



**Empowering her health,
Embracing her strength:
In the fight against Cancer**

TABLE OF CONTENTS



<u>WORDS OF ENCOURAGEMENT</u>	01
<u>SWASTH MAHILA SWASTH GOA</u>	02
<u>MSD RTC FELLOWSHIP IGNITES SECOND YEAR OF EMPOWERING GLOBAL BREAST CANCER ADVOCACY AND AWARENESS</u>	03
<u>YWC BREAST CANCER TEAM EMPOWERS WOMEN EMPLOYEES AT AUTOLEK AND EIL WITH ESSENTIAL AWARENESS AND SUPPORT FOR A HEALTHIER FUTURE</u>	04
<u>SURVIVOR STORY</u>	05
<u>YOUWEFAN</u>	06
<u>QUIZ</u>	07
<u>MYTH BUSTERS</u>	08
<u>UPCOMING EVENTS</u>	09

Words of Encouragement

It gives me immense pleasure to connect with you through this newsletter. As someone who has faced health challenges and emerged victorious, I understand the critical importance of awareness, early detection, and timely intervention in battling diseases. The initiatives highlighted in this edition of our newsletter are a testament to the relentless efforts being made to improve women's health, particularly in the realm of breast cancer awareness and support.

Our journey towards a healthier future is a collective one. Each step we take in spreading awareness, supporting those affected, and advocating for better health policies brings us closer to a world where every woman has the knowledge and resources to make life-saving health choices. Let us continue to support and inspire each other, transforming lives with our united efforts. Together, we can create a ripple effect of positive change, ensuring a brighter, healthier tomorrow for all.

Stay strong, stay healthy, and keep moving forward.

Warm regards,

Yarraj Singh

Let us continue to support and inspire each other, transforming lives with our united efforts. Together, we can create a ripple effect of positive change, ensuring a brighter, healthier tomorrow for all.



Updates: Swasth Mahila Swasth Goa

The Swasth Mahila Swasth Goa initiative has entered an exciting new phase with an ambitious target to screen an additional 105,000 women for breast cancer in Goa. Combined with the 110,000 women previously screened, our total screening target now stands at 215,000 women.

In this new phase, we have already screened approximately 2,700 women, identifying 25 suspects who have been referred for further diagnostic procedures. Our commitment to improving women's health through early detection and timely intervention remains unwavering. We aim to expand our outreach and ensure that every woman in Goa has access to vital health screenings and support.

This initiative not only saves lives but also empowers women with knowledge about their health, fostering a proactive approach to wellness. By organizing community workshops and health camps, we strive to educate women about the importance of regular screenings and self-examinations. Our dedicated team of healthcare professionals is working tirelessly to provide comprehensive care and support to those in need.

We are also collaborating with local health departments, NGOs, and community leaders to amplify our efforts and reach a wider audience. Together, we are building a robust support system that addresses the unique health challenges faced by women in Goa. With your continued support, we can make a significant impact on women's health and well-being.



MSD RTC fellowship ignites second year of empowering global Breast Cancer advocacy and awareness

The MSD RTC Fellowship for Global Health embarks on its second year, intensifying its focus on breast cancer advocacy and awareness. This initiative aims to raise awareness and drive behavior change through comprehensive campaigns, support groups, and policy advocacy. By fostering a community of informed advocates, the fellowship strives to break down stigmas, promote early detection, and support those affected.

Through a series of targeted campaigns, we aim to reach diverse communities and provide them with the tools and knowledge necessary to combat breast cancer effectively. The fellowship also emphasizes the importance of policy changes to support breast cancer patients and survivors, advocating for better healthcare infrastructure and resources.

Our fellowship program includes training sessions for healthcare professionals, empowering them with the latest advancements in breast cancer detection and treatment. By collaborating with global health organizations, we are sharing best practices and innovative solutions to enhance breast cancer care worldwide.

In addition, we are launching digital campaigns and leveraging social media to disseminate crucial information about breast cancer prevention and treatment. These efforts are complemented by on-ground activities such as health fairs, educational seminars, and support group meetings. Our goal is to create a supportive network that encourages women to prioritize their health and seek timely medical attention.

Together, we can transform lives and communities, ensuring every woman has the knowledge and support she needs to combat breast cancer. Join us in this vital mission to create a world where breast cancer awareness leads to proactive health choices and life-saving actions.



YWC Breast Cancer team empowers women employees at Autolek & EIL with essential awareness and support for a healthier future

In July, the YWC Breast Cancer team led insightful awareness sessions on breast cancer for female employees at Autolek and EIL India in parts of Haryana. These sessions covered crucial aspects such as risk factors, symptoms, and the importance of early detection through self-examinations and regular screenings.

The interactive sessions allowed participants to ask questions and receive personalized advice, fostering a supportive environment. Corporate spaces are proactively working towards promoting employee well-being and good health, aiming to implement health measures through such initiatives. Informational pamphlets and local health resource contacts were provided to attendees, ensuring continued support and guidance.

By incorporating real-life testimonials and success stories, the sessions created a relatable and motivating atmosphere, encouraging more women to participate actively in their health care. The YWC Breast Cancer team also discussed the importance of mental health and emotional support for those undergoing treatment, emphasizing a holistic approach to wellness.

Furthermore, these sessions aim to create a ripple effect within the corporate community, inspiring other companies to adopt similar health initiatives. By promoting a culture of health awareness and proactive medical care, we can collectively contribute to a healthier, more informed workforce.

Our partnerships with local healthcare providers ensure that employees have access to quality medical care and resources. Regular follow-ups and health check-ups are organized to monitor the well-being of participants and provide ongoing support. Together, we stand strong in the fight against breast cancer, empowering our community with knowledge, support, and hope for a healthier future through more collaborative partnerships like these.



Survivor Story

Hello, our son's name is Shriyan. P, and he is 4 years and 10 months old. We live in Hosakerehalli in Bengaluru. Our journey as a family took a dramatic turn when Shriyan was diagnosed with AML (Acute Myeloid Leukemia).

Hearing the diagnosis was a heart-wrenching moment for us. As parents, nothing can prepare you for the news that your child has cancer. However, the team at Shri Shankara Cancer Hospital became our pillars of strength. Their kindness, expertise, and unwavering support made an incredibly difficult time a bit more bearable. The doctors and nurses treated Shriyan with such care and compassion, and we will be forever grateful to them.

After completing his treatment, Shriyan was eager to return to his normal life. In June 2023, he joined school and entered L.K.G. Seeing him happy and enjoying his time with friends and teachers has been a joyous experience for us. His enthusiasm and resilience have been truly inspiring.

We first learned about the Yuvraj Singh Foundation Scholarship program through Ms. Vinitha ma'am and Ms. Ramaa ma'am. Their introduction to this wonderful initiative has been a significant turning point in our lives. The scholarship provided by the foundation has relieved a great deal of our worries regarding Shriyan's education.

In his free time, Shriyan loves making paintings and drawings. He is always eager to do his homework and learn new things. His dream is to become a doctor when he grows up, inspired by the incredible medical team that helped him through his treatment.

To the Yuvraj Singh Foundation and all the other brave families out there, we extend our heartfelt gratitude. Your support and dedication have had a profound impact on our lives. YouWeCan is a remarkable organisation that brings hope and assistance to many families like ours. To everyone fighting this battle, stay strong, keep believing, and know that together, we can overcome any challenge.



Shriyan

(with Trustee Poonam Nanda)



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 Harsh Chorasiya's Heart!

Please introduce yourself:

Name: Harsh Chorasiya

Age: 22

Location: Ludhiana, Punjab

Occupation: Video Editor

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
- Fighter
- World Cup Lord

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

He was more inclined towards being a roller skates champion but was later introduced to cricket by his father.

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

Did he say something to Andrew Flintoff in English or in Punjabi ?

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

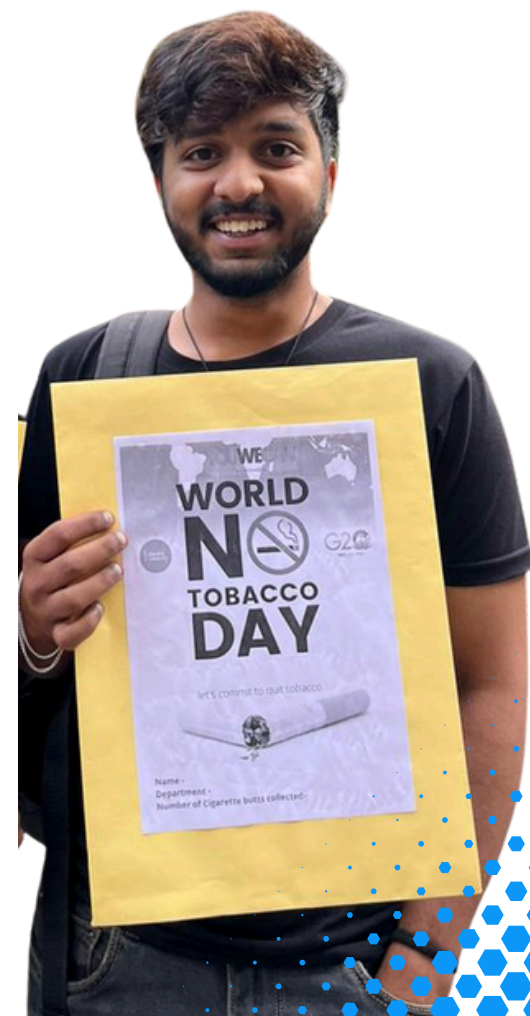
He would have sent someone to the moon with his bat hitting a six.

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

I really want the awareness and work of YouWeCan to be brought to my home state for drug abuse awareness in Punjab.

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

I want to thank him for keeping us entertained even after the retirement.



Quiz Whiz

What is another name for blood cancer?

- A. Leukemia
- B. Melanoma
- C. Carcinoma
- D. Sarcoma



Which type of blood cell is primarily affected in Blood Cancer?

- A. Red Blood Cells
- B. Plateletes
- C. White Blood Cells
- D. Plasma Cells

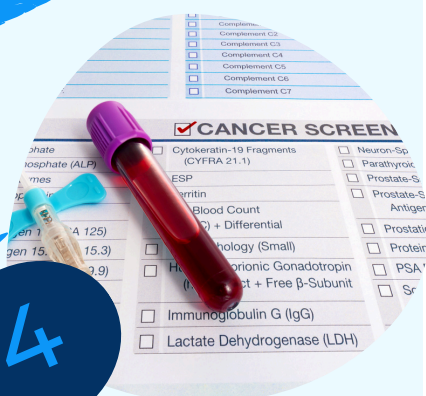
What is the most common symptom of blood cancer?

- A. Rapid Weight Gain
- B. Blurry Vision
- C. Skin Rashes
- D. Skin Rashes



What is the primary goal of stem cell transplant in blood cancer treatment?

- A. To replace damaged bone marrow
- B. To increase red blood cell count
- C. To reduce pain
- D. To improve digestion





Myth Busters

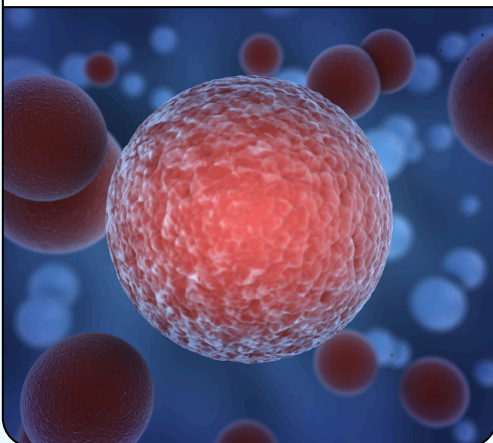
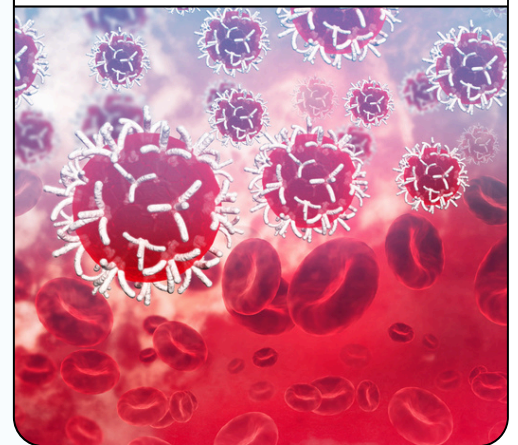


Myth 1: Blood cancer only affects children

Fact: Blood cancer, including leukemia, lymphoma, and myeloma, can occur in children, adults, and the elderly. It is not limited to any specific age group, making it important for everyone to be aware of the symptoms and risk factors.

Myth 2: Blood cancer is contagious.

Fact: Blood cancer is caused by genetic mutations and other internal factors, not by viruses or bacteria. Therefore, it is not contagious and cannot be transmitted through physical contact, sharing meals, or other forms of interaction.



Myth 3: There are no effective treatments for Blood cancer

Fact: Advances in medical research have developed multiple treatment options for blood cancer. These treatments can lead to remission and, in many cases, cure the disease, significantly improving patient outcomes and survival rates.

UPCOMING EVENTS

Childhood Cancer Awareness Event at Pune

Breast Cancer Screening in collaboration with Autolek



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Become a YWC Volunteer

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

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