

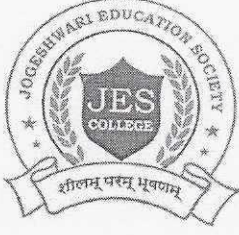


**Jogeshwari Education Society's
JES COLLEGE OF COMMERCE,
SCIENCE & INFORMATION TECHNOLOGY
(AFFILIATED TO MUMBAI UNIVERSITY)**

Activity Report

IQAC Document No.	
Association/ Department/ Cell:	Women Development Cell
Event/Theme of event:	Breast Cancer Awareness Program
Event Committee In-charge:	Archana Dhawade
Spokesperson/ Collaborative agency:	Dr Uma Sawant
Date/ Time:	9 November, 2022 8:30:00 am
Venue/Platform:	Block no:208
Objective:	<ul style="list-style-type: none">• Increase awareness re: known and potential risk factors of breast cancer• Understand appropriate dietary and lifestyle changes that may promote healthy breast cells• Increase knowledge of available diagnostic screening methods that may promote earlier detection
Outcome:	<ul style="list-style-type: none">• Raised awareness and reduce the stigma of breast cancer through education on symptoms and treatment.
Target Audience:	94
No. of Beneficiaries:	94
Feedback:	Overall event satisfactory





Jogeshwari Education Society's
JES COLLEGE OF COMMERCE
SCIENCE & INFORMATION TECHNOLOGY
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NOTICE

3rd Novemeber,2022

Women Development Cell is organizing "Breast Cancer Awareness Program" for all girl students to increase awareness about the disease and to minimize the social stigma connected with it.

Details of the program:

Date: 9th November,2022

Time: 8:30 am - 9:30 am

Place: Block no:218, JES Education complex

Hope this awareness program will extend many benefits to all.

Regards,

Archana Dhawade

WDC Co-ordinator



Dr Prashant Shelar

Principal



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Women Development Cell

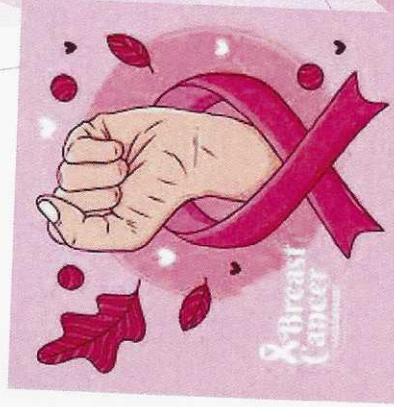
Organizes

One Day Breast Cancer Awareness Program



Guest Speaker:
Dr Uma Sawant
MD (Obst Gynaec)

Nov 09, 2022
Time: 8:30 - 9:30 am
Venue: 208, JES Campus



Organizing Committee:
Dr Prashant H Shelar (Principal)
Mrs Archana Dhawade (WDC Coordinator)



JOGESHWARI EDUCATION SOCIETY'S
JES COLLEGE OF COMMERCE, SCIENCE & INFORMATION TECHNOLOGY
(Affiliated to University of Mumbai)

Caves Road, Arvind Gandbhir Campus, Opp. Rly. Strn., Jogeshwari (E), Mumbai - 400 060.
Tel. : 2824 5527 / 2824 0088 • E-mail : jescollegecom@gmail.com

Date:3/11/2022

To,
Dr Uma Sawant
MD Obst Gynaec

Subject: Invitation as a Guest Speaker

Dear Sir/Madam,

We are very happy to invite you as a Guest Speaker to conduct a session on 9/11/2022 on the topic of "Breast Cancer Awareness". The session will be conducted offline in the college premises from 8:30 am to 9:30 am.

The participants will benefit a lot from your expertise on the topic.

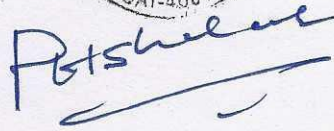
Thanking You.

Yours truly,



Dr Prashant H Shelar
Principal







JOGESHWARI EDUCATION SOCIETY'S
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Tel. : 2824 5527 / 2824 0088 • E-mail : jescollegecom@gmail.com

9th November, 2022

To,
Dr Uma Sawant
MD Obst Gynaec

SUBJECT: Letter of Appreciation

Dear Madam,

Thank you for accepting our invitation to be a speaker for Breast cancer awareness Programme organised for the students on 9th November 2022 at JES Campus. We appreciate your keen interest to guide and help our students and also directing them with your wise words and extraordinary content on the topic "**Breast cancer awareness**".

JES College of Commerce, Science & I.T. is honoured and greatly obliged to have you as a Resource Speaker. We look forward to many such interactions in future.

Regards,

(Ms. Archana Dhawade)

Co-ordinator

WDC



(Dr Prashant H Shelar)

Principal



Jogeshwari Education Society's JES COLLEGE OF COMMERCE SCIENCE & INFORMATION TECHNOLOGY (AFFILIATED TO MUMBAI UNIVERSITY)

Breast Cancer Awareness Program
Speaker: Dr Uma Sawant, MD(Gynecologist)
Date: 9th November, 2022
Time: 8:30-9:30am
Venue: Block no.208



Mumbai, Maharashtra, India

J.E.S. Compound, Caves Road, Jogeshwari Education Society, Station Rd,
near I.Y. College Campus, Ismail College Camps, Natwar Nagar, Jogeshwari
East, Mumbai, Maharashtra 400060, India

Lat 19.135284°
Long 72.850945°
09/11/22 08:51 AM



GPS Map Camera



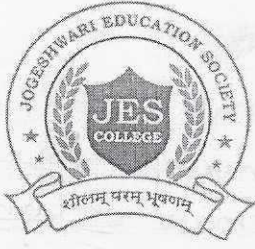
Mumbai, Maharashtra, India

J.E.S. Compound, Caves Road, Jogeshwari Education Society, Station Rd,
near I.Y. College Campus, Ismail College Camps, Natwar Nagar, Jogeshwari
East, Mumbai, Maharashtra 400060, India

Lat 19.135409°
Long 72.850931°
09/11/22 08:52 AM



GPS Map Camera



Jogeshwari Education Society's
JES COLLEGE OF COMMERCE
SCIENCE & INFORMATION TECHNOLOGY
(AFFILIATED TO MUMBAI UNIVERSITY)

Attendance Sheet

Date: 9/11/2022

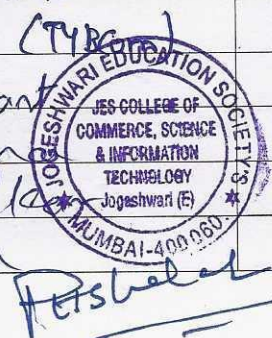
Topic: Breast Cancer Awareness Program

Speaker: Dr. Uma Sawant

Sr. No	Roll No	Name of the Student	Gender (M/F)	Signature
1	152	Lochona. R. sangale.	Female	<u>Lochona</u>
2	200	Harshika V. Vaidya	Female	<u>Harshika</u>
3	112	Sejal mahendra mhatre	Female	<u>Smbatere</u>
4	30	Pooja. O. Dhond	Female	<u>Phond</u>
5	125	Priyanka pal	Female	<u>Priyanka</u>
6	56	Anchal Gupta	Female	<u>Anchal</u>
7	126	Tannu. K. upadhyay	Female	<u>Tannu</u>
8	200	Anjali J. Tarkar	Female	<u>Anjali</u>
9	165	Hetal makwana	Female	<u>Hetal maku</u>
10	207	chetana solanki	Female	<u>chetana</u>
11	17	Mujaheed Naveera	Female	<u>Naveera</u>
12	21	Riti Pandey	Female	<u>Riti</u>
13	35	Latika Tarate	Female	<u>Latika</u>
14	03	Shweta Bhalekar	Female	<u>Shweta</u>
15	08	Shruti Gupta	Female	<u>Shruti</u>
16	190	Karina Sathar	Female	<u>Karina</u>
17	158	Nitisha sawant	Female	<u>Nitisha</u>
18	04	Priti Jadhav	Female	<u>P.R. Jadhav</u>
19	01	Prerana Bhogale	Female	<u>Prerana</u>
20	02	Sanika Chalke	Female	<u>Chalke</u>
21	11	Sakshi Palav	Female	<u>Sakshi</u>
22	17	Sneha Salunke	Female	<u>S.v. salunke</u>
23	23	Jahnavi Nankar	Female	<u>Jahnavi</u>



Sr. No	Roll No	Name of the Student	Gender (M/F)	Signature
58	135	Priya Permar	F	
59	147	Mitali Rasal	F	m.B. Rasal
60	143	Tithksha Phunrekar	F	Tithksha
61	144	Kirti Pisab.	F	
62	1488	Kirti Keshavdas	F	Kirti
63	63	Simran Gupta	F	
64	100	Bhakti Khata	F	Bhakti
65	84	Sonika Kasbe	F	Rasbe.
66	92	Rasika Prabhu	F	Rasika.
67	04	Tejaswi Awale	F	
68	09	Vaibhavi Gihadi	F	
69	47	Prajakta Surove	F	
70	06	minaksh. Gujanam Dewlkar	F	
71	20	Neha S. Mone	F	
72	24	Vaishnavi pandid	F	
73	515	Roshani Yadav	F	Ryaday
74	35	Sonam Sadai	F	Sonam
75	84	Riya Salunke	F	
76	40	Khushi Sharma	F	
77	21	Shruti Mowya	F	
78	44	Singh Shiksha	F	Singh
79	07	Pramali Dubey	F	
80	53	Archana Yadav	F	
81	39	Shaikh Saba Bi Nizam	F	
82	181	Snehal Anir Shingare	F	
83	48	Jaya Suhars Gkag	F	
84	05	Anu Jaiswar	F	
85	46	Tahvi Gawde	F	
86	48	Kanchan Marpi	F	
87	13	Kalpita Tukaram Parab	F	
88	205	Eshita R. Zala (TYBC)	F	
89	27	Priya P. Sawant	F	
90	83	Sangita Gambh	F	
91	08	Saikshi Katala	F	
92	09	Nidhi Kadon	F	



REPORT ON BREAST CANCER AWARENESS PROGRAMME

JES College's Women Development Cell organized breast Cancer Awareness Programme to educate the girl students and women teachers on 9th November, 2022 at 8:30-9:30 am. Resource person for this program was Dr Uma Sawant, MD(Gynecologist). She has created awareness on Breast Cancer, its causes & preventive measures. She rolled out statistics to prove the alarming increase in breast cancer cases in recent years. This program covered aspects like: Probable Symptoms that cause breast cancer, ways to identify it in early stages to be cured off like Dimpling, Puckering, stretching pain in the back, retracted nipple etc. She suggested precautionary measures like avoiding cholesterol rich fat diet, alcohol intake, reducing obesity based on the BMI standard, curtailing use of tobacco, being aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc., Later on, she briefed the participants on methods of early detection and curative measures. She also explained how to carry out Self Breast Examination (SBE), clinical Tests, mammography and ultra sound scanning and advised the girl students & women teachers on the measures to be taken to protect themselves from the dreadful disease. She advised the girl-students to be conservative, follow healthy food containing fibrous rich foods with Vitamin A, E and C, Beta carotenes and selenium supplements. Everyone appreciated the program and opined that these kinds of programs are very useful and may be conducted frequently. Total 94 girl students attended this program. The program was well received by all and was very useful.

