Report

Event: Breast Cancer Awareness Rally & Health Education Session
Organized By: Institute of Nursing Education & Research (INER), AIIMS Bathinda
Date: 31st October, 2026 Venue: From Lal Singh Basti to Sanguana Basti, Bathinda & Anganwadi Centre, Sanguana Basti
Occasion: Breast Cancer Awareness Month - October 2026
Theme: "Every story is unique, every journey matters"

Under the visionary leadership and guidance of Dr. (Prof.) Ratan Gupta, Executive Director, AIIMS Bathinda and Prof. (Dr.) Kamlesh K Sharma, Professor cum Principal, INER, AIIMS Bathinda, the Institute of Nursing Education & Research [INER], AIIMS Bathinda organized a Breast Cancer Awareness Rally followed by a Health Education Session on 31st Oct 2026. Objective of the programme was to create awareness among women of urban areas regarding early signs, risk factors, importance of Breast Self-Examination (BSE) and early screening for breast cancer.

Rally Details:The rally was flagged off from Lal Singh Basti to Sanguana Basti, Bathinda. Students enthusiastically participated with placards, slogans and banners carrying messages like "Early Detection Saves Lives", "Self-Examination - Once a Month is Must", "Do not fear, come forward for screening".

The rally covered the densely populated area of Sanguana Basti to maximize community outreach.

Health Education Session:Following the rally, a health education session was conducted at Anganwadi Centre, Sanguana Basti, Bathinda. The session was attended by around urban women, ASHA workers and Anganwadi workers of the area.

Key points covered:
1. Risk factors of breast cancer
2. Demonstration of Breast Self-Examination (BSE) technique
3. Myths and facts related to breast cancer
4. Facilities for screening available at AIIMS Bathinda
Participants:The programme was led by Dr. Simarjeet Kaur, Associate Professor, INER and Mr. Pardeep Kumar, Nursing Tutor, INER, AIIMS Bathinda.

Active participation by B.Sc. Nursing 4th Year and M.Sc. Nursing 2nd Year students of INER, AIIMS Bathinda, who worked as health educators and motivated the community women.
The community women appreciated the efforts and expressed willingness to visit AIIMS Bathinda for screening. The event helped in breaking stigma and encouraging open discussion on breast health in the community.