

Series **S**ustaina **taff** CHAPTER 5

Empowering women through awareness prevention & self care

Women's Health Check-Up & Learning Breast Self-Examination (BSE) For Female Faculty Members of Chitkara University

EVENT HIGHLIGHTS

- General Women's Health Screening & Consultation by an Expert
- Hands-on Learning of Breast Self-Examination (BSE) Technique
- Early Detection & Prevention Awareness
- Interactive Session with Nursing Faculty
- Promoting a Culture of Self-Care, Safety, and Wellness



RESOURCE PERSONS

Ms. Timsy

ASSOCIATE PROFESSOR

Ms. Gurpreet

ASSISTANT PROFESSOR



SCAN TO REGISTER



14 MARCH 2026



10:00 AM onwards



Centre for Women Health & Empowerment,
Galileo Block

**Organised by Centre of Excellence For Sustainability
in collaboration with Department of Nursing**

EVENT DETAILS	
EVENT TYPE	Expert Talk
TOPIC	Women's Health Check-Up & Learning Breast Self-Examination (BSE)
DATE	14 March 2026
MODE	Offline
VENUE	Centre for Women Health & Empowerment, Galileo Block
ORGANIZER NAME	Centre of Excellence for Sustainability in collaboration with the Department of Nursing, Chitkara University
RESOURCE PERSON	Ms. Timsy, Associate Professor Ms. Gurpreet, Assistant Professor
NO. OF PARTICIPANTS	30
SDG NO	3 (Good Health and Well-Being) & 5 (Gender Equality) ,SDG 17 (Partnerships for the Goals)

Objective

The objective of the **SustainaStaff Series 5** session was to promote women's health awareness and encourage preventive healthcare practices among female faculty members. The event aimed to educate participants about the importance of regular health screenings, early detection of potential health concerns, and the adoption of self-care practices. It also focused on teaching the **Breast Self-Examination (BSE)** technique to empower women to take proactive steps toward their health and well-being.

Description

The session began with a **general women's health screening and consultation conducted by an expert**, where participants received guidance on maintaining good health and identifying early signs of potential health issues. This was followed by a **hands-on learning session on Breast Self-Examination (BSE)**, where participants were guided through the correct techniques and the importance of performing regular self-checks for early detection of breast abnormalities.

An **interactive session with the nursing faculty** provided participants with an opportunity to ask questions, clarify doubts, and gain deeper insights into women's health concerns. The



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discussion emphasized the significance of **early detection, preventive care, and regular health check-ups** as essential steps toward maintaining long-term well-being.

An **interactive session with the nursing faculty** provided participants with an opportunity to ask questions, clarify doubts, and gain deeper insights into women's health concerns. The discussion emphasized the significance of **early detection, preventive care, and regular health check-ups** as essential steps toward maintaining long-term well-being.

Outcomes

- Increased awareness among female faculty members about the importance of regular health check-ups and preventive care.
- Participants gained practical knowledge and hands-on experience in performing **Breast Self-Examination (BSE)**.
- Improved understanding of early detection and prevention of women's health issues.
- Encouraged a supportive environment that promotes **self-care, safety, and wellness** in the workplace.





