



**Small hands, big battles
lighting the way with
courage and hope.**

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Words of Encouragement

Dear Readers,

As we navigate through the challenges and opportunities that each new day brings, it's essential to remember the power of resilience, determination, and the spirit of never giving up. Life, much like the game of cricket, tests us in ways we cannot always predict. But it is in these moments of trial that our true character is revealed. I have learned through my own journey with cancer that every setback is a setup for a greater comeback. The courage to face adversity, the will to keep moving forward, and the belief that we are stronger than our struggles are what define us.

Our mission at YouWeCan is not just about early detection and treatment; it's about breaking the barriers of fear, stigma, and hopelessness. We are here to remind every individual that they are not alone in this fight. Together, we can create a community where every person feels supported, valued, and empowered to take charge of their health. I urge you all to stand by us, to spread the word, and to make a difference—because together, we are unstoppable

Let's continue to inspire, support, and uplift each other. Remember, no matter how tough the battle, we can—and we will—overcome.

Stay strong, stay positive, and keep fighting. Together, We Can!

Warm regards,

Yuvraj Singh

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Swasth Mahila Swasth Goa: Screening Camps Engage Men and Women in the Fight Against Breast Cancer

August was a vibrant and busy month for the Swasth Mahila Swasth Goa (SMSG) project, reflecting our ongoing dedication to promoting breast cancer awareness and early detection. Throughout the month, several screening camps were held across Goa, each a testament to our commitment to reaching as many people as possible with life-saving information and screenings. At one such camp held at CG Company in Kundai, 39 women participated, and we are thrilled to report that no suspicious findings were identified. But the impact of these camps extends far beyond the screenings themselves.

One of the most inspiring aspects of the CG Company camp was the enthusiastic involvement of the male employees. Although the screenings were primarily for women, the men showed a keen interest in learning about breast cancer, actively participating in the awareness session, and asking insightful questions. This kind of engagement from men is crucial, as it helps break down barriers and fosters a more inclusive conversation about breast health. When men are informed and involved, they can play a supportive role in encouraging women to get screened and in advocating for health within their own families and communities.

We are excited to continue expanding the reach of the SMSG project, aiming to involve more individuals—regardless of gender—in our mission to fight breast cancer. By educating and empowering both women and men, we can create a more comprehensive approach to combating this disease, ensuring that everyone has the knowledge and resources they need to take proactive steps for their health. Together, we can make a difference, one screening at a time.



PwC Leads the Way: Supporting Women's Health Through Breast Cancer Screenings

At PwC, the commitment to supporting their employees extends far beyond the boardroom. Recently, key members of the organization came together in a united front to prioritize the health and well-being of their female workforce.

Understanding that health is the foundation of a thriving community, PwC partnered with YouWeCan to launch a breast cancer screening initiative that emphasizes the importance of early detection and prevention. Through this initiative, the message was clear: your health is your wealth, and investing in it today can lead to a healthier, brighter future tomorrow.

Regular breast cancer screenings are a powerful tool in reducing the risk of advanced cancer, which is why we encouraged all eligible employees to participate in this vital health service. We are proud to have screened and educated 112 women at PwC, equipping them not only with critical health insights but also with the confidence to take charge of their well-being. This initiative was more than just a health check-up; it was about opening doors to better knowledge about their bodies, fostering a culture of awareness, and ultimately, empowering women to prioritize their health. By making this choice, these women have taken a bold step towards securing their futures, and we stand with them every step of the way.



MSD RTC Fellows Partner with YouWeCan to Tackle Breast Cancer Stigma in India

Week 1: The arrival of the RTCFellows from MSD in India marked the beginning of a heartfelt journey to unravel the complexities of breast cancer within the Indian health system. These Fellows set out with a clear mission: to understand and confront the deep-rooted stigma and taboos that surround women's health in India, particularly breast cancer. In collaboration with the YouWeCan team, they embarked on a three-day intensive exploration in Goa, delving into the Swasth Mahila Swasth Goa initiative. This initiative stands as a beacon of hope, focusing on education, early detection, and empowerment as cornerstones of women's health. Through meetings with health professionals like Dr. Anupama Borkar, the Fellows gained insights into the profound challenges faced by women diagnosed at later stages of breast cancer, including the emotional and psychological impacts, decisions around treatment, and the critical need for reconstructive options.

Week 2: Beyond the physical battle, cancer also wages war on the mind and spirit. The second week of the Fellowship highlighted the importance of emotional and mental support in the healing journey. Surviving cancer isn't solely about overcoming the disease; it's about finding strength, hope, and the will to live fully in every moment. Our first-ever Breast Cancer Support Group was launched to address this often-overlooked aspect of care, extending our reach from awareness and screening to encompassing the emotional and mental well-being of survivors. Partnering with MSD and the RTCFellows, we aimed to create safe spaces for women to share their stories, find comfort, and heal together. This initiative was a powerful reminder that sometimes, the most important medicine is the feeling of not being alone.



Week 3: As the Fellowship drew to a close, reflection and feedback became the focus. Through thorough brainstorming, the team identified key areas needing attention—developing comprehensive support group handbooks, addressing policy gaps, and advocating for stronger public health frameworks. Discussions were rich with ideas on crafting unique, impactful messages that stress the life-saving potential of early detection. The Fellows left India with a treasure trove of knowledge and a shared commitment to turning these insights into actionable strategies in their own countries. This Policy Advocacy and Communication project for Breast Cancer Awareness will be instrumental in shaping YouWeCan’s future efforts in cancer control. As we continue to push boundaries and challenge the status quo, we invite all our supporters to amplify our voice and join us in this critical mission.



Autolek Ignition Champions Employee Health with Breast Cancer Screening Initiative

In the bustling factory environment of Autolek Ignition in Palwal, where the hum of machines and the rhythm of work can often overshadow personal health, we made a return visit to champion a cause close to our hearts—early detection of breast cancer. Building on the momentum of a successful awareness session in July, where a large number of employees participated, we brought our screening tools and resources back to the factory floor. For many factory workers, the demands of their jobs leave little room for regular health checkups, making initiatives like these not just beneficial, but essential.

Screening is especially critical for factory workers who may not have easy access to regular healthcare services.

Early detection can catch cancer in its initial stages, greatly improving the chances of successful treatment and reducing the time lost to illness. For the 101 female employees who were screened at Autolek, this was more than just a routine check—it was a reminder that their health matters. It was about shifting the narrative from “I don’t have time” to “I must make time”. We encouraged these women to continue regular self-examinations and to never trivialize their health. By prioritizing early detection, Autolek is not only protecting its workforce but also nurturing a culture where health and well-being are at the forefront.



Collaborative event to commemorate Childhood Cancer Awareness Month

Yuvraj Singh Foundation joined hands with Accesslife Foundation to organize a musical evening featuring Bollywood singer Siddharth Basrur. The event was graced by the presence of Poonam Nanda, Trustee and Chief Mentor of the Yuvraj Singh Foundation, and Mr. Salil Taneja, Chairman of Taal Tech. The primary objective was to uplift and encourage young cancer survivors, providing them with a memorable experience and fostering a sense of community.

The musical evening provided a much-needed platform for childhood cancer survivors to connect, celebrate, and find inspiration. The captivating performance by Siddharth Basrur filled the air with melodious tunes, creating a joyful atmosphere that uplifted the spirits of the young survivors and their families. The event also served as a valuable opportunity for the survivors to interact with each other and share their experiences, fostering a sense of camaraderie and support. Additionally, the presence of distinguished guests like Poonam Nanda and Mr. Salil Taneja provided the event with a significant boost, lending their support and encouragement to the young survivors.





Survivor Story

My son, DIP Mondal, is 2 years old and we are from Bangalore. Our lives took a heartbreaking turn when DIP was diagnosed with blood cancer. It was devastating news that left our family in shock and disbelief. The fear of the unknown gripped us, and we had no idea what the future held for our little boy. Immediately after the diagnosis, we began his treatment at Shi Shankara Cancer Hospital, and for the past 8 months, DIP has been receiving care there. The journey has been incredibly challenging, filled with moments of fear, worry, and uncertainty. But throughout this difficult time, we have also found strength, especially as we saw DIP begin to respond well to his treatment.

As parents, seeing DIP's improvement has filled our hearts with hope and gratitude. Each positive step in his health has been a beacon of light for us, giving us the strength to continue this difficult fight. While the road has not been easy, we have seen DIP's resilience and it has made us more hopeful about the future. During this time, we also discovered the YouWeCan Foundation through the hospital. Their support has been a true blessing. They provide essential help to families like ours who are struggling through the challenges of cancer. The foundation's generosity and kindness have eased some of our burdens and given us much-needed comfort.

We are incredibly grateful to Yuvraj Singh and the YouWeCan Foundation for their support. The work they do has a profound impact on families like ours, offering not just financial aid but also emotional strength during tough times. Their help has been invaluable, and we feel so lucky to have them by our side on this journey. To Yuvraj Singh, the foundation, and all the brave individuals fighting cancer, we want to say a heartfelt thank you. Your efforts truly make a difference, bringing hope and light to the lives of those facing the most difficult battles.



Dip Mondal



YouWeFan

Whether you're enchanted by his explosive batting, mesmerized by his impeccable fielding, or inspired by his indomitable spirit, this fan page is the perfect hub for celebrating the remarkable journey of one of the game's most iconic players.

Straight from Kannavi Kamal's Heart!

Please introduce yourself:

Name: Kannavi Kamal

Age: 28

Location: Kharar, Punjab

Occupation: Social Media Executive

1. Which is your most memorable Yuvi's moment?

His semifinal innings versus Australia in 2011 cricket world cup.

2. What are the first 3 words that come to your mind when you hear "Yuvraj Singh" ?

- Fighter
- Passionate
- Leader

3. What is the most interesting fact that you know about Yuvraj Singh, that others may not know?

He played the cricket world cup with cancer in his body.

4. What's something you would love to ask Yuvraj Singh when you meet him ?

If there's a chance to play cricket for any country apart from India, which country it would be?

5. If Yuvraj Singh had a superpower, what do you think that would be ?

He can spread smile all across the world without even saying anything.

6. Apart from the work already being done at YouWeCan, what other innovation would you like to see ?

I really want the awareness and work of YouWeCan to be brought to Shoolini University more often.

7. What is the one message you'd like to give Yuvraj Singh ?

I really want to thank him for making my childhood days even better.



Quiz Whiz

What is the most common symptom of appendix cancer?

- A. Persistent cough
- B. Abdominal pain
- C. Hair loss
- D. Difficulty swallowing

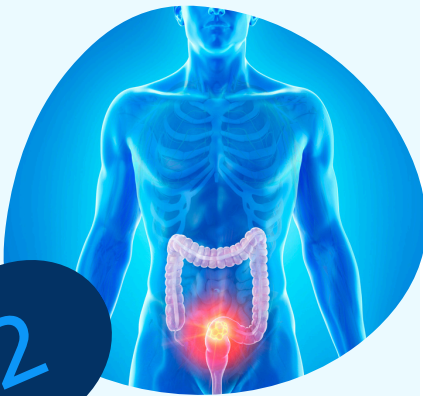
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Which of the following is a risk factor for developing appendix cancer?

- A. Smoking
- B. Exposure to radiation
- C. Genetic mutations
- D. All of the above

2



Which treatment option is often used for appendix cancer?

- A. Surgery
- B. Immunotherapy
- C. Chemotherapy
- D. Radiation therapy

3



Appendix cancer is classified as

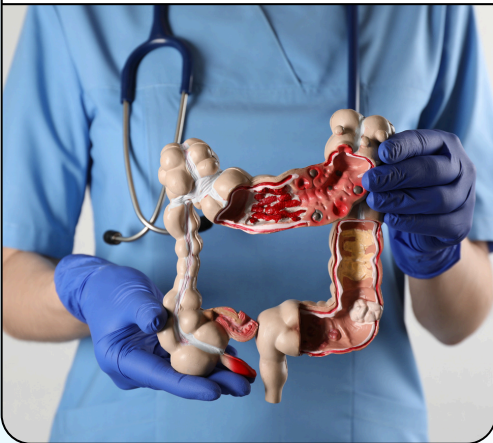
- A. To replace damaged bone marrow
- B. To increase red blood cell count
- C. To reduce pain
- D. To improve digestion

4





Myth Busters

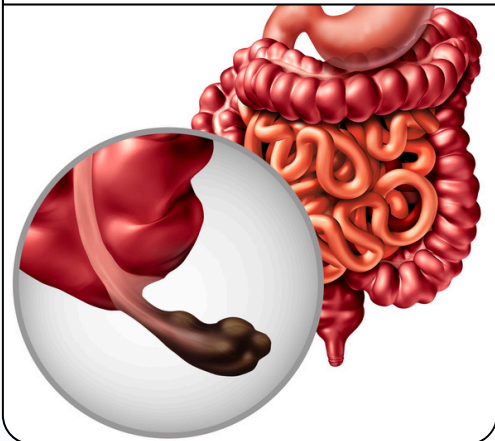


Myth 1: Appendix cancer is the same as colon cancer.

Fact: Appendix cancer is distinct from colon cancer, with different cellular traits and treatments, often needing specialized procedures like cytoreductive surgery and HIPEC.

Myth 2: Appendix cancer is always aggressive

Fact: Not all types are aggressive. Some, like carcinoid tumors, grow slowly and have better outcomes, depending on the subtype and stage of diagnosis.



Myth 3: No need for follow-up after appendix removal

Fact: Follow-up care is essential, especially for aggressive cancers like mucinous adenocarcinomas, which can recur or spread even after surgery.

UPCOMING EVENTS

Kids Birthday Celebration at PGICH, Noida



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