



ANNUAL GENDER SENSITIZATION PLAN



King George's Medical University LUCKNOW UTTAR PRADESH

Gender Sensitization Plan (19-20)

1. Awareness program was organized regarding personal and menstrual hygiene to the female students of the University
2. Workshop was conducted on Cultural diversity and Communication skills
3. Screening Camp for the detection of Cancer in low socioeconomic strata was organized on a large scale

Faculty members were actively involved in making women self sufficient by taking following initiatives:

- Dhanvantri Sewa Sansthan – Women self sufficiency initiative to encourage and motivate females of low socio-economic strata by giving them opportunity for employment (Making Acchar, Pappad, masala and home made sweets)
- Nevidita Vidhya Mandir – Kishori Vikaas Kendra- young girls and children from downtrodden families were enrolled and were given primary education with good moral values along with education on cleanliness and personal hygiene
- Nevedita Sewing and Embroidery school – young girls from poor families were taught stitching and embroidery. During Covid times they made 1 lac masks for the University.

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Registrar
King George Medical University
Lucknow

Parvez
(Prof. Mohd. Parvez Khan)
Core Committee Member
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K.G.M.U. U.P., Lucknow



King George's Medical University LUCKNOW UTTAR PRADESH

Gender Sensitization Plan (20-21)

1. Taught the fundamentals and basic techniques of self defense to female students
2. Organized safety and security campaign workout, taught and made aware of-
 - Importance of women safety, helpline Numbers and Self defence protocol
 - Karate- women self defense training at SP Ground, KGMU, Lucknow
3. Lecture on cultural thesis of Indian healing science: An Interface with Western Medical Therapies by Dr Abhilasha Dwivedi, International life coach, Researcher, Authoress, emphasized the importance of how to rise above the misconceptions that arise in the minds of children since childhood, detailed information about what a holistic view about health should be.
4. Lecture on Women Safety and Empowerment by **Hon'ble IG of Police Laxmi Singh**, she told **us about how to make work place safe**, how to avoid cybercrime, how to choose password.
5. Under **Mission Shakti Program** launched by Government of India, the following Programs were organised
 - E- poster competition on women safety
 - Poster and Slogan Competition on Road Safety measures. Road Safety Pledge was also taken. Skit on Road Safety by MBBS Students
 - Research study by students awareness and behavior patterns regarding road safety measures among Undergraduate medical students of UP
 - Cultural activities held on the occasion of navratri for women and Child empowerment
6. Celebration of International Women's Day -8th March 2021 by organizing Comprehensive Health Check ups for Female Employees of the University
7. Health Awareness Programs for young females students of the University
8. Awareness Program on **Prevention of Sexual harassment of Women at workplace** (Prevention, Prohibition & Redressal) Act 2013 organized by Internal Committee, KGMU, Lucknow

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Chief Coordinator
Mahila Sashaktikaran

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KING GEORGE'S MEDICAL UNIVERSITY U.P., LUCKNOW



King George's Medical University LUCKNOW UTTAR PRADESH INDIA

Women Empowerment Cell (Mahila Addhyan Kendra)



Nodal Officer

Prof. Punita Manik

Co-Nodal Officer

Dr. Rameshwari Singhal

Advisory Panel

Prof. Anjoo Agarwal

Prof. Tulika Chandra

Prof. Sujata Deo

Prof. Vibha Singh

Prof. Monica Agarwal

Prof. Promila Verma

Prof. Shalini Gupta

Core Members:

Prof. Amrita Pandey

Prof. Sarita Singh

Dr. Nisha Mani Pandey

Dr. Hemlata Verma

Dr. Gitika Nanda Singh

Dr. Shuchi Tripathi

Dr. Rhythm Bains

Dr. Shivanjali Raghuvanshi

Dr. Parul Jain

Mrs. Anugrah Charan

Annual Gender Sensitization Plan (For the year 2021-2022)

Objectives:

1. To sensitize and build a gender-neutral work force
2. To promote creativity among women and involve them in decision making processes
3. To increase awareness and understanding of gender related issues among faculty, staff & students to foster a more inclusive & equitable environment
4. To integrate topics related to gender sensitization in medical, dental, nursing & paramedical curricula to sensitize & prepare students about gender sensitive issues
5. To promote research & dialogues on gender related health disparities and their impact on patient care & outcome
6. To involve patients and local communities in gender sensitization initiatives.
7. To encourage and support female and gender-diverse students in leadership roles within student organizations to promote diverse representation.

Measures taken under this plan

1. Awareness and health check up regarding oral hygiene of children in slum areas in the vicinity of Lucknow
2. Celebration of World Breast feeding week
3. Free Health Check up camps
4. Drawing Competition among children of village
5. Availability of enough wash rooms in OPDs, wards and OTs for residents, faculty and employees. (PINK THINK)
6. CNE on Antenatal care for a healthy pregnancy
7. Celebration of women's day in university to acknowledge the role of women in the university- Visit of Hon'ble Governor of UP Smt Anandiben Patel

11th June 2021

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(Nodal officer)
WEC

Nodal Officer
Women Empowerment Cell
KGMU, Lucknow

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KING GEORGE'S MEDICAL UNIVERSITY U.P., LUCKNOW



King George's Medical University

LUCKNOW UTTAR PRADESH INDIA

Women Empowerment Cell

(Mahila Addhyayan Kendra)



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Co-Nodal Officer

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Prof Sarita Singh

Dr. Nisha Mani Pandey

Dr. Hemlata Verma

Dr. Gitika Nanda Singh

Dr. Shuchi Tripathi

Dr. Rhythm Bains

Dr. Shivanjali Raghuvanshi

Dr. Parul Jain

Mrs. Anugrah Charan

Annual Gender Sensitization Plan (For the year 2022-2023)

Objectives:

1. To secure women's rights and build more equitable societies
2. To celebrate women's achievements
3. To implement initiatives that promote inclusivity & respect for all genders within the university community, ensuring equal opportunities.
4. To establish support services for students to discuss and address gender issues, including menstrual hygiene, safe sex and mental health services
5. To strengthen policies related to gender equity, harassment & discrimination in the university to ensure they align with best practices
6. To provide comprehensive training on gender sensitivity and inclusive teaching practices for faculty and support staff to create a supportive learning atmosphere for all students.
7. To implement regular & feedback mechanisms to evaluate effectiveness of gender sensitization initiatives

Measures taken under this plan

1. Awareness of Breast feeding among antenatal and postnatal mothers in OPD
2. Medico legal issues in sexual violence cases of MBBS students by AALI
3. Society awareness regarding Mental Health issues of women
4. Panel discussion "Are empowered Women truly empowered"
5. Women Cancer awareness program
6. Felicitation of Ovarian Cancer survivors and awareness rally
7. Health camp at old age home.
8. Celebration of women's day in university to acknowledge the role of women in the university

P Manik
Nodal Officer, WEC
11 April 2022

Nodal Officer
Women Empowerment Cell
KGMU, Lucknow

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KING GEORGE'S MEDICAL UNIVERSITY U.P., LUCKNOW



King George's Medical University LUCKNOW UTTAR PRADESH INDIA Women Empowerment Cell (Mahila Addhyayan Kendra)



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Dr. Shuchi Tripathi

Dr. Rhythm Bains

Dr. Shivanjali Raghuvanshi

Dr. Parul Jain

Mrs. Anugrah Charan

Annual Gender Sensitization Plan (For the year 2023-2024)

Objectives:

1. To increase awareness and understanding of gender related issues among faculty, staff & students to foster a more inclusive & equitable environment
2. To implement initiatives that promote respect for all genders within the university community, ensuring equal opportunities.
3. To integrate topics related to gender sensitization in medical, dental, nursing & paramedical curricula & prepare them about gender sensitive issues
4. To establish support services for students to discuss and address gender issues, including menstrual hygiene, safe sex and mental health services
5. To involve patients and local communities in gender sensitization initiatives.
6. To implement regular & feedback mechanisms to evaluate effectiveness of gender sensitization initiatives
7. To encourage and support female and gender-diverse students in leadership roles within student organizations to promote diverse representation.

Measures taken

1. Organized a Breast Cancer survivors Meet to enhance confidence in these patients
2. Poster and Slogan Competition among students on Breast cancer
3. Workshop for sensitization on Sexual Orientation and Identity and safe sex practices along with awareness LGBTQIA
4. Society Awareness of Breast cancer and self- examination of breast at Women Power Line 1090
5. Health Camp at Old age home
6. Financial Literacy and Investment Education
7. Organised programs to increase awareness about pregnancy and post partum care, ensuring women receive support and information they need during this crucial period.
8. Camps conducted in government girls' school to educate them about oral hygiene and mental health.
9. Digital awareness for faculty, staff & students
10. Awareness amongst students through Essay Competition about Women Influences
11. Female faculty members took initiative regarding feeding the poor
12. Awareness regarding personal hygiene in the blind school
13. Celebration of women's day in university to acknowledge and appreciate women in the university

P. Manik
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10 April 2023

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Women's Health Awareness Program 2019



International Women's Day



Women's health awareness programme

Friday, **8th March**

1:45pm – 3:30pm

Shatabdi Phase-2 building entrance
King George's Medical University
KGMU | Lucknow, India

#BalanceForBetter

Dr Kul Ranjan Singh	Endocrine Surgery, KGMU	Risk factors for breast cancer
Dr Roma Pradhan	Endocrine Surgery, Dr RMLIMS	Breast self-exam, clinical exam and screening
Dr Gitika Nanda	Surgery, KGMU	Treatment aspects of Breast Cancer
Dr Anand K Mishra	Endocrine Surgery, KGMU	Newer advances in Breast Cancer Surgery
Dr Dipti Shastri	Dept. of Orthodontics, KGMU	Significance of Good Oral Hygiene
Dr MLB Bhatt	Vice Chancellor, KGMU	Overview of Cancer in India and prevention
Dr Tulika Chandra	Transfusion Medicine, KGMU	Blood donation and gender biases and myths
Dr Kirti Srivastava	Radiotherapy, KGMU	Household solid waste management
Dr Arun Chaturvedi	Surgical Oncology, KGMU	Importance of early cancer detection
Dr BK Ojha	MS & Neurosurgery, KGMU	Improve women's health– men's perspective
Dr Sameer	Surgical Oncology, KGMU	Gall bladder cancer in women
Dr Chanchal Rana	Pathology, KGMU	Breast Cancer reporting & patient's anxiety
Dr Satish Dhasmana	Anaesthesia, KGMU	How today's surgery is totally painless...
Dr Shefali	Anaesthesia, KGMU	importance of Pre-anaesthesia Checkup
Shobha Shukla	CNS & Asha Parivar	Women's health and gender justice
Dr Rama Shankhdhar	Lions Club Lucknow Century	Menstrual hygiene
Dr Rama Kant	Lions Club Lucknow Century	Inspiring stories on women
Dr Satendra Sabhlok	Lions Club Lucknow Century	Gender bias in army: does it exist even now?

Dr Pooja Ramakant

Associate Professor, Endocrine Surgery, KGMU

Dr Sudhir Singh

Associate Professor, Radiotherapy, KGMU

The awareness program on women's health was jointly organized by department of Endocrine surgery, Radiation therapy, Surgical Oncology and Transfusion Medicine of King George's Medical University on occasion of International Women's Day on **8th March 2019**. about **200 participants** attended the event which include patients, relatives and attendants on the range of issues impacting women's health.

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Women Safety week 17-25 October 2020



King George's Medical University U.P., Lucknow
KGMU Institute of Paramedical Sciences

"Women Safety Week"

17 October to 25 October 2020



Patron
Lt. Gen. (Dr) Bipin Puri
PVSM, VSM
Vice Chancellor



Co-Patron
Dr. Vinod Jain
Professor of Surgery
Dean, Faculty of Paramedical Sciences

In 2020, the university organized a week-long program focused on women's safety. The following year, the Women Empowerment Cell was established. The awareness week aimed to educate participants about various safety measures and welfare initiatives for women and children on campus. The programs also addressed security concerns and emphasized netiquette to help tackle issues related to online harassment. Guest lectures were also organised during the week along with poster and Rangoli competitions related to safety issues.

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केजीएमयू में महिला सुरक्षा सप्ताह शुरू

लखनऊ (एसएनबी)। किंग जॉर्ज चिकित्सा विश्वविद्यालय के केजीएमयू इंस्टीट्यूट ऑफ पैरामेडिकल साइंसेज के तत्वावधान में महिला छात्र/छात्राओं एवं अध्यापिकाओं की सहभागिता और सुरक्षा के लिए महिला सुरक्षा सप्ताह 17 से 25 अक्टूबर तक मनाया जाएगा। इस अवसर पर अधिष्ठाता, पैरामेडिकल विज्ञान संकाय के डा. विनोद जैन ने कहा कि उत्पीड़न की शिकायत तत्काल सही फोरम पर करना चाहिए। उन्होंने कहा कि जब भी किसी महिला रोगी को समस्या होती है और वह मुख्य चिकित्सक के पास जाती है तो उसमें असहज भावना उत्पन्न होती है। उनकी सलाह है कि जब भी महिला रोगी उपचार या निदान करने आए तो उसके साथ एक महिला को उपस्थित होना आवश्यक है। यदि महिला उपलब्ध नहीं है तो पति इस दौरान उपस्थित रहना चाहिए। बहुधा यह देखा गया है कि महिला संकोच के कारण अपनी बात ठीक से नहीं कह पाती अपवा रोगी को बड़ा लेती हैं। यदि उनको उत्पीड़न होता भी है तो उनकी शिकायत अन्य लोगों से नहीं करती है। इस विषय के लिए जागरूकता की आवश्यकता है।

केजीएमयू में ऑनलाइन आत्मरक्षा प्रशिक्षण का आयोजन

लखनऊ (स्वरूप संवाददाता)। केजीएमयू में महिला सुरक्षा व छात्राओं के लिए ऑनलाइन ई-पोस्टर एवं आत्मरक्षा प्रशिक्षण का आयोजन किया गया। साथ ही जागरूकता व आत्मविश्वास को बढ़ाने संबंधित विषयों पर जानकारी दी गई। शिवांगी श्रोवास्तव ने बताया कि महिलाओं को शारीरिक आत्मरक्षा के साथ-साथ मानसिक आत्मरक्षा पर भी विशेष ध्यान दिया जाना चाहिए जिससे महिलाओं का आत्मविश्वास बढ़ता है। इसमें सर्वोच्च आत्मरक्षा प्रशिक्षण पर महिला आत्मरक्षा प्रशिक्षक के द्वारा 22 पैरामेडिकल छात्राओं को दिया गया।

केजीएमयू में महिला सुरक्षा सप्ताह के तहत ई-पोस्टर प्रतियोगिता

लखनऊ (एसएनबी)। किंग जॉर्ज चिकित्सा विश्वविद्यालय (केजीएमयू) के इंस्टीट्यूट ऑफ पैरामेडिकल साइंसेज के तत्वावधान में महिला सुरक्षा सप्ताह के तहत मंगलवार को ई-पोस्टर प्रतियोगिता का आयोजन किया गया, इसमें पैरामेडिकल विज्ञान संकाय के अधिष्ठाता डा. विनोद जैन ने बताया कि ई-पोस्टर प्रतियोगिता का विषय-आत्मरक्षा की भावना को सुदृढ़ करना था, जिसमें 26 छात्राओं ने प्रतिभाग किया।

E-Guest Lecture

Date-22.10.2020, Time (11:30 am to 12:00 pm)



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Online Module - Self Defence Training

Date-20.10.2020, Time (02:00 pm to 04:00 pm)



Self-defence training is an essential skill that empowers individuals, especially women, to protect themselves in threatening situations. It builds confidence, enhances awareness, and improves physical fitness. The training includes techniques to escape from holds, block attacks, and respond effectively under pressure. Beyond physical skills, self-defence programs also focus on developing mental resilience and the ability to stay calm during emergencies. By equipping individuals with the right tools and knowledge, self-defence training plays a crucial role in fostering a safer and more secure environment..

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Physical Self- Defence training

Date : 17/10/2020 to 23/10/2020, Time 05:00 pm to 06:00 pm



Self-defense training was offered in person, and around **22 female students** enthusiastically participated in it during Women's Week celebrations from October 17 to 25, 2020.

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Movie Show Based on Empowerment

Dated: 21.10.2020, Time: 02:00 pm to 04:00 pm) about **30 participants took part** in the activity

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The Institute proudly celebrated Women Empowerment Week from October 17 to October 25, 2020. This impactful event featured various activities, including self-defense training in both online and offline formats, an e-poster competition focused on self-defense, a powerful movie screening centered on female safety, and much more. We are dedicated to empowering women and promoting their safety and well-being. About **26 students** participated in the e-poster competition organized by the institute. A total of **180 students** participated in various events.

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Women's Awareness Program 2021

World Menstrual Hygiene Day: May 28, 2020

On May 28, 2020, approximately **300 paramedical students** participated in an event dedicated to raising awareness about menstrual hygiene. This initiative highlighted the significance of maintaining proper menstrual hygiene for overall health and well-being. The event included various activities to educate participants about best practices and the social stigma surrounding menstruation, promoting a more informed and open dialogue.

International Yoga Day was celebrated on June 21, 2020, in Hybrid mode. It was attended by **30 faculty** members in the physical mode and about **300 faculty members, students, and staff members** in the virtual mode.

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Guest Lecture By Dr. Pooja Thakur Sekera
Topic – Awareness on Safety Tips, Services & Laws
Date- 12/03/2021



A CME was held on 21 March 2021 to raise awareness about women's safety, its laws, and the government's services. Dr. Pooja Thakur Sakera, Secretary VAMA SARATHI offered valuable insights on these topics.

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Medical Lecture and Training (Breast Cancer Awareness Programme) Topic:- Medical Treatment of Female Patients Date:- 01/03/2021



Training of Self Defence for Females Date:- 03/03/2021



Movie Show based on Women Empowerment Date:- 05/03/2021



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Movie Show based on Women Empowerment

Date:- 05/03/2021



Culture Programme based on Women Empowerment

Date:- 08/03/2021



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MEDIA COVERAGE



The **MISSION SHAKTI** program took place at KGMU from March 1-12, 2021. Key events included self-defense training, a breast cancer awareness program, and a movie screening. Around **450 participants** were present, including medical and paramedical students and teachers.

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Women's Safety Week Celebrations 7-12 MARCH 2022

Women's Week Celebration
By
Mahila Addhyan Kendra (Women Empowerment Cell)
King George's Medical University

Dear Faculty Members
Please participate in Debate competition

Topic: "Matriarchal society is a better way of Living"

on
7th March, 2022
at
Kalam Center, KGMU
from 2:30 onwards

Interested candidates are requested to send their entries on makendra@kgmuindia.edu latest by 04/03/2022.
The entries will be screened by a committee

For any queries, please contact:
Dr Parul Jain (7355644131)
Dr Shivanjali Raghuvanshi (7376649599)



Celebration of International Women's day Visit of Hon'ble Governor Shri Anandiben Patel

- Hon'ble Governor Shri Anandiben Patel was invited on 6 March 2022 to commemorate the International Women's Day.
- She inaugurated the poster Competition organized by Women Empowerment Cell where all the Departments of the University displayed their activities related to Women empowerment during the last year

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The faculty members who participated in the debate were Prof. RiddhiJaiswal and Dr. Sudhir Singh for the motion and Dr. Pavitra Rastogi and Dr. Sarika spoke against the motion. The event was well attended by around 85 faculty members and Prof. U. S. Singh presided over the session.



Women's safety week was celebrated in KGMU between 7-12 March 2022 for awareness regarding the safety and security of women in all fields. The event's theme was **the matriarchal society- A better way of Living**. On this occasion the governor distributed bags to girl child.

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King George's Medical University Lucknow 21-22

- In compliance with vision of Honorable Governor of Uttar Pradesh and Chancellor, King George's Medical University, Mahila Addhyan Kendra was established in the University on 31.05.2021. The cell aims to contribute towards upliftment of women. Its objectives are to motivate females towards education, health, self-respect and financial independence. Additionally, it focuses on social practices against women and their legal rights. Special emphasis is given to women belonging to rural areas.
- The cell is required to work in three directions with organization of awareness drives, social outreach programs and health camps. The University is active in conducting various programs throughout the year, which align with the programs of Mahila Addhyan Kendra. As part of social outreach programs, the cell organizes events like health and dental check-up camps, awareness on personal hygiene, oral health awareness, hand hygiene, menstrual hygiene, malnutrition and anaemia, sanitary napkin disposal, Covid-19 and fungal infections and psychological counseling in rural areas on a regular basis.
- In the year 2022, the core committee of WEC organized a week long program from 6th March to 12th March to mark the International Women's Day. The cell was inaugurated by the Honorable Governor following which activities like panel discussion on menstrual health: is it a better way of living?, nukkad natak on "Antenatal health for healthy pregnancy", awareness and health camps for employees of KGMU, a cultural program showcasing talents of women and pink think for resolution of complaint: "Pink for Women's Health" were organized.
- A work shop was organized for KGMU students for awareness on "Medicolegal issues in sexual violence cases" in collaboration with the Legal Initiative Trust.
- Breast feeding awareness camp was organized in the OPD during the breast feeding week. Installation of sanitary hostels of the campus.
- For awareness drives, Janjagriti abhiyan (general health and hygiene awareness), adolescent health & menstrual health camps, rehabilitation of child abuse/rape victims through Samadhan initiative and initiatives in collaboration with other departments are undertaken.



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King George Medical University
Lucknow

Women's Awareness campaigns in 2023



Awareness event for breast cancer to be conducted at KGMU

 The Times Of India
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TNN ■ EDUCATION

Lucknow: The fourth anniversary celebration of the Breast Cancer Support Group at King George's Medical University (KGMU) on Saturday will give the message that breast cancer patients have a good survival rate and can lead a normal life.

Archana
Registrar
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Lucknow

It was her family's support that helped Meenakshi Joshi successfully overcome breast cancer. Now, after eight chemotherapy sessions, a mastectomy, more radiation and medication later, the 52-year-old teacher is cancer free now and back to work.



Parvez
(Prof. Mohd. Parvez Khan)
Core Committee Member
University Environment Department
K.G.M.U. U.P., Lucknow

Breast Cancer Awareness Month took place in October 2023 to promote awareness of the disease and raise funds for research into its causes. Approximately **150 women** participated in the program.



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IDAHOBIT- Celebrating Inclusivity and Equality.

The International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) is celebrated on May 1. Its goal is to organise global events that raise awareness of violations against LGBT rights and encourage participation in LGBT rights advocacy worldwide. This was celebrated at KGMU in 2024 to promote inclusivity and equality.



KGMU Lucknow

6 Oct 2024 · 📍



Breast Cancer Awareness Campaign 🧡

On October 5, 2024, a Breast Cancer Awareness campaign was organized by the Department of Surgical Oncology, KGMU, under the observance of Breast Cancer Awareness Month. The event featured an impactful street play by nursing students from the department and Fatima Hospital, educating the public about the causes, symptoms, and treatment of cancer. Dr. Vijay Kumar provided insights on breast cancer treatment, while Dr. Sameer Gupta shared valuable information on testicular cancer and Dr. Naseem Athar discussed oral cancer. Together, we can fight cancer through early detection and awareness! 🧡 #CancerAwareness #KGMU #BreastCancerAwareness #EarlyDetectionMatters



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KGMU Lucknow

9 Mar · 🌐

🎭 A powerful Nukkad Natak & Awareness Program was organized by the Dept. of Obstetrics & Gynaecology, KGMU on International Women's Day. ♀ The event emphasized women empowerment, cervical cancer prevention, planned parenthood, and debunking common myths. 💡 Experts educated women on reproductive health, breaking taboos & promoting informed choices. ✨ Together, let's empower women with knowledge & ensure a healthier future for all!

#InternationalWomensDay #WomensHealth
#CervicalCancerAwareness #PlannedParenthood
#WomenEmpowerment #HealthForAll #NukkadNatak
#HPVPrevention #KGMU #PublicHealth
#AwarenessMatters



KGMU Lucknow

30 Sep 2024 · 🌐

📢 KGMU, in collaboration with Kanpur University, organized an HPV vaccination drive during their convocation ceremony, with Hon'ble Governor of Uttar Pradesh, Smt. Anandiben Patel, as the chief guest. 🌸

The Governor highlighted the importance of cervical cancer prevention and emphasized the need for timely vaccination. Under KGMU Vice Chancellor Prof. Sonia Nityanand's leadership, nearly 11,000 girls have been vaccinated so far, providing protection against cervical cancer and other HPV-related diseases. 🌟✍️

#HPVVaccination #CancerPrevention #KGMU
#CervicalCancerAwareness #HealthcareForAll
#SwasthBharat



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Breast cancer survivor's Utsav-VIJETA

**INVITATION**

'Vijeta' - Celebrating the Spirit of Cancer Conquerors

- organized by -
KGMU Women Empowerment Group
in association with
Department of Surgery
King George's Medical University, U.P., Lucknow

- Patron -
Dr. Soniya Nityanand
Hon'ble Vice Chancellor (KGMU, Lucknow)

- Organizing Chairman -
Dr. Punita Manik Incharge, Women Empowerment Cell
Dr. Abhinav Arun Sonkar Prof. & HOD, Department of Surgery

- Organizing Secretary -
Dr. Gitika Nanda Singh
Addl. Prof., Department of Surgery

Date: 25th October, 2024.
Time: 11:00 AM
Venue: NSB Hall (Basement) Department of Surgery

**King George's Medical University U.P. Lucknow**
Department of Surgery
and
KGMU Women Empowerment Group

"Vijeta" : Celebrating the Spirit of Cancer Conquerors
Date – 25th October, 2024

S.No.	PROGRAMME
1.	Dignitaries on Dias with Floral Welcome
2.	Lamp Lighting with Vandana
3.	Introduction of Programme and welcome address by Dr Gitika Nanda Singh
4.	Address by Incharge, Women empowerment cell- Dr Punita Manik
5.	Address by HOD- Prof. Abhinav Arun Sonkar
6.	Survivors Talk
7.	Address by Dean Medicine- Prof. Amita Jain
8.	Address by Special Guests
9.	Felicitatation of Breast Cancer Survivors
10.	Prize and Certificate Distribution(Participants)
11.	Group Photograph
12.	Address by Vice Chancellor- Dr Soniya Nityanand (Patron)
13.	Address by Chief Guest- Mrs. Anupama Raag
14.	E - Book Launch
15.	Memento Presentation to Guests
16.	Vote of Thanks



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इच्छाशक्ति के बल पर जीती कैंसर से जंग

जागरण संवाददाता • लखनऊ: दो साल पहले मेरे स्तन में छोटी गांठ जैसा महसूस हुआ तो परिवारजन को बताया। एक निजी डाक्टर की सलाह पर केजीएमयू में दिखाने पहुंची। डाक्टर ने मेमोग्राफी समेत कुछ जांचें कराईं। रिपोर्ट में कैंसर की पुष्टि हुई। बीमारी की जानकारी होते ही परिवार पर दुख का पहाड़ टूट पड़ा। कई दिनों तक नींद नहीं आई। ऐसा लगा कि अब जिंदगी खत्म होने वाली है। ऐसे में डाक्टर ने काउंसिलिंग की उपचार से ठीक होने का भरोसा दिया। हर कदम पर परिवार का साथ मिला। ईश्वर की कृपा और मजबूत हौसले से गंभीर रोग से जंग जीतने में सफल रही। ये कहना है लखनऊ में 30 वर्षीय स्तन कैंसर विजेता का। शुक्रवार को केजीएमयू के जनरल सर्जरी विभाग में वूमेन इंपावरमेंट ग्रुप की सदस्य एवं सर्जरी विभाग की डा. गीतिका नंदा सिंह की ओर से विजेता स्पिरिट आफ कैंसर कांफर्स कार्यक्रम

केजीएमयू के जनरल सर्जरी विभाग में विजेता स्पिरिट आफ कैंसर कांफर्स कार्यक्रम का किया गया आयोजन

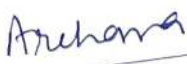
कार्यक्रम का आयोजन किया गया।

कार्यक्रम में स्तन कैंसर को हराने वाली 65 महिलाओं ने हिस्सा लिया। सभी ने अपने संघर्ष की कहानी साझा की। एक महिला ने बताया कि जब डाक्टर ने मुझे स्तन का कैंसर बताया तो उस समय बहुत डर गई, लेकिन मुझे डाक्टर की बात पर भरोसा नहीं हुआ। दरअसल, परिवार में किसी महिला को कभी स्तन कैंसर नहीं हुआ था। बीमारी की जल्द पहचान और दृढ़ संकल्प के साथ लड़ी लड़ाई से आखिरकार जीत मिली।

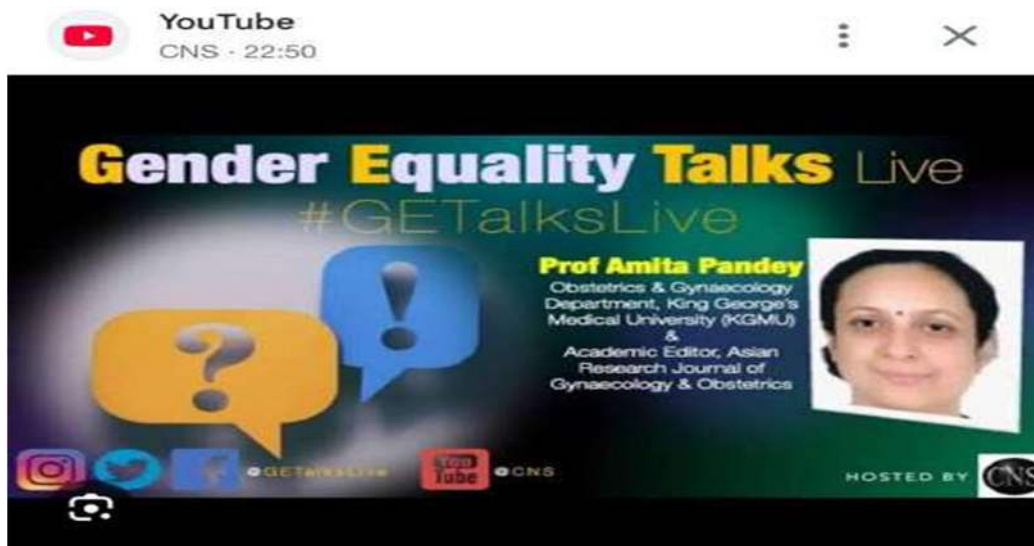
कम उम्र में भी बढ़ा स्तन कैंसर का खतरा: कुलपति प्रो. सोनिया नित्यानन्द ने कहा कि स्तन कैंसर में स्तन में गांठ का बनने जैसे कई लक्षण दिखाई देते हैं। पहले स्तन कैंसर का जोखिम

40 से अधिक उम्र की महिलाओं में अधिक देखने को मिलता था, लेकिन अब 25 साल की युवतियां भी इससे पीड़ित हो रही हैं। हालांकि, 80 प्रतिशत गांठ कैंसर नहीं होती है, लेकिन गांठ को किसी भी दशा में नजरअंदाज नहीं करना चाहिए। जांच जरूर कराएं। बीमारी का कारण आनुवंशिक होने के साथ ही वसायुक्त भोजन करना, 30 साल के बाद बच्चों का होना, स्तनपान न कराना, व्यायाम न करना, शराब और तंबाकू का सेवन करना, गर्भ निरोधक हार्मोन की गोलियां खाना है। कार्यक्रम की मुख्य अतिथि बालीवुड सिंगर मैसेज अनुपमा राग ने कहा कि नई दवा व सटीक इलाज से अब बीमारी का पूरी तरह खत्म किया जा सकता है। इस मौके पर प्रवक्ता डा. केके सिंह, डा. प्रीति कुमार, डा. सीमा, डा. पुनीता मानिक, डा. योगिता भाटिया, डा. अभिनव अरुण, डा. अंजू, दीपा खत्री व डा. अमिता जैन भी मौजूद रहें।

The event is celebrated yearly by the department of General Surgery to celebrate the spirit of breast cancer survivors. **Twenty-six** cancer survivor women participated in the event and shared their experiences.


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Sexual and mental health awareness talk



A sexual and mental health awareness talk was conducted by Women Empowerment Cell at New UG Girls Hostel 2 on 19.11.24 from 4:00 PM onwards. Prof Amita Pandey very candidly but lucidly discussed about the common menstrual problems, when and how to identify the alert signs, methods of prevention of reproductive tract infections and sexually transmitted infections and when to seek medical help.

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The Department of Pathology annually celebrates the World Ovarian day on 8th May. Awareness rally and lectures are held on this occasion. Staff and Students participate in it. A lecture by Prof. Nisha Singh on Cervical cancer awareness was attended by the residents and faculty of department of Pathology.

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