

PROJECT 'SPARSH' BREAST CANCER AWARENESS WORKSHOP

Report on interactive workshop conducted on occasion of Breast Cancer Awareness Month (Pinktober) on October 18, 2022, in NOIDA, Uttar Pradesh.

ABSTRACT: The workshop was conducted in online mode. The beneficiaries were women from socially and economically marginalised section of the society who were a part of Robinhood Army. The volunteers and students of Symbiosis Law school also attended the workshop through online mode. The workshop involved the lecture through presentation by Ms. Ujwala Raje from The Pink Initiative. The presentation was followed by a Question and Answer session to answer the queries of the audience

Conducted by:

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Under the Guidance of:

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I. Concept Note

The Legal Aid Centre of Symbiosis Law School, NOIDA conducted a breast cancer awareness workshop in online mode on the occasion of Breast cancer awareness month. This was aimed at creating awareness among the women from socially and economically marginalised section of the society about the effects, precautions and treatment of breast cancer.

Breast Cancer Awareness Month, international health campaign lasting the month of October that is intended to increase global awareness of breast cancer. The first organised effort to bring widespread attention to breast cancer occurred as a weeklong event in the US in October 1985.

Since then, campaigns to increase awareness of the disease, to educate people about methods of prevention and early detection, and to raise money to support research have extended to countries around the month. Today, non profit organisations, government agencies, and medical societies work together to promote breast cancer awareness.

As per International agency for research on cancer, a total of 1.78 lakh new cases of breast cancer were diagnosed in India in 2020 which was 26.3% of all cancer cases diagnosed in women in the country making it the most commonly diagnosed cancer in India.

II. Objective

The main objective of the Legal Aid Centre were:

1. To bring awareness about the effects, precautions and treatment of breast cancer.
2. To train women about self-examination.

III. Preliminary Preparations

To fulfil the objectives of the event, the volunteers of the Legal Aid Centre:

1. Contacted Ms Ujwala Raie from The Pink Initiative
2. Contacted the NGO Robinhood Army
3. Collected women from socially and economically marginalised section of the society physically
4. Conducted the event in online mode with video conferencing and screen sharing facilities.

IV. Conducting the Event

The event was conducted in online mode for the women of socially and economically marginalised section of the society who were the members of NGO Robinhood Army. The workshop was conducted by Ms Ujwala Raje from The Pink Initiative. It is a Mumbai based NGO working towards generating awareness about breast cancer. They have conducted more than a hundred PPT workshops since 2013. Ms Ujwala shared her own battle from breast cancer as she lost her mother to this disease and had herself undergone the treatment. The workshop was conducted in Hindi as the audience was more comfortable in this language. After sharing this heartfelt story, she explained the science behind the cancerous cells. The audience was made aware about the symptoms of breast cancer such as lumps in our chest, hard nipples, change in colour etc.

Further, the risk factors that are not in our hands were discussed which were genetics, menstrual history, age etc. The factors that we can control are to exercise, breastfeeding, no alcoholism, no smoking, avoid junk food, maintain personal hygiene etc.

important part of the workshop was to know how to prevent breast cancer. The three methods are self-examination, clinical breast examination and mammography. The treatment options were also discussed such as radiation therapy, adjuvant therapy and hormonal therapy.

The resource person also organised a brief Question and Answer session with the audience to answer any queries that they may have. The audience came up with many questions which were duly answered by her.

To conclude the event, the team expressed their gratitude to Ms Ujwala Raje for their efforts in making this event possible.

V. Response of the Target Population

The LAC contingent was successful in drawing attention of the audience to this critical workshop. The colourful presentations caught the eyes of the audience who later expressed how they enjoyed watching them. The aim was to bring awareness on breast cancer amongst women. The workshop touched upon effects, prevention, precautions and treatment of breast cancer. Steps that are needed to be taken were carefully heard by the audience.

The beneficiaries, resource person and LAC volunteers actively interacted with each other. Involving themselves in dialogues with the audience presented the volunteers with an opportunity to have one to one interaction with them in an unhurried manner. The women were also enthusiastic about engaging in conversation with the conversation with the volunteers.

The floor was opened for the question-and-answer session in the end where audience actively asked questions and clarified their doubts. The resource person emphatically assisted these students.

The resource person was glad to answer the questions of these students who showed great enthusiasm and curiosity throughout the course of the workshop.

VI. Conclusion

As a whole, the event enjoyed good support and was able to fulfil its objective of raising awareness about breast cancer. Breast cancer is one of the leading causes of mortality among women, already a demographic prone to unnaturally high rates of mortality in India. SDG 3 deals with good health and well-being, which includes reproductive and sexual health of persons assigned female at birth. The government schemes to support women who suffer from this disease are crucial, as are early diagnosis and intervention.

GLIMPSES OF THE EVENT



