised by **Women Empowerment Cell & Youth Red Cross**
 in Collaboration with **UGC-MMTTC/GAD-MMTTC, University of Delhi. & Indian Cancer Society, Delhi.**



GOVT COLLEGE (A) RAJAHMUNDRY
 150th Anniversary Celebrations
 Renowned Alumnus

ABOUT THE COLLEGE :
 The educational establishment was first founded as a school in 1873 and transformed into a college in 1873 in the "river city" Rajamahendravaram. The college essence on education encompasses not only focused academic work but also the attainment of knowledge, ethical tenets, and intellect coordination. In addition to posing comprehensive education, it aims to provide strong and long-lasting edifying programs that align with the inclusive advancement of science and the societal liability to shape studiers as next generation of citizens. Abundant programs run by the college help to create an ambience that encourages students to think analytically and strive for excellence. The college has surpassed milestones in view of research, documenting that the staff's dedication to putting things into practice is meant to uplift the students' morale.

In due course of its excellence, college convened as an autonomous status in 2000. As a result, the college has been working with prodigious for more than two decades. In this extent institution convoked as College with Potential Excellence (CPE) by UGC (University Grants Commission, Govt. of India) in the year 2016. Consequently, the institution accredited NAAC A+ with a CGIPA of 3.38/4.00 by the revised framework in the year 2017 during third cycle, and is being driven forward utmost standards. DST-FIST has sanctioned an amount Rs.80 lakhs to the college to advance the facilities for training and research in all science branches. Currently, the college serves the educational needs of about 7000 students in the Rajamahendravaram suburbs by providing 53 undergraduate programs and 14 postgraduate streams. In addition, 9 research centres located here offer doctoral fellowship programs to the academic community. Lastly, we take great pride in stating that AdikaviNannaya University and Andhra University are recognized our research study centre.

ABOUT WOMEN EMPOWERMENT CELL :
 The WOMEN EMPOWERMENT CELL (WEC) of Government College (A), Rajahmundry is established to empower girl students and women staff to realize their potential and power in socio-economic and political spheres of life which results not only in Women Empowerment but also in the holistic development of the nation.

Government College (A), Rajahmundry has nearly 1500+ Girl students in UG&PG Courses. Nearly 100 women faculty. WEC has been striving hard to protect and safe guard their Rights by organizing various events, counseling and awareness programs on Gender Sensitization, Health and Education to ensure their all-round development.

ABOUT YOUTH RED CROSS :
 The YRC of Government College Autonomous, Rajahmundry, operates under the guidance of dedicated faculty advisors and a team of enthusiastic student volunteers. The organization's commitment to serving humanity and making a positive impact on society reflects the college's ethos of holistic education and community engagement. Overall, the Youth Red Cross of Government College Autonomous, Rajahmundry, stands as a beacon of hope and compassion, empowering the youth to become responsible citizens and change-makers in their communities.

ABOUT WORKSHOP :
 "Join us in our effort to educate and support women in the fight against Breast Cancer!"

Objectives :

- Raise awareness about breast cancer risks, Symptoms, and Prevention
- Provide accurate information and debunk common myths.
- Empower Participants with early Detection and treatment Knowledge.

Uncover : Exposing truth about breast cancer, revealing facts, personal stories, encouraging open conversation and awareness.
Understand : Gain knowledge about breast cancer causes, Symptoms & treatment, Screening Methods, early detection importance.
Unite : Building a community of support, and solidarity, Encouraging Collaboration.

Registration:
 To participate in the work shop, Kindly register through link.
 Link : <https://forms.gle/qh7v7HF8BC2XZFBA>

Note : After Registering @college level UGC-GADT will send their Registration link in Whatsapp group
 Certificate will be issued by UGC-MMTTC | GAD-MMTTC Team-
 Join Whatsapp group through the link or scan the QR code.
 Link : <https://chat.whatsapp.com/F12cjdLkxb02Gnow9Wx9t>
 Mode : Hybrid Mode (Online & Offline)

Registration Fee - Nil

- All Women Staff are requested to kindly utilize this opportunity to the optimum
- Priority will be given to First Registered 100 participants.

Free Cancer Screening Camp for Women



Sponsored by :
GSL TRUST CANCER HOSPITAL

Flyer release:



Objectives of the Workshop

1. To raise awareness about the importance of early detection of breast cancer.
2. To educate attendees on preventive measures, lifestyle changes, and self-examination techniques.
3. To provide emotional support and resources for individuals affected by breast cancer.
4. To empower women with knowledge and encourage them to take proactive steps for their health.

Inaugural Session:



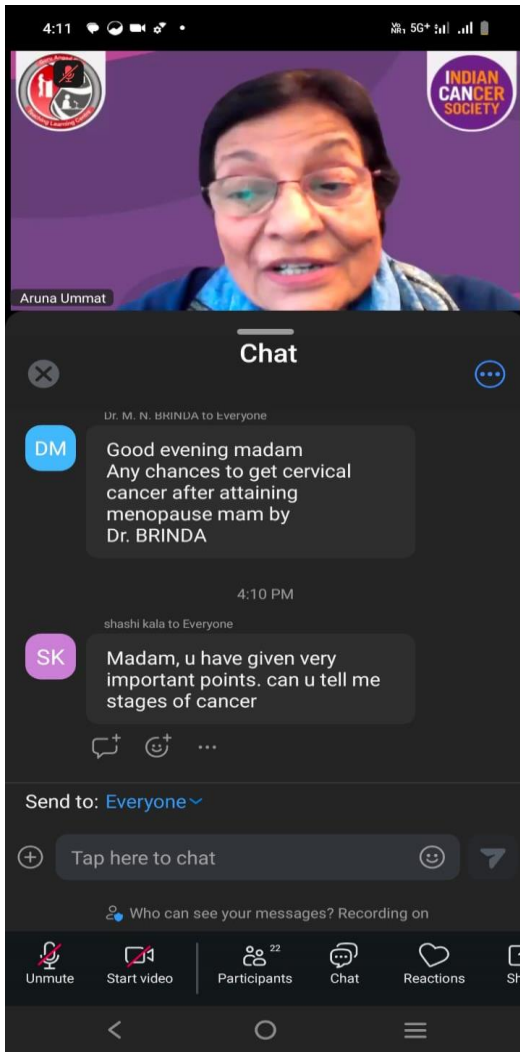


Keynote Speakers and Sessions

The event featured expert speakers who provided valuable insights into the fight against breast cancer:

1. **Dr. Tarun G , Oncologist:** Dr. Tarun emphasized the importance of regular screening and early diagnosis in breast cancer treatment, he discussed the different stages of breast cancer, symptoms to watch out for, and the significance of mammograms and self-examinations. She also touched upon the role of genetics and lifestyle factors in the risk of developing breast cancer.





2. Dr. Rekha Gulbani, Breast Cancer Survivor and Speaker shared her personal journey of battling breast cancer and how it transformed her life. She highlighted the emotional and psychological challenges faced by patients and their families, urging the community to provide support and understanding. Her powerful testimony encouraged many attendees to prioritize their health and get screened regularly.

3. Dr. T. Vasundhara, District TB control officer addressed the gathering and given information regarding diet importance.



Felicitation to Guests:



Certification:

UGC MMTTC ,University of Delhi and
Indian Cancer Society Delhi



Certificate

This is to certify that

PULI SARADA, GOVERNMENT DEGREE COLLEGE AUTONOMOUS RAJAMUNDRY
has participated in a **National Webinar** entitled **“Uncover, Understand, Unite: The Fight against Breast Cancer”** organized by Indian Cancer Society, Delhi in collaboration with UGC-Malaviya Mission Teacher Training Centre (UGC-MMTTC/GAD-MMTTC), SGTB Khalsa College, University of Delhi held on **29th October 2024.**


Prof. Vimal Rarh
Programme Director, UGC-MMTTC



Certificate

This is to certify that

DR. P.SUREKHA, GOVERNMENT COLLEGE (A), RAJAHMUNDRY
has participated in a **National Webinar** entitled **“Uncover, Understand, Unite: The Fight against Breast Cancer”** organized by Indian Cancer Society, Delhi in collaboration with UGC-Malaviya Mission Teacher Training Centre (UGC-MMTTC/GAD-MMTTC), SGTB Khalsa College, University of Delhi held on **29th October 2024.**


Prof. Vimal Rarh
Programme Director, UGC-MMTTC

UNIQUE CERTIFICATE CODE: GAD-MMTTC-24-25-WEB-107-179

Interactive Sessions and Screening,health Checkup Camp:

In addition to the lectures, several hands-on activities and interactive sessions and screening were held to engage the participants:

- **Breast Self-Examination Demonstration:** A demonstration on how to perform breast self-exams was conducted by healthcare professionals. Attendees were taught to check for unusual lumps or changes in breast tissue that could indicate the presence of cancer.







Awareness Campaign and Pamphlet Distribution:
The Women Empowerment Cell distributed informative pamphlets detailing information on breast cancer awareness, early detection methods, the importance of regular screenings, and support groups available for cancer patients and their families. The pamphlets also provided information on where participants could seek free mammograms and other health services.





Conclusion:

The workshop was a resounding success, with over 600 participants in attendance. It provided a platform for learning, sharing experiences, and fostering a sense of community among individuals affected by breast cancer. By empowering women with knowledge and resources, the event reinforced the message that early detection and regular screenings are critical in the fight against breast cancer. The Women Empowerment Cell plans to continue hosting similar workshops to ensure the community remains informed and proactive about health issues like breast cancer.

The participants left the workshop with a deeper understanding of breast cancer, practical tools for early detection, and a sense of solidarity in the fight against the disease. Many are utilised the Screening Facility.

Acknowledgments: We would like to express our gratitude to all the speakers, healthcare professionals, and volunteers who contributed to the success of this workshop. Special thanks to Principal and GSL Trust, Rotary Club for their valuable insights and inspiring words and support.

Out Come:

- **increased Awareness:** Participants gain a better understanding of breast cancer, its symptoms, and the importance of early detection.
- **Empowerment through Knowledge:** Women become more aware of their rights and duties, enabling them to take charge of their health.
- **Support Network:** A platform is created for women to share their experiences, receive emotional support, and connect with others who have gone through similar challenges.
- **Improved Health Outcomes:** By promoting preventive measures, such as regular screenings and healthy lifestyle choices, the workshop contributes to better health outcomes for women.
- **Behavioral Change:** Participants are more likely to adopt healthy habits, prioritize self-care, and encourage others to do the same.
- **Community Engagement:** The workshop can inspire women to become advocates for breast cancer

awareness, promoting positive change within their communities.

- **Improved Access to Healthcare:** By emphasizing the importance of early detection and treatment, the workshop can help reduce barriers to healthcare access for women ².

Overall, a workshop on breast cancer awareness conducted by a women empowerment cell can have a profound impact on the lives of participants, empowering them to take control of their health and become agents of positive change in their communities.

Feed Back:



Press Clips:

ఈనాడు తూర్పుగోదావరి

బుధవారం అక్టోబరు 30, 2024

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రోమ్ము, గర్భాశయ క్యాన్సర్పై అవగాహన

దేవీచోట: రాజమహేంద్రవరం ప్రభుత్వ ఆర్ట్స్ కళాశాల మహిళా సాధికార విభాగం, యూజీ రెవల్యూషన్ ఆధ్వర్యంలో రోటరీ క్లబ్ రాజమహేంద్రవరం రివర్ సిటీ, జీఎస్ఎల్ ట్రస్ట్ క్యాన్సర్ అనుపత్రి సహకారంతో



వైద్య శిబిరంలో పరీక్షలు

'రోమ్ము, గర్భాశయ క్యాన్సర్పై వ్యతిరేక పోరాటం' అంశంపై మంగళవారం కార్యక్రమం నిర్వహించారు. వైద్యులు తరుణ్, అనంద రావు, దీపక్, ప్రవీణ్, డీటీసీఓ ఎన్.వసుంధరలు.. రోమ్ము, గర్భాశయ క్యాన్సర్ను నిర్దక్షం చేస్తే వచ్చే ప్రమాదాలు, స్వయం నిర్ధారణ, వ్యాధిపై అపోహలను ఎలా తొలగించాలి అనే విషయాలపై అవగాహన కల్పించారు. రోటరీ క్లబ్ రాజమహేంద్రవరం రివర్ సిటీ జిల్లా పూర్వ గవర్నర్ వి.భాస్కరరామ్, అధ్యక్షుడు నాశం నర సింహారావులు మాట్లాడుతూ ఇటువంటి కార్యక్రమానికి ఆర్థిక సహకారం అందించడం సంతోషాన్ని కలిగించిందన్నారు. అనంతరం అధ్యాపక, అధ్యాపకేతర సిబ్బంది, విద్యార్థినులకు ఉచితంగా ఆరోగ్య క్యాన్సర్ స్క్రీనింగ్ పరీక్షలు చేశారు. కార్యక్రమంలో కళాశాల ప్రెసిడెంట్ కె.రామచంద్రారావు, తదితరులు పాల్గొన్నారు.