

Report on the Programme: Karunya Sandesha Yathra

Date: 19th February 2025

Time: 10:00 AM

Venue: St. Aloysius College, Edathua

Organized by: Women's Cell in association with NSS

Theme: Awareness Programme on Early Breast Cancer Detection & Hair Donation Campaign

Guest Speaker: Nisha Jose K. Mani (Social Enabler & Activist)

Coordinators: Dr. Neethu Mary Tomy & Ms. Indu VR

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#### Introduction:

The Women's Cell, in collaboration with the National Service Scheme (NSS) of St. Aloysius College, Edathua, organized an impactful awareness programme on Early Breast Cancer Detection titled Karunya Sandesha Yathra on the 19th of February, 2025, at 10 AM. The event also featured a Hair Donation Campaign (conducted in association with Sargakshetra Cultural Centre, Changanacherry) aimed at encouraging individuals to donate hair for cancer patients. Six students willingly donated their hair during the programme.

This initiative aimed to create awareness on the importance of early breast cancer detection and the role of self-examination in saving lives. In addition to this, the hair donation campaign served to spread awareness about how a small act of kindness can significantly impact the lives of cancer patients who suffer from hair loss during chemotherapy.

#### Objectives:

Raise awareness about early breast cancer detection and the importance of regular self-examination.

Encourage hair donations for cancer patients undergoing chemotherapy.

Empower and educate women on health and well-being through interactive sessions and discussions.

#### Program Highlights:

The event was graced by the presence of Nisha Jose K. Mani, a renowned social enabler and activist, who was the key speaker for the day. Nisha's inspiring session on early breast cancer detection focused on:

The importance of self-examination and regular screening.

Signs and symptoms of early breast cancer.

How early detection can drastically improve survival rates and the quality of life for cancer patients.

Her personal journey in advocating for women's health and cancer awareness.

Following Nisha's session, she conducted an interactive Q&A session, encouraging participants to ask questions and share personal experiences. This allowed the attendees to better understand the subject matter and clear any doubts they had regarding breast cancer prevention.

In addition to the awareness programme, the Hair Donation Campaign encouraged students, faculty, and staff to donate their hair, which would be used to create wigs for cancer patients. The campaign was well-received, and many participants pledged to donate their hair, contributing to the cause.

#### Coordinator's Address:

The event was coordinated by Dr. Neethu Mary Tomy and Ms. Indu VR, who worked tirelessly to ensure the smooth execution of the programme. Their dedication and commitment to promoting health awareness and social causes were evident throughout the event.

#### Key Takeaways:

**Breast Cancer Awareness:** Participants left with a clear understanding of how early detection can play a crucial role in saving lives.

**Hair Donation Impact:** The hair donation campaign not only created awareness but also encouraged the spirit of giving and solidarity with cancer patients.

**Engagement & Empowerment:** The session empowered women with vital information regarding their health and well-being and encouraged active participation.

**Feedback:**

The participants shared positive feedback regarding the session, particularly appreciating the knowledge shared by Nisha Jose K. Mani. Many expressed gratitude for the opportunity to contribute to the hair donation campaign, noting how small gestures could lead to significant change in the lives of cancer patients.

**Conclusion:**

The Karunya Sandesha Yathra event successfully brought together a large number of participants to raise awareness about early breast cancer detection and the importance of hair donation for cancer patients. The collaboration between the Women's Cell, NSS, and guest speaker Nisha Jose K. Mani helped make the programme a success. It is hoped that the awareness raised during this event will inspire continued efforts to educate and support individuals in their health and well-being.