

Youth Council for Breast Health (YCBH) – University of Kashmir Chapter

The Department of Bioresources at the University of Kashmir is honored to announce the establishment of the Youth Council for Breast Health (YCBH) chapter, in collaboration with the Breast Cancer in Young Women Foundation (BCYWF), based in Colorado, USA. This partnership marks a significant step towards enhancing breast cancer awareness and education among the youth and academic community of Kashmir.

The YCBH chapter at our university is dedicated to empowering both students and faculty by promoting comprehensive breast health education, breast cancer prevention strategies, and the importance of early detection. Recognizing that breast cancer incidence in women under 40 years of age is rising globally, including in our region, the chapter will focus on spreading awareness through a series of educational workshops, seminars, outreach programs, and peer-led initiatives.

Key objectives of the YCBH chapter include:

- **Raising Awareness:** Enhancing knowledge about breast cancer risk factors, signs, and symptoms among young women, who often lack adequate information on this critical health issue.
- **Promoting Breast Self-Care:** Encouraging regular breast self-examinations and healthy lifestyle practices that reduce cancer risk.
- **Supporting Early Detection:** Facilitating timely screening and diagnosis through collaborations with healthcare providers and organizing breast health screening camps on campus and affiliated colleges.
- **Fostering a Supportive Community:** Creating a safe space for open discussions about breast health challenges and overcoming stigma related to cancer.
- **Advocating for Policy and Research:** Engaging with policy makers and researchers to bring attention to the unique needs of young women facing breast cancer in the region.

This initiative is aligned with global efforts to reduce the burden of breast cancer in young women, whose average age of diagnosis is expected to decrease significantly in the coming decades. The University of Kashmir's YCBH chapter aims to be a catalyst for change by equipping young women with the knowledge and resources they need to protect their health and well-being.

We warmly invite all students, faculty members, and healthcare professionals to actively participate in the activities of the YCBH chapter. Together, we can build a healthier future by spreading awareness, encouraging proactive health management, and supporting those affected by breast cancer in our community