



Let's defeat Breast Cancer



RISE AGAINST CANCER

Department of Bioresources

University of Kashmir
&

Indian Cancer Society, New Delhi

in Collaboration with

Jammu Kashmir Science Technology and Innovation
Council Govt. of J&K (UT) under

Azadi ka Amrit Mahotsav



organizes

**“Free Breast Cancer Screening cum
Awareness”**

Symptoms and Early warning Signs

- Lump or thickening in the breast
- Pain and tenderness in the breast
- Change in shape, size and color of breast
- Unusual discharge from nipple
- Swelling of entire or part of breast

Ways to reduce your Breast Cancer Risk:

- Breast self examination
- Clinical screening of breasts
- Be physically active
- Don't smoke and drink
- Control your weight
- Avoid exposure to radiation



FIGHT

LIKE A STRONG

WOMAN



Highlights of screening cum awareness camp

- Health promotion, the first pillar, will include public education about the signs and symptoms of breast cancer, risk reduction strategies.
- Lectures on breast cancer by Experts in online and offline mode.
- Month long awareness programme is going at University of Kashmir and colleges.
- Free breast cancer screening camp will be organized during the mega-event.



BREAST CANCER AWARENESS MONTH

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Prof. Nelofer Khan
Vice Chancellor
University of Kashmir



Shri Saurabh Bhagat
Administrative Secretary
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Dr. Nisar Ahmad Mir
Registrar
University of Kashmir



Dr. Manzoor Ahmad Mir
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Free Screening Camp



SUPPORT BREAST CANCER AWARENESS

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