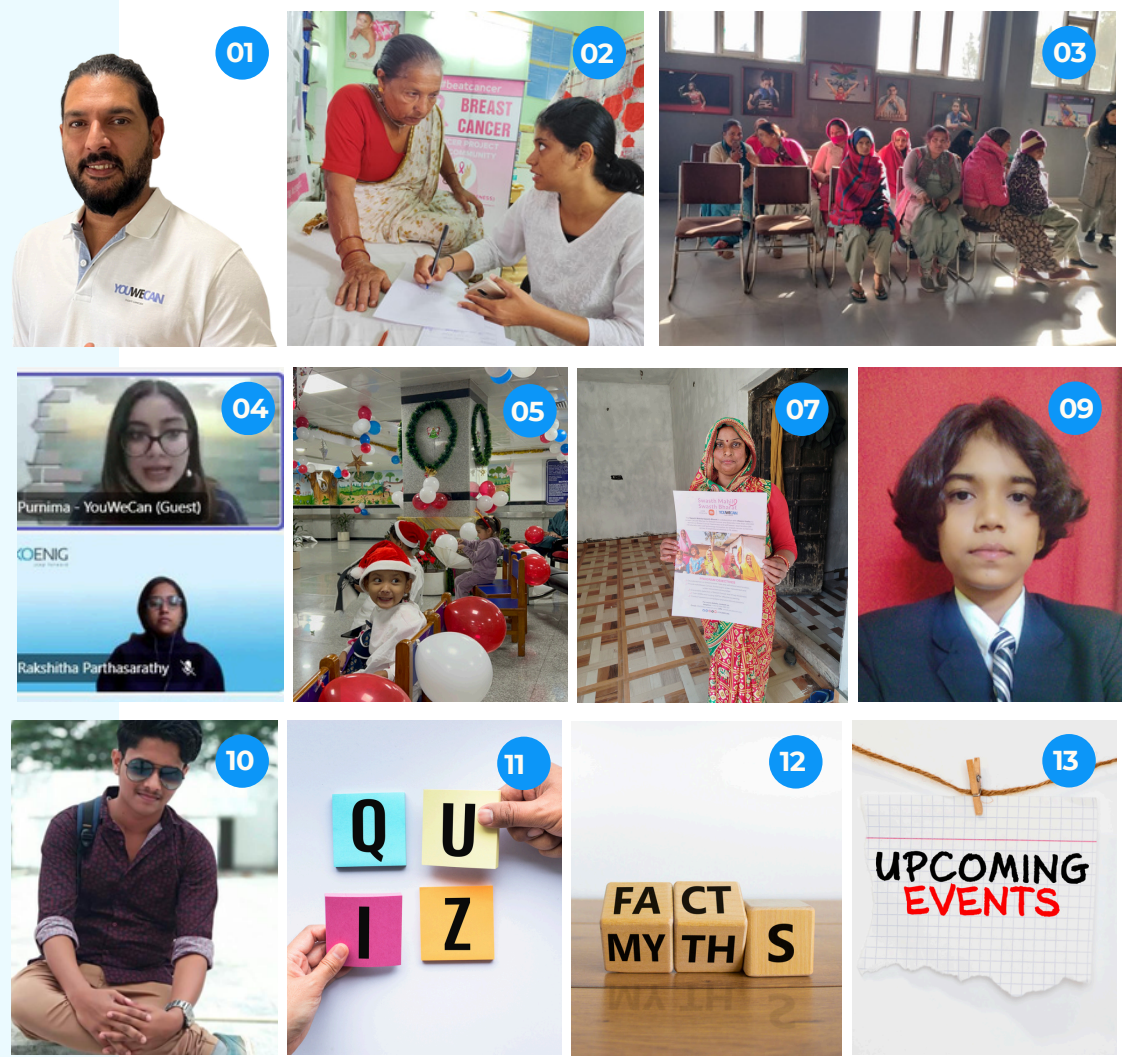




**Empowering children with hope,  
health and a brighter tomorrow.**

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# Words of Encouragement

Dear Readers,

As we step into 2025, I want to wish each of you a year filled with health, happiness, and growth. The start of a new year is a powerful reminder that we can always hit reset—a chance to learn from the past, embrace the present, and shape the future with determination.

Life, much like cricket, is full of challenges and triumphs. Setbacks will come, but it's how we rise, adapt, and persevere that defines our journey. This year, let's resolve to be stronger, more focused, and kinder—not only to ourselves but to those around us.

Whether you're chasing a long-held dream, rebuilding after a setback, or simply striving to be a better version of yourself, know that every effort counts. Let's commit to nurturing our relationships, prioritizing our health, and making a positive difference in our communities.

Remember, resilience is the key to success. Take on this year with an unshakable belief in your ability to overcome and thrive. And while you work toward your goals, don't forget to celebrate every small victory along the way.

Here's to new challenges, new opportunities, and new achievements. Let's make 2025 a year to remember!

*Yuvraj Singh*

Life, much like cricket, is full of challenges and triumphs. Setbacks will come, but it's how we rise, adapt, and persevere that defines our journey. This year, let's resolve to be stronger, more focused, and kinder—not only to ourselves but to those around us.



# Swasth Mahila Swasth Goa: Stepping into 2025 with Renewed Goals

As we embrace 2025, the Swasth Mahila Swasth Goa (SMSG) initiative celebrates its remarkable progress and sets its sights on even greater achievements. Dedicated to combating breast cancer through early detection, this initiative has already screened over 30,000 women in its second phase, launched six months ago. With a goal to screen 1.05 lakh women, SMSG is prepared to reach an additional 70,000+ women this year. The initiative's unwavering focus on empowering women with timely and accessible healthcare resources has been pivotal in fostering hope and resilience.

In its latest phase, the campaign successfully identified 6 women with breast cancer, connecting them to healthcare providers for immediate and effective treatment. These efforts build upon the accomplishments of the first phase, during which 58 women were diagnosed and provided with critical care. To date, 64 women have benefited from timely interventions, underscoring the life-saving potential of early detection.

As we journey forward, SMSG remains steadfast in its mission to ensure no woman is left behind in the fight against breast cancer. Together, we are shaping a healthier and empowered future.



# Empowering Women Through Awareness: Breast Cancer Screening Camp at Shoolini University

In collaboration with Shoolini University, Solan, we organized a breast cancer screening camp aimed at equipping local women with essential health knowledge and resources. The event featured an enlightening session by Dr. Tanvi, who emphasized the importance of recognizing early signs and understanding risk factors.

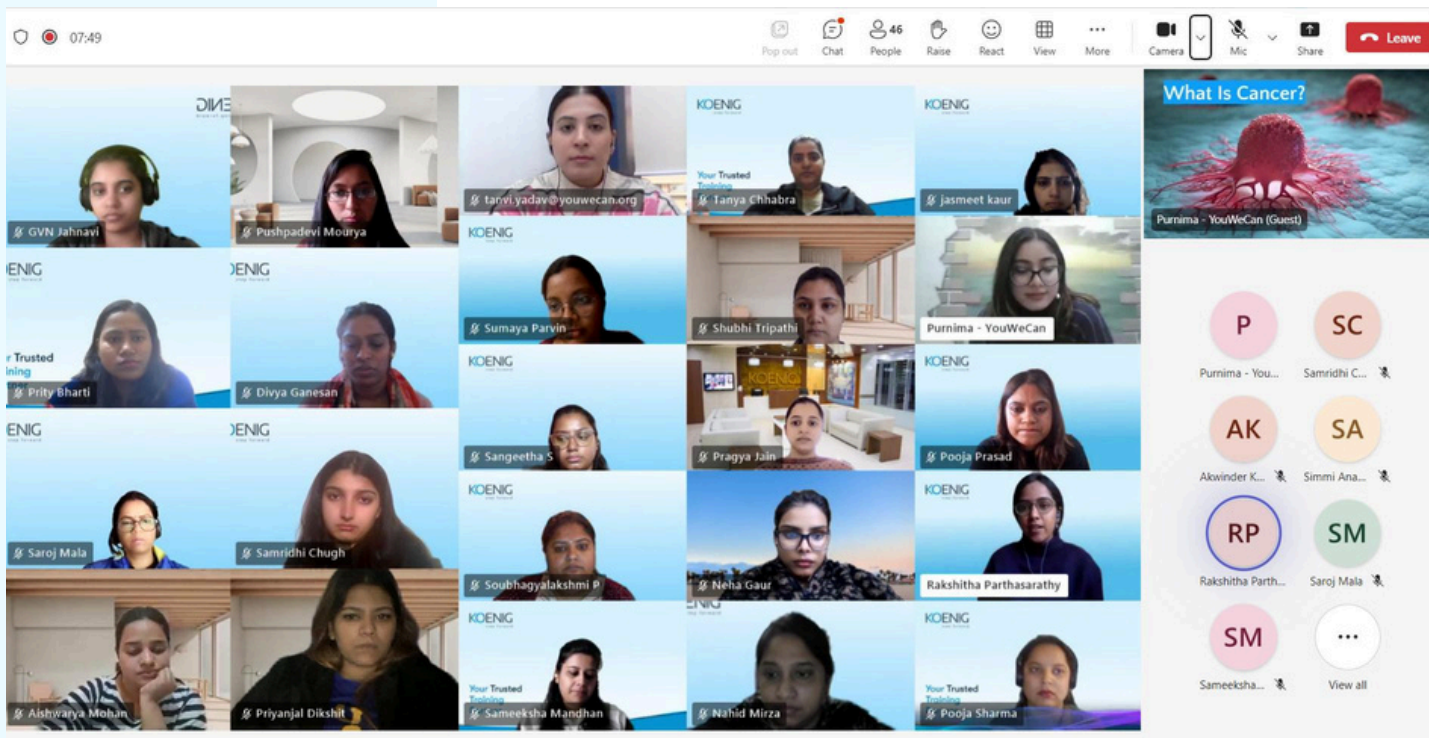
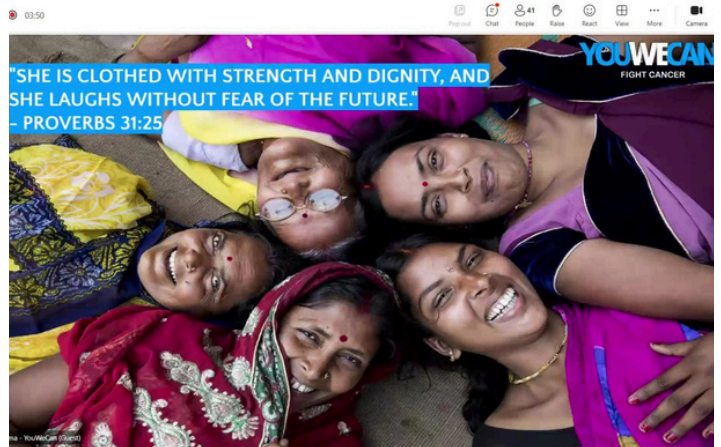
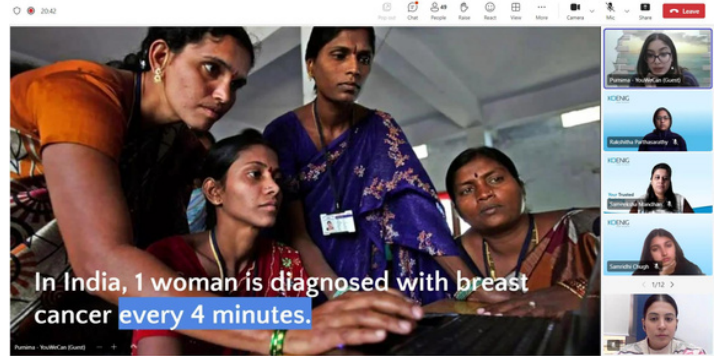
Participants were guided through a hands-on demonstration of Breast Self-Examination techniques, empowering them to take charge of their health proactively. The overwhelming participation reflected the community's commitment to wellness and preventive care. By spreading awareness and ensuring accessible screenings, we continue to champion the cause of early detection and better health outcomes. Together, we can create a healthier, more informed future for all.



# Fostering Health Awareness: Virtual Breast Cancer Session with Koenig Solutions

In a collaborative effort with Koenig Solutions, YouWeCan hosted a virtual breast cancer awareness session, focusing on the importance of early detection and proactive healthcare. The session delved into key topics, including risk factors, warning signs, and preventive measures, fostering a deeper understanding of breast cancer among participants.

Through an interactive format, attendees were guided on Breast Self-Examination techniques, empowering them with the confidence to monitor their health. Active engagement and thoughtful discussions marked the session, reinforcing a culture of awareness and timely action. Initiatives like these are pivotal in our mission to promote health consciousness and drive meaningful change. Together, we can make a lasting difference.



# A Magical Christmas at AIIMS Pediatric Surgery Ward

This Christmas, the Pediatric Surgery Ward at AIIMS, New Delhi, came alive with joy, laughter, and the festive spirit. The event, graced by Dr. Srinivas, Director of AIIMS, and the Ambassador of the Netherlands, was a heartwarming celebration of hope and resilience.

The day began with melodious Christmas carols performed by the nursing staff, setting a joyous tone. A motivational Christmas message by a local pastor and an inspiring note by Dr. Srinivas uplifted everyone's spirits.

The highlight of the event was a captivating magic show, leaving the children mesmerized and momentarily easing their worries. The festivities concluded with the distribution of colorful woolen caps and gloves, spreading warmth and smiles among the young patients.

This unforgettable day embodied the true spirit of Christmas—spreading love, creating cherished memories, and bringing joy to those who need it most.







# Swasth Mahila Swasth Bharat: Empowering Lives, One Screening at a Time

The Swasth Mahila Swasth Bharat (SMSB) initiative continues to make significant strides in transforming healthcare access for women across India. This impactful program is dedicated to early detection and raising awareness about critical health issues, ensuring timely intervention and care. With steadfast support from Xiaomi India, the initiative has touched over 40,300 lives in 15 diverse locations, fostering healthier communities and igniting a wave of health-conscious practices.

## Highlights from Every Location

- **Kashipur, Uttarakhand:** In the serene foothills, the campaign brought hope to 6,321 women, identifying 126 suspect cases. The local community's enthusiasm underscored the importance of early detection in preserving health and saving lives.
- **Baran, Rajasthan:** A total of 4,826 women were screened in the vibrant landscapes of Rajasthan, marking a pivotal step toward greater health awareness in this culturally rich district.
- **Khammam, Telangana:** Among the historic terrains, 3,860 women were screened, with 116 suspect cases flagged for further examination. The initiative emerged as a beacon of hope in this spirited region.
- **Virudhunagar, Tamil Nadu:** In the dynamic streets of Virudhunagar, screenings for 3,439 women yielded zero suspect cases, reflecting the success of proactive community health measures.
- **Nuh, Haryana:** This rural heartland embraced the program wholeheartedly, screening 3,193 women and identifying 64 suspect cases, showcasing the determination of Nuh's resilient women.
- **Wayanad, Kerala:** Amidst lush greenery, 3,130 women were screened, with 63 suspect cases identified. The region's active participation signified its commitment to health awareness.



- **Moga, Punjab:** The campaign reached 2,980 women in the fertile lands of Punjab, flagging 60 suspect cases. The collective effort of this strong community was instrumental in the program's success.
- **Osmanabad, Maharashtra:** In the historic streets of Dharashiv, 2,812 women were screened, with 28 suspect cases identified. The warmth of the local community added depth to this impactful mission.
- **Dahod, Gujarat:** Among Gujarat's tribal heartlands, 1,937 women were screened, with no suspect cases. This milestone reflects a growing emphasis on preventive healthcare.
- **Barpeta, Assam:** The serene landscapes of Barpeta welcomed the campaign, screening 1,741 women with zero suspect cases, underscoring the importance of sustained awareness programs.
- **Visakhapatnam, Andhra Pradesh:** Along the scenic coastline, 1,565 women were screened, with 16 suspect cases identified. The community's vibrant spirit propelled the program to success.
- **Guna, Madhya Pradesh:** In this culturally rich district, 1,472 women were screened, with 15 suspect cases flagged, reinforcing the importance of early health interventions.
- **Bahraich, Uttar Pradesh:** Among bustling streets, 1,347 women were screened, identifying 67 suspect cases. The heartfelt gratitude expressed by locals reflected the campaign's profound impact.
- **Nadia, West Bengal:** In this artistic hub, 1,165 women were screened, with 47 suspect cases. Nadia's embrace of health awareness initiatives was truly inspiring.
- **Kalaburagi, Karnataka:** This heritage-rich district saw 512 women screened, identifying 26 suspect cases. The local participation emphasized the importance of continuous efforts in rural healthcare.

The SMSB initiative stands as a testament to the power of collective action in driving meaningful change. Together, we continue this transformative journey, building a healthier and brighter future for women across India.



# Survivor Story

Tanishka, the daughter of Satyapal Narayan Rao Ghadge, is a bright and determined Class 12 student from Pune. She's working hard to secure a promising future, and she's incredibly grateful for the support she's received from the Yuvraj Singh Foundation.

The foundation has provided significant financial assistance, covering a substantial portion of her educational expenses, amounting to Rs.25000. This generous support has allowed Tanishka to focus on her studies without worrying about financial constraints. Currently, the school fees amounts to Rs. 39000 and if that is also supported she would feel more elated about achieving her dreams.

With the foundation's help, Tanishka is confident in her ability to achieve her academic goals. She dreams of pursuing higher education and making a positive impact on society.

However, her journey is not over yet. Any additional support, whether it's financial aid or guidance from mentors, would further empower her to reach her full potential.



## Tanishka



# 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 Sanju Sunny's Heart!

### Please introduce yourself:

**Name:** Sanju Sunny

**Age:** 28

**Location:** Kerala

**Occupation:** Sales Associate

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

His innings against Australia in 2011 50 - over world cup.

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

- Fighter
- Champion
- Left Handed God

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

He used to be the greatest prankster of the Indian dressing room.

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

How is Golf as sports treating him after cricket.

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

If Yuvraj Singh had superpower, he would probably call a match against England to smash those 6-sixes again.

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

The foundation should start its work in the field of children care aggressively.

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

Thank you for the six sixes and being humorous in difficult situations.



# Quiz Whiz

Which is the most common cause of skin cancer?

- A. Genetics
- B. UV radiation from the sun or tanning beds
- C. Air Pollution
- D. Smoking

7

 **SKIN  
CANCER**



2

What is the most common type of skin cancer?

- A. Melanoma
- B. Basal Cell Carcinoma
- C. Kaposi Sarcoma
- D. Squamous Cell Carcinoma

How can you reduce your risk of skin cancer?

- A. Wear sunscreen with SPF 30 or higher
- B. Avoid tanning beds
- C. Wear protective clothing and hats
- D. All of the above

3



Which of the following is a sign of skin cancer?

- A. A mole that changes in size, shape, or color
- B. A new growth that doesn't heal
- C. A lesion that bleeds easily
- D. All of the above

4





# Myth Busters

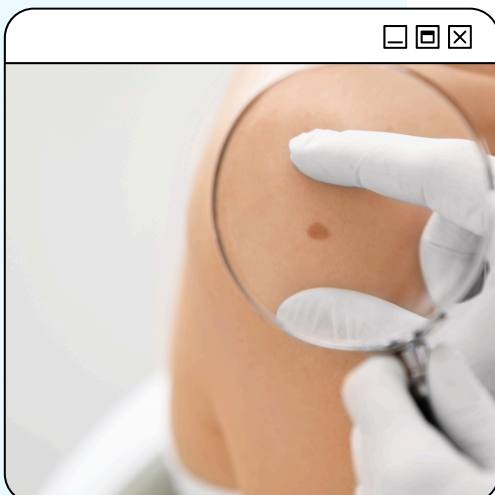


## Myth 1: Only people with fair skin get skin cancer

**Fact:** While people with fair skin are at higher risk, skin cancer can affect anyone, regardless of skin tone. Individuals with darker skin are often diagnosed at more advanced stages because of misconceptions.

## Myth 2: You don't need sunscreen on cloudy or cold days

**Fact:** Up to 80% of the sun's UV rays can penetrate clouds, meaning your skin is still at risk. Sunscreen is essential year-round, regardless of weather or temperature.



## Myth 3: A tan is healthy and protects against skin cancer

**Fact:** There's no such thing as a healthy tan. A tan is a sign of skin damage from UV radiation, which increases your risk of developing skin cancer over time.

# Be a YouWeCan Volunteer



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