



THE YOUNG WOMEN CHRISTIAN ASSOCIATION

20, Vallabhai Road, Madurai

NEWSLETTER

JANUARY 2020

THOUGHT TO PONDER

WORLD CANCER DAY

World Cancer Day, organized by the Union for International Cancer Control (UICC) and celebrated each year on 4th February, is an opportunity to rally the international community to end the injustice of preventable suffering from cancer.

This year's theme, "I can, we can" acknowledges that everyone has the capacity to address the cancer burden. We can work together to reduce cancer risk factors. We can overcome barriers to early diagnosis, treatment and palliative care. We can work together to improve cancer control and achieve global targets to reduce premature mortality from cancer.

Early detection:

Early diagnosis of cancer generally increases the chances for successful treatment by focusing on detecting symptomatic patients as early as possible. Delays in accessing cancer care are common with late-stage presentation, particularly in lower resource settings and vulnerable populations. The consequences of delayed or inaccessible cancer care are lower likelihood of survival, greater morbidity of treatment and higher costs of care, resulting in avoidable deaths and disability from cancer. Early diagnosis improves cancer outcomes by providing care at the earliest possible stage and is therefore an important public health strategy in all settings.

Cancer Prevention:

Preventing usage of tobacco and alcohol reduces the risk of cancer considerably. Being physical inactivity, dietary factors, obesity and being overweight increases the chances of cancer and hence a dietary modification in diet with intake of fruits and vegetables may have an independent protective effect against many cancers. Regular physical activity and maintaining a healthy body weight along with a healthy diet, considerably reduce cancer types. Vaccines are available for hepatitis B virus and some types of HPV and can reduce the risk of liver and cervical cancer caused by infectious agents. Exposure to air, water and soil pollution contributes to the cancer burden. Prevention can be taken for household air pollution and indoor air pollution caused by cooking with solid fuels (charcoal) which doubles the risk of lung cancer. Work related cancers caused by exposure to asbestos can cause lung cancer. Exposure to all types of ionizing radiation, from both natural and man-made sources, increases the risk of various types of malignancy including leukaemia and a number of solid tumours. Risks increase when the exposure to radiation occurs at a young age and also when the exposure amount is higher through Ultraviolet (UV) radiation, and in particular solar radiation.

- Courtesy -WHO

Be aware of all the life choices that contribute to Cancer. Make your life worth living, enjoying every good thing life has to offer.

Committee Meetings conducted during January 2020

Date	Day	Committee
03-01-2020	Friday	Personnel Committee
06-01-2020	Monday	Religious Committee Programme Committee
09-01-2020	Thursday	Hostel Committee Kirubai Illam Committee
13-01-2020	Monday	Project Committee Community College Committee
20-01-2020	Monday	Education Committee
23-01-2020	Thursday	Finance Committee
25-01-2020	Saturday	Board Meeting

Programmes conducted during the month of January 2020

Dates	Programmes	Venue
04.01.2020	Communion Service	The Communion service was conducted in the Chapel with many members and staff taking part in it. The message was given by Dr.Jhansi Charles, the President
17.01.2020	Pongal Celebration	The staff of the Association celebrated pongal with a few members by making pongal the traditional way and sharing the delicacy with everyone.
24.01.2020	National Girl Child Day	The National Girl Child Day was celebrated in all the Schools with programmes like skit, message etc.
25.01.2020	National Voters Day	A pledge was taken by the students of YWCA Matric School to take part in the political process and also to exercise their right to vote. The aim of this year is "Electoral literacy for stronger democracy"
26.01.2020	Republic Day	Flag was hoisted in all the Schools with the staff and students
28.01.2020	Cottage Prayer meeting	The prayer meeting was conducted in Mrs.Alice Vasanthakumari's residence with members taking part in the prayer. Mrs.Dulcie Illango shared the message.
30.01.2020	National Martyrs Day	A minute silence was observed in the Schools and a oath was taken by the students.
30.01.2020	Science Exhibition	The Vallabai School conducted their science exhibition with the Vice-President Mrs.Nirmala Santhosham opening the exhibition. All the other school students visited the exhibition.

GLIMPSES OF THE PROGRAMMES



Communion service



Pongal celebration



Cottage Prayer meeting at Mrs. Alice Vasanthakumari's residence



National Girl Child Day



Republic Day Celebration



Martyrs Day



Science exhibition at YWCA MHSS

YWCA Madurai Community College

Courses offered under Tamilnadu Open University:

- * One year Diploma in Fashion Design and Garmenting
- * One year Diploma in Pre-Primary Teacher Training
- * One year Diploma in General Duty Assistant

Admissions are going on for second batch. Certificate courses are free. Immediate appointments assured. Hostel facilities available. The girls who are not able to proceed college studies and seeking for job oriented training can apply immediately. Kindly inform about these courses to your near and dear and help the poor and needy girls to stand on their own legs by pursuing these studies. A pass in 10th Std is the eligibility for all the courses except pre-primary teacher training which needs a pass in +2.



Geriatric course



Fashion Designing & Garmenting

For further details contact:

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