



Breast Cancer Awareness Programme

Under Swasth Naari Sashakt Pariwar Abhiyaan (SNSPA)

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A Breast Cancer Awareness Programme was organised under **Swasth Naari Sashakt Pariwar Abhiyaan (SNSPA)** at the OPD/Conference room, Hospital section of National Institute of Homoeopathy (NIH), Kolkata. The objective of the programme was to educate female patients about breast cancer, its early warning signs, and the importance of timely self-examination and medical consultation.

The programme was initiated by the interns and PGTs by distributing IEC material among patients highlighting breast cancer awareness and sensitising the female participants about:

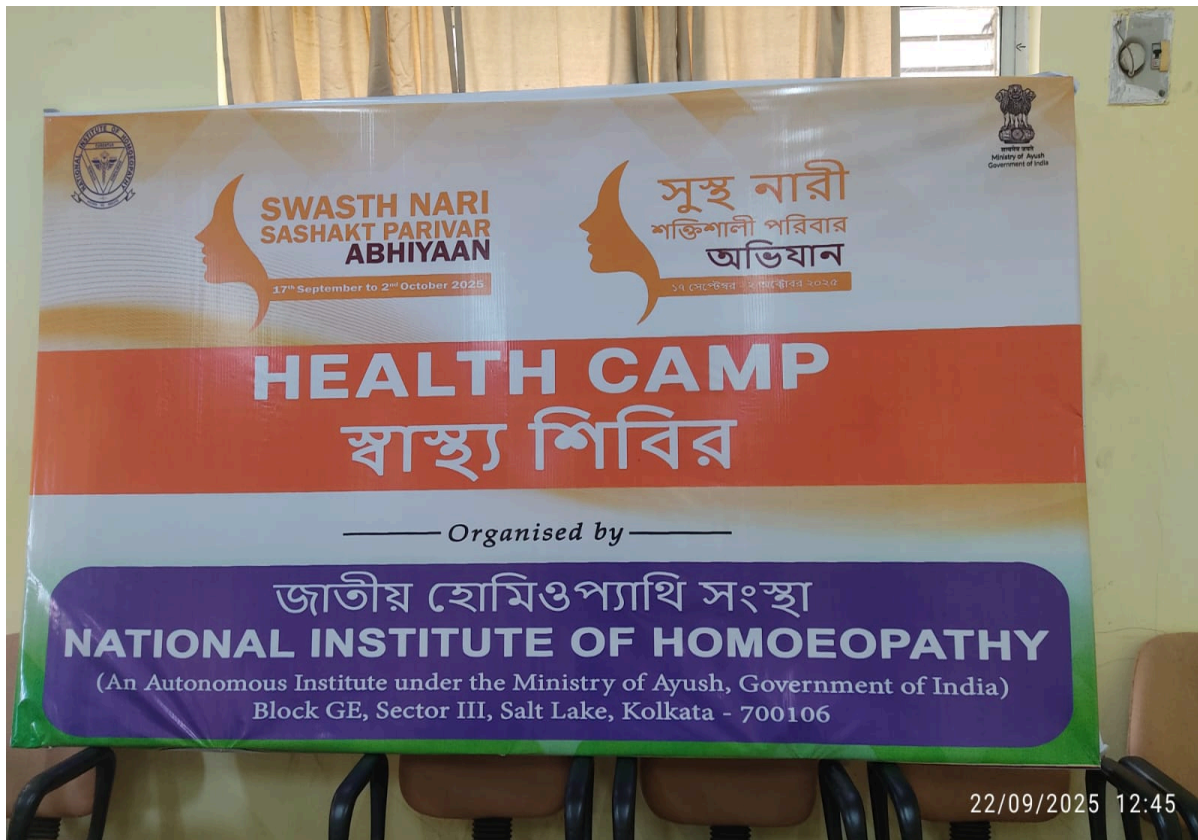
- The significance of early detection of breast cancer.
- The correct method of Breast Self-Examination (BSE).
- The appropriate time and frequency to conduct self-examination.

The interactive session emphasised awareness, breaking myths, and encouraging women to take proactive steps for their own health.

The programme was actively supported by a team of interns, Post Graduate Trainees (PGTs), and faculty members.

The programme was conducted by Dr. Ompriya Mishra, who further enlightened the participants on the importance of regular screening, early medical consultation, and lifestyle modifications for reducing the risk of breast cancer. She appreciated the active participation of the women and encouraged them to spread the awareness within their families and communities. Dr. Austin Jose, Dr. Lalith Singh, and Dr. Laxmi Mahto supervised the event and guided the participants throughout the session.

This initiative under SNSPA highlighted the importance of preventive healthcare, reinforcing the message that early detection saves lives.



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