

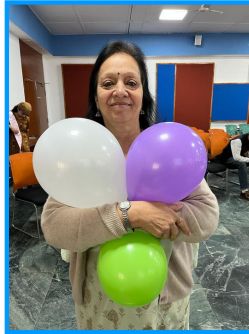
YOU WE CAN TIMES

Live. Dare. Inspire.

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JUSTICE! HOPE! PURITY!

Celebrating International Women's Day



Collectively let's all forge a positive change. Lets #EmbraceEquity

EDITORIAL

Dear readers,

As we mark International Women's Day, it is crucial to note that equity is the need of the hour for women worldwide. Global statistics paint a bleak picture, with a significant number of women lacking access to vital resources and opportunities. The goal of gender equity is to level the playing field and ensure that every woman has the chance to achieve her full potential.



As the Chief Mentor of YouWeCan Foundation, I believe that our efforts must focus on equity. Often, people confuse equity with equality, but the two words are vastly different. Equality means treating everyone the same, while equity recognizes that individuals have different needs and strives to provide equal access to resources and opportunities.

Our foundation's efforts are centered around empowering women, providing them with the tools and resources necessary to succeed. We believe in creating an environment that is conducive to growth, where women feel secure and empowered. We have launched various programs that aim to uplift women in diverse fields, bridging the gender gap to promote equity.

Just a celebration on International Women's Day is not enough. We need to continue our work towards gender equity every single day, creating an inclusive world, where every woman has the opportunity to reach their full potential. Let us keep striving towards this noble goal, and may equity become a reality for all women worldwide.

Poonam Nanda

Poonam Nanda

Chief Mentor, YouWeCan Foundation

What's New

SWASTH MAHILA, SWASTH GOA INITIATIVE

Under the Swasth Mahila Swasth Goa Project, Team YouWeCan devoted countless hours to conduct more than 70 outreach camps throughout Goa. In these camps, more than 3000 women underwent breast cancer screenings. The team identified 48 suspects and directed them toward further medical investigation. All 48 suspects will have their reports followed up on by Team YouWeCan, which will also help any verified cases until they recover.



Team YouWeCan at WORK

International Women's Day at Agrasar

The Breast Cancer team commemorated Women's Day with a meaningful session on risks, signs and symptoms of breast cancer with the women of Sikanderpur village.

These women were trained on self breast examination and IEC material was shared with them to take home to friends and families.

The spirits of womanhood was celebrated by enhancing the knowledge of women and motivating them to start taking better care of their health.



Story of Courage

Sanjay was diagnosed with WHO Grade 2 Oligodendroglioma, a rare and incurable form of brain cancer. The diagnosis came in September 2021, after he suffered a life-threatening seizure on the first day of their master's program at Harvard University, USA. The recommended treatment option was a radical surgery known as Gross Total Resection, followed by further tests on the tumour tissue to determine the severity and next course of action. The family was put on a wait and watch protocol, which involved regular MRIs and doctor's check-ups every six months to monitor any potential recurrences. He also received high doses of anti-epileptic drugs to prevent seizures.

The treatment had physical and emotional side effects, including temporary paralysis on the left side of his body after surgery, which required months of rehabilitation. He also experienced post-traumatic stress disorder, depression, and anxiety but sought therapeutic help to cope with these challenges. The support of his family and close friends helped him navigate through the experience.

His diagnosis and treatment significantly impacted his daily life, leading him to adopt a healthier and more structured routine. He experienced long-term effects from his cancer treatment, including cognitive issues, memory challenges, and epilepsy, which was triggered by mental or emotional stress and physical strain.

The cancer diagnosis changed his outlook on life, making him value his time and prioritize his bucket list items. He advises others who have been recently diagnosed with cancer to seek professional help and focus on doing what they can with the time they have.

He also recommends his book 'Don't Ask Me How I'm Doing: Life, Death & Everything in Between' to other young adult cancer patients and survivors, especially from India and South Asia. The book delves into the unique struggles faced by Indian young adult cancer patients, survivors, and caregivers.

Sanjay Deshpande

Strong, Resilient, Survivor.



YOUWEFAN | YUVIAN'S FOREVER

Anita Palriwal Kapoor | Kolkata

In conversation with a Yuvi fan from Kolkata

Q. Introduce yourself. Where are you from and how have you become involved with the foundation?

A. Hi. I am Anita Palriwal, born and brought up in Kolkata. Married and now living in Chandigarh (a dream City for all Yuvi fans)

Q. What motivated you to become involved with YWC activities?

A. Yuvraj Singh is the only reason I joined Twitter. We created a very strong and a close knitted family of Yuvi fans. I loved the motive behind YWC and was attracted to be a part of it.

Q. What is a memorable moment that you've experienced in your involvement with YWC ?

A. YWC has been our first priority since the day champ introduced this initiative. To be honest, I haven't been very active for YWC but been a part offline. I hope I get more active and be useful for YWC and hopefully we together achieve everything possible for our YWC.

Q. What do you aspire to do ?

A. I wish to be like Yuvraj Singh, the one who never gives up, no matter which field I choose to be in.

Q. Has Yuvraj Singh inspired your life ? How and why ?

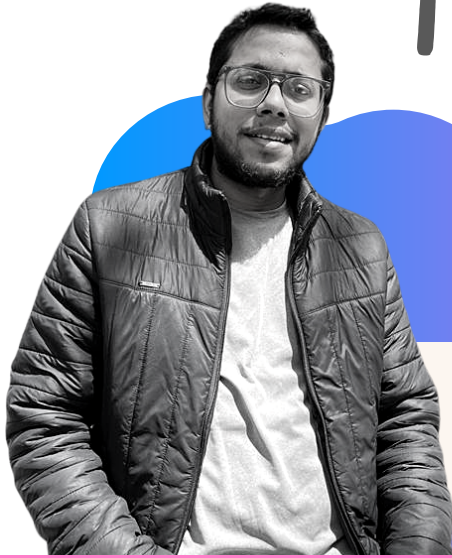
A. Right during the first match I watched Yuvi play, I became his fan for his style of cricket. Initially, I was an introvert. Yuvraj Singh became the reason for me to open up and participate in the school competitions. After being addicted to him for his on-field brilliance, his off the field battle with Cancer had a profound impact upon me.

Then I got two opportunities to meet the man himself – Once in 2014 at Bengaluru where Yuvi defeated the fastest man on the planet Usain Bolt in a sprint Second time in 2016 at the Eden Gardens, just a few hours before the India vs Pakistan WT20 match. These meetings showed me how humble he is in person. And also adding this on a fun note - I met my husband because of Yuvraj Singh and for this, I will always be grateful to Yuvi.

My inspiration, my guide, my superhero will always be Yuvraj Singh.



MEET THE TEAM



HEY, I'M...
SAKET

Saket Saurabh is a journalism student with a passion for visual storytelling. He has a keen eye for photography and a talent for video editing and graphic design. Saket's interest in journalism began with a desire to tell stories that matter and to shed light on important issues through the power of visual media. He has honed his skills through coursework and practical experience.



HELLO, I'M...
MANAN

Manan is a mass communication student who has a passion for event management, cricket analytics, and culinary arts. He is an enthusiastic individual who enjoys working with people and coordinating events. Manan has a keen eye for detail and is always looking for new ways to improve his skills in these areas. His interest in cricket analytics shows his analytical and strategic thinking abilities.

Three words to describe your personality?

- S.** Introvert, Tech Savvy and Traveller.
- M.** Talkative, Creative and Foodie

What is your comfort food?

- S.** Chinese, Maggi and Street Style Food
- M.** Pizza, Pasta and Amritsari Kulcha.

If a movie was made about your life, what would it be?

- S.** On my seriousness of taking academics
- M.** On being called FAT and being active in all aspects.

If you could travel to any part of the world, where would you go and why?

- S.** I wish I could travel the beautiful Maldives exploring the aquatic adventures there.
- M.** I want to travel the beaches of Thailand.

What are 3 words to describe working at YWC?

- S.** Innovative, Challenging and Empathetic
- M.** Challenging, Lovely and Adventurous

What motivates you to do what you do?

- S.** Working and learning to cover up the time I spent being vulnerable in my life.
- M.** The urge of being better day by day.

What's the best piece of advice you've ever received?

- S.** The best advice I have received is to LET GO, WHAT'S GONE.
- M.** Bury Everyone with a smile.

A special memory from your time spent with the YWC family?

- S.** A video edited by me was appreciated and chose to be posted on the social media handles of Yuvraj sir.
- M.** My first offline meet with the family of cancer warrior and their sense of humbleness.

Honoring the strength of women on International Women's Day

written by **Dr. Sumedha Kushwaha**

International Women's Day is a day to celebrate the contributions and achievements of women in our society. It is a day to honor the courage, strength, and resilience of women around the world. Women have always been the backbone of our society, selflessly taking up roles and responsibilities that often go unnoticed and unappreciated.

Women are nurturers, caregivers, and providers. They work tirelessly to ensure the well-being of their families, often putting their own needs and desires aside. They juggle multiple responsibilities, from managing the household to pursuing their careers, without ever complaining or seeking recognition.

The importance of women in our lives cannot be overstated. They are our mothers, sisters, daughters, wives, and friends. They provide us with unconditional love and support, and are always there for us through thick and thin. Women inspire us to be better versions of ourselves, and motivate us to strive for excellence in everything we do.

Despite the many challenges and obstacles, they face, women have always risen to the occasion, breaking barriers and shattering stereotypes. They have proven time and again that they are capable of achieving anything they set their minds to, and that they are just as deserving of respect and opportunities as men.

Women have played a crucial role in shaping the world we live in today. From Marie Curie, the first woman to win a Nobel Prize, to Malala Yousafzai, the young activist fighting for girls' education, women have made significant contributions in fields ranging from science and technology to politics and social justice. Be it Indira Gandhi in politics or Kiran Mazumdar-Shaw in biotechnology, women have proved their worth in every stance personally as well as Professionally.

On this International Women's Day, let us take a moment to appreciate the women in our lives and acknowledge their contributions to our society. Let us strive to create a world where women are valued and respected, and where their voices are heard and their rights are protected. Let us work towards gender equality and empower women to realize their full potential. Women are the backbone of our society and play a vital role in shaping our world. Not just this day, but everyday let's celebrate the achievements of women and pledge to create a world where they are treated with the respect and dignity they deserve.

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