



**25,000+ Scans,  
Countless Lives Empowered**

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# Words of Encouragement

Dear Readers,

Life is a journey filled with challenges, victories, and countless moments of self-discovery. As someone who has faced my share of battles—both on the cricket field and in life—I have come to realize that our true strength lies not in the absence of hardships but in our resilience to overcome them.

Every setback is an opportunity to rise stronger. Whether it was a gruelling match that tested my endurance or my fight against cancer that tested my spirit, I learned that determination, coupled with hope, can turn the impossible into achievable. The key is to never lose sight of your dreams, no matter how distant they may seem.

Inspiration is all around us. It's in the unwavering courage of a child battling illness, the relentless effort of a parent striving for a better future, and the unyielding passion of an individual chasing their goals. Together, we have the power to uplift one another, to create a ripple effect of positivity and progress.

So, keep believing, keep pushing, and keep dreaming. Because every dream chased with determination and heart has the power to inspire the world.

Let's make every day count. Together, we can create a legacy of hope, courage, and limitless possibilities.

*Yuvraj Singh*

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# Building Expertise, Saving Lives: Advancing Breast Cancer Detection in Goa

November marked a transformative milestone for the Swasth Mahila Swasth Goa (SMSG) initiative, as it advanced its mission to strengthen early breast cancer detection in the state. The YSF team in Goa, alongside healthcare workers from PHCs, CHCs, UHCs, district hospitals, and other facilities, underwent specialized technical training on the iBreastExam (iBE) device. This cutting-edge technology, brought to life by UE Lifesciences, enables precise, efficient screenings, equipping healthcare providers with the tools they need to make a meaningful difference.

Conducted by expert trainers, these sessions went beyond technical knowledge—they instilled confidence, built capacity, and fostered a sense of purpose among healthcare workers on the front lines. These efforts are pivotal to the success of SMSG, ensuring that every screening conducted is a step closer to safeguarding women's health.

With each participant gaining vital skills, the project is empowering communities by improving access to care, promoting early detection, and driving progress toward a healthier future for women across Goa.



# Inspiring Conversations: Pascoal & Maria Menezes Panel Discussion Series at Goa Institute of Management

On 22nd November 2024, Dr. Divya Singh from the Yuvraj Singh Foundation joined an esteemed panel at the prestigious Pascoal & Maria Menezes Panel Discussion Series, hosted by the Goa Institute of Management.

The session, titled: **“The Role of Public-Private Partnerships in Strengthening Healthcare Delivery in Goa: Past Experiences and Future Outlook,”** explored how collaboration between public and private sectors can revolutionize healthcare access and outcomes.

Dr. Singh, a distinguished voice in public health, shared her invaluable insights on how partnerships can bridge gaps, foster innovation, and create more equitable healthcare systems. The discussion encouraged a robust exchange of ideas among industry experts, stakeholders, and students, highlighting practical solutions and future possibilities.

This dialogue reinforced the pivotal role of collaboration in creating a sustainable, resilient healthcare framework for Goa's future. The Yuvraj Singh Foundation remains steadfast in its commitment to fostering such partnerships, driving impactful healthcare initiatives, and building a brighter tomorrow for communities across the region.



# Spreading Smiles: Pre-Diwali Celebrations with Espire Infolabs at AIIMS Delhi

This Diwali, the true essence of the festive season—spreading love and hope—came alive through a heartwarming celebration with children undergoing treatment at AIIMS Delhi. Our donor partner, Espire Infolabs, brought an abundance of joy and cheer, creating unforgettable moments for the little warriors and their families.

The day was brimming with laughter and excitement, featuring engaging games, fun-filled activities, and an enchanting magic show that left the children in awe. Adding a personal touch, the team visited hospital wards, distributing thoughtful gifts and refreshments to the young patients, lighting up their faces with smiles and their hearts with warmth.

These celebrations were more than just an event; they were a powerful reminder of the impact of kindness and compassion. Espire Infolabs' gesture touched countless lives, spreading the message that even in challenging times, joy can be found through human connection and care.

Together, we created a day filled with happiness, hope, and cherished memories, inspiring us all to carry the spirit of giving forward into every day of the year.





# Empowering Women, Transforming Lives: The Swasth Mahila Swasth Bharat Mission

In collaboration with Xiaomi India, the Swasth Mahila Swasth Bharat project is spearheading a transformative journey to revolutionize women's health across India. With a mission to screen 10,000 women per district in 15 districts spanning 15 states, this initiative is more than just a healthcare effort—it's a movement to empower women with the knowledge and resources they need to prioritize their well-being.

At its heart, this project emphasizes the life-changing power of early detection, education, and accessible care in combating breast cancer, a disease that claims thousands of lives each year. By breaking barriers, raising awareness, and bringing vital health services to underserved communities, Swasth Mahila Swasth Bharat is not only saving lives but also transforming them. Together, we are striving for a future where every woman feels supported, informed, and equipped to lead a healthier life.

## District Achievements: Stories of Impact and Progress

- Kashipur, Uttarakhand:** The project marked a significant milestone by screening an incredible 4,274 women. These screenings were more than just medical check-ups—they represented hope, resilience, and empowerment. Women from all walks of life participated, many stepping into a healthcare facility for the first time. By prioritizing early detection and raising awareness, this achievement reflects the community's commitment to ensuring that no woman is left behind in the fight against breast cancer.
- Khammam, Telangana:** The camp witnessed an inspiring turnout as 2,878 women came forward for screenings. This achievement highlights the growing trust and awareness among women in the region, who are learning to take proactive steps toward their health. These efforts are not just reducing the stigma around breast cancer but also inspiring communities to come together for a common cause: saving lives through early detection.





- **Baran, Rajasthan:** 2,700 women were screened as part of the initiative. This achievement is a powerful reminder of the strength of grassroots mobilization and local outreach. Health awareness programs in the region encouraged women to seek screenings, fostering a sense of collective responsibility toward better health outcomes. Every screening conducted in Baran is a story of courage and determination, a step closer to transforming healthcare access in rural India.
- **Virudhunagar, Tamil Nadu:** 2,206 women participated in screenings, showcasing the power of collaboration between the project, local organizations, and healthcare workers. Each woman screened represents a life that can potentially be saved through timely intervention. This district's achievement is a shining example of how targeted efforts can create lasting change, even in the most underserved areas.
- **Nuh, Haryana:** 2,014 women benefiting from the initiative. For many, this was their first encounter with structured healthcare services, emphasizing the importance of outreach in remote areas. This milestone is a testament to the unwavering commitment of the Swasth Mahila Swasth Bharat mission to reach every corner of the country, ensuring that even the most vulnerable communities are not forgotten.
- **Moga, Punjab:** The screenings of 1,934 women underscored the significance of awareness campaigns in breaking societal taboos around breast health. The initiative not only brought healthcare services closer to women but also created a supportive environment where they could openly discuss their concerns and take charge of their health.
- **Wayanad, Kerala:** The camp stood out as a beacon of hope with 1,904 women screened. Known for its lush greenery and remote terrain, Wayanad posed logistical challenges, yet the project's dedication ensured that women in the region could access life-saving screenings. These efforts are paving the way for a healthier future, one community at a time.



- **Osmanabad, Maharashtra:** 1,175 women participated in screenings, proving the initiative's reach even in areas where healthcare access is limited. These screenings are empowering women with the knowledge to detect breast cancer early, giving them a better chance at treatment and recovery.
- **Visakhapatnam, Andhra Pradesh:** 1,045 women took part in the project's screenings. Each screening is a step toward building a culture of health consciousness and self-care among women, ensuring that they prioritize their well-being amidst their many responsibilities.
- **Bhraich, Uttar Pradesh:** 813 women come forward for screenings. This milestone is a testament to the power of local outreach efforts in breaking cultural barriers and encouraging women to take charge of their health.
- **Guna, Madhya Pradesh:** 749 women were screened, showcasing the impact of sustained community engagement in promoting health awareness. By focusing on early detection, the initiative is laying the groundwork for a healthier future in the region.
- **Dahod, Gujarat:** 707 women participated in screenings, emphasizing the importance of targeted healthcare initiatives in underserved communities. Each screening conducted here represents a life potentially saved through early detection and intervention.
- **Barpeta, Assam:** The project reached 573 women, many of whom were receiving breast cancer education for the first time. The initiative is not just about numbers but about building trust and opening doors to healthcare for women in the northeastern region.
- **Nadia, West Bengal:** 451 women were screened, reflecting the growing awareness about breast cancer prevention and the importance of regular check-ups. The project's efforts here have sparked a wave of health consciousness, inspiring women to take proactive steps toward their well-being
- **Kalaburagi, Karnataka:** 67 women were screened. While the number may seem small, it marks the beginning of a larger journey toward making healthcare accessible and raising awareness in this region.



# Survivor Story

Imad Dar, a young and spirited boy from Kashmir, has recently completed his medical treatment, thanks to the generous support of the Yuvraj Singh Foundation. Imad, the son of Shamshuddin Dar, is a student of Little Buds People School in Kashmir.

The Yuvraj Singh Foundation has been a beacon of hope for Imad and his family. Their timely financial assistance has played a crucial role in ensuring that Imad received the necessary medical care.

While Imad has successfully overcome his health challenges, the family still faces financial difficulties. Continuing his education is essential for Imad's future, and the family hopes to receive further support from the foundation or other generous donors.

The Yuvraj Singh Foundation's commitment to providing holistic support, from healthcare to education, is truly commendable. Their efforts have not only saved lives but have also empowered countless young individuals like Imad to pursue their dreams.



**Imad Dar**



# 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 Anand Devkar's Heart!

**Please introduce yourself:**

**Name:** Anand Devkar

**Age:** 26

**Location:** Pune, Maharashtra

**Occupation:** Sales Manager

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

His six sixes in one over in T20 2007 world cup against England.

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

- Warrior
- Humorous
- World Cup Champion

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

He was more into being a roller skates player but was made to play cricket by his father.

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

How do you hit the ball so effortlessly :)

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

If Yuvraj Singh had superpower, it would have been sending balls to the Moon with his bat.

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

Just keep on doing the great work the foundation is doing.

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

Thank you for those world cup winning moments of 2007 & 2011.



# Quiz Whiz

**What is the leading cause of lung cancer?**

- A. Air Pollution
- B. Smoking
- C. Radon Gas
- D. Genetics



**Which of the following is NOT a common symptom of lung cancer?**

- A. Persistent cough
- B. Chest pain
- C. Weight gain
- D. Shortness of breath

**What is the most common type of lung cancer?**

- A. Small cell lung cancer
- B. Non-small cell lung cancer
- C. Adenocarcinoma
- D. Squamous cell carcinoma



**Lung cancer treatment options include:**

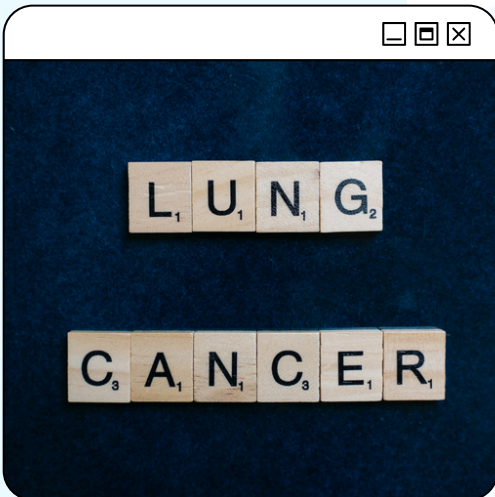
- A. Surgery
- B. Radiation therapy
- C. Chemotherapy
- D. All of the above



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# Myth Busters

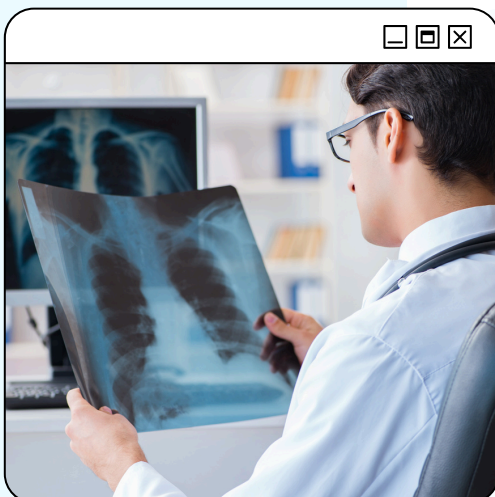


## Myth 1: Only Smokers Get Lung Cancer

**Fact:** While smoking is the leading cause of lung cancer, it's not the only one. Exposure to secondhand smoke, radon gas, air pollution, and certain occupational hazards can also increase your risk.

## Myth 2: Lung Cancer Treatments Are Ineffective

**Fact:** While lung cancer can be challenging to treat, advancements in medical science have led to more effective treatments, including surgery, chemotherapy, radiation therapy, and targeted therapy. Early detection and timely treatment can improve outcomes.



## Myth 3: Lung Cancer Screenings Are Harmful

**Fact:** Low-dose CT scans can detect lung cancer early, especially in high-risk individuals, such as heavy smokers and former smokers. These screenings can help catch the disease in its early stages, when treatment is more likely to be successful.

# UPCOMING EVENTS

**Free Breast  
cancer screening  
for Community  
People at Solan,  
Himachal  
Pradesh**



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## **Content and Design Team:**

Poonam Nanda

Saket Saurabh

Manan Monga

Divya Singh

Mukul Sethi

Dr. Bhavika Chawla

Dr. Tanvi Yadav

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Be a part of YouWeCan Times.  
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