



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

**Awareness program on
Breast Self Examination (BSE)**

01/05/2024



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- **Title of the Activity:**Breast Self Examination (BSE)
- **Date:**01/05/2024
- **Location of the Activity:**Anganwadi, Village Tajnagar, Gurugram
- **Organizing Faculty/Department/Association:** Department of Nursing Foundation, Holistic care club.
- **Participating Team Members with Designation:**Ms. Nitika Thakur (Assistant Professor) and Ms. Sushmita Sharma, (PG Tutor)
- **E Brochure/Banner –**



HOLISTIC CLUB
Department of Nursing Foundation
organizing

BREAST SELF EXAMINATION

Time:

Date:

Venue:





- **Objective of the Activity:**

1. To detect any changes or abnormalities in the breast at an early stage.
2. To educate individuals about breast health, risk factors and prevention for breast cancer.
3. To become familiar with the normal look and feel of their breasts.

- **Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken:**

Breast self-examination (BSE) is a technique used by individuals to check their breasts for any changes or abnormalities that could potentially indicate breast cancer or other breast health issues.

The main objective of the event was to encourage people to bind themselves together on a worldwide scale to remove the gaps and inequities that obstruct testing, prevention, and access to care.

The activities included Health education and perform Breast Self Examination(BSE) by the students. More than 25 attendees were present at the program. At the end the the whole activity was highly acknowledged & appreciated by the villagers.

This activitywas coducted by Ms.Nitika Thakur (Assistant Professor) and Ms.Sushmita Sharma, (PG Tutor) along with GNM students organized under the guidance of Dr.Pawan Kumar, HOD,Nursing Foundation and Prof. Dr. Sunil Kumar Dular, Dean, Faculty of Nursing.

We are thankful to theMs. klaAganwadiworkderof Village- Tajnagar, for their immense support and collaboration for successful organization of this event.

Number & Description of Beneficiaries:More than 25 villagerswere participated in the health education regarding Breast Self Examination (BSE).



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Outcome of the Activity& its relevance to Health Sciences: People will become more aware about causes, prevention and management for Breast cancer.

- **Relevant Photographs :**





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- **Feedback from Beneficiaries:**

Feedback Form		
Name	Age	Feedback/Remarks
1. Bimla	44	बहुत अच्छा था
2. Santosh	46	बहुत बढ़िया था
3. Kanta	50	अच्छा था
4. Sila	52	बढ़िया था
5. Sushila	42	बहुत अच्छा था
6. Ramwati	51	अच्छा था
7. Geeta	42	बहुत बढ़िया था अच्छे से बताया।
8. Santia	55	अच्छा था
9. Roopwati	50	अच्छा बताया और समझाया सबको।
10. Chandoo Devi	58	बढ़िया था।



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• LIST OF STUDENTS PARTICIPATED IN OUTREACH ACTIVITY:

Vehicle no.			Department:	
Driver's Name:			Visiting Place:	
Sr. no	Date	Registration no.	Name	Course/ Faculty
1	11/05/24	20993	Sushmita Sharma	FNUR
2		19768	Nitika Thakur	FNUR
3		230415107	Mansi	FNUR
4		230415199	Jatin	FNUR
5		210403011	Anjali	FNUR
6		210403022	Gray	FNUR
7		210403003	Shivani	FNUR
8		210403038	Komal	FNUR
9		210403035	Nainy	FNUR
10		210403032	Maushita	FNUR
11		210403028	Isha	FNUR
12		210403018	Riya	FNUR
13		210403013	Neha	FNUR
14		210403040	Kiran	FNUR
15				
16				
17				



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