**Founder’s Message**

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I strongly believe that sound health of people is vital for a strong and prosperous nation. Better health is fundamental to human well-being and happiness. Healthy population lives longer and are more productive thereby contributing for nation building and economic progress.

Health awareness plays a key role in our approach to improving access to healthcare. We intend to empower communities, medical professionals and patients with appropriate tools, information and skills. This will help them make high quality information and decisions on prevention, diagnosis, treatment, care and support.

My main purpose and intent of starting this foundation is **to create awareness** on major health issues in females with prime focus on **Breast cancer** and **Cervical cancer** by conducting routine screening tests like **Mammogram** and **Pap smear tests** in **Kamareddy** District of Telangana State, India.

Awareness of the different testing options means that, more people will gain access to screening and the death rates from these conditions can be prevented. **Cancer awareness** can also lead to people making healthier lifestyle choices. Regular screening camps help pinpoint cancer in people who show no symptoms. Being proactive about screening gives you the best odds for beating cancer when tumours are small and have not spread to other regions of the body.

The prime purpose of **NIRMALA MOHAN FOUNDATION** is to conduct cancer awareness programmes and to educate people about the key risk factors involved. Subsequently more than 30% of cancer cases could be prevented by modifying lifestyle or avoiding the risk factors. These screening activities help to interact with people, discuss with them, involve them, educate them and can detect and treat if any tumor/cyst is identified.

**Breast cancer** is the most common cancer among women in India, and most of them present at advanced stage. Although early detection is the only way to reduce morbidity and mortality, people have a very low awareness about breast cancer signs and symptoms and available screening practices.

By means of our foundation we will also conduct screening camps for **cervical cancer** which is a routine basic investigation for all females in reproductive age, known as **Pap smear test**. Pap smear test serves a best **screening test** to detect cervical cancer at an early stage. Majority of the people living in districts and rural places have no idea about Pap smear test or why it is done. With the help of our medical team we want to educate female population about Pap smear test and its significance in protecting themselves from cervical cancers.

Besides cancer awareness, one more reason and motivation for starting this foundation is to educate women about **MENSTRUAL HYGIENE** and its importance. Poor menstrual hygiene can lead to many issues, such as fungal or bacterial infections of the reproductive tract and the urinary tract. Irritation of the skin causes discomfort and can possibly result in dermatitis- a medical condition in which the skin swells, turns red and at times becomes sore with blisters.

In India, out of the total 355 million menstruating women, only 42.6% uses the most basic form of menstrual hygiene product,namely disposable **Sanitary pads/napkins**. This means that only 12% of Indian women use sanitary pads. Lack of awareness and socio-cultural beliefs that render menstruation as a dirty phase in women’s lives have long deprived women access to proper menstrual hygiene management. If hygienic practices are not followed during menstruation, like changing pads for every 4-5 hours, washing and drying out reusable sanitary towels properly in the sun and washing hands after handling used sanitary pads, then the chances of getting urogenital tract infections increases many folds.

No women should live with the shame of menstruation or suffer in silence. The spread of menstrual awareness and the use of hygienic products to deal with menstruation are the best ways to avoid health risks during periods.

Our foundation intends to supply **SANITARY PADS free of cost** to the school and college girls and educate them about **MENSTRUAL HYGIENE**. Other health events like Eye camps, dental camps and other regular routine health checkups will also be conducted from our foundation and accordingly medical advice and guidance will be provided.

One more major issue which is troubling our nation is proper education. Majority of the students are not able to attend school due to poverty and other reasons. These children leave school before they acquire the basic skills and knowledge needed to thrive within the society. Our foundation will support and address this problem by providing school books, uniforms and other essentials to the students who cannot afford them and access the best possible education.

Finally, the primary objective of **NIRMALA MOHAN FOUNDATION**, named after my parents is to educate people on routine cancer screening programmes like MAMMOGRAM and PAP SMEAR tests, to educate people on MENSTRUAL HYGIENE and to provide good education to students.

I desire to reduce the mortality of cancer cases by diagnosing and treating them at an early stage thereby saving precious lives. Cancer is curable like other diseases if diagnosed and treated early, and I am confident that one day we can achieve this.

**Strong women make stronger nation**.

Thank you.