



# CELEBRATION OF INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH

## REPORT



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“Connect, Collaborate  
& Create Impact



# Program Introduction

The International Day for Action for Women's Health is observed globally on May 28th each year to raise awareness about women's health issues and advocate for the rights of women to access healthcare services.

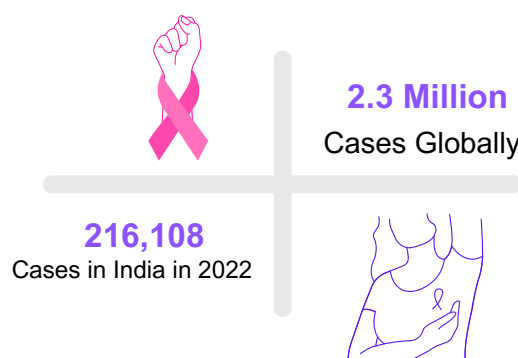
This day serves as a platform to address various health challenges faced by women worldwide, including breast cancer, one of the most prevalent cancers affecting women. Additionally, breast cancer is a leading cause of cancer-related deaths among women, emphasizing the urgent need for effective prevention and early detection strategies.

With this background Premansh Foundation celebrated the day with sensitization program targeting unsung heroes of the field. Frontline workers(Asha, ANMs, AWs, Sanitation workers ) along with other community females. This program started by facilitating Manju Verma CDPO, Rehnuma CHO, Rekha Sharma CDO& Dr. Shikha Shukla Founder & CEO of Premansh Foundation.

Dr. Shikha sensitized the women's regarding Self examination , Preventions from Breast Cancer by telling frontline workers to further spread this information among there community and spread awareness. This was followed by Health Check Up of Women and Distribution of Sanitary Napkins.

## Key Messages and Awareness Campaign:

- 1.Early Detection Saves Lives:** The cornerstone of breast cancer control lies in early detection through regular screening and self-examination. Our awareness campaign emphasized the importance of women performing monthly breast self-exams and undergoing regular clinical breast examinations and mammograms, particularly for women aged 40 and above.
- 2.Know Your Risk Factors:** Understanding the risk factors associated with breast cancer is crucial for prevention and early intervention. Our campaign highlighted common risk factors such as age, family history, genetic mutations (BRCA1 and BRCA2), reproductive factors, and lifestyle choices (e.g., alcohol consumption, obesity), empowering women to make informed decisions about their health.
- 3.Promoting Healthy Lifestyles:** Adopting a healthy lifestyle can significantly reduce the risk of developing breast cancer. Our campaign emphasized the importance of maintaining a balanced diet, engaging in regular physical activity, limiting alcohol consumption, avoiding tobacco use, and maintaining a healthy body weight as key preventive measures.





# Problem

There were working women sanitation workers ,Aganwadi workers , farmers and many more. Women engaged in sanitation work, farming, labor, and other occupations encounter unique challenges that contribute to the neglect of their health. Long hours, strenuous labor, inadequate access to healthcare facilities, and societal norms that prioritize caregiving over self-care are some of the factors exacerbating this issue. Consequently, many women in these professions overlook their health concerns, including breast cancer awareness and prevention.



## Impact



1

### Empower Women

Empowering women to take charge of their health is fundamental. Providing resources for self-examination, encouraging regular check-ups, and facilitating access to screening services empower women to prioritize their well-being and seek timely medical attention when needed.

2

### Health Care Initiatives

It's crucial to implement policies that put women's health first and secure their access to healthcare services. This entails advocating for workplace rules that ensure sufficient breaks for rest and health check-ups, alongside policies tackling systemic hurdles to healthcare for marginalized communities.

3

### Accessible Information

Ensured access to accurate and reliable healthcare information is crucial. Utilizing various communication channels such as social media, mobile applications, and community health centers can help disseminate information effectively, reaching women in both urban and rural areas.



# Picture Gallery

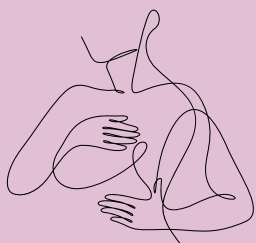
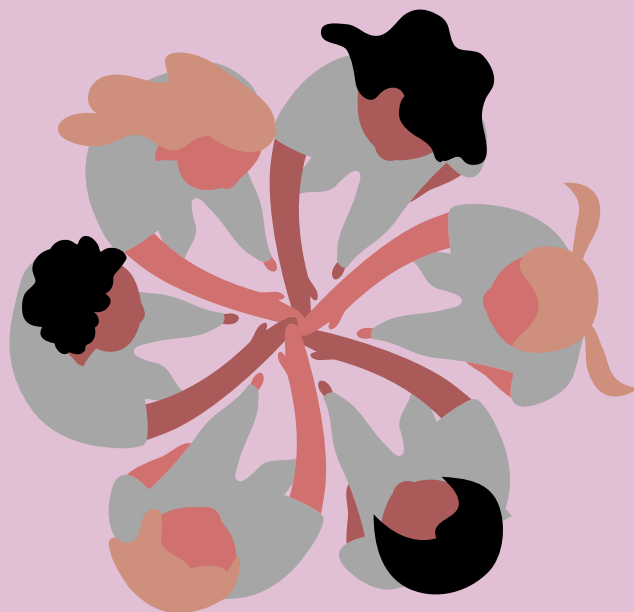




# Voices

Mahila Swasth per jagrukta failana bohot jaruri hai. Great Initiative Premansh !

Manju Verma ,CDPO



Breast cancer ke baare mai jana aur iski jaach kaise karen. Mai aur gaon ki mahilao ko jagruk karungi aur unhe prosahit karungi jinki umar 40 se jyada hai ki memography karwayen

Rekha , ASHA



# News Highlights



## प्रेमांश फाउंडेशन ने लगाया निशुल्क शिविर, महिलाओं ने कराई जांच

संवाद सहयोगी, जागरण • दादरी : चिटहैरा प्राथमिक विद्यालय में मंगलवार को अंतरराष्ट्रीय महिला स्वास्थ्य दिवस के अवसर पर प्रेमांश फाउंडेशन के सौजन्य से निशुल्क स्वास्थ्य जांच शिविर लगाया गया। फाउंडेशन के संस्थापक व मुख्य कार्यकारी अधिकारी डा. शिखा शुक्ला ने अंतरराष्ट्रीय महिला स्वास्थ्य दिवस के अवसर पर आयोजित कार्यक्रम में स्तन कैंसर

की बढ़ती घटनाओं पर गहरी चिंता व्यक्त की।

डा. शुक्ला ने बताया कि यदि स्तन कैंसर की पहचान प्रारंभिक चरण में हो जाती है, तो इसका प्रबंधन व उपचार संभव है। मौके पर सीडीपीओ मंजू वर्मा, एएनएम प्रीति राय को सम्मानित किया गया। इस दौरान महिलाओं का निशुल्क स्वास्थ्य जांच कर उन्हें सेनेटरी नैपकिन प्रदान किए गए।



निशुल्क स्वास्थ्य जांच शिविर में उपस्थित महिलाएं • जागरण



# Let's Connect, Collaborate & Create Impact



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