



**STRENGTH IN EVERY  
HEARTBEAT, COURAGE IN  
EVERY CELL.**

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# Words of Encouragement

Dear YouWeCan Family,

Happy New Year! As we step into 2024, I am filled with immense gratitude and hope. Your unwavering support and dedication have been the backbone of our journey at YouWeCan. Together, we have turned challenges into victories, and despair into hope, especially for those battling cancer.

Your commitment to our cause has not only helped in spreading awareness but also in igniting a spark of hope in countless lives affected by cancer. Your selfless acts of kindness and relentless efforts have been instrumental in bringing about a positive change.

This new year, let us renew our pledge to fight against cancer with even more vigor. Let us reach out to more souls, touch more lives, and spread more smiles. Remember, each effort counts, and every small step leads to a significant change.

To my fans, your love and support have always been my strength. You have stood by me through my highs and lows, and I am eternally grateful for your belief in me and our mission.

Let's embrace 2024 with optimism and the belief that together, we can and we will make a difference. Here's to a year filled with hope, health, and triumph!

With Love and Gratitude,

*Yuvraj Singh*

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# Swasth Mahila Swasth Goa Initiative Surpasses 100,000 Women Screened in the Fight Against Breast Cancer

In the picturesque landscapes of Goa, a tale of resilience and community unfolds through the "Swasth Mahila Swasth Goa" Initiative. As the sun casts its golden glow upon the shores, our mission to screen 110,000 women for breast cancer reaches new heights. This month, we celebrate crossing the 100,000+ milestone, a testament to the unwavering dedication of our team and the power of collective action.

Guided by the spirit of compassion, we've identified 52 courageous women on their journey to healing, their stories echoing the importance of early detection and support.

At the heart of this initiative lies not just a numerical target, but a profound commitment to nurturing and empowering every woman touched by our efforts. With each passing day, we draw closer to our noble mission, fueled by the unity and resilience of our community. Together, we stand strong, ensuring that no one faces the battle against breast cancer alone in the radiant embrace of Goa's sun-kissed shores.

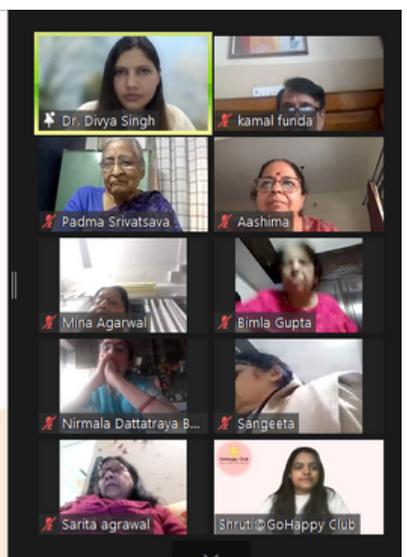
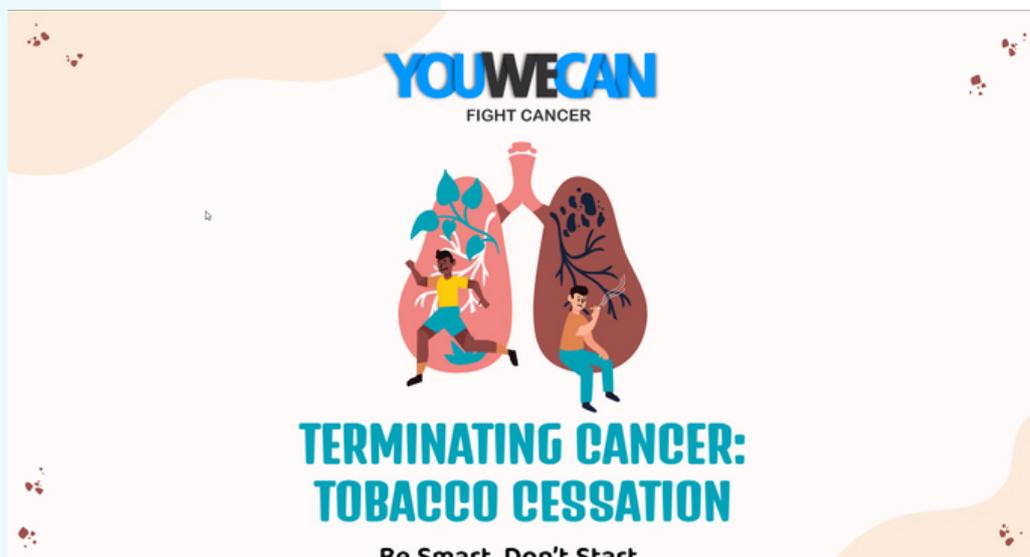
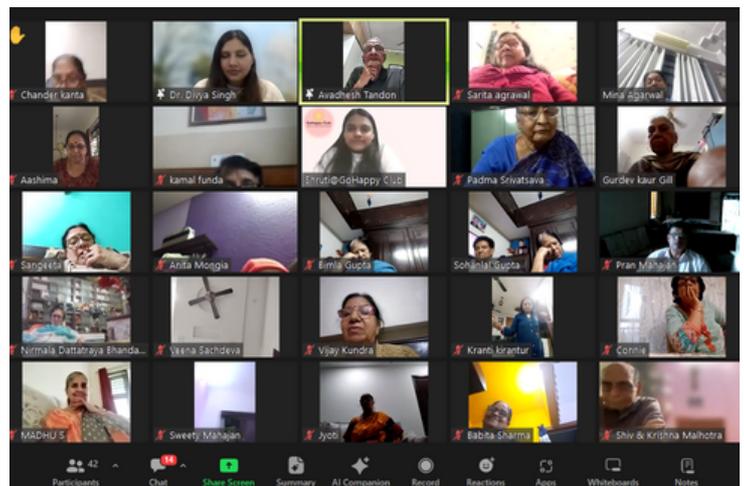


# YouWeCan and Go Happy Club Unite for Virtual Session on Oral Cancer Awareness and Ill effects of Tobacco

In a harmonious fusion of efforts between YouWeCan and the esteemed Go Happy Club, a captivating virtual awareness session unfolded on the 18th of January, shedding light on the intricacies of oral cancer and the insidious effects of tobacco consumption.

Established in the warm embrace of June 2021, the Go Happy Club has woven its ethos around empowering senior citizens, orchestrating sessions that blend fitness, learning, and joy to embolden individuals in their golden years. Their noble mission resonates with a desire to invigorate and engage senior citizens, ensuring their second innings of life is brimming with purpose and vitality.

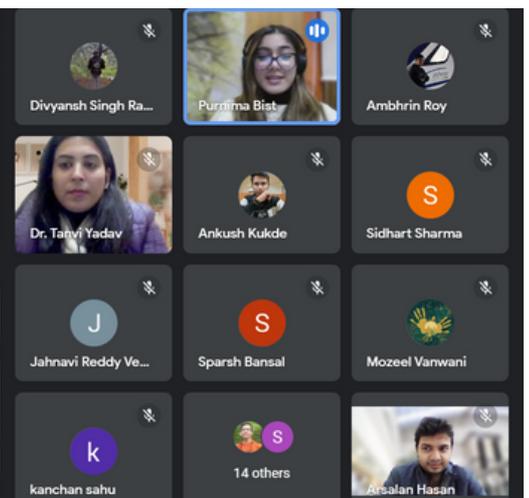
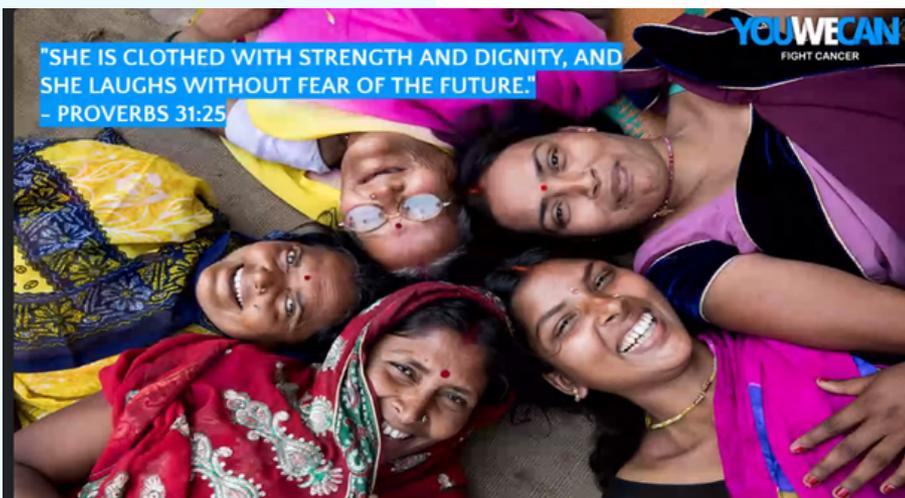
Amidst the digital expanse of technology, approximately 80 esteemed senior citizens eagerly embraced this enlightening virtual rendezvous. Guided by the seasoned expertise of Dr. Divya from YouWeCan, the session unfolded with an aura of profound engagement, enrapturing the attention and enthusiasm of all participants. As the session drew to a close, hearts warmed, and smiles abounded, reflecting the collective spirit of empowerment and camaraderie fostered within the virtual confines of this impactful event.



# Empowering Change: IIT Kharagpur Joins Forces to Champion Women's Health Against Breast Cancer

We organized a session on breast cancer in collaboration with IIT Kharagpur. Our goal was to raise awareness among individuals and empower IITians to become advocates for women's health. It was heartening to see a turnout with many young men participating, indicating a significant shift in their perspective. Together, we are planting the seeds of change, nurturing a generation of advocates who will champion women's well-being.

This session was not just an event; it represented our commitment to stand together against breast cancer, with the IIT community leading the charge in this crucial endeavor.



# YouWeCan Marks 15 Years: Empowering Women Through Life-Saving Breast Cancer, Oral Cancer Awareness and Screenings at US Food Pvt. Ltd.

For 15 years, the Yuvraj Singh Foundation has been a beacon of light, spreading compassion and love to those in need. Recently, the Foundation embarked on a transformative endeavor: an Oral Cancer, Breast Cancer, Cervical Cancer Awareness and Screening Camp in collaboration with US Food Pvt. Ltd in Gajraula, Uttar Pradesh. This initiative exemplifies the Foundation's unwavering commitment to holistic well-being and community empowerment.

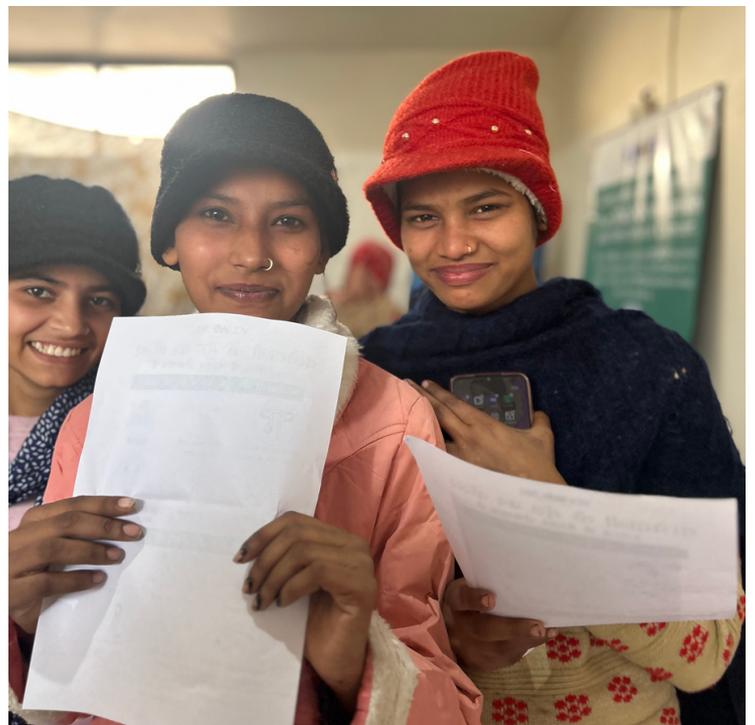
Approximately 70 individuals participated in the camp, receiving comprehensive screenings for oral cancer and invaluable education on the dangers of tobacco consumption. With meticulous care and expertise provided by dentists trained under the YouWeCan banner, participants left empowered to make informed choices about their health. This initiative not only underscores the Foundation's dedication to serving the community but also highlights the power of collective action in creating positive change. As we reflect on the Foundation's 15-year journey, let us continue to stand together, united in our mission to build a healthier, more empowered society for all.





This initiative aimed to empower and educate women about breast health, emphasizing the significance of early detection. YWC's team engaged participants in one-on-one sessions, providing comprehensive information on breast self-examination techniques. The event not only fostered a supportive environment for open discussions about women's health but also facilitated on-site screenings for breast cancer.

Undoubtedly, the significance of detecting breast cancer early cannot be emphasized enough. Crucial roles are played by routine screenings, awareness initiatives, and proactive health habits in identifying the disease during its most manageable phases. By highlighting the importance of early detection, we empower individuals to assert control over their health, thereby enhancing the probability of successful outcomes in combating breast cancer.



# Celebrating 15 years of YouWeCan



# Celebrating 15 years of YouWeCan



# Survivor Story

My name is Deepak. I work as a laborer and my wife is a home maker. We reside in Gautam Budh Nagar in Uttar Pradesh. Everything was going well until our 2 – year – old daughter Palak began suffering from fever after every 7 days. After consulting a doctor, we came to know that her immune system was very weak which was leading to frequent fevers. We changed a lot of doctors, but we did not get the proper treatment for our child. Seeing that her condition was not improving we were referred to the PGICH, Noida where we came to know that Palak is suffering from T-cell acute lymphoblastic leukemia and needed to undergo a challenging and lengthy chemotherapy process.

During our time at the hospital, we came to know from the doctor about the Yuvraj Singh Foundation, an organization which provides financial support to families that are unable to bear the burden of their child's treatment. They became our unwavering and constant support system and offered us medical assistance. Palak's treatment is still going on and she is showing remarkable strength and determination. Now under the care of PGICH, Palak's treatment is progressing well. We wish that she recovers soon, and we are able to give her the education that she deserves.

We are profoundly grateful to Yuvraj Singh and his foundation for their assistance when no one else stepped forward to support us. As a laborer, I was struggling to manage the additional financial burden of medical expenses, and the Foundation's support played a vital role in providing us the financial support associated with Palak's treatment. We extend our heartfelt thanks to the YouWeCan Foundation for their timely and essential support. We want to express our gratitude for their assistance not only in Palak's case but also their commendable efforts in aiding cancer patients and raising awareness about this critical issue. I pray and hope that many more families and children will find their savior in the Yuvraj Singh Foundation.



## Palak Kumari



# 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 Ankitha Ambati's Heart!

**Please introduce yourself:**

**Name:** Ankitha Ambati

**Age:** 24

**Location:** Hyderabad, Telangana

**Occupation:** Doctor

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

It's 2007, my brother being an ardent fan rather a devotee of Sachin was watching cricket like mad. An 8-year-old me with no idea of Cricket used to accompany him. It was then the history was scripted - Yuvi hit those massive six sixes which gave me a huge adrenaline rush. Since then, every moment of Yuvi both on and off the field have been very special to me. Especially the way he wept down after India winning the world cup – I would love to relive that moment. From distributing chocolates in school on his birthday to educating patients on Cancer, I grew up being his die-hard fan.

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

- Warrior
- All- Rounder
- Six Sixes

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

Yuvi was forced to play Cricket in childhood leaving aside his interest in Roller skating.

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

I just want to ask Yuvi "WHY DID YOU RETIRE FROM CRICKET SO EARLY ?"

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

He is Yuvraj Singh – literally a Super hero. The way he fought, both on & especially off the field is nothing less than any super power.

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

I would like to see more activities regarding :

- Increasing the people participation in awareness programmes,
- Conducting more Cancer screening tests & Initiatives to try & reduce the stigma & phobia surrounding Cancer.

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

"Lots of love, Yuvi. You are truly a blessing in Cricket. I hope to meet you one day after I specialise in my career and do my part in your mission of YouWeCan."



# Quiz Whiz

**When is Gallbladder and Bile Duct Cancer Awareness Month observed?**

- A. June
- B. February
- C. November
- D. April

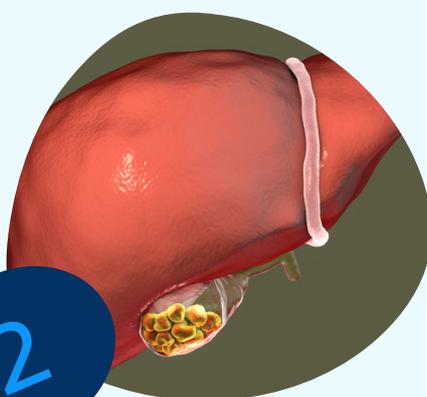
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**The most common symptom of Gallbladder and Bile Duct Cancer is:**

- A. Jaundice
- B. Muscle Pain
- C. Headache
- D. Vision Problem

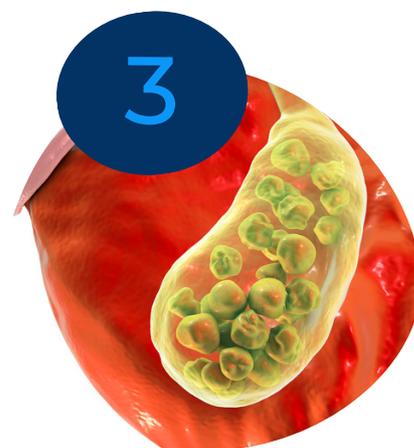
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**What is the role of the Gallbladder in the digestive system?**

- A. Producing Insulin
- B. Filters Blood
- C. Stores Bile
- D. Maintain Blood Pressure

3



**Surgical removal of the gallbladder is known as:**

- A. Cholecystectomy
- B. Nephrectomy
- C. Appendectomy
- D. Gastrectomy

4





# Myth Busters

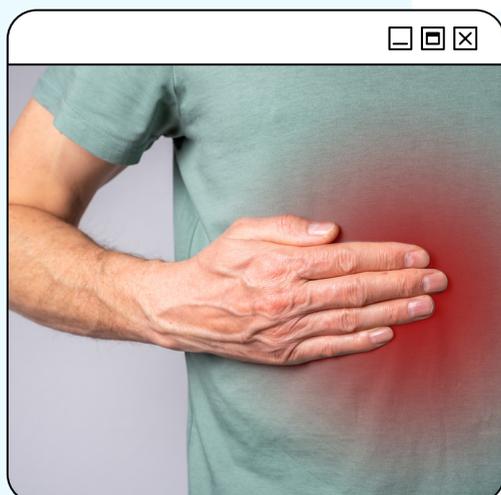


## Myth 1: Only Older Adults Get Gallbladder and Bile Duct Cancer.

**Fact:** While the risk increases with age, these cancers can affect individuals of any age group. It's crucial to be aware of symptoms and risk factors, regardless of age.

## Myth 2: Gallstones Always Lead to Cancer.

**Fact:** Most gallstones do not cause cancer. However, long-standing inflammation or chronic conditions like primary sclerosing cholangitis may increase the risk.



## Myth 3: Gallbladder and Bile Duct Cancers Are Always Fatal.

**Fact:** Early detection, advances in treatment, and proactive management can significantly improve the prognosis. It's essential to debunk the misconception that these cancers are always terminal.

# UPCOMING EVENTS

**World Cancer Day at Tata Medical College, Kolkata**



**Shoolini YouWeCan Cricket Tournament**

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