



**TURNING HOPE INTO HEALING,
ONE BATTLE AT A TIME.**

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Words of Encouragement

Dear Friends,

I hope this message finds you all in good health and high spirits.

In this month's edition of the "YouWeCan Times," we want to celebrate the spirit of resilience and determination that has driven us forward.

Our foundation's mission has always been to stand with those who are fighting cancer and to create awareness about this formidable adversary. We believe in empowering individuals and families with knowledge, support, and hope.

I am proud to share that our team has been working tirelessly, reaching out to more people, providing vital medical assistance, and spreading awareness about early cancer detection. We've witnessed incredible stories of courage from survivors who inspire us every day.

However, there is still much work to be done. Cancer continues to affect countless lives, and the battle against it is ongoing. Together, we can make a difference. I encourage you all to engage with our foundation's activities, support our initiatives, and spread the message of hope.

In the coming months, we have exciting projects and collaborations in the pipeline. We'll be launching educational campaigns, hosting awareness events, and expanding our reach to underserved communities. Your support, whether through donations, volunteering, or simply spreading awareness, plays a crucial role in our journey.

I'd like to take a moment to express my heartfelt gratitude to our dedicated team, partners, volunteers, and all of you who have been part of the YouWeCan family. Your unwavering commitment is what fuels our mission and brings hope to those in need.

As we navigate the challenges that life throws at us, let us remember that together, we are stronger.

Together, we can conquer any obstacle. Together, we can make a difference.

Thank you for your continued support.

Let's keep the spirit of YouWeCan alive and shining.

With gratitude and hope,

Yuvraj Singh



In the coming months, we have exciting projects and collaborations in the pipeline. We'll be launching educational campaigns, hosting awareness events, and expanding our reach to underserved communities.

Taking Strides in Awareness through Swasth Mahila Swasth Goa

Building upon the significant progress achieved last month, we are delighted to announce that the 'Swasth Mahila Swasth Goa' Initiative has successfully screened over 75,000+ women in Goa for breast cancer. We extend our heartfelt gratitude to the SBI Foundation for their steadfast support, which has played a pivotal role in our achievements. As we transition into Phase 2 of this initiative, our dedication to the cause is stronger than ever.

Phase 2 brings a new dimension to our efforts with an intensified focus on public awareness. We are poised to launch a series of comprehensive awareness campaigns and engaging activities that will not only raise awareness about breast cancer but also enhance our service delivery. This strategic emphasis on education and community engagement underscores our commitment to holistic women's health.

As we move forward, we remain confident that the Swasth Mahila Swasth Goa project will continue to be a beacon of progress in women's cancer care across India. Together, through our combined efforts and unwavering determination, we are making a lasting impact on the lives of women in our community and beyond.



YouWeCan and WE HUB Partner to Educate and Empower on Breast Cancer

In a remarkable partnership aimed at spreading awareness and empowering women in the fight against breast cancer, YouWeCan teamed up with WE HUB, a government initiative supporting women entrepreneurs and startups. Together, we organized a comprehensive breast cancer awareness session on August 29th at WE HUB in Jubilee Hills, Hyderabad, Telangana.

Breast cancer is a global health concern, and early detection plays a pivotal role in improving survival rates. YouWeCan, renowned for its cancer awareness and advocacy efforts, found the perfect platform for this vital awareness session in WE HUB.

The session was led by Dr. N. Geetha Nagasree, a distinguished Surgical Oncologist, who shared her expertise and insights on breast cancer awareness. Dr. Nagasree emphasized the importance of early detection, debunked myths, and provided practical guidance on self-breast examination techniques. Attendees left with valuable information on how to recognize potential signs of breast cancer and take proactive steps towards their health.

Integral to the SWASTH MAHILA SWASTH BHARAT campaign and awareness session was Dr. Rumana Sinha Sehgal, Goodwill Ambassador for YouWeCan. An influential figure in healthcare and women's empowerment, Dr. Sehgal delivered an insightful presentation on understanding and addressing the social awareness and emotional aspects of individuals affected by cancer. She stressed the significance of providing holistic support and fostering resilience throughout their journey.



The event saw enthusiastic participation from women representing various walks of life who came together to gain knowledge, share experiences, and support each other in the fight against breast cancer. Attendees left with a renewed sense of empowerment and a commitment to spreading awareness within their communities.

Yuvraj Singh, international cricketer and founder of YouWeCan, expressed his gratitude to the participants, collaborators, and the passionate team behind the event. He stated, "Having fought through the disease myself, I am deeply connected to the cause of cancer awareness. Early detection can save many lives, and I am happy to see such a dedicated and empowered community coming together to make a difference. Together, we can defeat cancer."

YouWeCan and WE HUB are committed to continuing their collaboration, organizing similar initiatives that empower women, raise awareness, and contribute to the fight against breast cancer. Their joint efforts aim to create a healthier, more informed, and stronger community.



An initiative to help transform women's health: Awareness sessions at Macquarie and Agrasar

The beginning of this month has been remarkably productive, thanks to our ongoing partnership among three key stakeholders: Macquarie, Agrasar, and YouWeCan. Together, we are on a mission to make a meaningful impact on women's health.

Our journey commenced with informative and empowering breast cancer awareness sessions, where we educated women on the importance of early detection and self-breast examination. The response from the communities we reached was heartening, and now, we are gearing up for the next crucial phase.

We are entering the next phase of our mission, a significant milestone – screening over 1400 women in five villages. As of now, we have successfully screened 210 women, with more to follow. This screening initiative is a game-changer from a public health perspective. By identifying potential cases at an early stage, we can significantly improve the chances of successful treatment, ultimately reducing the burden of breast cancer on these communities.

Furthermore, our commitment extends beyond awareness and screening. We are providing access to health technology and information, ensuring that women have the resources they need to take control of their health. Additionally, for those who require further investigation, we are offering financial aid for breast ultrasounds, ensuring that no one is left without the care they deserve.

In essence, our partnership is not just about addressing breast cancer; it's about transforming public health outcomes. By combining education, early detection, and support, we are making a profound difference in the lives of countless women, strengthening the foundation of healthier communities. Together, we can ensure that no one faces the challenges of breast cancer alone, and that's a victory for public health and humanity alike.

Together, we are making significant strides towards a healthier and more equitable future for all.



Empowering Women's Health through Awareness Initiatives at UNHCR, Vikaspuri

In a heart-warming visit, Team YouWeCan recently had the privilege of connecting with incredible women at the UNHCR Vikaspuri Center. We embarked on a compassionate journey to discuss the importance of breast cancer awareness, and over 100 amazing women joined us. Together, we shared valuable knowledge on performing breast self-exams, empowering them to take charge of their health. We also explored various factors that can either heighten or diminish the risk of breast cancer, providing them with the tools to make informed choices for their well-being.

What added an extra layer of significance to this day was the presence of refugees among us. It served as a powerful reminder that compassion and education know no boundaries, uniting people from diverse backgrounds. Together, we can bridge gaps, share vital information, offer support, and ensure that everyone, regardless of their origin, has the opportunity to maintain good health. Let's continue our mission of spreading awareness, fostering unity, and making a positive impact in the lives of those we connect with.



Unite Globally to Fight Oral Cancer and Tobacco

A groundbreaking global partnership has been forged between MSD and YouWeCan, marking the inception of a fellowship program aimed at tackling the multifaceted challenge of oral cancer and tobacco consumption. This collaborative initiative has brought together three dedicated MSD Fellows, each hailing from different corners of the world, embodying the global reach of this endeavor. Priyam Bhushan from India, Katrin Brandner from Switzerland, and Christina Krawiecki from the United States have joined forces to drive change.

The urgency of this initiative cannot be overstated, as affordable tobacco products continue to inundate the market, ensnaring users and enriching sellers. The root of the issue goes beyond the act of tobacco consumption itself; it lies in the pervasive lack of awareness regarding its devastating consequences and the dearth of effective cessation resources.

Through exhaustive surveys and research, we've unveiled startling insights into the knowledge gaps and challenges faced by these communities. Notably, we found that access to nicotine replacement therapy (NRT) is limited, forcing many to travel great distances for healthcare due to the exorbitant costs in Gurugram. Hookah use, deeply ingrained in cultural practices, has created a paradox where adults openly indulge while worrying about the younger generation's increasing tobacco use.

Our mission is clear: to design a comprehensive Oral Cancer program tailored to underserved communities in Gurugram. This program will revolve around education, raising awareness about oral hygiene, the risks tied to oral cancer, and the significance of early detection.

Through the MSD-YouWeCan Fellowship, we aspire to empower these communities, equipping them with the knowledge and tools to combat oral cancer and tobacco consumption, thus paving the way for a healthier future.



YUVRAJ (The Unbeatable) SINGH

For the most part of his cricketing career, Yuvraj Singh wore the jersey no. 12. He is also born on the 12th day of the 12th month as per the Gregorian calendar. Thanks to the verbal diarrhoea of Andrew Flintoff, on September 19, 2007 Yuvraj further strengthened his bond with "12" by playing an iconic knock which left the entire cricket world in awe. A 21-year-old lad named Stuart Broad fell prey for the merciless shots from Yuvraj's willow.

During this knock, Yuvi batted for 15 minutes, faced 16 deliveries and scored 58 runs, including 7 towering sixes. Apart from hitting 6 sixes in a single over, Yuvi also got to his 50 in just 12 balls – Who better than Yuvi to hold a world record in "12" balls? That night Yuvi was at the peak of his cricketing career. People dream of such mad stuff and he did it in real, that too in a virtual knock-out world cup match.

"Records are meant to be broken" but with every passing year, this record only seems more invincible. As I write this, 5,818 days (16 years by the time you read this) passed since he set the record. With every attempt made to challenge this alienist record, this innings only leaves people in more awe of it. People call it *"the fastest 50 in T20I cricket"* (which it is) but I don't like calling it so. Because this innings is way beyond that description. This is indeed *"the fastest 50 ever scored"* anywhere on this planet – the fastest, both in terms of deliveries faced and the time spent to get to 50.

The innings has had an unreal impact both over Yuvi's career and the Indian cricket. Since then whenever Yuvi hit a 6, people started to expect 5 more sixes in a row. This innings not only powered India to their first ever WT20 title triumph but also tempted the BCCI to design the IPL – which is now an unofficial national festival in India.

Even for an innings of such magnitude, there are people who point fingers at it. During an analysis on television prior to the WT20 2016, Harsha Bhogle pointed out that Broad's bowling in that over had no variations whatsoever, which made Yuvi's job easier. I wonder how did he ignore the fact that Broad despite the immense pressure, was in full control throughout that over, bowled six consecutive legal deliveries and Yuvi hit them into 4 different directions on the ground. Do not forget that Stuart Broad is the most successful off all the bowlers who got hit for 6 sixes in an over. I wonder if people can name other bowlers in that list without googling.

For me this is a roller coaster ride - a story of hope, grit and determination. When I think of this innings, I look at the 14-day period from September 05 in Oval to September 19 in Durban. On September 05, Yuvi got hit for 5 sixes in an over by AD Mascarenhas of England. This was a low point in Yuvi's career. In India, both the love and criticism for a cricketer would always be over the top. Yuvi received too much flak after that ODI.



Quoting him from a press conference “After those five sixes I had so many phone calls, and nobody calls me when I make a hundred”

Life gives everyone a second opportunity. It gave one to Yuvi too, thankfully against the same opponent. This time the stage was big and the occasion was even bigger. “Himmate-e-marda madad-e-khuda” Yuvi was brave enough to grab this opportunity. He paid back for those 5 sixes in an over with 6 sixes in an over – much like he scored 1 run more than the entire Bihar team’s score in 1999. What a way to level things in life !!

I remember reading in “The Test of my life – from Cricket to Cancer and back” how the video of this knock helped Yuvi himself regain confidence during his fight against Cancer. If it inspired Yuvi himself, it will definitely inspire you too. The next time you watch the 6 sixes video, besides getting enthralled, I hope you draw immense inspiration from this epic knock to grab all the second chances life gives you.

“Record aisa banao ke 16 saal baad bhi uske paas aana na-mumkin hojaye” (Set a record like even after 16 years, it should be impossible to even come closer to it)

End of over 18 (12 runs) India 171/3 (RR: 9.50)			
Yuvraj Singh	14 (6b 3x4)	A Flintoff	3-0-22-0
MS Dhoni	7 (6b)	CT Trenlett	4-0-45-2

18.1 Broad to Yuvraj Singh, **SIX**, that's out the ground, super shot over cow corner and it just kept going up
The dodgy TV measurement says that's 111 yards ... but as it landed outside the ground how the whatists do they know? They guess, that's how.

18.2 Broad to Yuvraj Singh, **SIX**, now that really is sweet, no more than a dismissive flick off his legs, swatting a fly, and the ball arcs deep into the crowd beyond backward square leg

18.3 Broad to Yuvraj Singh, **SIX**, he's hitting them everywhere, he steps to leg and smashes the ball over extra cover and it keeps on travelling ... the fireworks start on top of the scoreboard ... they've been going off in the middle for some time

18.4 Broad to Yuvraj Singh, **SIX**, Shiver me timbers!: Broad goes round the wicket, bowls a filthy wide full toss and Yuvraj steers it over backward point and it clears the rope again
England have a team meeting. Shuffling deckchairs on the Jolly Roger though ...

18.5 Broad to Yuvraj Singh, **SIX**, down on one knee and larruped over midwicket, that one was more nine iron, it went into the night sky and dropped with a thud in the jubilant crowd ...
Broad looks quizzical ... and miserable. Can he ... can Yuvraj do it ... he looks like a man who knows he is about to be mauled again ...

18.6 Broad to Yuvraj Singh, **SIX**, and he has, Yuvraj leans back and smacks that over wide mid-on ... it was the maximum from the moment it left that bat and the crowd were roaring as it flew

YUVRAJ SIX 6S



Survivor Story

As a housewife, I reside in Rishikesh with my husband, who works in a private company. Our life was going smoothly, and our daughter Tanuja was leading a normal and healthy life. However, everything took a drastic turn when she started experiencing symptoms such as fever and vomiting. Concerned about her well-being, we immediately took her to a doctor for medical advice. After examining her, the doctor recommended that she should undergo some scans to determine the cause of her symptoms. Following the scans, we were referred to AIMS Rishikesh, where the shocking news awaited us – Tanuja had been diagnosed with cancer. The diagnosis came as a devastating blow to our family, particularly to Tanuja, who was faced with an unimaginable challenge. Despite the immense difficulty of the situation, her brave demeanor played a vital role in helping us accept the harsh reality and gather the strength to fight through this ordeal.

Her illness has had a profound impact on her life. As she embarked on her treatment journey in 2020, she had to take a break from her studies. However, amidst the trials and tribulations, her passion for becoming a policewoman remained unwavering. Her positive outlook on life and unwavering dedication to her art serve as a beacon of inspiration to all those battling cancer. Her remarkable courage and unwavering spirit in the face of adversity continue to inspire and encourage us to remain strong during these trying times.

Amidst the challenges we faced, a glimmer of hope emerged in the form of the YouWeCan Foundation. The burden of medical expenses was overwhelming for our family, making it difficult to provide her with the necessary care. Fortunately, the YouWeCan Foundation came forward to lend a helping hand during this challenging period. Their timely and invaluable support alleviated the financial strain we were experiencing, allowing us to focus on her well-being. We express our deepest gratitude to the Foundation and Mr. Yuvraj Singh for their unwavering support. Without their assistance, it would have been an arduous task for us to bear the cost of her treatment and provide her with the care she desperately needed.



Tanuja



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 Amit Kumar Patnaik's Heart!

Please introduce yourself:

Name: Amit Kumar Patnaik

Age: 28

Location: Berhampur (hometown)

Occupation: Data Analyst

1. Which is your most memorable Yuvi moment ?

Every moment is special and I'm attached to cricket because of Yuvi. If I have to choose any specific moment then the 2002 Lords' game is something I feel as my first love for Yuvraj as from that day my enthusiasm to watch Yuvi on screen alongside his electric cricket skills.

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

- Fighter,
- Electric Elegance
- Friendly.

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

Some who doesn't know Yuvi well feels he's arrogant, but he's so sweet and friendly as an elder brother to many young players.

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

I would love to ask many things related to how he keeps his fighting spirits despite such lows in his life.

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

Looking at his skills he should be the Thor, who will steal the entire show alone. Looking at his real life surely the fighting spirit and the iron willpower.

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

As in YWC it is always for the betterment of all. The welfare of many underprivileged people at under developed areas should be something the organization should look at - like setting up few camps, awareness programs as it'll educate many people who do not have at least the basic etiquettes.

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

"Both on the field and off it, you inspired many. I wish you to inspire many more with that willpower, fighting spirit and with a mindset ready to challenge any situation. I really wish to meet you in person and seek your blessings as an elderly brother."



Quiz Whiz

What is breast cancer?

- A. A viral infection
B. A type of skin condition
C. A malignant tumor in the breast
D. A bacterial infection

7



2

Which gender is most commonly affected by breast cancer?

- A. Males
B. Females
C. Both Males and Females
D. Primarily affect children



What is a common risk factor for breast cancer?

- A. Eating a healthy diet
B. Regular exercise
C. Family history of breast cancer
D. Sun exposure

3



Which imaging technique is commonly used for breast cancer screening?

- A. MRI
B. X-ray
C. Ultrasound
D. All of the above



4



Myth Busters



Myth 1: Only women can get breast cancer.

Fact: While breast cancer is more common in women, men can also develop breast cancer. Although the risk for men is significantly lower, it's essential to be aware that breast cancer can affect anyone, regardless of gender.

Myth 2: Breast cancer only affects older women.

Fact: While the risk of breast cancer increases with age, it can affect women of all ages, including younger women. Breast cancer can occur in women in their 20s and 30s, so it's important for women of all age groups to be vigilant about breast health.



Myth 3: If you have no family history of breast cancer, you're not at risk.

Fact: While a family history of breast cancer can increase your risk, the majority of breast cancer cases occur in individuals with no family history. Most breast cancer cases are sporadic, meaning they occur without a family history of the disease. Regular screening and self-exams are essential for all individuals.

UPCOMING EVENTS

Cancer
Awareness
Session at IIT
Kanpur

Breast Cancer
Screening at
Shoolini
University, Solan



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