

# REPORT ON

## "TRAINING PROGRAMME ON BREAST SELF EXAMINATION SKILL"



Godavari Foundation's  
**GODAVARI COLLEGE OF NURSING, JALGAON**  
**Department of Community Health Nursing**

**Organize  
Training Programme  
on  
Breast Self  
Examination**

**11 Oct. 2023 10.00 AM Seminar Hall, GCON, Jalgaon**

**ORGANIZING CHAIRPERSON**  
  
PROF. SHIKHA CHAVRE  
PROFESSOR & VICE PRINCIPAL  
GCON, JALGAON

**RESOURCE PERSON**  
  
DR. NISHA K. ARONDEKAR  
PROFESSOR CLINICAL  
DEPARTMENT OF OBSTETRICS &  
GYNAECOLOGY, GCON, JALGAON

  
DR. NISHA PATEL  
JUNIOR RESIDENT  
DEPARTMENT OF OBSTETRICS &  
GYNAECOLOGY, GCON, JALGAON

**ORGANIZING SECRETARY**  
  
MRS. JYOTI DHANU  
ASSOCIATE PROFESSOR CLINICAL  
MOD. DEPT. OF COMMUNITY HEALTH  
NURSING, GCON, JALGAON



Godavari Foundation's

**GODAVARI COLLEGE OF NURSING, JALGAON**

**Department of Community Health Nursing**

# *Invitation*

Cordially Invite you to Attend the  
**Training Programme**

on  
**Breast Self  
Examination  
Skill**



*Resource Person*

**Dr. Maya N. Arvikar**

Professor cum HOD,  
Department of Obstetrics &  
Gynaecology, DUPMC&H, Jalgaon

**Dr. Neha Patel**

(JR2) Junior Resident  
Department of Obstetrics &  
Gynaecology, DUPMC&H, Jalgaon



12 Oct. 2023



10.00 AM



Seminar Hall, GCON, Jalgaon

## **AGENDA**

GODAVARI FOUNDATION'S  
GODAVARI COLLEGE OF NURSING, JALGAON  
TRAINING PROGRAMME ON BREAST SELF EXAMINATION SKILL  
12<sup>TH</sup> OCTOBER 2023

SR NO.	TIME	EVENT	FACULTY
1	9:00am-9:45am	LIGHTENING CEREMONY	All the Dignitaries.
2	10:00am-10:10am	FELICITATION	All the Dignitaries.
3	10:00am-10:20am	WELCOME ADDRESS	Prof. Vishakha Wagh, Vice Principal, Godavari college of Nursing Jalgaon
4	10:25am-10:30am	SPEECH	Dr. Maya Arvirkar Professor cum HOD Dept.of OBGY, DUPMC&H, Jalgaon

5	10:30am-12:30pm	TRAINING PROGRAMME ON BREAST SELF EXAMINATION SKILL	<b>Dr. Neha Patel</b> Junior resident Dept.of OBGY, DUPMC&H, Jalgaon
6	12:30pm-12:40pm	FINAL CONCLUDING WORDS	<b>Ms. Ashlesha Moon</b> Final Year Msc Nursing <b>G. C.O.N.</b>



## **INTRODUCTION:**

A breast self-exam is an early detection tool that uses a combination of physical and visual examinations of the breasts to check for signs and symptoms of breast cancer. The purpose of a breast self-exam is to become familiar with the way your breasts normally look and feel. Knowing how your breasts normally look and feel, also called breast self-awareness, will help you identify any changes or abnormalities in your breasts, such as a new lump or skin changes. Any changes in your breasts discovered during a breast self-exam should be reported to your healthcare provider right away.

## **AIMS:**

- To educate and empower nursing students and teachers to perform and teach breast self-examination effectively, contributing to early detection and better outcomes in breast cancer management.
- To ensure that nursing students and teachers are well-equipped to perform breast self-examinations, educate others, and contribute to early detection and improved breast health outcomes.

## **MAIN OBJECTIVES:**

- Train participants in the proper technique for breast self-examination, emphasizing thoroughness and consistency.
- Share statistics and information on breast cancer incidence, risk factors, and survival rates.
- Provide hands-on practice to enhance the proficiency of participants in performing breast self-examinations.
- Train participants to provide emotional support and information to individuals who may discover a breast abnormality during self-examination.
- Familiarize participants with current clinical guidelines and recommendations related to breast self-examination.
- Highlight the importance of self-care and emotional wellness for nursing students and teachers involved in breast health education and support.

## REPORT ON "TRAINING PROGRAMME ON BREAST SELF EXAMINATION SKILL"

Godavari college of nursing, Jalgaon on 12 October 2023 at 10.00 am Department of Community Health Nursing organizes "TRAINING PROGRAMME ON BREAST SELF EXAMINATION SKILL" to raise awareness about the importance of early breast cancer detection among faculties and nursing students

The programme was started lamp lighting ceremony and felicitation of resource person Dr. Maya Arvikakar Professor cum HOD Dept.of OBGY, DUPMC&H, Jalgaon and Dr. Neha Patel Junior resident Dept.of OBGY, DUPMC&H, Jalgaon. Welcome address was given by Prof. Mrs. Vishakha P. Wagh, Vice Principal, GCON, Jalgaon.

Resource Person train all faculty members and student about effective communication skills to convey the importance of BSE Provide information about available resources, support groups, and breast cancer screening programs. Ensure that nursing students and teachers are comfortable with palpation techniques. Teach effective communication skills to convey the importance of BSE and breast health to patients and students and educate participants on risk assessment, including risk factors, family history, and genetic predispositions. Equip nursing teachers with the knowledge and pedagogical skills necessary to teach breast self-examination to their students effectively.

Training programme was guided by Mrs. Jacinth Dhaya.C.H. Associate professor Cum H.O.D. Community health nursing, G.C.O.N. encourage and all members of community health nursing department throughout the Programme. Everyone get certificate after completing training programme



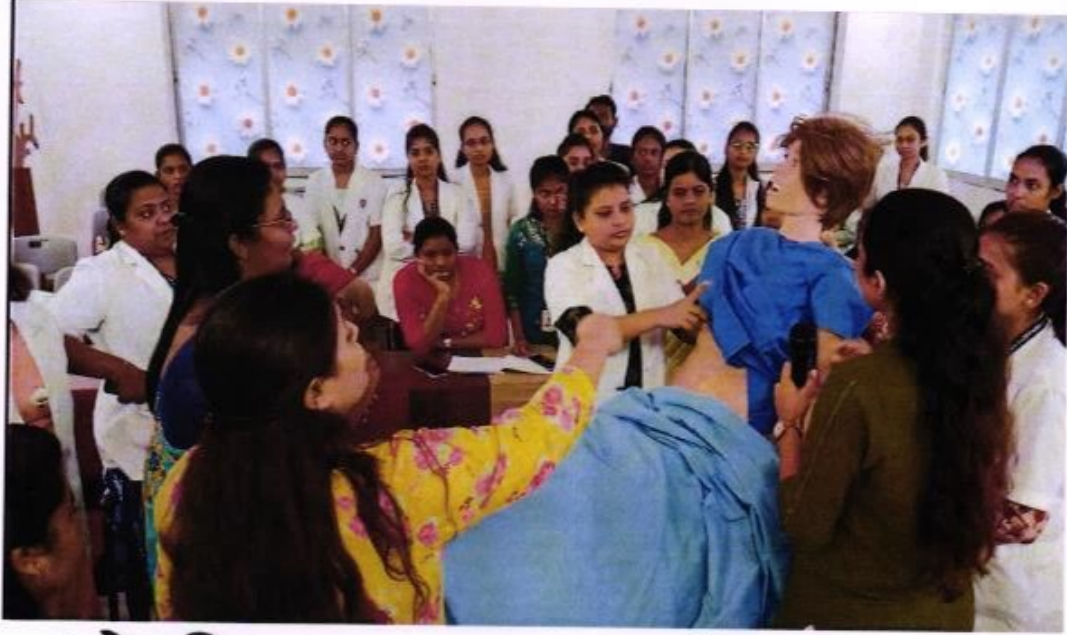
We, through our training session encourage nursing students and teachers to engage with their communities in breast health awareness campaigns and initiatives. Train participants to provide emotional support and information to individuals who may discover a breast abnormality during self-examination. Emphasize the importance of regular self-examinations. Encourage participants to stay updated with the latest research and guidelines related to breast health.

## PHOTOS









## वेळीच लक्षात आले तर स्तन कॅन्सरवर मात करणे शक्य



जळगाव, (वा.) गोदावरी नर्सिंग महाविद्यालयात गुरुवार १२ ऑक्टोबर रोजी ब्रेस्ट सेल्फ एक्झामिनेशन स्किल्सवर मार्गदर्शन कार्यक्रमाचे आयोजन करण्यात आले होते. याप्रसंगी स्त्रीरोग तज्ज्ञांनी स्तनाच्या कॅन्सरवर मार्गदर्शन करून स्तन कॅन्सर ओळखण्यासाठी स्वतः तपासणी कशी करावयाची याबाबत प्रात्यक्षिकाद्वारे टिप्स दिल्या. महिलांमध्ये स्तनाच्या कर्करोगाचे प्रमाण अलीकडे वाढले आहे. मात्र स्तनाच्या

कर्करोग ओळखण्यापूर्वी शरीरात विविध बदल होत असतात, ते जर वेळीच ओळखता आले तर स्तन कर्करोगावर मात करणे शक्य आहे. त्याअनुषंगाने आज गोदावरी नर्सिंग महाविद्यालयात स्तनाच्या कर्करोगाच्या लक्षणांची स्वतः तपासणी कशी करावयाची यासंदर्भात जनजागृतीपर कार्यक्रमाचे आयोजन करण्यात आले होते. याप्रसंगी स्त्रीरोग तज्ज्ञ डॉ.माया आर्विकर, निवासी डॉ.नेहा पटेल यांना आमंत्रित केले होते.



*Principal*  
Principal  
Godavari College of Nursing  
JALGAON