

## **Breast Cancer Awareness Session**

**Date: 31-10-2025**

Health Education Programme Report Breast Cancer Awareness

Date: 31.10.2025 Time: 11 AM – 12 PM

Venue: SJMIT Auditorium

Audience: SJMIT Engineering students and academic/administrative staff

October is globally recognised as Breast Cancer Awareness Month, a campaign to enhance public awareness about breast cancer — its risks, early detection and treatment. On this occasion SJM Institute of Technology in association with the IQAC Women's Cell had organized session about Breast Cancer Awareness on 31<sup>st</sup> October 2025. The program was graced by the presence of Dr. Bharath, Principal, SJMIT, Dr. Deepika N., MD, DNB, Faculty, Department of Community Medicine ,BMCH hosting the session.

The session was organised specifically for engineering students and academic/administrative staff, recognising that this cohort plays a vital role in their own health and in influencing wider community awareness. The session began with a clear, accessible explanation of what cancer is, describing how normal body cells can transform, multiply unchecked, form tumours, invade nearby tissue and potentially spread (metastasise). She then focused on breast cancer specifically — describing how it arises in breast tissue (ducts/lobules), the mechanisms through which it can grow and spread, and presenting global and national burden figures to emphasise the importance of awareness.

A key part of the talk addressed the risk factors (modifiable and non-modifiable) associated with breast cancer. Dr Deepika emphasised the message that having one or more risk factors does not equal a diagnosis of cancer, but awareness of these factors helps motivate preventive behaviours and timely screening. The session then moved to what to watch for: potential warning signs and symptoms. She provided a demonstration of breast self-examination (BSE) — showing how to perform it, what changes to be alert for, how often to do it, and emphasised that self-checks complement but do not replace professional screening. Available screening modalities (clinical breast exam, mammography/ultrasound, where relevant) were also explained. Dr Deepika also addressed the important but lesser-known fact that breast cancer can occur in men. She explained that men can also have breast tissue and therefore, can develop lumps, nipple changes, or skin/areola changes that warrant evaluation. Common myths of breast cancer were also discussed. Addressing these myths helps ensure a more accurate understanding and prevents delay in seeking help. Around 100 participants (students + staff) attended the session. The engagement was strong: many asked questions, shared family/peer health concerns, and participated in the selfexamination demonstration. The interactive format (question-and-answer, live demonstration)

contributed to the high level of participation and apparent uptake of the key messages. Outcomes & Observations

- Awareness among the engineering students was visibly enhanced — many participants reported for the first time understanding that breast cancer is not only about “a lump” but about multiple warning signs and the value of early detection.
- The session bridged knowledge gaps, especially for non-clinical audiences (students or staff without a healthcare background) and helped demystify breast health.
- Feedback from the Q&A indicated interest in further workshops (covering broader cancers, lifestyle prevention, screening logistics).
- The inclusion of male breast cancer and myth-busting segments added value to the session and expanded relevance beyond common perceptions.

It is hoped that the momentum generated will translate into informed behaviours, peer-sharing of knowledge, and regular health-conscious practices among the engineering community at SJM Institute of Technology. The session by Dr Deepika N. has meaningfully contributed to strengthening awareness about breast cancer—its nature, risk factors, symptoms, screening, and the often under-recognised fact of male breast cancer—among students and staff.