

## **Think Pink Bengaluru**

**Programme organised by Think Pink Bengaluru Team:** Breast Cancer Awareness for Support Staff of CHRIST (Deemed to be University), Main Campus– November 30, 2019

**Faculty Supervisor:** Dr. Ngaitlang Mary Tariang  
Assistant Professor of Social Work  
CHRIST (Deemed to be University), Bangalore

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### **Training Objective:**

- To teach the support staff of CHRIST (Deemed to be University) about Breast Self-Examination.
- To assess the Pre and Post of Breast Cancer awareness and their knowledge.
- Follow-up

### **Training processes:**

- Introduction of the session
- Pre Assessment
- Introduction to Breast Cancer
- Breast Self Examination session
- Post Assessment
- Conclusion
- Discussion
- Meeting with the Think Pink Bengaluru, Volunteers.

The Support Staff's gathered in room 614, Central Block in the 6<sup>th</sup> Floor at 12pm. The session started with an introduction by Ms. Anisha who explained them about the purpose of the session. This was followed by the taking the Pre Assessment, Ms. Blessy explained the questionnaire in Tamil to the support staffs which made it easier for them to understand. All the Student volunteers helped the support staffs in filling out the forms. This was later followed by the session where the types of tumour, cancer and its occurrence were explained. This was followed by the session of teaching them how to perform 'Breast Self-Examination' and the process.

Later a post assessment was taken to understand how much they understood about the topics covered. Once the assessment was completed, a conclusion session was given which was followed by the discussion session.

Many Support Staff's had doubts about their conditions and some even said how they were able to feel the tumour. We guided them how to take it up from that point and whom they can approach

for the same. We had a strong and supportive team – Ms. Amritha, Anisha, Andrea, Rachel, Mr. Jayesh, Blessy and the juniors who played a very important role in this training program.

After the sessions were completed, we the Think Pink Bengaluru student volunteers had a meeting with Ms. Deepika, the founder of the Think Pink Club team and had discussions on the same and also how we can improvise this club in the future.

### **Reflections:**

The session was an eye opener for all the support staff's. Everyone appreciated the training and all the volunteers. They felt it was important to know such things as how to prevent cancer and they also promised they would share the same with all their known people and families.

### **Challenges:**

- The women felt a little uncomfortable as we had a male member in our Think Pink Club and he couldn't be part of the same yet, he helped us out with all the backend work.
- The assessment took a little longer than usual as we had to explain the questionnaire to them in their native language.



