CHITKARA UNIVERSITY

UN Day Celebrations

AWARENESS TALK ON

BREAST SELF EXAMINATION

Amanpreet kaur
Assistant Professor

Priyanka Thakur
Nursing Tutor



30th September, 2026

11:00 AM - 12:00 PM

Gb207, Galileo block

Organized by:

Department of Nursing
In collaboration with Centre of Excellence for Sustainability

Event details	
Event Name	Breast Self-Examination
Date	30th September,2026
Time	11:00 A.M. To 12:00 P.M.
Organizers	Department of Nursing, Chitkara School of Health Sciences in collaboration with Centre of Excellence for Sustainability
Venue	GB-207, Galileo Block
Resource Person	Ms. Amanpreet Kaur, Ms. Priyanka Thakur
No. of Participants	30
SDG No.	3-Good Health and Well Being

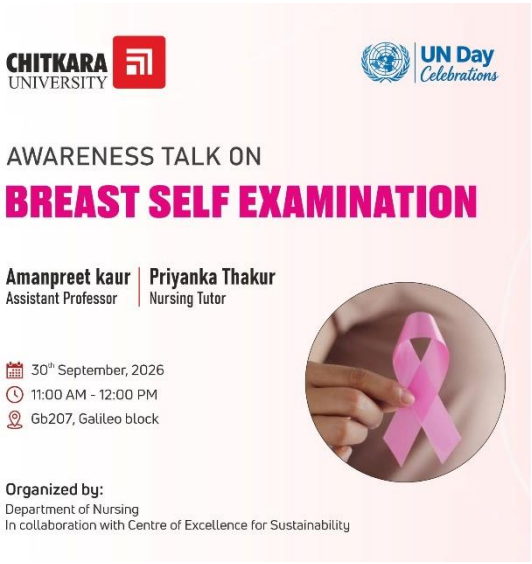
Objectives

1. To create awareness about breast health and breast self-examination.

2. To educate participants about the correct steps and technique of breast self-examination.

3. To encourage participants to develop regular breast-health awareness practices.

4. To promote early recognition of unusual breast changes and timely consultation with healthcare professionals.



Description

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized an awareness programme on **"Breast Self-Examination"** under the **Well-Being Wave: Health & Wellness in Action** initiative on 30 September 2026. The one-hour programme aimed to promote awareness about breast health, encourage preventive healthcare practices, and emphasize the importance of regular breast self-examination.

The session focused on helping participants understand the importance of being familiar with the normal appearance and feel of their breasts. Nursing faculty explained the basic steps of breast self-examination and highlighted the need to perform it regularly and systematically.

Participants were sensitized to changes that may require professional medical evaluation, including unusual lumps or swelling, changes in breast size or shape, skin alterations, nipple abnormalities, and unusual discharge. Through an interactive and informative approach, the programme encouraged participants to overcome hesitation and adopt a proactive attitude towards their health. Participants were given an opportunity to clarify their doubts and understand the role of self-awareness in maintaining breast health. The faculty also encouraged them to share accurate health information with their families and communities, thereby promoting awareness and preventive healthcare practices.

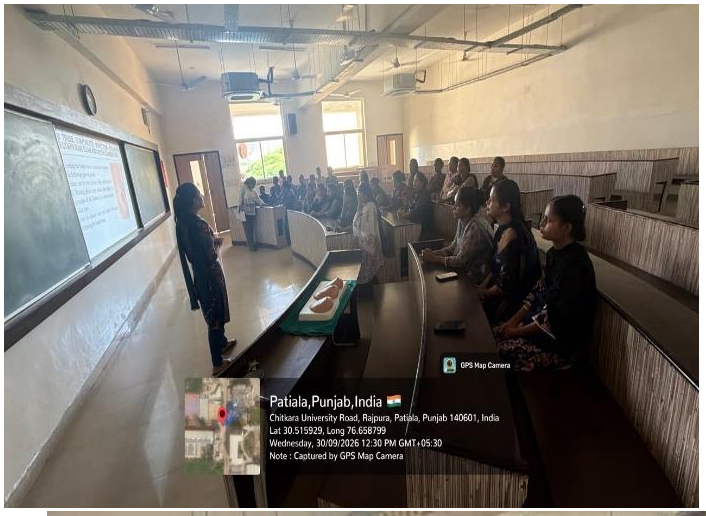
The programme concluded with a message encouraging participants to make breast health awareness an integral part of their routine self-care and to seek professional medical advice whenever they notice any concerning changes.

Outcomes

1. Participants gained improved knowledge about the importance of breast self-examination.
2. Participants understood the basic procedure and appropriate technique for performing self-examination.
3. Participants became more aware of changes that should be discussed with a healthcare professional.
4. The programme encouraged participants to adopt responsible and proactive approaches toward breast health.






GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.515929, Long 76.658799
Wednesday, 30/09/2026 12:30 PM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.515495, Long 76.659594
Wednesday, 30/09/2026 12:41 PM GMT+05:30
Note : Captured by GPS Map Camera

