

SAMPADA

संपदा

September 2022

**MISSION : POSSIBLE**

**BREAST  
CANCER  
AWARENESS  
&  
DETECTION**

## Introduction of Breast Cancer



Approximately one in eight women will be diagnosed with breast cancer in her lifetime. Annual mammograms are recommended for women 40 and older and for younger women with specific breast cancer risk factors.

Warning signs and symptoms for breast cancer can vary greatly. If you experience any changes in the breast, nipple or underarm, schedule an appointment with your doctor.

Source:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/breast-cancer>



### What is Breast Cancer?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

### What Causes Cancer To Develop?

Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a build up of cells often forms a mass of tissue called a lump, growth, or tumor.

Source

<https://www.nationalbreastcancer.org/what-is-breast-cancer/>

### Understanding Breast Cancer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

## Key Notes



Dear Friends

At the outset let me congratulate this young club under the dynamic leadership of President Sunil Kumar Day for doing exemplary work in the field of breast cancer awareness and screening. As you all know breast cancer is 100% curable if detected in early stages. Mammography is an X-Ray of the breast done in 40yrs and older ladies to detect early lesions. Below 40yrs Ultrasound is done. So we advise all ladies above 40yrs to go through Mammography test at least once in two yrs. Mobile Mammography van is a project of RC Gurgaon done with this thought in mind. I wish all the best to RCD Resources in their dedicated work in this field.

Warm Regards

PP Dr Pushpa Sethi

Distt Chair Women Health and Empowerment  
Chairman

Mammography van committee

RC Gurgaon



I must congratulate President Sunil Day & RCD Resources for a phenomenal service they are rendering to the Community. Organising a large number of Mammography, Breast Cancer Detection, camps all over NCR has been a magnificent effort.

India has seen a steady growth in Breast Cancer cases and the graph is going up.

It's imperative for us to make all out efforts to arrest the trend by Awareness, Detection & Treatment. With Rotary Cancer Foundation dedicated for the cause and supporting the Clubs' missions, We have forged a partnership to combat the very treatable disease at an early stage.

I must applaud first Lady Rtn Niti Day Ji who is always there shoulder to shoulder with you to lend support.

Regards,

Arun Roongta,

Assistant Governor, Zone 12



Dear President Rtn Sunil and Mammography Chair Rtn Niti Day, My heartiest congratulations and heartfelt appreciation for the concentrated efforts RCD Resources has been putting in direction of much needed Breast Cancer Detection Campaigns. I am a personal witness to the same as all mammograms done by Mobile mammography Van of Rotary Club Gurgaon are reported by me. I also congratulate you for excellent management of these camps.

My compliments in covering such a large number of defense ladies, being an army wife and also an ex defense officer, that touches a personal cord. My best wishes for continued success in all your future endeavors

Rtn Dr Savita Chopra,

Vice President & Club Coordinator,

Rotary Club Gurgaon

I attended free mammography camp for breast cancer detection at JCO, A block club of Defence colony. It was really a great experience as every thing was do systematically organised. Rtn. Niti Day and Rtn. Sunil Kumar Day were so polite and prompt to answer every query. The mammography was done by well qualified radiologists in a mobile bus having all the necessary facilities. I really had a great experience as they took all the details about each person homing for the test and helped them to get the mammogram gone in a very relaxed environment. My case was little different as I am breast cancer survivor who suffered from breast cancer 26 years ago. They had even provided free mammogram films as well to me on the spot free of cost. I am extremely thankful to the whole team. Very good job well done by Rotary Club of Delhi RESOURCES

Thanks & Regards

Shikha Gupta, Beneficiary





### Message of President

**MISSION POSSIBLE:** We have dedicated this Issue of September to Breast Cancer Detection and Awareness Campaign as in the month of September we held 11 Mammography Camps. Not to forget the one we held on 30<sup>th</sup> August. We want to build on this experience gained early in the Rotary year and share with other Rotary Clubs of the District 3011 and all others too. We enjoyed every moment of each camp. There were informal discussions with beneficiaries and exchange of ideas. In the process of organizing these eleven camps we met many from RWAs; Senior Citizen Forums; Gurudwaras; Army Officers; etc. – all turned out to be very impressive hosts who were as keen to serve as our Club is. So there is hope and that is why it is not Mission Impossible fortunately. If our Club wants then for each new Rotary year we have venues already confirmed and that is a great achievement for any club. All members must read this Bulletin as there are chances of finding Breast Cancer in men also and we have introduced this in the Bulletin.

This Issue covers part of September 2022 and only the mammography projects. There is part 2 also that covers many other projects and it is coming in a few days – as promised earlier that our bulletin will be out in the first 7 to 10 days of each month and we are committed to do so.

Rtn. Sunil Day



### Message of Rtn. Niti Day, 1<sup>st</sup> Lady and Chair Mission Mammography

As the 1<sup>st</sup> Lady of the newly Chartered Club of Delhi Resources, I had a clear cut plan and strong determination to support my husband Rtn. Sunil Kumar Day, Club President for 2022-23. As such I draw my strengths from assisting others – all along I have been a social worker and helped a few NGOs and Rotary Cancer Hospital at AIIMS, Delhi for around 20 years before joining Rotary. So shortlisting different Service Projects comes easy.

We have chosen Breast Cancer Detection and Awareness campaign as our thrust area. It is our Club's Signature Project – we hope that by the time year ends in June 30, 2023, our Club will be known for its efforts and constructive work done during the year.

For the timely availability and all the guidance I receive from PP Dr. Pushpa Sethi and Dr. Savita Chopra of Gurgaon Club, I express my deepest gratitude. Their club provides the Mammography Van that is always on time if not early at each venue and provides flawless service each time.

I, on behalf of the Club also take this opportunity to wholeheartedly thank Rtn. Arun Roongta, AG of our Zone 12, for his ever helpful nature and for his guidance and navigation skills that are extremely helpful.

Rtn. Niti Day  
Chair Mammography Mission



This free Mammography Camp held at USI Premises, RTR Marg, Shankar Vihar, New Delhi – 57 was our first camp in Delhi Cantt. Rtn. Sunil Kapoor, Vice President and Rtn. Sudhir Kapoor were the prefect host with all-round provisions for Rotarians & non-Rotarians / Beneficiaries. Sumptuous breakfast and lunch spreads with unlimited tea/coffee was provided. In a day 20 ladies can be checked and we met 100% target. AG Rtn. Arun Roongta of our Zone 12 along with Rtn. S K Agarwal graced the occasion. Third visitor from RCD West, Rtn. Run Rekha was kind enough to address the beneficiaries on the subject of Breast Cancer.

SEP 01, 2022



10 AM - 2 PM

## FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : USI PREMISES, RTR MARG,  
SHANKAR VIHAR, NEW DELHI - 110057



SPONSORED BY

**ROTARY CLUB OF  
DELHI RESOURCES**



ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT

MAJ. GEN. GOSWAMI - 9910977781

Rtn. SUNIL KAPOOR - 9810400244

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444





SEP 02, 2022



10 AM - 2 PM

## FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : ATS ONE HAMLET,  
SECTOR-104, NOIDA



SPONSORED BY  
**ROTARY CLUB OF DELHI  
RESOURCES**

DISTRICT 3011 ZONE 12

### CONTACT

Rtn. NILU SAHDEV - 8826906787  
Rtn. ALOK SAHDEV, AOA PRESIDENT - 9810178356  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444



This is our 2<sup>nd</sup> Camp of free Mammography at ATS One Hamlet, Sector – 104, Noida - 201304. In a day 20 ladies can be checked and we met 100% target. This time also our hosts Rtn. Nilu Sahdev and Rtn. Alok Sahdev, who is also the President of Apartment Owners Association (AOA) were more than perfect in every sense. With the success of this project there is demand for more camps from the residents.





SEP 06, 2022  
&  
SEP 07, 2022

**Rotary** 10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**  
(For Detection of Breast Cancer  
For 40 - 70 yrs old)

**VENUE : Shankar Vihar Delhi Cantt,  
New Delhi - 110010.**



**SPONSORED BY**  
**ROTARY CLUB OF  
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

**CONTACT**  
Lt. Col. ANIMESH, COORD OFFICER - 99559 92749  
Rtn. NITI DAY, PROJECT CHAIR - 9868128079  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444



This was the first day of two day camp of free Mammography at Shankar Vihar Delhi Cantt – 110010. The coordinating officer Lt. Col. Animesh and his team was the prefect host with all-round provisions for Rotarians and beneficiaries. In a day 20 ladies can be checked and we met 100% target. We were able to cover ladies from different strata of society who were living or working in the Cantt area. Club President ant Chair / First Lady provided snacks and tea / coffee to all.



## Free Mammography Camp #4 at Shankar Vihar Delhi Cantt on 7<sup>th</sup> Sept. 2022



This was the second day of two day camp of free Mammography at Shankar Vihar Delhi Cantt – 110010. The coordinating officer Lt. Col. Animesh and his team was the prefect host with all-round provisions for Rotarians and beneficiaries. Today only 19 ladies could be checked. Like before we were able to cover ladies from different strata of society who were living or working in the Cantt area. In order to serve the society in the best possible way we moved the position of the Mammography Van to suit the location of maximum beneficiaries.



Sunday, 11th September 2022 - Our club organized another free Mammography Camp #5 at Pocket E, Gate No. 1, Mayur Vihar, Phase II, New Delhi – 110091. In a day 20 ladies can be checked to meet 100% target – however we had 21 beneficiaries. Our Rtn. Himinder Lal, Rtn. Yeduvinder Lal & Vidhushi Lal played perfect hosts in every possible way. Rtn. Rajni Ohri Lal and Ms. Davinder Jutla, President RWA Pocket E played crucial role in the success of the project they were both given Appreciation Certificate. Club President and Chair / First Lady provided snacks and tea / coffee to all.



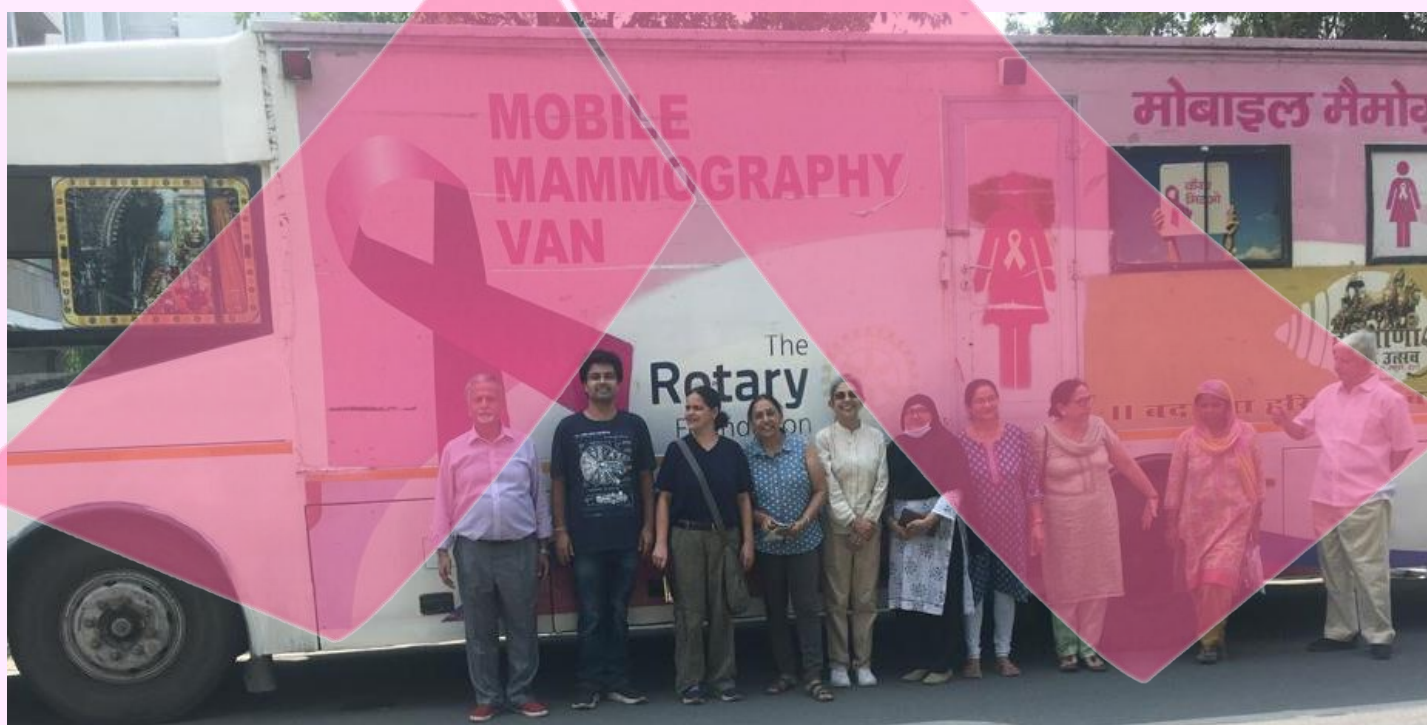
SEP 11, 2022 **Rotary** 10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**  
(For Detection of Breast Cancer)

VENUE : POCKET E, GATE NO.1 MAYUR VIHAR,  
PHASE-II, NEW DELHI- 110091


SPONSORED BY  
**ROTARY CLUB OF DELHI  
RESOURCES**  
DISTRICT 3011 ZONE 12

CONTACT  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444  
Rtn. Adv. HIMINDER LAL - 9899139137  
Rtn. Adv. RAJNI OHRI LAL - 9810825553






SEP 23, 2022  
&  
SEP 24, 2022

**Rotary**  10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**  
(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : Arjan Vihar, Delhi Cantt.



SPONSORED BY  
**ROTARY CLUB OF  
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT  
MS. NISHA PANDE - 8141667388  
Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444



This was another two day free Mammography Camps at Wellness Center of Arjan Vihar Delhi Cantt – 110010. The coordinating persons were Ms. Nisha Pande & Rtn. Niti Day who is also the Chair for Mission Mammography. In a day 20 ladies are checked normally but today we did 22 due to superefficient performance by Ms. Pooja & Ms. Ruksana. Club President ant Chair / First Lady provided snacks and tea / coffee to all.



Free Mammography Camp #7. This is our 2<sup>nd</sup> free Mammography Camp at Wellness Center of Arjan Vihar Delhi Cantt – 110010. The coordinating persons were Ms. Nisha Pande & Rtn. Niti Day who is also the Chair for Mission Mammography. In a day 20 ladies can be checked and we met 100% target. Club President ant Chair / First Lady provided snacks and tea / coffee to all.








SEP 25, 2022 **Rotary** 10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**  
(For Detection of Breast Cancer  
For 40 - 70 yrs old)

**VENUE : Paryatan Vihar B-4 Vasundhra Enclave  
Delhi 110096.**



**SPONSORED BY**  
**ROTARY CLUB OF  
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

**CONTACT**  
MRS. RITU BHASKAR GEN. SECRETARY, RWA - 9811903640  
Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444



Sunday, 25<sup>th</sup> September 2022 - Our club organized a free Mammography Camp at Paryatan Vihar, B-4, Vasundara Enclave, New Delhi - 110096. This was fully supported by the Officers of RWAs of B-4 & B-8, who played perfect hosts with liberal food, etc. In a day 20 ladies can be checked and we met 100% target. Club President ant Chair / First Lady provided snacks, sweets and coffee to all.





SEP 26, 2022  
&  
SEP 27, 2022



10 AM - 2 PM

## FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : Near Gurudwara, Lajpat Nagar-III



SPONSORED BY

**ROTARY CLUB OF  
DELHI RESOURCES**



ZONE 12 DISTRICT 3011 CLUB ID - 224707

IN COLLABORATION WITH

**SENIOR CITIZEN FORUM, LAJPAT NAGAR-III**

Sh. R.P. MUNDRA, SCF - 9810052576

Sh. ASHOK GUPTA, SCF - 9999902810

Sh. SANJAY SHARMA, SCF - 8800004952

Rtn. NITI DAY, MEMOGRAPHY MISSION CHAIR - 9868128079  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444

This was our 1<sup>st</sup> day of the two day project of free Mammography Camp that was in collaboration with Senior Citizen Forum (SCF) and it was held at Gurudwara, Lajpat Nagar - III, New Delhi - 110024. In a day 20 ladies can be checked & we met 100% target. Club President ant Chair / First Lady provided snacks and tea / coffee to all. Both our partners were most humble and cooperative.





This was the 2<sup>nd</sup> day of our two day project of free Mammography Camp that was in collaboration with Senior Citizen Forum (SCF) and it was held at Gurudwara, Lajpat Nagar - III, New Delhi - 110024. In a day 20 ladies can be checked & we met 100% target. Club President ant Chair / First Lady provided snacks and tea / coffee to all. Both our partners were most humble and cooperative. And we all are planning more projects together





SEP 30, 2022 **Rotary** 10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**  
 (For Detection of Breast Cancer  
 For 40 - 70 yrs old)  
**VENUE : DCA's, JCO Club "A" Block, Defence  
 Colony, New Delhi - 110024.**

SPONSORED BY  
**ROTARY CLUB OF  
 DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

**FOR REGISTRATION CONTACT**

Sh. ASHOK MALHOTRA, Hon. Gen Secretary  
 Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079  
 Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444

Our 11<sup>th</sup> Mammography Camp in September 2022 was held on Friday, 30<sup>th</sup> September 2022 - This free Mammography Camp was done in collaboration with DCA's, JCO Club A-Block, Defence Colony, New Delhi – 110024 at their Club lawns. In a day 20 ladies can be checked to meet 100% target – however we had only 18 beneficiaries as there were many ladies who were just outside the 40-70 year bracket. The efforts of Sh. Ashok Malhotra, Hon. Gen. Secretary of DCA are highly appreciated and acknowledged.



# Appreciation Certificates @ Mammography Camps of September 2022



**Major Gen. BK Sharma  
AVSM, SM & Bar (Retd)  
Director USI  
For 01-09-2022**



**Ms. Nisha Pandey  
For 23 & 24-09-2022**



**Rtn Sudhir Kapoor  
For 01-09-2022**



**Ms. Ritu Bhaskar  
Gen. Secretary, RWA,  
Paryatan Vihar, B-4,  
Vasundhara Enclave  
For 25-09-2022**



**Ms. Renu Jairath  
For 02-09-2022**



**Mr. R.P Mundra  
Gen. Sec. Senior  
Citizen Forum,  
Lajpat Nagar – 3  
For 26 & 27-09-2022**



**Major Gen. Goswami  
For 06 & 07-09-2022**



**Mr. A.K Gupta  
Treasurer, Senior  
Citizen Forum, Lajpat  
Nagar – 3  
For 26 & 27-09-2022**



**Lt. Col. Animesh  
Coord Officer  
For 06 & 07-09-2022**



**Mr. Karamvir  
Chhabra, Senior  
Citizen Forum, Lajpat  
Nagar – 3  
For 26 & 27-09-2022**



**Rtn. Adv. Rajni Ohri Lal  
For 11-09-2022**



**Sardar Pritpal Singh,  
President, Gurudwara  
For 26 & 27-09-2022**



**Ms. Davinder Jutla  
President RWA Pocket E  
For 11-09-2022**



**Ms. Pooja Rani  
Senior (Radiographer  
& Camp Coordinator  
For 11 Camps**



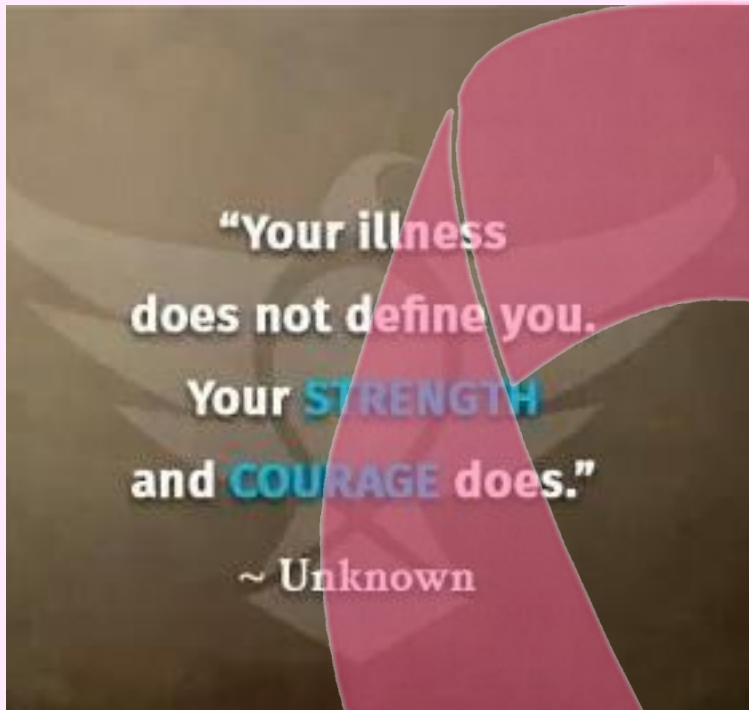
**Col. Hari Thapa  
For 23 & 24-09-2022**



**Mr. Ashok Malhotra  
Hon. Gen. Secretary  
DCA's JOC Club  
For 30-09-2022**



## Inspirational Rotary Projects



### Taking cancer screening on the road in India

**Area of focus:** Fighting disease

**Host sponsor:** Rotary Club of Madras East, India

**International sponsor:** Rotary Club of San Antonio, Texas, USA

**Total budget:** \$70,242

**Background:** India has more than 800,000 new cases of cancer every year; many people, especially in rural areas, are not aware of, cannot afford, or are afraid of screening for the disease. Late diagnosis of breast and cervical cancer leads to high mortality rates.

**Scope:** Rotarians identified a significant public health problem in their area, then found a strong cooperating organization to work with. They helped design a special vehicle to bring screenings to women in rural areas and mobilized their networks to ensure that the mobile unit would reach as many women as possible.

**Impact:** 3,650 women were screened during the project.

**Top tip:** Cooperate with an organization that is already experienced in the work your club plans to focus on.

### Fighting cervical cancer in rural Bangladesh

**Area of focus:** Fighting disease

**Host sponsor:** Rotary Club of Padma Rajshahi, Bangladesh

**International sponsor:** Rotary Club of North Columbus, Georgia, USA

**Total budget:** \$59,500

**Background:** Bangladesh ranks fourth in the world in deaths from cervical cancer. Prevention and early detection can lead to higher survival rates.

**Scope:** Project sponsors worked with the Rajshahi Cancer Hospital and Research Center to reduce the incidence of cervical cancer through vaccinations. They also worked to raise awareness about symptoms and funded training for female paramedics in 10 villages around Rajshahi.

**Impact:** Nearly 1,000 girls and women ages nine to 45 participated in the program.

**Fun fact:** Response to the program was stronger than anticipated; the Rotarians plan to include more villages in a future project.

### Screening for breast cancer in Turkey

**Area of focus:** Fighting disease

**Host sponsor:** Rotary Club of Adana, Turkey

**International sponsor:** Rotary Club of San Antonio, Texas, USA

**Total budget:** \$38,000

**Background:** In Turkey, breast cancer is the eighth most common cause of death. Early detection is key to effective treatment, but women in rural areas have little access to, or education about, screening.

**Scope:** Working with local officials, Rotarians provided breast models that health workers use to explain the effects of breast cancer and to demonstrate how women can detect signs of the disease. Rotarians and the Public Health Directorate worked together to organize breast cancer awareness events in 15 districts of Adana, a city in southern Turkey.





**ALL INDIA INSTITUTE OF MEDICAL SCIENCES  
INSTITUTE ROTARY CANCER HOSPITAL  
NEW DELHI**

The All India Institute of Medical Sciences Institute Rotary Cancer Hospital was created in 1983, with 35 beds and 2 floors. In 2003, it was converted into a 7 floor building, equipped with 200 beds. AIIMS IRCH has excellent healthcare technology for cancer diagnostics, screening and treatment. It is one of the few centers in India that has been able to establish a quality bone marrow transplant unit, in addition to researching into preventive and advance medical techniques to battle cancer in India. Their preventive oncology program has screened over 10,000 people thus far. We currently have a pediatric oncology project at this site.





Breast cancer occurs not only in women, but in men as well. Men also have breast tissue, and those cells can turn into cancer.

### Men and Breast Cancer: Statistics

According to the American Cancer Society:

- Breast cancer in men is rare — less than 1 percent of all breast cancer occurs in men.
- About 2,350 new cases of invasive breast cancer were diagnosed in men in the U.S in 2015.
- Breast cancer is about 100 times more common in women.
- About 440 men in the U.S. died from breast cancer in 2015.

Some people use statistics to figure out their chances of getting cancer. Or they use them to try to figure out their chance of being cured. Because no two people are alike, statistics can't be used to predict what will happen to one person. These statistics describe large groups of people. They don't take into account a person's own risk factors, such as family history, behaviors, or cancer screenings. If you have questions, talk with your healthcare provider.

Source: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/breast-cancer/about-breast-cancer-in-men>



ரோட்டரியின் புற்றுநோய்  
மற்றும் ஆராய்ச்சி  
தொண்டு நிறுவனம்

**ROTARY CANCER AND RESEARCH FOUNDATION**

ESTABLISHED - 1995

ESTABLISHED BY THE MEMBERS OF ROTARY CLUB OF MADRAS MIDTOWN

**25 YEARS OF SERVICE TO SOCIETY TO FIGHT CANCER**

**INDIAN  
CANCER  
SOCIETY**



**National  
Breast Cancer  
Foundation**

**RISE AGAINST CANCER**



# संपदा SAMPADA

September 2022

**Dates to Celebrate 1<sup>st</sup> September till 31<sup>st</sup> October 2022**

5	Rtn. Seema Shukla	Birthday
9	Rtn. Sunil Kumar Day	Birthday
19	Rtn. Nicoleta Ioana Ciufudean	Birthday
24	Rtn. Yaduinder Lal	Birthday
30	Rtn. Sunil Kapoor & Anne Punam Kapoor	Anniversary
<b>October</b>		
3	Rtn. Niti Day	Birthday
18	Rtn. Harish & Anjali Dang	Anniversary

**And Diwali**

कैंसर आमतौर में महिलाओं में पाया जाने वाला ऐसा रोग है जिससे लाखों महिलायें जूझ रही हैं इसके लिए अनेको संस्थाएँ काम कर रही हैं स्वस्थ तन स्वस्थ मन एक ऐसी संपदा है जिसके लिए हम सभी को मिलकर काम करना है सरकार के साथ हमारी संस्था इस कार्य के लिए प्रतिबद्ध है हमारे इस कार्य में अनेको लोगों का

योगदान है हमारे अभियान से जुड़कर अनेको महिलाओं ने लाभ उठाया है मेमोग्राफी की सहायता से हमारी संस्था निरंतर इस रोग से महिलाओं की सहायता कर रही है और सरकार के साथ समाज कल्याण के इस कार्य को सभी के लिए सहज और तमाम इलाज को जानने का मौका दे रही है हम उन सभी टेक्नीशियन और स्टाफ़ को धन्यवाद देना चाहते हैं जिनकी सहायता और लगन से ये संभव हो सका सब स्वस्थ रहे इसी मंगल कामना के साथ कुमुदनी ।

## the 4 Way Test

जो हम सोचते हैं , करते हैं ,  
कहते हैं क्या वह

1. सच है ?
2. सब के लिए उचित है ?
3. सद्भावना, भाईचारा और मित्रता बढ़ाते है ?
4. सब के लिए लाभदायक है ?

Mammogram are the best to find the breast cancer at very early stage. Many women in India are not aware about mammography. Awareness is the most important thing that marked our focus. We would continue to get mammography tests done for women. We will continue to spread awareness and seriousness of conducting a mammogram. Having regular mammogram done can lower the risk of dying from breast cancer.

We will continue to conduct this test at multiple locations to target as many women we can. And to spread as much awareness we can!



Rtn. Rakesh Banga, President Elect