

YOUWECAN TIMES

Live. Dare. Inspire.

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*has never
looked so good*



More than 5000 breast cancer
screenings in one month

"Jingle all the way"
to Pediatric Unit, AIIMS

EDITORIAL

Hello Everyone

As the year draws to a close one not just looks ahead but also at what's gone past. 2022 was an incredible year. We finally closed the covid chapter, (atleast we hope so) and initially life limped back to normalcy and then things just zoomed as though there was going to be no tomorrow.

December is always special as we all get into the celebration mode celebrating Yuvi's bday. Fans all across the country

organised multiple celebrations that didn't go unnoticed by him. All of us wish him a healthy happy life ahead.

Nothing Unites the world as a game of sports does. We were witness to a brilliant final of the Football World Cup that will go down in History not just for Argentina but the heroic effort of the French. My heart went out for the losing team. It also brought back memories of the Cricket World Cup of 2011 where Yuvraj brought the cup home and then went on to fight and win the biggest battle of his life.

We are now in serious talks to amplify our breast cancer screening program to corporate houses and the marginalized community. I hope to share more on this good news soon.

My heartfelt thanks to our corporate partners, well-wishers, fans and volunteers who believe in us and continue to support. We look forward to strengthening these relationships. Cheers to new beginnings! Adios to the year gone by !! I end by wishing you all a Very Happy New Year



Poonam Nanda

Poonam Nanda

Chief Mentor, YouWeCan Foundation

Swasth Mahila Swasth Goa 50,000 scans achieved!

We have exciting news to share with all of our readers as this year comes to an end. Our pilot project, the Swasth Mahila Swasth Goa Initiative, has reached the "50K Milestone" in its goal to screen 1 lac women for breast cancer in Goa. The project, which began in October 2021, has advanced significantly since its inception. We have successfully screened more than 50,000 women for breast cancer, and in the process, we have made many more women aware of the disease. Through this programme, 22 confirmed cancer patients were found, of whom 21 are receiving treatment and are being closely monitored by Team YouWeCan.



Santa's visit to Pediatric unit AIIMS

On the occasion of Christmas, team Youwecan organized an event at AIIMS, New Delhi at the pediatric surgery ward. We adorned the pediatric surgery unit with balloons and a christmas tree. The joyous occasion went underway with a bible reading and Christmas carol singing by the ward's nursing staff, followed by dancing with the children, hospital staff and Santa Claus handing out presents to the children at the ward. Santa made sure that the children in the day care and ICU were also included in the festivities. A gift was placed by their side to ensure a smile on their faces.

The team organised a magic show that was thoroughly enjoyed not just by the children, but also their parents, guardians and the hospital staff. The magician's tricks held the children spellbound. It was a day filled with laughter, cheer and celebration instead of the usual dread at hospitals. It was indeed a Merry Christmas for everyone.



Shoolini University and YWC get together to create awareness on Substance Abuse & AIDS

YouWeCan and Shoolini University in Solan have shared a deep relationship since 2015. The work done by the student volunteers was so well acclaimed and appreciated that Yuvraj personally visited the campus some years ago.

Carrying forward this liason the team of Dr. Tanvi Yadav and Ms. Purnima Bisht visited Shoolini to deliver awareness sessions on Substance Abuse and AIDS on World AIDS Day.

Dr. Tanvi spoke to the faculty, staff and students and they were sensitised on the harmful effects of Drugs, Alcohol, Tobacco and other toxic substances. The audience was also mentored about differentiating between a habit and addiction. She explained how a small initiation in substance can be habit-forming and eventually lead to addiction. She also emphasized that coming out of addiction is surely possible if one has the will power. Ms. Purnima took sessions on awareness about the deadly disease HIV and AIDS. These sessions were all about the clearing of myths and provide facts related to HIV and AIDS to the audience.

Ms. Bisht also provided some statistics to explain how the disease has spread and preventive measures that are being taken to control the same.

She said that not every person who is suffering from HIV and AIDS will meet a tragic end. With timely treatment, compassion, and inclusivity, people living with HIV can also lead a normal and dignified life.



Felicitation at VDHM Award ceremony

#RaceAgainstBreastCancer

The Vedanta Delhi Half Marathon extended a special invitation to YouWeCan to attend their award ceremony on December 8th. Out of all the NGOs who had participated, YouWeCan earned the second place as the NGO that raised the maximum funds. The amount raised was 17 lacs. One of YouWeCan's corporate partners, S&P Global, was placed second for the largest sum donated by a corporate to a non-profit organization in support of a cause during the Vedanta Delhi Half Marathon. S&P Global also supported YouWeCan's mission of the #RaceAgainstBreastCancer with many of their employees running the marathon to express solidarity along with a generous donation of Rs 12 lacs.



Yuvi's Birthday Celebration

12th December is a very special day for all Yuvians including Team YouWeCan since it's our founder, Yuvraj Singh's birthday. This year marked the legend's 41st birthday. Fans all across India celebrated his birthday in their own unique style. From organising a blood donation drive to distributing food and stationery to children, from cutting cakes to collating pictures and videos and creating wishes in the most heartfelt, loving way, Yuvians did it all to express their love and admiration for their hero.



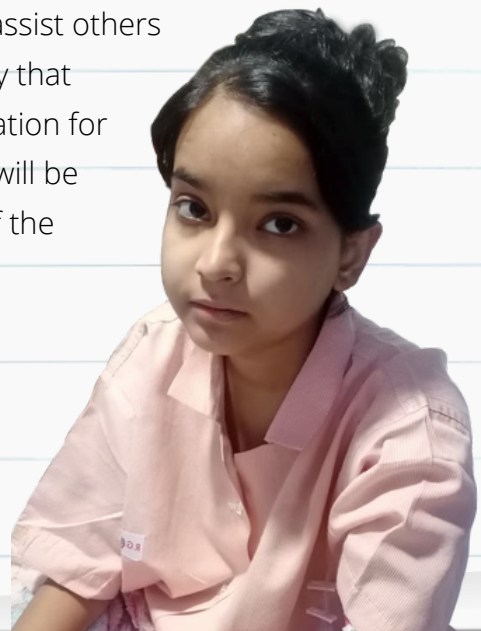
Story of Courage

One day, when Aaliya got home from school, she complained that she wasn't feeling well and looked very weak and pail. As a mother, I tried to make her feel better by comforting her and told her that she would be fine. But this began to occur frequently. Whenever Aaliya returned from school, she usually had something unpleasant to say about her health. We took her to the doctor, and he suggested that we should get some tests done. We were shocked on being told that she had acute lymphoblastic leukemia, a type of blood cancer. Accepting this news was a really difficult experience for us as parents. Aaliya was only 13 years old when she was with cancer. She is currently receiving treatment at the Rajeev Gandhi Hospital in Rohini, Delhi, where she is making a remarkable recovery. After eight months her treatment is now over. I found out about the YouWeCan Foundation from the wonderful Dr. Gauri Kapoor, who is currently taking care of Aaliya. She informed me that YouWeCan Foundation will do all they can to help us in our time of need. Honestly speaking, we have had a very good experience with this foundation.

When we were in such a difficult situation, they supported us. Aaliya is now 14 and is enrolled in the tenth grade. She takes great pride and pleasure in reading books and discovering new things. She aspires to become a doctor someday so that she can assist others who are dealing with cancer in the same way that she was. We are really grateful to the foundation for its support, and I have no doubt that Aaliya will be able to beat his illness both with the help of the foundation and her own strong will.

Aaliya

Strong, Resilient, Survivor.



YOUWEFAN | YUVIAN'S FOREVER

SURYA | Thanjavur, Tamil Nadu

In conversation with a Yuvi fan and an aspiring C.A, Surya (@AuditorSurya) from Tamil Nadu

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

A. I am Surya, from Thanjavur in Tamil Nadu. I am pursuing Chartered Accountancy. For a die-hard Yuvraj Singh fan like me, it is quite natural to get involved with YWC.

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

A. Yuvi paaji's journey is the push we all need to stay motivated in life. YWC has been organizing a wide variety of activities that are impacting society in various ways – their cancer awareness activities and the coveted **Mission1000Beds** activity motivated me a lot.

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

A. For the past few years, my team and I under the name Tamil Nadu Yuvraj Singh Army have been organising charity activities on every December 12. All such moments where I become a part of YWC's journey are very memorable to me.

Q. What do you aspire to do?

A. I want to become a Chartered Accountant. Apart from this, I also have plans of organising charity activities through the Tamil Nadu Yuvraj Singh Army

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

A. The only source of motivation in my life and the only hero I look upto in my life is Yuvraj Singh. Though I never got to meet him in person, I feel like I am mentally connected to him. From Cricket to Cancer and back to cricket – Yuvi paa's journey is the greatest inspiration for anyone. His fighting spirit and the never give up attitude is something I want to stick to throughout my life.



MEET THE TEAM



HEY, I'M...

STEFNY

Stefny is a Cluster Coordinator. She looks forward to bringing more joy and vibrancy and sharing her innovative ideas with the team, making it a cool, efficient and more energetic environment to work in. She knows the potential that she has to do things and reach out to people and make a difference in their lives. She has done a Master's in Public Health and is interested to work on more research and community-related projects/Activities.



HELLO, I'M...

KAJAL

Kajal is a Cluster Coordinator. She looks forward to working for YWC whose mission she firmly believes is to provide healthcare for a cause and to get all her qualities, skills, and values to the YWC. She is making someone comfortable to get what is good for them and convince them to go forward, Blessings from patients and good morning texts make her day even brighter. She has done a Master's in Public Health and works for the community for the betterment of health.

Three words to describe your personality?

- S.** Leader, go-getter, Fun loving
- K.** Generous, Ambitious, Sociable

What is your comfort food?

- S.** Chocolates and Chat food (Shevpuri, Bhelpuri, Panipuri)
- K.** Spicy seafood comforting my taste buds, All time favourite Goan Fish Thali.

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

- S.** I believe My life story is pretty unique so definitely it would be more of Drama, comedy and inspirational all in one package.
- K.** Movie would be on the journey of college life, showing all the ups and downs, Haunted nights, collapsing days and smiling faces at the end to celebrate the victory of life .

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

- S.** To watch the northern lights as I have always been mesmerized by the beauty of thenight sky with the fascinating lights . So definetly One Day In Norway
- K.** Balli, Indonesia because I feel I will enjoy Goan scenery in Balli as it defines natural scenic beauty.

What are 3 words to describe working at YWC?

- S.** Fun, Opportunities, Comfortable
- K.** Flexible, Rewarding, Supportive

What motivates you to do what you do?

- S.** The result of it.
- K.** Self satisfaction and a helping hand to others

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

- S.** Whatever you do give it your best shot and make your mark on this world, because its now or never!
- K.** Sometimes we don't get what we ask for, but there's always a first time for everything so keep wishing for new things.

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

- S.** All the celebrations that we have together as a team.
- K.** Team lunches for different reasons to celebrate is always the best time and memory to cherish.

What has living in a pandemic taught you?

- S.** Though the pandemic was a roller coaster ride it taught me that there is more joy in the little things in life.
- K.** Life is unpredictable, so keep praying , smile everyday and make someone smile too.

Role of digital health in today's healthcare system

written by **Dr. Sumedha Kushwaha**

The world today is small and as big as your computer screen. The 21st century has seen an upsurge in the technological advancement, which has brought a significant ease of access to a number of facilities, making things more affordable and accessible to the common man.

With digitalization, healthcare system is one of the key areas which has seen tremendous growth. Advancements in science and technology have helped in bringing down the critical gap between the patient and a physician with the help of teleservices, artificial intelligence, cloud computing, mobile health (mHealth), wearable devices, electronic health records etc,

A patient can easily reach out to the services, discuss their health-prevention and management of a condition without actually paying a visit, which would not only cut on various costs but also save loads of time in today's busy world. Having the internet of things combined with artificial intelligence has given an edge to the medical sciences as the user can track and record basic vitals and save them online, which at the time of need sure does come handy.

Digital healthcare, making it possible for millions of people to access medical services online at their own convenience. They can consult, clarify and question the medical practitioners of their choice, make amendments in medication, diet, exercise without having to pay a visit-saving them



ample of time, effort and money. These platforms have also helped reduce the burden on healthcare professionals, hence, aiding them to expand their reach, reduce inefficiencies and boost performance. Various platforms are already in the game, providing prescribed medication at doorstep, fixing appointments, video consultations, etc.

Digital healthcare has an immense potential to serve the people and bring about a significant change in healthcare systems across the world, for the better. For people who are open to change, not averse to technology can make best from the umpteen benefits from the vast resources of the digital health initiatives and products available for free or at a low cost.

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