

**YENEPOYA NURSING COLLEGE, IN COLLABORATION WITH
YENEPOYA ZULEKHA INSTITUTE OF ONCOLOGY
CANCER AWARENESS OUTREACH PROGRAM**

The Yenepoya Nursing College, in collaboration with the Yenepoya Zulekha Institute of Oncology, organized Women's Wellness Program while observing Cancer Awareness Month for the women of Spandana Trust in Jeppu, Mangaluru. The program was conducted in 6 divided sessions from 20th to 22nd February 2023. Mr. Victor Vas, the Coordinator of Spandana Trust, began the program with prayer and welcome note. Mrs. Janet Miranda, Vice Principal and program Convenor, briefed about the program and thanked the Trust officials for providing the opportunity.

The program focused on cancer awareness and risk assessments for oral, colon, breast, and cervical cancer using an app developed by Karkinos (<https://apps.live.karkinos.in/yenepoya/aarogya>). The app had detailed questions related to cancer, which were shared with the participants' mobile phones. Referral cards were distributed for further investigations such as Pap smear, mammogram, oral examination, blood sugar, and haemoglobin, which are available free of cost at the Yenepoya Zulekha Oncology Hospital in Deralakatte, Mangaluru. On-site random blood sugar and blood pressure tests were also conducted. The interns of Yenepoya Nursing College assisted in risk assessment. The sessions were conducted by faculty members of the Yenepoya Nursing College, namely, Prof. Shashikumar Jawadagi, Mrs. Janet Prima Miranda, Mrs. Renita Priya Dsouza, Mrs. Nithyahree B. V, Mrs. Jyothi, Mrs. Veena Iraddi, Mrs. Savitha Naikand Ms. Daisy Dsouza.

Spandana Trust is a registered NGO under the Government of Karnataka that works for women's empowerment. A total of 450 women benefited from the program. 8 faculty and 10 interns from Yenepoya Nursing College were present. Feedback was obtained from the participants at the end of the program, and the women expressed the program to be useful.



Figure 1 & 2 Session by faculty of Yenepoya nursing College