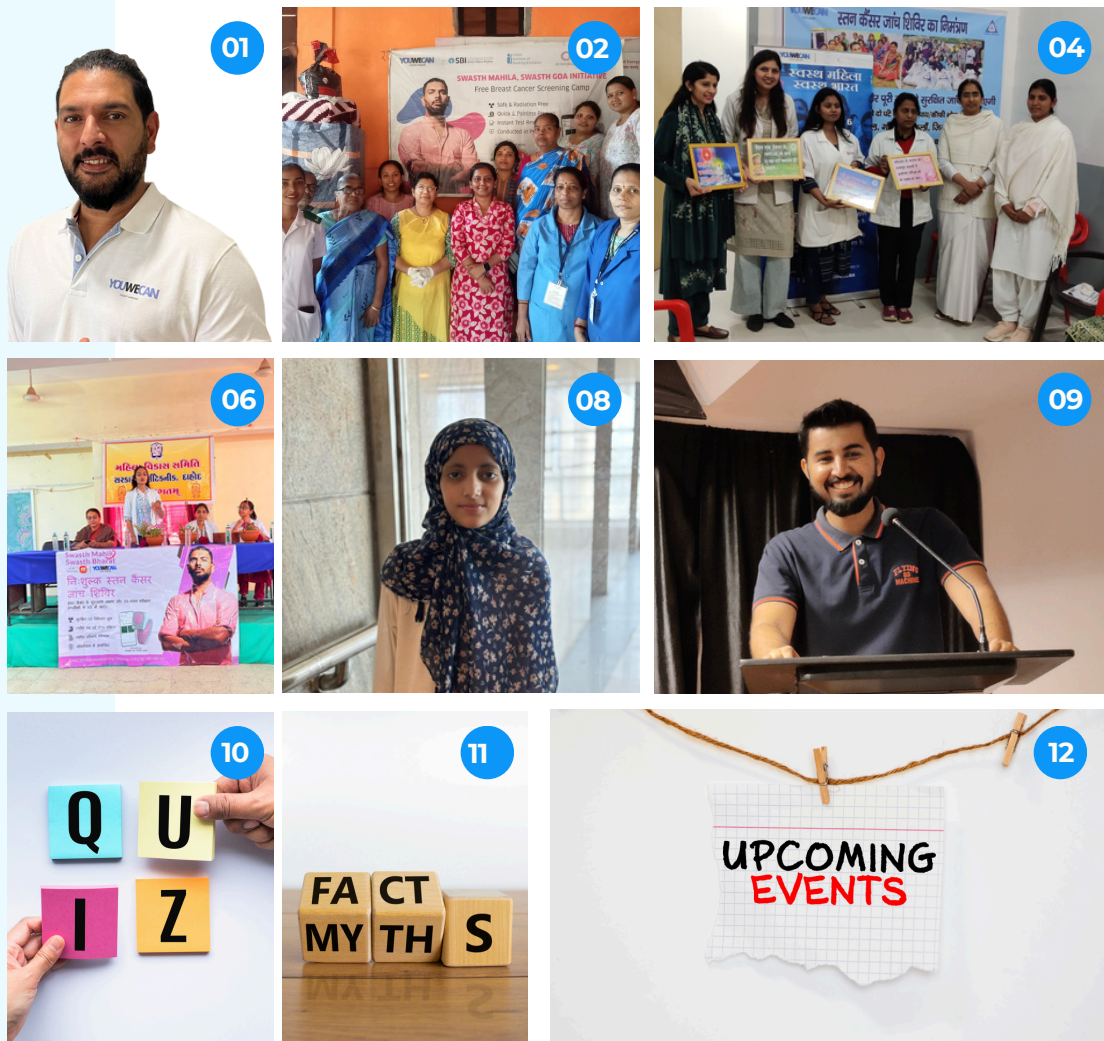




**Empowering women,
Saving lives!**

TABLE OF CONTENTS



WORDS OF ENCOURAGEMENT	01
SWASTH MAHILA SWASTH GOA	02
BREAST CANCER AWARENESS & SCREENING AT CHARKHI DADRI	04
SWASTH MAHILA SWASTH BHARAT: A NATIONWIDE EFFORT FOR WOMEN'S HEALTH	06
SURVIVOR STORY	08
YOUWECAN	09
QUIZ	10
MYTH BUSTERS	11
UPCOMING EVENTS	12

Words of Encouragement

Dear Warriors,

The new month brings with it the promise of change—a little more light in the sky, a little more warmth in the air. It's a reminder that even after the toughest winters, spring finds a way. And so do we.

When I think back to my cancer journey, what I remember most clearly isn't just the chemotherapy or the scans. It's the people. A nurse's reassuring touch, a message from a fan, my mother's hand in mine—those moments reminded me that I wasn't alone. They gave me the strength to keep going.

That's what YouWeCan is all about. Being there for each other. Lending strength when someone is low. Celebrating the small wins. Reminding each other that we are more than our illness—we are warriors.

This month, I encourage you to do one thing that brings you closer to health or hope. Maybe it's getting screened. Maybe it's calling someone who's struggling. Maybe it's just getting out in the sun and taking a deep breath. Whatever it is, know that it matters.

We may walk at our own pace, but we march together. And together, we'll keep moving forward. Keep the faith. Keep fighting. Because the world still needs your story.

With love and belief,

Yuvraj Singh

We may walk at our own pace, but we march together. And together, we'll keep moving forward. Keep the faith. Keep fighting. Because the world still needs your story.



Swasth Mahila Swasth Goa: Driving a Mega Movement for Women's Health!

March is a month of empowerment, celebration, and action. As we commemorate International Women's Day, Swasth Mahila Swasth Goa (SMSG) has launched a Mega Screening Initiative in collaboration with the Directorate of Health Services (DHS), Goa. This large-scale effort aims to enhance breast cancer screening rates, ensuring that more women receive timely and accessible healthcare services.

Our outreach has been extensive, spanning diverse sectors and locations to maximize impact. We have successfully conducted screening camps at Primary Health Centre (PHC) Cansaulim, St. Tereza High School, Raia, and leading corporations like Nestlé. Our partnership with the Navy Welfare Wellness Association facilitated screenings at INS Mandovi, Verem, while community collaborations with organizations such as the Rotary Club of Porvorim extended our reach further.



Additionally, we engaged with hospitality industry employees at Grand Hyatt, vocational students at ITI Curchorem (supported by Rishived), and government employees at the Directorate of Education, Porvorim. Shopping complexes, such as Gera Imperium Grand, Panaji, and corporate offices, including Reliance Jio Infocomm, also served as key locations for these screenings.

The Mega Screening Initiative is not just a one-time event; it is an ongoing commitment to women's health. Over the coming months, we aim to expand our reach even further, bringing screenings to more workplaces, educational institutions, and community hubs. By ensuring that early detection is accessible to all, we take a significant step toward reducing the burden of breast cancer and fostering a healthier future for women in Goa.

Stay tuned for updates as we continue this journey of impact and transformation!



Breaking Barriers: Breast Cancer Awareness & Screening at Charkhi Dadri

On the occasion of International Women's Day, Yuvraj Singh Foundation (YouWeCan) collaborated with Healing Himalayas Foundation and Sangwan Hospital to organize a three-day Breast Cancer Screening Camp at Charkhi Dadri. This initiative aimed to provide essential healthcare services to women in rural communities, ensuring early detection and timely intervention.

Over the course of the camp, 116 women were screened, with 8 potential cases identified and referred for further diagnostic tests. The effort was well received, earning appreciation from the Panchayat of Charkhi Dadri and surrounding villages for its impactful outreach.



As part of the awareness drive, Dr. Divya conducted an informative session on Breast Cancer at Mahila Mahavidyalaya, Charkhi Dadri on March 8th, Women's Day. The session witnessed the participation of nearly 200 female students, who actively engaged in discussions about breast health.

A crucial highlight of the session was the demonstration of Self-Breast Examination (SBE), empowering young women with the knowledge to detect early warning signs. Initially, many attendees were hesitant due to the stigma associated with breast health, but as the session progressed, barriers began to dissolve. By the end, a significant number of students stepped forward with their concerns, seeking clarity and guidance. This shift in engagement reaffirmed the importance of open conversations and education in breaking taboos surrounding women's health.

The experience was deeply enriching for the YouWeCan team, offering valuable insights into the challenges of breast cancer awareness in rural communities. With each initiative, we aspire to reach more underserved areas, foster a culture of proactive health-seeking behavior, and ensure that no woman is left behind in the fight against breast cancer.



Swasth Mahila Swasth Bharat: A Nationwide Effort for Women's Health

The Swasth Mahila Swasth Bharat initiative, led by YouWeCan in collaboration with Xiaomi India, continues to make a profound impact across India. Through mass screenings and awareness efforts, we are ensuring early detection and timely intervention for breast cancer. Here's a glimpse of our progress in various districts

- **Udham Singh Nagar, Uttarakhand:** With 8,935 screenings and 226 suspected cases, our initiative in Kashipur has seen immense participation. Women are stepping forward for check-ups, reinforcing the importance of early detection in saving lives.
- **Baran, Rajasthan:** In Baran, 7,713 women underwent screening, with 43 suspected cases detected. Local outreach programs are breaking taboos and encouraging women to prioritize their health.
- **Khammam, Telangana:** A total of 8,028 women were screened, identifying 166 suspected cases and confirming 1 positive case. This highlights the significance of routine check-ups and timely medical intervention.
- **Virudhunagar, Tamil Nadu:** With 6,077 screenings and 50 suspected cases, the initiative in Virudhunagar has been instrumental in spreading knowledge about self-examinations and early detection.
- **Nuh, Haryana:** A total of 6,371 screenings were conducted, revealing 114 suspected cases. The campaign has significantly increased awareness about breast health in the community.
- **Wayanad, Kerala:** With 5,424 screenings, 123 suspected cases, and 3 confirmed positive cases, Wayanad's efforts emphasize the urgent need for continued screenings and medical follow-ups.



- **Moga, Punjab:** Moga has recorded 6,362 screenings and identified 104 suspected cases. Women here are showing growing interest in regular health check-ups.
- **Osmanabad, Maharashtra:** With 7,661 screenings and 83 suspected cases, Osmanabad is embracing preventive healthcare. The awareness drive has encouraged more women to undergo screenings.
- **Dahod, Gujarat:** In Dahod, 5,469 screenings were conducted, detecting 11 suspected cases. The initiative is playing a crucial role in empowering women with essential health information.
- **Barpeta, Assam:** A total of 6,070 women have been screened, identifying 38 suspected cases. The campaign is fostering a proactive healthcare culture in the region.
- **Visakhapatnam, Andhra Pradesh:** With 4,070 screenings and 69 suspected cases, Visakhapatnam's community engagement has been commendable, strengthening the fight against breast cancer.
- **Guna, Madhya Pradesh:** Guna recorded 5,198 screenings, identifying 20 suspected cases. Women are increasingly recognizing the importance of early intervention.
- **Bahraich, Uttar Pradesh:** Bahraich has seen 3,168 screenings, detecting 103 suspected cases. The initiative is helping women prioritize their well-being and seek timely medical advice.
- **Nadia, West Bengal:** A total of 4,248 screenings and 183 suspected cases highlight Nadia's growing awareness of women's health. The campaign continues to make a difference in lives.
- **Kalaburagi, Karnataka:** A total of 3,023 screenings were completed in Kalaburagi, with 106 suspected cases. The campaign is successfully encouraging early screening and healthcare access.

With each screening, we move closer to ensuring a healthier future for women across India. This initiative is just the beginning—together, we can make a lasting impact!



Survivor Story

My name is Tabassum, and my beloved daughter, Fiha, has been waging a courageous battle against blood cancer. In the midst of our darkest days, amidst the whirlwind of treatments and uncertainty, we found a ray of hope through the unwavering support of Yuvraj Singh and his foundation.

Fiha, a bright and spirited student, adores going to school and possesses an insatiable love for learning. However, our lives took an unexpected turn when Fiha was diagnosed with blood cancer. The news struck like lightning, leaving us reeling with shock and disbelief. As a mother, the thought of my daughter enduring such pain and uncertainty was utterly heartbreaking.

It was during this time of desperation that someone suggested we reach out to Yuvraj Singh and his foundation.

Their assistance lifted a significant burden from our shoulders, allowing us to focus on Fiha's treatment and well-being. Their dedication to making a positive impact in the lives of cancer patients and their families is truly commendable. Through their generosity, they have become beacons of hope in our darkest hours.

With each chemo session, Fiha's resilience shines brighter, fueled by the love and support we have received from Yuvraj Singh and his foundation. As a mother, I am filled with immense gratitude for their kindness and compassion. Their impact extends far beyond the realm of healthcare; they are symbols of hope, illuminating the path for those navigating the darkness of cancer.



Fiha



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 Meet Mange's Heart!

Please introduce yourself:

Name: Meet Mange

Age: 24

Location: Navi Mumbai, Maharashtra

Occupation: Automotive Designer

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

His feat of hitting Six Sixes in an over against England in 2007 T20 World Cup.

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

- Warrior
- Prankster
- Leg Side God

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

He was inclined towards playing skates towards start of his childhood career.

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

How is the experience of playing Golf after playing cricket for so many years.

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

If Yuvraj Singh had superpower, he would win one more 50 overs world cup for India post retirement.

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

I would love to see YouWeCan going International as well.

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

Thank you for making cricket beautiful and elegant for youngsters again.



Quiz Whiz

What is a common symptom of head and neck cancer?

- A. Frequent sneezing
- B. Persistent sore throat
- C. Sudden weight gain
- D. Changes in bowel habits



1

Which virus is a leading cause of oropharyngeal (throat) cancers?

- A. HPV
- B. HIV
- C. Influenza
- D. Hepatitis B



2

Which of the following areas is NOT typically affected by head and neck cancer?

- A. Throat
- B. Brain
- C. Nose
- D. Mouth



3

Which healthcare specialist is most likely to diagnose head and neck cancer?

- A. Dermatologist
- B. ENT Specialist
- C. Cardiologist
- D. Gastroenterologist



4



Myth Busters



Myth 1: Only smokers get head and neck cancer

Fact: While tobacco is a major risk factor, non-smokers can also develop head and neck cancers, especially due to HPV (Human Papillomavirus) infection.

Myth 2: Head and neck cancers are always easy to detect early

Fact: Many early symptoms, like a sore throat or hoarseness, are often mistaken for minor issues. Regular check-ups and awareness are key for early detection.



Myth 3: Head and neck cancer only affects older adults

Fact: Younger people can also be at risk, especially due to lifestyle factors or HPV exposure. Age is not the only risk factor.

Upcoming Events

**Event at PGCIH
Noida in
collaboration
with S&P Global**



Be a YWC Volunteer



Content and Design Team:

Poonam Nanda

Saket Saurabh

Divya Singh

Mukul Sethi

Dr. Bhavika Chawla

Dr. Tanvi Yadav

Be a part of YouWeCan Times.
Write to us at info@youwecan.org

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