Press Release From AYUSH Department,Ravangla PHC

BREAST AWARENESS MONTH 2026

Namchi, 14 October: On the occasion of Breast Cancer Awarness Month AYUSH Dept. Ravangla Phc conducted awareness and general health screening program at ICDS Ralong Road,Ravangla.

The program commenced with the introduction on breast cancer, different signs and symptoms of breast cancer. The session was conducted by Dr. Anusikha Sharma, who sensitized the participants about the signs and symptoms of breast cancer such as a new lump, swelling ,changes in its shape and size, dimpling and puckering in the skin, nipple turned inward ,discharges from nipple and other unusual changes in breast. The importance of recognizing new or persistent symptoms and seeking timely medical care was also discussed.

The programme also highlighted the importance of maintaining a healthy lifestyle, including a balanced diet, regular physical activity, and routine health check-ups. Participants were encouraged to overcome hesitation and stigma associated with breast health and seek timely medical care whenever required.

The resource person further highlighted certain risk factors that can increase the risk and encouraged to include healthy habits in their daily life which can help support overall health and reduce the risk factors.

An IEC session on BREAST SELF-EXAMINATION was also conducted. A demonstration on breast self-examination was conducted to encourage participants to become familiar with their breasts, recognize any unusual changes, and seek timely medical consultation if needed.The importance of early detection, appropriate medical evaluation, and following recommended screening advice was emphasised.

As a part of the program, screening for RBS and BP was conducted for the participants.Participants were provided with appropriate health advice based on their screening results and were advised to seek further medical evaluation whenever necessary.

As part of the Nasha Mukt Bharat Abhiyaan, participants were also sensitised to the harmful effects of tobacco use and alcohol consumption on health. Smoking and alcohol consumption were discouraged, and the importance of adopting a healthy, substance-free lifestyle was emphasised.

The program was concluded with an emphasis on three important topic that included awareness, screening and taking timely health advice when necessary. The participants were also encouraged to spread the awareness about breast cancer within their families and communities and to emphasise the importance of early detection and timely medical consultation. Participants were motivated to share the information gained during the programme to promote breast awareness and encourage others to seek medical attention whenever unusual changes are noticed.