



ANNUAL REPORT

2020-2021

www.capedindia.org

About US

“ Our mission is to identify and create different arenas to spread awareness and knowledge about cervical cancer among women and empower them to take action regarding their own health ”

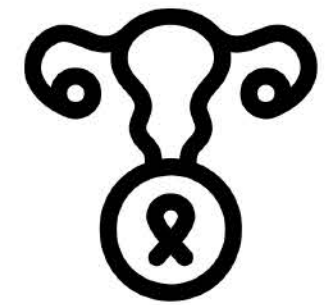
CAPED Cancer Awareness, Prevention and Early Detection established in 2014, is a Trust registered under the Indian Trust Act. CAPED was born out of the immense need to address one of the most glaring health challenges in India – Cancer. Among all the forms of Cancer prevalent, CAPED chose the cause of women-related Cancers, with a specific focus on Cervical Cancer. CAPED is a platform for disseminating information and creating awareness about the latest developments in the field of Cancer. Through its activities, CAPED ensures that people, especially women, don't just stay aware and abreast of Cervical Cancer preventive measures, but implement them to keep it at bay. CAPED has been working tirelessly towards this end, particularly within disadvantaged communities.



OUR OBJECTIVES



Creating awareness towards Cervical Cancer, its causes, risk factors and preventive measures, among rural as well as urban communities, through workshops, events, campaigns and other similar activities



Facilitating early detection of Cervical Cancer through screening camps conducted in rural and peri-urban communities



Supporting those diagnosed with Cervical Cancer, during treatment through encouragement and follow-up for regular checkups and counselling for treatment options.



CAPED IN NUMBERS

Stats of CAPED (Till March 2021)



24Mn

Overall
Outreach



159

Screening
Camps



121

Awareness
Session



47

Events

CAPED IN NUMBERS

Stats of Screening (Till March 2021)



14300

Total
Screened



3118

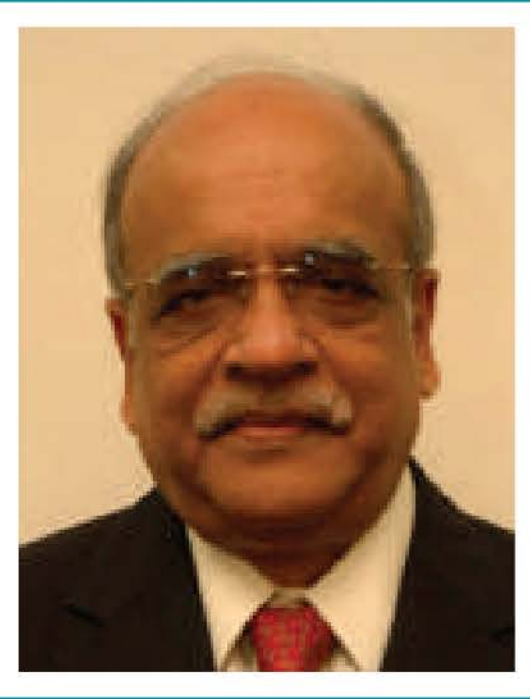
Abnormal
Cases



53

Critical
Cases

LEADERSHIP SPEAK DEAR FRIENDS,



It is usually a personal tragedy that shakes us out of our comfort zone and forces us to look at the World around us differently. It is also these difficult events in life that help us create bonds with others who've experienced similar tragedies – one look, one glance and a knowing of the heart that connects us.

And sometimes, it is these bonds that help us make important decisions. CAPED – Cancer Awareness, Prevention and Early Detection Trust is an outcome of one such bond – a bond to never stop sharing love and light with those around us who have been affected by Cancer.

All of us at CAPED have had our run-ins with Cancer. Having lost loved ones to some or the other form of the disease, we felt an urge to do something to mitigate Cancer and the despair it leaves in its wake. While we all had done our share of research on Cancer during our caregiving years, it was only after we started contemplating deeply that our intentions found a purpose and a direction.

Since then, CAPED has been creating awareness on and facilitating early detection of Cervical Cancer in India, through a number of awareness workshops and screening camps, particularly in peri-urban and rural areas in Haryana.

Every gesture and every step in our journey has been extremely valuable to us, as we continue to build on our resolve to mitigate the risk of Cervical Cancer in our country.

We thank all our supporters and well-wishers for their involvement in our work, and hope for continued support in the coming years towards creating a healthier community.

With gratitude,

**Arun Bharat Ram
Trustee, CAPED**

LEADERSHIP SPEAK

DEAR FRIENDS,



CAPED has come a long way in the last 7 years. Our core area of work is cervical cancer prevention and early detection. We achieve this through community outreach, awareness and facilitating cervical cancer screening for women from economically weaker sections of the society. The issues our journey highlights and which is similar to many states that we have discussed and taken peer reviews from is:

Continuum of care for cervical cancer elimination is the need of the hour.

2020 has proven to be an exciting and yet a challenging year for CAPED. Our experience of working hands-on with the communities, and different stakeholders in the healthcare sector positioned us uniquely to step-in at the time of crisis, to support the Govt. and the people in preventing the spread of Corona virus.

CAPED aims at becoming a thought leader and pioneer in advocacy, community outreach strategy and planning for eradication of Cervical Cancer in India. Some of the initiatives undertaken are:

- National-level Survey on Cervical Cancer Awareness
- Strategic Global Partnerships with international organisations such as WHO and CCAE for elimination of cervical cancer
- Collaboration with CII to create strategies for prevention, care and management of cervical cancer in India

We established many such significant partnerships to further the cause of Cervical Cancer eradication.

I would like to extend a big 'thank you' to all those who have supported us and brought us to this point. To take this journey forward, we need a lot of more people to join us – supporters, volunteers, collaborators. Let's make a Cervical Cancer Mukht Bharat a reality!

With gratitude,

**Mridu Gupta
Founder &
CEO, CAPED**

Focus Area

CAPED is committed to the cause of spreading awareness about Cervical Cancer across the country, through awareness and education programs, and by improving access to screening facilities particularly for underprivileged sections of the society.



Why Cervical Cancer?

In India, 1 woman dies of Cervical Cancer every 8 minutes...

Cervical Cancer is nearly 100% preventable, yet each year, about 1,32,000 women in India learn that they have Cancer of the cervix. About 74,000 of these women lose their battle to the disease, accounting nearly 1/3 rd of the global deaths due to Cervical Cancer.



Ironically, this is the only form of Cancer which can be eliminated entirely. It has been largely eradicated in the Western World through strong preventive measures. India, on the other hand, has very low preventive care awareness.

Women from underprivileged sections of the society are most prone to this form of Cancer because of lack of awareness as well as unsafe sexual practices.

With greater awareness and steps towards early detection and prevention, the damage caused by this disease can be mitigated.

CERVICAL CANCER

The 'Preventable' Cancer

- Cervical Cancer is the 2nd most common cancer in Indian women
- Most women who develop Cervical Cancer are between 30 and 60 years old
- Cervical Cancer is majorly attributed to Human papillomavirus (HPV) infection, transmitted sexually
- Major risk factors for Cervical Cancer are early-age marriage, multiple sexual partners, multiple pregnancies, poor genital hygiene, malnutrition, use of oral contraceptives and lack of awareness.
- Cervical cancer is preventable through vaccination and treatment of precancerous lesions
- It is the first form of Cancer to have not one, but two vaccines for preventing it
- Cervical Cancer can be successfully cured if caught and treated early
- Pap test has been widely successful in diagnosing Cervical Cancer in early stages



2014

Established in May 2014, with the aim to spread awareness on Cancer affecting women, particularly Cervical Cancer. Began conducting awareness workshops in schools, colleges and corporates

2015

Began conducting screening camps in peri-urban and rural communities
Began conducting awareness workshops in schools, colleges, corporates and continued conducting awareness sessions.

2016

Formed first corporate tie-up
Initiated independent awareness events and campaigns.
We were screening 100 women a month.

2017

Started a fundraiser project - Theatre for a Cause & first production was 'I Have a Dream' – a musical stage production to raise funds and awareness.
We were screening 200 women a month.

2019

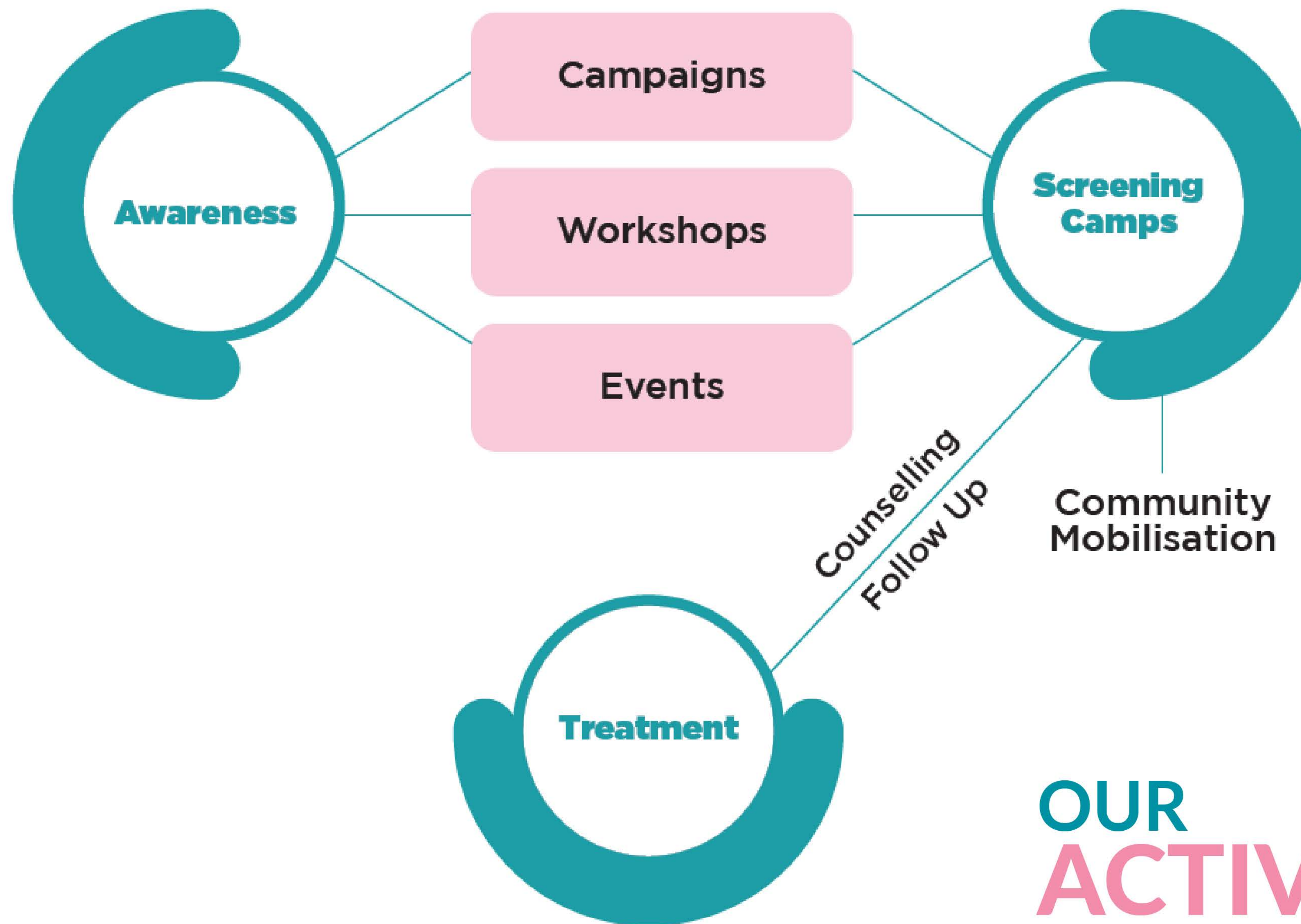
JAPA Art exhibition, next edition of queen of rock, Collaboration with first coke studio live event, Launched patient navigation system with NICPR and AIIMS, Multiple campaigns in cervical cancer awareness month resulting 5 million+ outreach in one month (Auto awareness, information cards in business parks)

2018

Launched Cervical Cancer Mukht Bharat campaign with a mobile screening van
Launched Punjab chapter in partnership with Phulkari CAN
Organized 'Queen of Rock' – CAPED's second musical production, in partnership with Azad Foundation
We were screening 500 women a month.

2020-21

We impacted over 5,00,000 people since August 2020 through our on-ground initiatives for COVID-19 awareness, testing and management across Delhi-NCR in association with BMW Foundation, IMG Healthcare & ACT.



OUR
ACTIVITIES

CAMPAIGNS

176 campaigns undertaken since 2014

A few significant campaigns include:

1. #TealTuesday, #SharamKaisi, #AskMeanyThing, #EndCervicalCancer, #DonotFearTheSmear and many more on our social media platforms
2. Autorikshaw awareness campaign across Delhi
3. Japa art exhibition @Indian Habitat center
4. Radio program on regional radio station, 'Gurgaon Ki Awaaz' and awareness drive on FM 107.2 'Queen Of Rock' - Theatre for a Cause.
5. Sheroes Online Campaign
6. Pandemic stories of CAPED
7. CAM series
8. Lets Share series
9. Slogan writing competition, Cervical cancer capsules etc.



SCREENING

159 village impacted through screening since 2014

A few communities where screening camps have been held:

1. Khera Chauganpur village, Bisrakh.
2. PHC Bisrakh.
3. Tilpata Village.
4. Gautam Buddh Nagar.
5. Bhuda village, Bisrakh.
6. Kakrala village, Bisrakh.
7. Shahpur B village, Bisrakh.

Screening young women can prevent Cervical Cancer almost 100% of the time. Even when detected early, the 5-year survival rate is more than 90%.

CAPED has partnered Helvetia Diagnostics Healthcare as well as Diagnostics lab partner for conducting screening and testing for low-income communities.

CAPED's community mobilizers visit villages and bastis to identify an appropriate place within the community for holding the screening camp. They go door-to-door to mobilize people before the camp.

Successful project: CAPED completed a project in Delhi & Ballabhgarh (Faridabad) in association with DSS Imagetech Pvt. Ltd, an Ongoing project in Bisrakh Village (Greater Noida) in association with Indraprastha Gas Limited (IGL) Through this project, we screened and educated over 10000 women from the area on cancer prevention, over a period of 1 year. Our first screening project was with SANGANERIA FOUNDATION FOR HEALTH AND EDUCATION in Rajokri village where we screened over 1000 women. Apart from the above mentioned projects, CAPED has held standalone screening camps at various villages and bastis.

COUNSELLING & FOLLOW UP

**53 patients
referred for
further diagnosis
and treatment
since 2014**

While many cases of Cervical Cancer are identified during screening, most of the patients are reluctant to undertaketreatment. In such cases, CAPED's panel of Doctors advice a course of treatment and refer them to hospitals or specialist doctors. CAPED's field ensures that the patient does not drop the treatment midway, by keeping in touch with them post camps, providing guidance and moral support throughout the course of treatment.

AWARENESS

121 awareness workshops conducted since 2014

A few institutions and organizations where workshops have been held:

1. JNU, DELHI
 2. Boston Consulting Group, Gurgaon.
 3. ReNewers at ReNew POWER.
 4. Jaipuria Institute of Management, Noida
 5. Prime minister kaushal kendra, New
 6. Amity University, Noida.
 7. Naggarro, Gurgaon
 8. PNB HOUSING LTD, New Delhi
- ... and more.

CAPED organizes workshops with the relevant target segments (younger women) to educate and facilitate screening



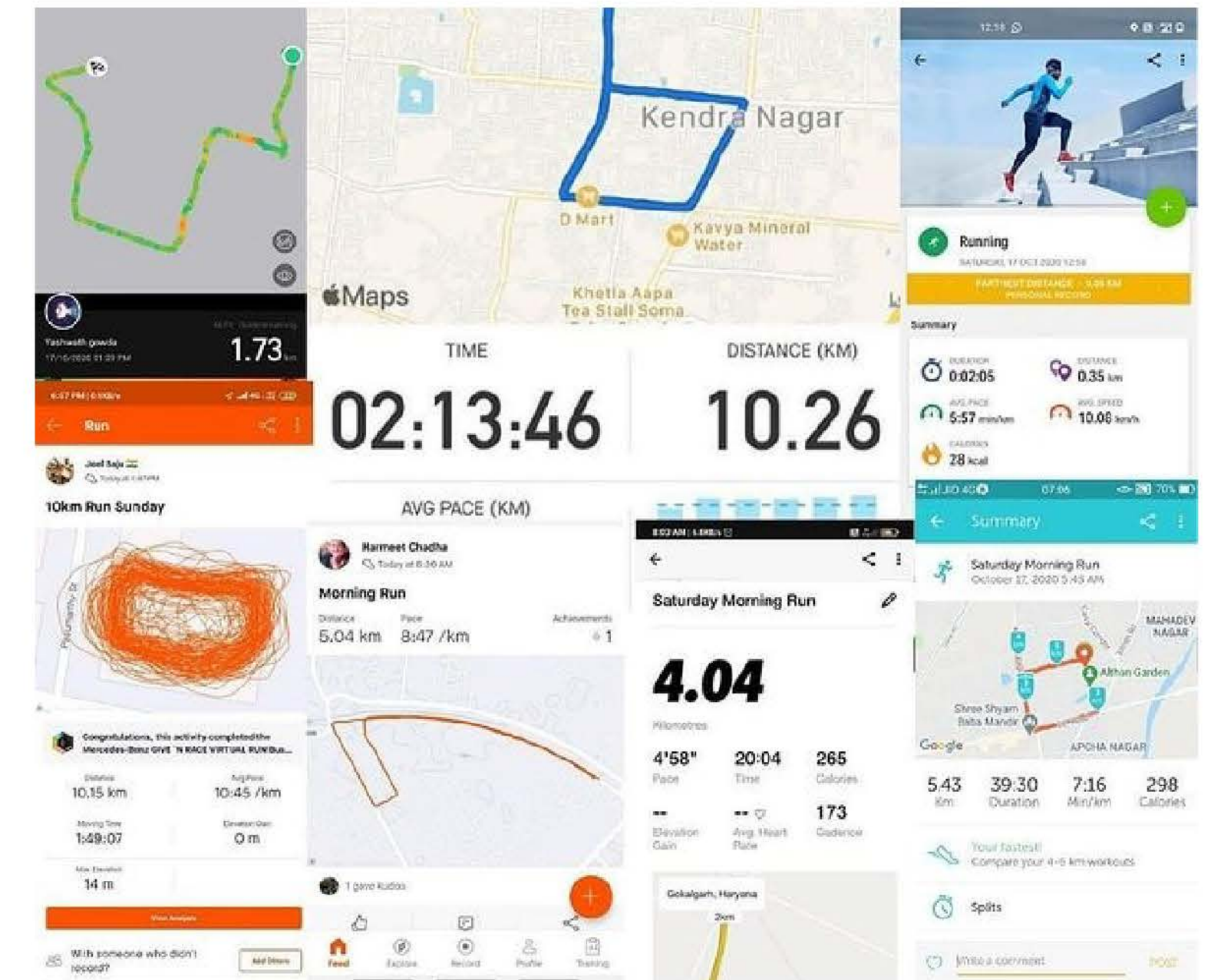
Despite being completely preventable, there is very less awareness among the general people about the disease, its risk or its treatability. Building awareness among communities goes a long way in altogether preventing the disease.

EVENTS

47 events organised since 2014

A few significant events include:

1. JAPA Art exhibition.
 2. GAPED- "Queen of Rock
 3. Coke Studio.
 4. NICPR Annual Day.
 5. Fortis Memorial Institute, Gurgaon
 6. Catamaran music festival
 7. Hospido virtual run
 8. WHO global strategy launch
 9. MEGA Tika Utsav
- ... and more.



CAPED has executed several events to create mass awareness

COVID SUPPORT

CAPED's field intervention for Emergency COVID Support

Our experience of working hands-on with the communities, and different stakeholders in the healthcare sector positioned us uniquely to step-in at the time of crisis, to support the Govt. and the people in preventing the spread of Corona virus. We believed our relationship with communities and community leaders, and ability to motivate them to adopt health-seeking behaviour had been a key factor in the success of our preventive health initiatives.

We impacted over 5,00,000 people since August 2020 through our on-ground initiatives for COVID-19 awareness, testing and management across Delhi-NCR in association with BMW Foundation, IMG Helthcare & ACT. Westfield South Asian committee, The US non profit, did a fund raiser and donated 65 Oxygen concentrators to CAPED. Further the relief material helped support the Delhi Govt.; Army Base Hospital& Haryana Govt.



CAPED's initiatives for COVID-19 screening and patient management included:

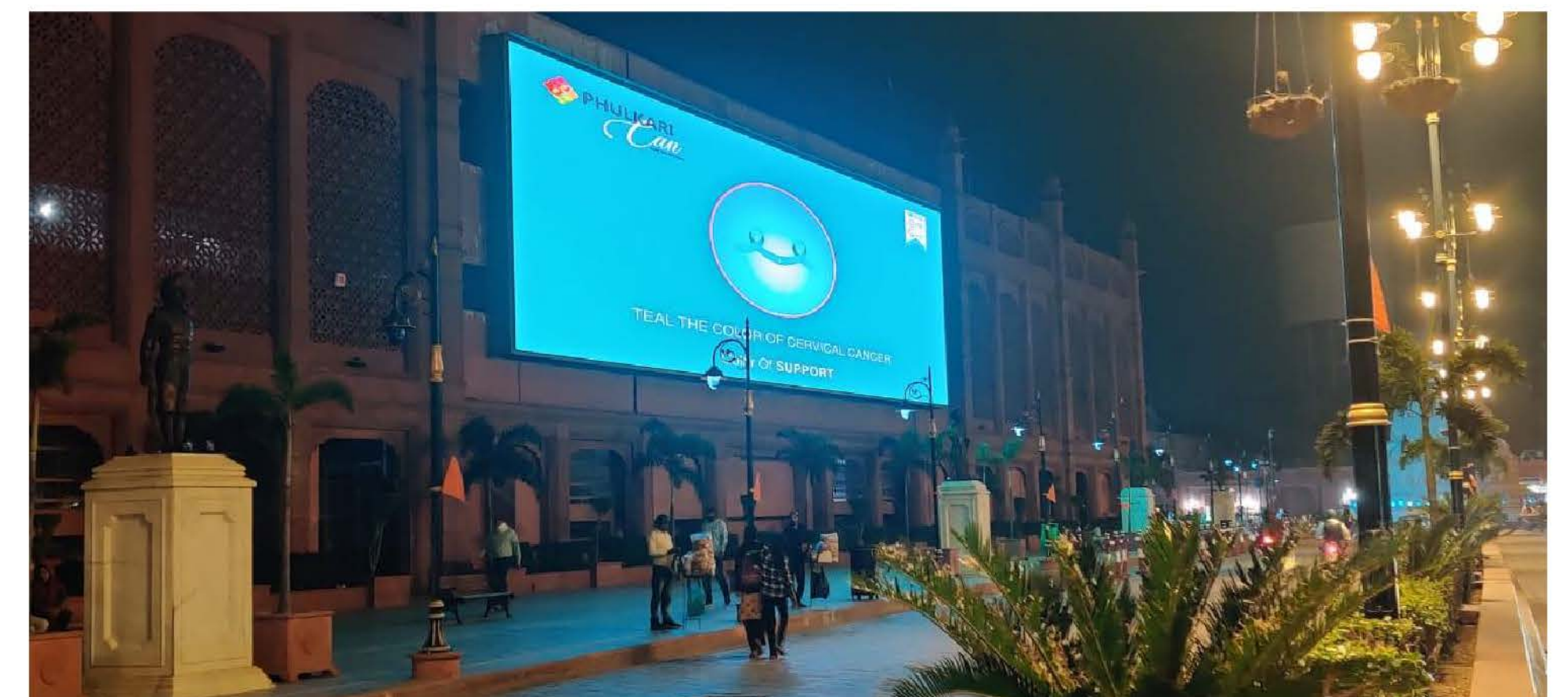
- 7 COVID-19 screening booths operated across Gurgaon & Delhi, one of which catered specifically to Doctors & other frontline health workers
- 2 mobile screening vans operated in & around 3 locations – North & West Delhi and Gurgaon
- COVID-19 vaccination delivery & screening being continued in Gurgaon through 3 vans
- In-kind support worth INR 28 Lakhs to over 10,000 beneficiaries including healthcare professionals, patients & their families and the elderly, in the form of ration supply, PPE kits, ORS solutions etc.
- Hospitals and organizations supported – Rajiv Gandhi hospital, Hamdard hospital (Delhi), AIIMS, CRPF, CMO (Gurgaon), CDMO (West & North Delhi), HelpAge India and Earth Saviours



Global partnership with international organization such as WHO & CCAE for elimination of cervical cancer

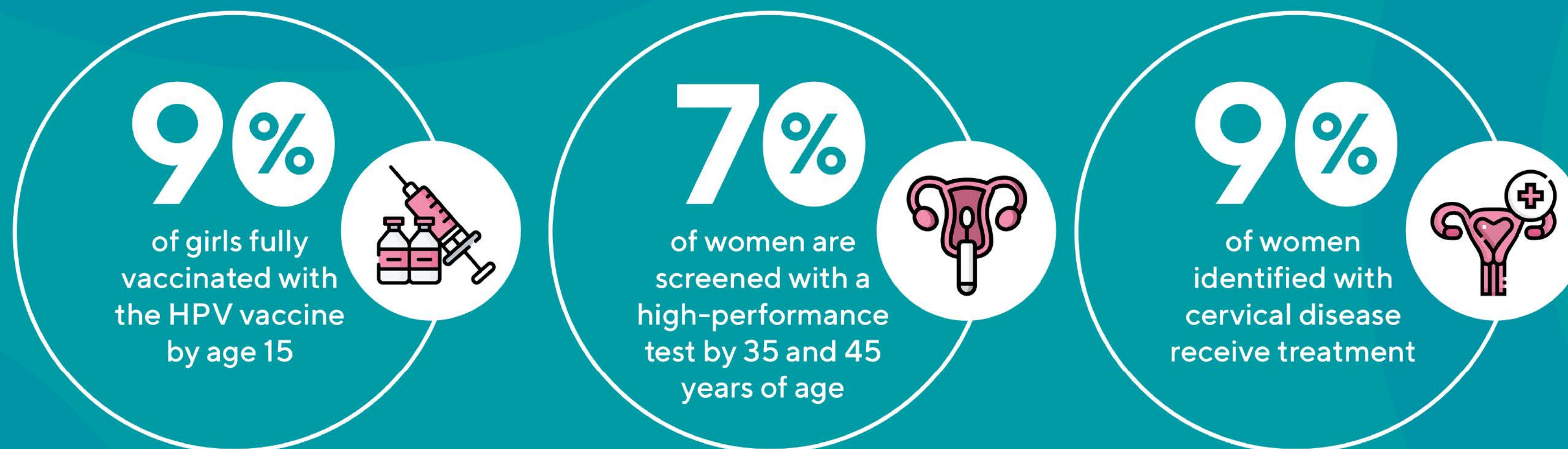
CAPED added one more feather in the cap by partnering with CCAE (Cervical Cancer Action for Elimination) - A network of organizations working together to accelerate global progress towards a world free from cervical cancer. It's was a moment of immense pride for CAPED to be their India's partner and initiate the launch of the campaign in India.

Cervical cancer is one cancer the world can actually eliminate: it's time to do it. Following a Call to Action in May 2018 from the World Health Organization (WHO) Director-General, Dr. Tedros, 194 countries collectively resolved to end needless suffering from a cancer that is both preventable and curable. In August 2020, the World Health Assembly passed a resolution calling for elimination of cervical cancer and adopting a strategy to make it happen. Countries around the world have affirmed their support for this important priority.



On November 17, following the close of the 73rd World Health Assembly, WHO officially launched the elimination strategy.

The WHO's Global Strategy for Cervical Cancer Elimination states that 90% girls should be vaccinated for HPV by the age of 16, 70% women over the age of 30 should be screened for HPV and 90% of the women with abnormal results should have access and availability to treatment.



Understanding Cervical Cancer Awareness in India

National-Level Survey by CAPED India

Cervical cancer is the 2nd most common cause of cancer mortality in Indian women. It is a huge public health crisis for India, as 1 Indian woman loses her life to cervical cancer every 8 minutes. This suffering is unacceptable, particularly as cervical cancer is largely preventable.

CAPED has been working since 2014 in the area of cervical cancer awareness, prevention and early detection. Through our various programs, we work towards ensuring that women don't just stay aware of cervical cancer preventive measures but implement them to keep the disease at bay. In order to shape more concrete, long-term strategies for eradicating cervical cancer entirely from our country, we undertook a public survey to understand the level of awareness among Indians on cervical cancer and their propensity to take action to protect themselves from the disease.

Approach

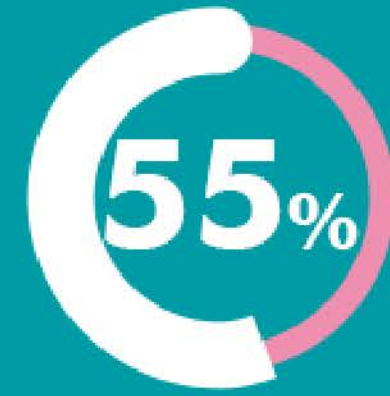
The survey targeted Indian citizens of different demographics – age group, gender, socio-economic status, educational backgrounds and geographic location. The aim of this survey was to identify the percentage of the population who have heard of cervical cancer, know the cause and treatment for cervical cancer and are prepared to take the vaccine or the early diagnostic test. By capturing this information, we better understand how on-ground programs can be made much more effective and impactful with the ultimate goal of eradicating cervical cancer from India.

**FULL
REPORT**



SCAN ME

KEY FINDINGS



Of people who participated in the survey
HAVE NEVER HEARD OF CERVICAL CANCER



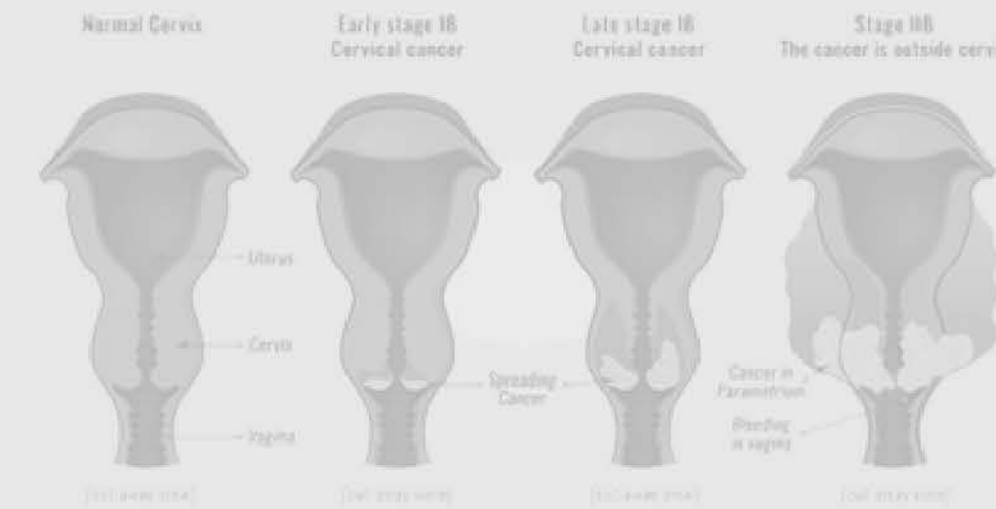
Of those who claim to know about cervical cancer
confuse it with a disease occurring in the neck

Only 18%

ARE AWARE THAT CERVICAL CANCER IS 100% PREVENTABLE

ONLY 25% ARE AWARE

THAT CERVICAL CANCER HAS A PRECANCEROUS STAGE



87% of those who are aware about the precancerous stage, **DID NOT KNOW** that it **LASTS FROM 1 TO 10 YEARS**

Of the people who claim to know about cervical cancer



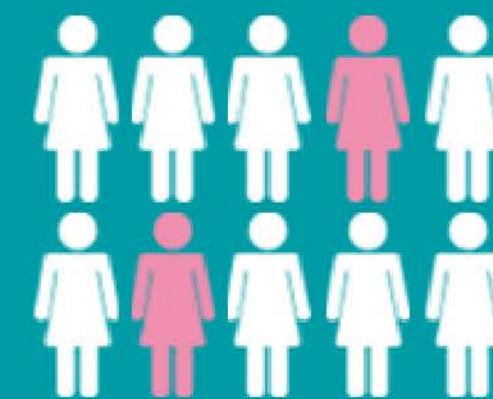
52% are **NOT AWARE** about HPV vaccination



Of those who know about vaccination
only **21%** have gotten vaccinated



41% are **NOT AWARE** about **PAP Test**



Of those who know about the PAP Test,
Only 20% have gotten tested

Among the various reasons for not getting HPV vaccination or PAP Test



48% respondents state "lack of knowledge"



38% state "absence of strong advice from Doctor/Gynaecologist"

73%

Women represented in the survey have neither gotten a PAP Test nor an HPV vaccination, despite being correctly aware about cervical cancer

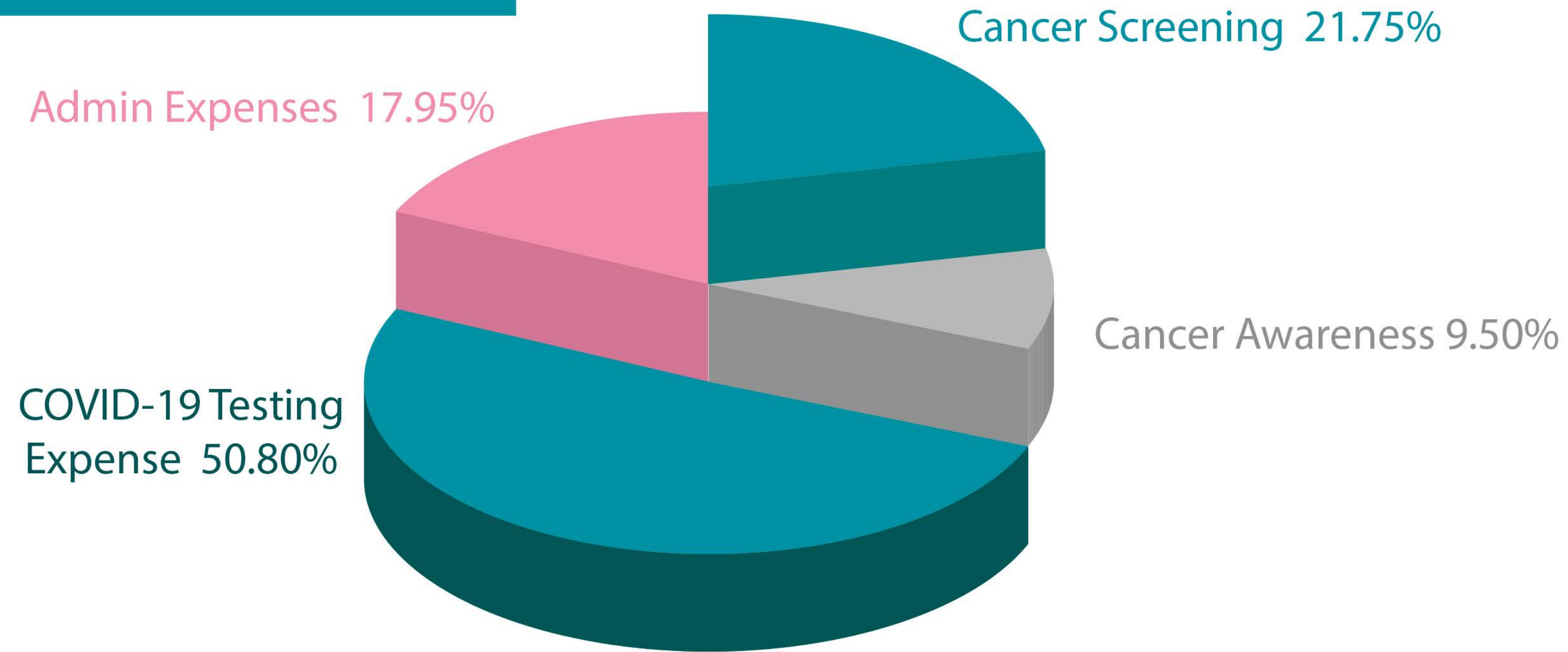
FUNDING

CAPED undertakes CSR projects, in collaboration with corporate companies, to facilitate free Cervical Cancer screening for women from low-income communities. CAPED has successfully screened all women across Ballabhgarh, Faridabad (with support from DSS Imagetech Pvt. Ltd.), Rajokri, Delhi (with support from Sanganeria Foundation) and Bisrakh, Noida (with support from Indraprastha Gas Ltd.)

Theatre for Cause, launched in 2017, is CAPED's initiative for mass outreach and fundraising. Under the initiative, a musical stage production titled 'Queen of Rock' was organized. Play was directed by Ritu R. Chandra and her group, who are known for their stage productions and have many times associated with various causes. The plays were screened across Delhi and Gurgaon and had an overall outreach of 16 Lakhs.

**CAPED RAISES FUNDS
THROUGH CSR
PARTNERSHIPS, EVENT
SPONSORSHIPS AND
INDIVIDUAL
CONTRIBUTIONS**

UTILIZATION OF FUNDS



GRATITUDE

1mg



cvent

iHelpAge India



*ALL CONTRIBUTIONS MADE TO CAPED ARE TAX EXEMPT UNDER SECTION 80G.

MEDIA COVERAGE

Delhi runs record 78k tests, positivity rate drops to 5%

Delhi reported 3,944 new cases and 82 deaths due to the virus on Wednesday

Anonna Dutt

anonna.dutt@htlive.com

NEW DELHI: Delhi on Wednesday created a new record, conducting more than 70,000 tests for the viral Covid-19 in a day, almost half of which were done using the more accurate RT-PCR method.

The daily state bulletin on Wednesday said that the city had conducted 78,949 tests in a day, including the highest number of RT-PCR tests at 36,370.

The state reported 3,944 new cases and 82 deaths due to Covid-19 on Wednesday, taking the total number of people affected by the viral infection in the city to more than 578,000.

At least 9,342 people have succumbed to the virus, so far.

So far, the highest number of tests conducted in a day in the city was 69,051 on November 28.

The government had planned to scale up testing to between 100,000 and 120,000 tests a day in mid-November after a meeting with Union home minister Amit Shah.

Despite the high number of tests, the positivity rate — proportion of samples that return positive among those tested — dipped to 5%. The positivity rate in the city has dropped below the current 5% only once so far. It was 4.99% on October 6.

During the "third wave" of cases, the daily positivity rate in the city had shot up to a high of 15.33% on November 15.

Positivity declined to 5% today from 15.26% on November 7. Highest total tests 78,949 and highest RT-PCR tests (36,370) ever with lowest RT-PCR positivity of 8.99%. Steadily corona cases and positivity coming down. Hope this will continue. Please observe all precautions."



A health worker collects a swab sample for Covid-19 testing at Tilak Nagar in New Delhi on Wednesday.

SANJIT KHANNA/HT PHOTO

said Delhi health minister Satyendar Jain in a tweet. On November 7, the positivity rate as per RT PCR tests had touched 30%, the highest so far.

Experts believe that the spread of the infection has been controlled if a positivity rate of 5% or less is maintained for two weeks.

During the month of November, there was a difference of almost 16% on average in positivity rate of RT-PCR tests and rapid antigen tests conducted, data shared by the health minister shows. For Tuesday, the positivity rate of samples tested using RT-PCR and other molecular tests was 8.9% as compared to 1.6% among those tested using rapid antigen test.

"The current peak in the number of cases was driven by the interaction of people during the festive season and the high levels of pollution. Now, both have

gone down — people are stepping out but there is no mad rush at the markets and the pollution levels are also much better. With such a huge number of cases, I think at least 40% or even more of Delhi's population may have been exposed to the infection. This means we are unlikely to see huge surge in number of cases again; now fewer number of infections would persist," said Dr Shobha Broor, former head of the department of microbiology at the All India Institute of Medical Sciences.

With the decline in the number of cases being reported daily, the number of hospitalisations has also gone down. For the first time since November first week, the number of people admitted to hospitals across the city with the infection came down to 7,366.

This is still higher than the peak number of hospitalisation —

just over 7,000 — seen during the second surge in the number of cases Delhi had seen in September. As for the first wave of infections, at its peak just over 6,200 people were in hospitals.

The rising number of hospitalisations, especially those in need of critical care, had prompted the Delhi government to increase 663 ICU beds in its own hospitals and ask around 75 private hospitals to reserve 80% of their total ICU beds for the treatment of Covid-19.

"Bed vacancy for Covid patients in Delhi hospitals increased to 11,341 from 7,973 since Nov 11 (more than 60% Covid beds are now vacant). During the same period, ICU bed vacancy increased to 1,732 from 518. Since Nov 7 Covid severity is coming down. Please observe all precautions," said Jain in a tweet.

As on Wednesday evening,

almost 39% of the hospital beds earmarked for Covid-19 were occupied and just about 65% of the ICU beds were occupied, according to the data on government's Delhi corona app.

The ICU occupancy had gone up to 86% during the current surge in infections. Despite fewer hospitalisations, ventilator beds in big hospitals like Sir Ganga Ram, Indraprastha Apollo, Max, and Fortis continue to be completely full.

"Our ICUs are still running at capacity and even the wards are full. This is because we had long waiting lists of people and we get patients referred to from smaller centres as well. However, seeing that the number of cases in the city are on the decline, it is likely that we will start seeing a decline in some says," said Dr Vikas Maurya, director and head of the department of pulmonology at Fortis, Shalimar Bagh.

कोई घर नहीं छूटेगा, सब का सर्वे होगा

घर-घर दस्तक देगी स्वास्थ्यकर्मियों की टीम

नई दिल्ली, 29 नवम्बर (ताहिर सिद्दीकी/नवोदय टाइम्स): कोरोना के प्रकोप को देखते हुए अब दिल्ली सरकार ने दिल्ली के हर घर के सर्वे पर काम शुरू कर दिया है। करीब 13 लाख घरों का सर्वे 5 दिन में पूरा करने के बाद अब सभी घरों की स्क्रीनिंग की जा रही है।

अतिरिक्त मुख्य सचिव (सर्विस) और नोडल अधिकारी कोविड-19 सत्य गोपाल ने सभी 11 जिलों के स्थानीय प्रशासन को इस बाबत निर्देश दिए हैं। उन्होंने टीमों को लगाया गया है, जिन्होंने करीब 13 लाख मकानों की स्क्रीनिंग की है। जिला स्तर पर बनी टीमें घर-घर जाकर स्क्रीनिंग का काम कर रही हैं। हर जिले में रोजाना 50 से 60 हजार लोगों का सर्वे किया जा रहा है। दिल्ली में 35 से 40 लाख तक घर हैं। एक वरिष्ठ अधिकारी ने कहा कि अब दायरा बढ़ाकर दिल्ली के सभी घरों तक कर दिया गया है। जिला स्तर पर बनी टीमें घर-घर जाकर स्क्रीनिंग का काम कर रही हैं।



टीमें लोगों के घर जाकर प्रत्येक परिवार का विस्तार से जानकारी ले रही हैं। घर में कितने लोग रह रहे हैं। 60 से अधिक आयु के बुजुर्ग हैं या नहीं। बुजुर्ग होने पर उन्हें एहतियात बताने की सलाह भी दी जा रही है। घर के हर सदस्य की डिटेल्स ली जा रही हैं। किसी को खासी, बुखार और बुखार तो नहीं है, इसकी जानकारी ली जा रही है। किसी तरह के कोरोना सिम्प्टम पाए जाने पर ऐसे



लोगों को एम्बुलेंस बुलाकर कोविड केयर केंद्र या अस्पताल जांच के लिए भेजा जा रहा है। दिल्ली के सभी डीएम कार्यालय में जिला स्तरीय कोविड कंट्रोल रूम बनाया गया है।

इसी के साथ दिल्ली में कोरोना वायरस के प्रकोप के बीच जिलों के अधिकारी माइक्रो कंटेनमेंट जोन बना रहे हैं, जहाँ दो या अधिक संक्रमण के मामले सामने आए हैं। अधिकारियों ने कहा कि महामारी के बेहतर प्रबंधन के लिए ऐसा किया जा रहा है।

माइक्रो कंटेनमेंट जोन बनाने का आदेश जारी

सामान्य तौर पर किसी क्षेत्र को तब माइक्रो कंटेनमेंट जोन घोषित किया जाता है, जहाँ कोविड-19 के तीन या अधिक मामले सामने आते हैं, लेकिन यह ऐसा मामला है, जिसे जिले के अधिकारी जरूरत के आधार पर करते हैं। एक वरिष्ठ अधिकारी के अनुसार, दक्षिण-पश्चिम और उत्तर-पश्चिम जिलों में माइक्रो कंटेनमेंट

जोन बनाए गए हैं, जबकि अन्य जिले भी बेहतर तरीके से वायरस के संक्रमण को रोकने के लिए लचीला रुख अपना रहे हैं। दक्षिण-पश्चिम जिले के जिलाधिकारी ने जिले में कोरोना वायरस फैलने को देखते हुए माइक्रो कंटेनमेंट जोन बनाने का आदेश जारी किया है। आदेश में कहा गया है कि

बीमारी को और फैलने से रोकने के लिए आदेश दिया जाता है कि एक ही घर, भवन या आसपास के क्षेत्र में कोविड-19 के दो या अधिक मामले सामने आने पर माइक्रो कंटेनमेंट जोन बनाया जाए। जिले के एक वरिष्ठ अधिकारी ने कहा कि आइसोलेशन उपायों को बेहतर तरीके से लागू करने के लिए कदम उठाए गए हैं।

नवोदय टाइम्स Mon, 30 November 2020 <https://epaper.navodayatimes.in/c/565687392>

जागरूकता के अभाव में बढ़ रहा सर्वाइकल कैंसर

जागरण संवाददाता, अमृतसर : एक अध्ययन में पता चला है कि सर्वाइकल कैंसर लगातार घातक होता जा रहा है। देश में हर आठ मिनट में एक महिला की मौत इस कैंसर के कारण हो रही है। इसका सबसे बड़ा कारण जागरूकता का अभाव है। यह जानकारी डॉ. मधु यादव ने दी। वह मंगलवार को गुरु नामक देव युनिवर्सिटी में 'कैंसर मुक्त पंजाब' अभियान के तहत फुलकारी संस्था के सहयोग से करवाए गए वेबिनार को संबोधित कर रही थीं।

इस वेबिनार में देश भर से 500 से अधिक प्रतिभागियों ने भाग लिया। जोन प्रो. हरदीप सिंह ने वेबिनार का शुभारंभ किया। उन्होंने कहा कि



सर्वाइकल कैंसर जागरूकता वेबिनार में शामिल हुए प्रतिभागी • जागरण

सर्वाइकल कैंसर आज तेजी से फैल रहा है। लोगों को ज्यादा से ज्यादा जागरूक किए जाने की जरूरत है।

कार्यक्रम को अध्यक्षता करते हुए डॉ. मधु यादव ने बतौर रिसोर्स पर्सन अपना व्याख्यान दिया। उन्होंने

प्रतिभागियों के सवालों के जवाब भी दिए। उन्होंने कहा कि यह एकमात्र तरह का कैंसर है जिसकी वैक्सीन आ चुकी है। हमें सर्वाइकल कैंसर के लक्षणों का बोरोको से ध्यान रखना चाहिए और किसी भी लक्षण की स्थिति में तुरंत डाक्टर से सलाह लेनी चाहिए।

फुलकारी संस्था की अध्यक्ष निधि सिधवानी ने कहा कि नलेज पार्टनर कैपेड के सहयोग से सितंबर 2018 से सर्वाइकल कैंसर फ्री पंजाब अभियान चलाया जा रहा है। अब तक 200 से अधिक जरूरतमंद महिलाओं की फ्री स्क्रीनिंग के साथ 47 सेशन करवाए जा चुके हैं। एक लाख 82 हजार लोगों को जागरूक किया जा चुका है।

कैंसर से बचाव के प्रति जागरूक होना ही इसका समाधान : गुप्ता



कार्यशाला में बोलती विरोध मृदु गुप्ता। संवाद

संवाद न्यूज एजेंसी

वरच्युस क्लब ने करवाई सर्वाइकल कैंसर पर ऑनलाइन कार्यशाला

गोरीवाल। कैंसर जैसी बीमारी पर लोग अक्सर चर्चा करने से भी घबराते हैं। लापरवाही के कारण यह बीमारी आखिरी स्टेज पर पहुंच जाती है। इसके बाद यह जीवन के लिए घातक हो जाती है। ऐसे में कैंसर के प्रति जागरूक होना ही उसका समाधान है। उक्त कथन मृदु गुप्ता सीईओ कैपेड इंडिया ने कहे।

हम स्वस्थ जीवन कैसे जीएं और किस प्रकार बीमारियों से मुक्ति पाई जा सकती है विषय पर बुधवार को वरच्युस क्लब ने सर्वाइकल कैंसर पर ऑनलाइन कार्यशाला का आयोजन करवाया। कार्यक्रम की समन्वयक टॉल्सी शर्मा लीड-प्रोग्राम्स एंड पार्टनरशिप, सीएपीडी इंडिया थीं। कैपेड से संबंधित कैंसर, विशेष रूप से सर्वाइकल कैंसर के प्रति जागरूकता और रोकथाम की दिशा में काम कर रही हैं। वरच्युस क्लब महिला विंग की सदस्य नवदीप कौर ने वर्कशॉप की शुरुआत की।

परिचर्चा में कैंसर खासकर सर्वाइकल कैंसर होने व दुनिया भर में सर्वाइकल कैंसर से होने वाली मौतों व कई अन्य बिंदुओं पर विस्तार से चर्चा की गई।

मुख्य वक्ताओं ने बताया कि सर्वाइकल कैंसर 100 प्रतिशत रोकथाम योग्य है। इसके लिए केवल समय पर टीकाकरण और बार-बार जांच की आवश्यकता होती है। उन्होंने सभी को कैंसर व अन्य बीमारियों के प्रति भी जागरूक होने के लिए प्रेरित किया। क्लब के पीआरओ सोनू बजाज ने कहा कि भविष्य में क्लब स्वास्थ्य जागरूकता के लिए ऐसी परिचर्चा का आयोजन करेगा ताकि सब नागरिक स्वस्थ बने और स्वास्थ्य राष्ट्र का निर्माण में अपनी भूमिका निभ सकें। क्लब अध्यक्ष नरेश कुमार ने सत्र का समापन किया और सभी को उत्कृष्ट उपस्थिति के लिए धन्यवाद दिया।

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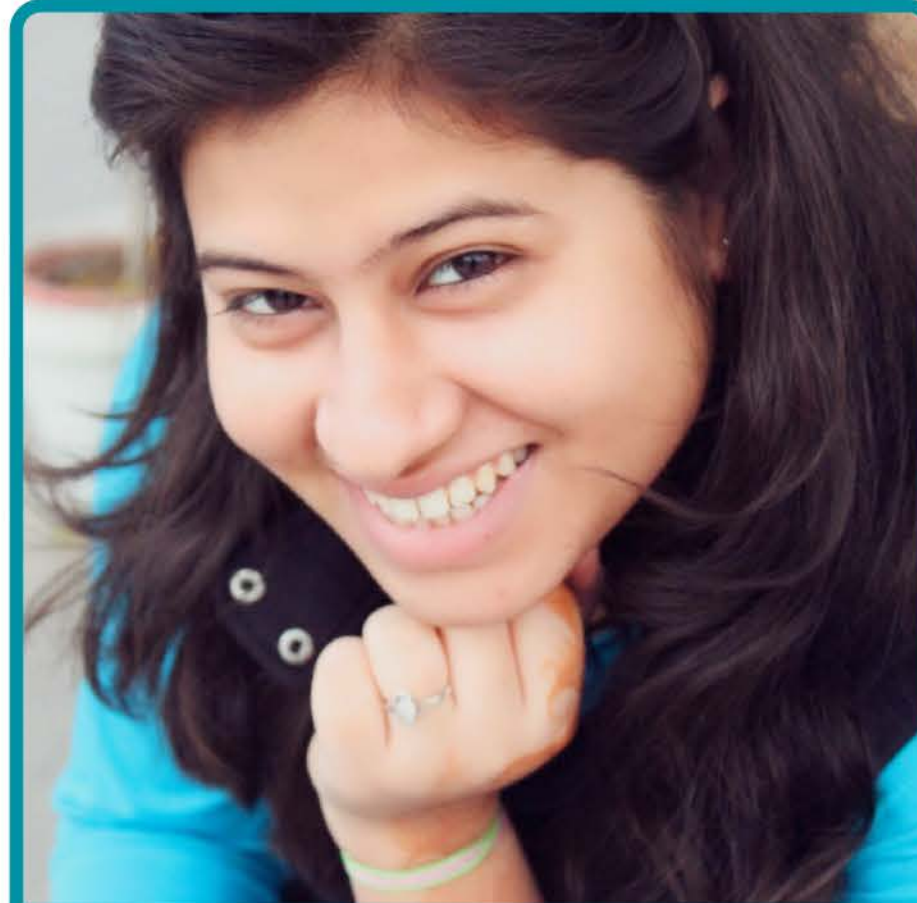
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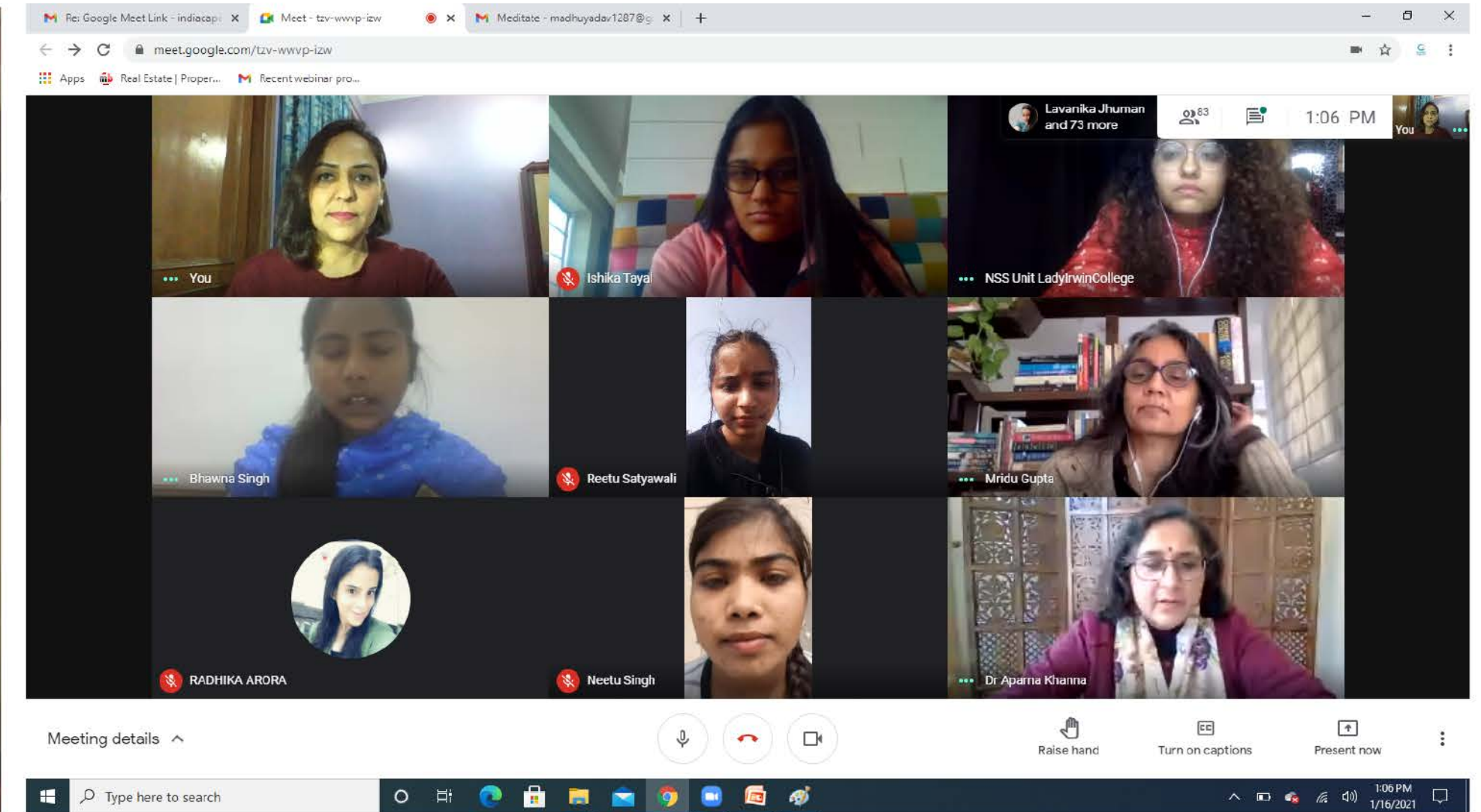


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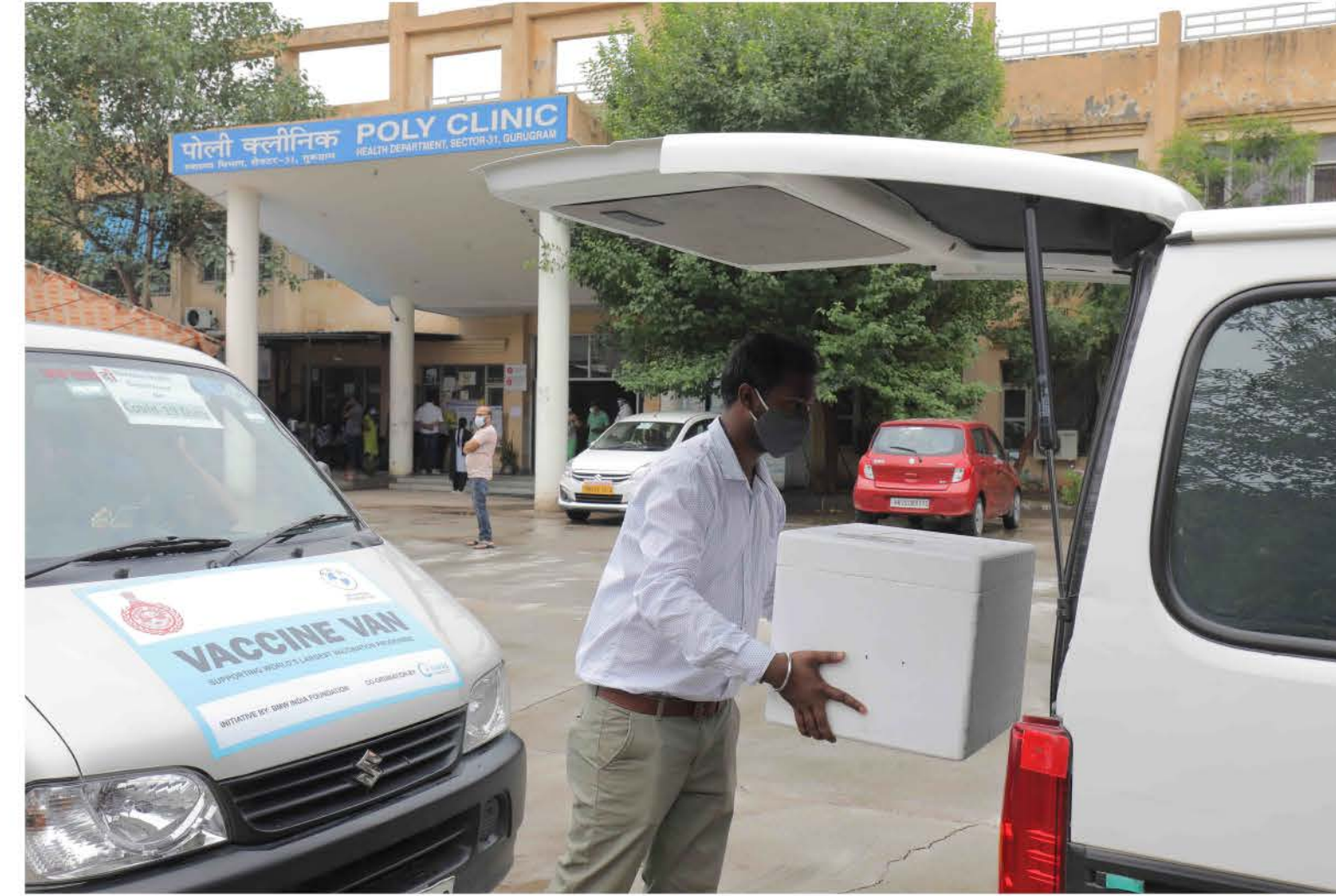
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