



**TURNING PINK OCTOBER INTO A FIERCE
RUNWAY WITH A FRESH LOOK THAT'S
CRAZIER THAN EVER!**

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Words of Encouragement

Dear Friends,

November marks Lung Cancer Awareness Month, a time when we come together to spotlight a formidable adversary. Lung cancer doesn't discriminate; it affects individuals from all walks of life. It serves as a powerful reminder that we each have a responsibility to initiate conversations about screening and awareness within our families.

Lung Cancer Awareness Month isn't just about raising awareness; it's about fostering a sense of unity. We must inspire one another to speak up, educate, and stand together in our fight against lung cancer.

Let us breathe hope into the lives of those affected and work towards a future where lung cancer is only a memory.

Lung cancer often lurks in the shadows, and we have a collective duty to shine a light on this issue. By openly discussing the importance of early detection, we can make a significant difference.

Let us dispel the stigma and fear surrounding this disease and encourage our loved ones to prioritize their lung health.

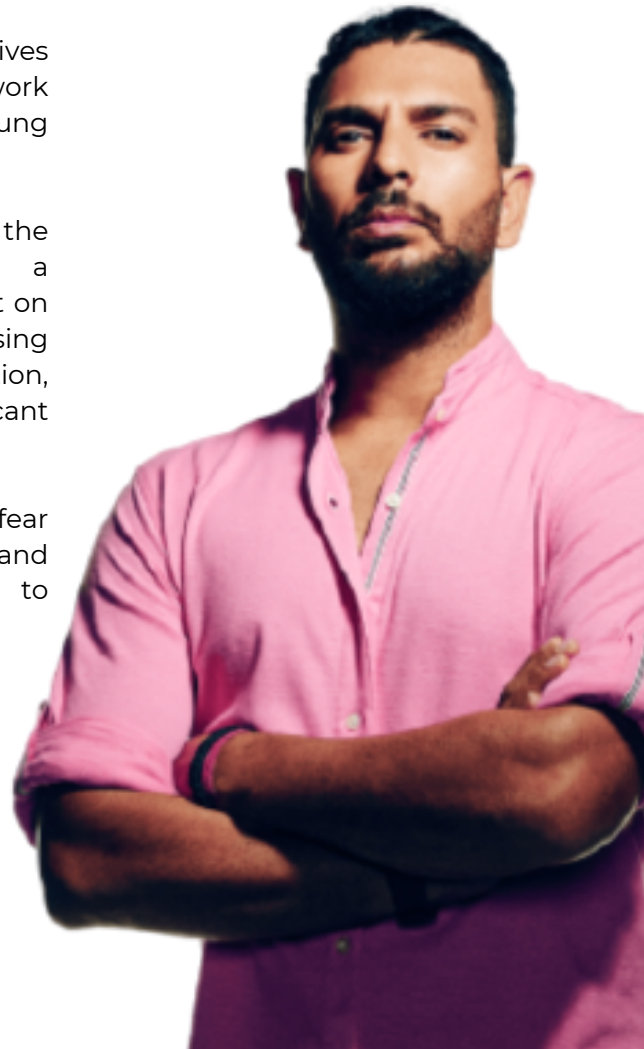
The spirit of never giving up is a lesson that resonates deeply with us. It's the same spirit that empowers our fighters every day. Regardless of the challenges life throws at us, resilience and strength fuel our determination to overcome. In the face of lung cancer, this spirit is our driving force.

Stay strong, stay informed, and let's never give up.

Yours in the fight,

Yuvraj Singh

Lung Cancer Awareness Month isn't just about raising awareness; it's about fostering a sense of unity. We must inspire one another to speak up, educate, and stand together in our fight against lung cancer.



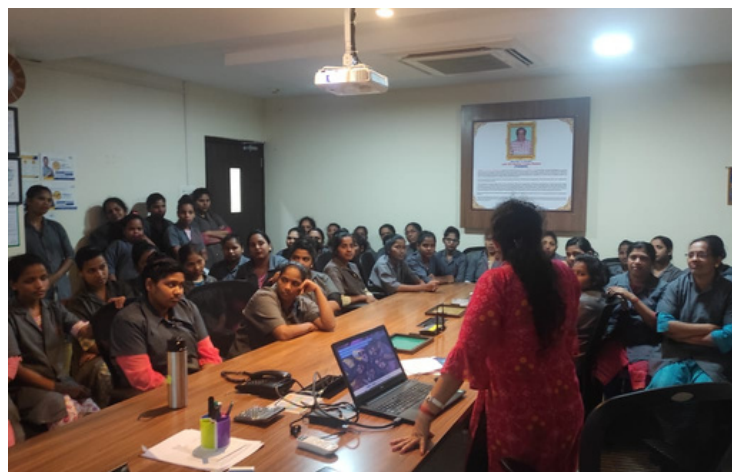
Empowering 82,000 Women in Goa: A Triumph in Women's Health

Our mission continues to gain momentum as we proudly announce that we've successfully screened more than 82,000 women in Goa for breast cancer, reinforcing our unwavering commitment to women's health.

In celebration of Pink October, the YouWeCan Team conducted numerous screening camps and awareness sessions across Goa, touching the lives of over 500 beneficiaries. Before each screening, intensive awareness sessions were held, empowering women with vital knowledge about breast health and early detection.

We're already in the midst of Phase 2, and the progress has been remarkable. Our dedication to holistic women's health remains resolute. We extend our sincere gratitude to all our stakeholders.

As we move forward, we remain confident that the 'Swasth Mahila Swasth Goa' project will continue to be a beacon of progress in women's cancer care across India. Together, through our combined efforts and unwavering determination, we are making a lasting impact on the lives of women in our community and beyond.



Stump Cancer Cricket Tournament: A Grand Slam for Breast Cancer Awareness and Hope



Team YouWeCan is proud to announce the monumental success of the "Stump Cancer Cricket Tournament," a remarkable event dedicated to raising breast cancer awareness. In collaboration with our esteemed CSR partner, Meyer Organics, this tournament marked a significant step towards spreading the message of early detection, support, and hope.

The tournament saw an incredible display of sportsmanship and camaraderie, with six exceptional teams gracing the field. Meyer Organics, Trust Legal, Zimyo, UE Lifesciences, and the inspiring Warriors (Breast Cancer Survivors) joined forces with the dynamic YouWeCan team to showcase their cricketing prowess.

In addition to the thrilling matches, Team YouWeCan organized an informative breast cancer awareness session, educating both participants and spectators about the importance of early detection and timely intervention. The Breast Cancer Quiz tested everyone's knowledge, and winners were rewarded with coveted signed merchandise.



After a series of exhilarating matches, UE Lifesciences emerged as the triumphant winners of the "Stump Cancer Cricket Tournament," displaying exceptional cricketing skills and unwavering commitment to the cause. Team YouWeCan, despite being runners-up, showcased unwavering determination and solidarity throughout the event.

This remarkable initiative wouldn't have been possible without the support of our CSR partner, Meyer Organics, and the unwavering dedication of all the participating teams. Together, we've taken a significant stride toward creating breast cancer awareness and supporting those affected by this disease. Team YouWeCan looks forward to continuing our mission of spreading awareness and providing hope for a brighter, cancer-free future.



A Resounding Success in Breast Cancer Awareness and Support

Shoolini University, in collaboration with the YouWeCan Foundation, celebrated Pink October, the breast cancer awareness month, with a series of impactful events. This initiative aimed to promote breast cancer awareness and encourage early detection. The events included breast cancer screening, a social media campaign, fundraising activities, and mentorship by Mrs. Poonam Nanda, the Dean of Student Welfare at Shoolini University, Trustee, and Chief Mentor of the Yuvraj Singh Foundation.

Shoolini University, in collaboration with the YouWeCan Foundation, organized a series of events to support awareness around breast cancer, laying emphasis on awareness and early detection.

Shoolini University organized free breast cancer screening for various target groups, including faculty, staff, mothers of students, and housekeeping staff. This screening was conducted by a team of doctors from the YouWeCan Foundation. The initiative aimed to facilitate early detection and provide guidance to those at risk. The team spent a lot of time talking to everyone about the importance of getting screened and the ease of the process. Many frowns turned into smiles as the ladies walked in for their checkups.

The university initiated a unique social media campaign with the #MyMotherMatters. This campaign encouraged students, faculty, and staff to share heartfelt stories and messages about their mothers and raise awareness about the importance of breast health. The campaign gained significant traction on various social media platforms, increasing awareness about breast cancer. It tugged at the emotional heartstrings as youngsters called up their mothers, shared information with them, and reminded them to take care of their health.



Shoolini University also organized fundraising activities that included putting up stalls with merchandise related to breast cancer awareness, a selfie booth, food stalls, a stone painting contest, etc., to engage students in creative fundraising activities.

As part of the Pink October initiative, Mrs. Poonam Nanda, the Dean of Student Welfare at Shoolini University and Chief Mentor of the Yuvraj Singh Foundation, provided mentorship and guidance to students and participants. Her inspiring words and support encouraged students to actively engage in breast cancer awareness activities.

A significant number of faculty, staff, mothers of students, and housekeeping staff availed themselves of the breast cancer screening services, resulting in early detection and peace of mind.

The #MyMotherMatters campaign garnered widespread attention, with numerous participants sharing personal stories and experiences related to breast cancer.

Fundraising activities garnered a lot of interest and support from the students.

Shoolini University's Pink October celebration in collaboration with the YouWeCan Foundation was a resounding success. The university's commitment to breast cancer awareness and support for early detection, along with counseling and mentorship, made a significant impact. The campaign not only raised awareness about breast health but also demonstrated the university's dedication to making a difference in the community. This initiative can serve as a model for future endeavors in the field of health awareness and social impact.



IIT Kanpur's Bold Move for Breast Cancer Awareness

An awareness session on breast cancer was conducted at IIT Kanpur, which drew significant male participation and emphasized the importance of inclusive health education.

The session witnessed an unexpectedly high male turnout, challenging stereotypes associated with breast cancer being perceived as exclusively a women's health issue. This emphasis on inclusivity aimed to break down barriers and promote collective responsibility for health awareness. The session also encouraged a broader discussion on gender-neutral health awareness and prevention, serving as a reminder that health awareness is a shared responsibility.

Overall, the breast cancer awareness session at IIT Kanpur successfully reached a diverse audience and took significant strides towards creating a more informed and inclusive approach to health awareness.



Empowering Women's Health through Awareness Initiatives at UNHCR, Vikaspuri

In a heart-warming visit, Team YouWeCan recently had the privilege of connecting with incredible women at the UNHCR Vikaspuri Center. We embarked on a compassionate journey to discuss the importance of breast cancer awareness, and over 100 amazing women joined us. Together, we shared valuable knowledge on performing breast self-exams, empowering them to take charge of their health. We also explored various factors that can either heighten or diminish the risk of breast cancer, providing them with the tools to make informed choices for their well-being.

What added an extra layer of significance to this day was the presence of refugees among us. It served as a powerful reminder that compassion and education know no boundaries, uniting people from diverse backgrounds. Together, we can bridge gaps, share vital information, offer support, and ensure that everyone, regardless of their origin, has the opportunity to maintain good health. Let's continue our mission of spreading awareness, fostering unity, and making a positive impact in the lives of those we connect with.



Empowering Students to Defeat Lung Cancer

Shoolini University and the YouWeCan Foundation joined forces for a campaign addressing tobacco consumption and its severe consequences, including the risk of lung cancer.

The primary goal of this campaign was to disseminate essential information about lung cancer, its risk factors, prevention, early detection, and available support systems. By increasing awareness, our aim was to empower students with the knowledge needed to make informed decisions about their health.

Interactive and participative workshops were held in hostel common areas, where students had the opportunity to learn about lung cancer, its causes, symptoms, and the importance of early detection. The team from the Yuvraj Singh Foundation addressed the students, sharing insights on lung cancer, its prevalence, and the significance of adopting a healthy lifestyle, with a special focus on tobacco use and the consumption of drugs.

Numerous informative posters were strategically placed in common areas, corridors, and near dining halls, providing quick references for students to learn about lung cancer at their own pace.

Many students approached the team and expressed interest in quitting smoking and adopting healthier lifestyles.

The campaign received positive feedback from students who appreciated the informative workshops and engaging activities. They admitted that they were previously unaware of the lethal consequences of smoking. The campaign's social media presence generated considerable engagement and sparked discussions about raising awareness of lung cancer.



Shivaji College Unites in a Powerful Quest for Breast Cancer Awareness

Our recent Breast Cancer Awareness Session at Shivaji College was an enlightening journey through knowledge, empowerment, and unity. With engaged participants and heartfelt discussions, we highlighted the significance of early detection, prevention, and the importance of support.

Together, we shattered the silence surrounding breast cancer, leaving everyone inspired to take action. Let's maintain this momentum as we continue working towards a healthier, cancer-aware future. Stay tuned for more transformative events that create a real impact.



Empowering Men: Uniting Against Breast Cancer for a Healthier Future

We shed light on the crucial role men play in supporting and raising awareness about breast cancer. Beyond being a disease that predominantly affects women, breast cancer impacts us all – fathers, brothers, husbands, and friends.

Men can make a significant difference by encouraging regular screenings, educating themselves and their loved ones, and participating in fundraising events. By uniting together, we can create a stronger, more inclusive community dedicated to early detection and support for those affected by breast cancer.

To reach a wider audience, YouWeCan, along with Find Your Ultra podcaster Vipin, engaged in a heartfelt conversation about breast health with the message to stand together and make breast cancer a topic of conversation for everyone. Because when we unite, we can conquer this disease

[Click here to watch](#)



Survivor Story

I work in a private company and my wife is a homemaker. Everything was going well until 2017 when our son, Krishank, began suffering from recurrent high fevers every 15 days. After consulting a doctor, we learned that his immune system was compromised, leading to these frequent fevers. However, his condition did not improve, and further tests revealed abnormal cells in his body, along with dangerously low hemoglobin levels and weakened platelets. Subsequently, we were referred to the Tata Medical Centre in Kolkata, where we received counselling and were informed that Krishank needed to undergo a challenging and lengthy chemotherapy process. It was Krishank's remarkable bravery that helped him endure this difficult journey.

During our time at the Tata Medical Centre, we discovered the Yuvraj Singh Foundation, an organization providing financial and educational support to families unable to bear the financial burden of their child's treatment. They became our unwavering support system, offering both medical and educational assistance. Krishank's treatment spanned two years, during which he showed remarkable strength and determination. Today, he is thriving and fully dedicated to his studies, particularly his passion for science and reading.

I am immensely grateful to Yuvraj Singh and his foundation for their invaluable initiatives. They have consistently brought a ray of hope into the hearts of parents who, like us, faced financial challenges while ensuring their child's well-being. Krishank's recovery and academic progress would not have been possible without YouWeCan's support. We can't thank the foundation enough for being a pillar of strength during our family's challenging journey.



Krishank



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 Tithi Biswas's Heart!

Please introduce yourself:

Name: Tithi Biswas

Age: 18

Location: Bongaon, West Bengal

Occupation: Student

1. Which is your most memorable Yuvi moment ?

My most memorable Yuvi moment is Yuvraj Singh being awarded the Man of The Tournament in 2011 CWC. Though I watched it on TV, it seemed like as if I was watching in real. There are also many more adorable moments like how Yuvi treats his fans both in real life and on social media (including me).

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

- Fighter
- True Patriot
- Saviour of India

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

The nickname of the current Indian cricket captain Rohit Sharma – "Shaana" was given by Yuvi.

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

I would like to ask about his opinion about the current Indian cricket team management and advices he would like to give to the management ?

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

I think Yuvi would be the Spider man – His ability to take unbelievable catches on the field, his uncanny knack of rescuing team India from tough situations – both with his batting and bowling are all qualities of a super hero. Super heroes usually take huge risks for the sake of others – what Yuvi took in 2011 was one such risk. Super heroes do not have substitutes – that is why India could never find a proper replacement for Yuvi.

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

I wish to see more activities through YWC fashion.

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

I am really fortunate that I found you as my inspiration. Thank you for being a perennial source of hope and motivation in my life. I promise to support you throughout my life – from your YWC initiatives to defending you in the fan wars on and off the social media. Continue to shine like the sun. Also please stay strong, healthy and keep playing cricket somewhere on the earth.



Quiz Whiz

What is the leading cause of lung cancer

- A. Smoking
- B. Air Pollution
- C. Genetic Mutations
- D. Radon Exposure

7



2



Which of the following is a modifiable risk factor for lung cancer?

- A. Age
- B. Gender
- C. Smoking
- D. Family History

Which of the following types of lung cancer is the most common?

- A. Small Cell Lung Cancer
- B. Non-Small Cell Lung Cancer
- C. Mesothelioma
- D. Adenocarcinoma

3



4

Which imaging technique is commonly used for diagnosing lung cancer?

- A. MRI
- B. X-ray
- C. Ultrasound
- D. All of the above



Myth Busters

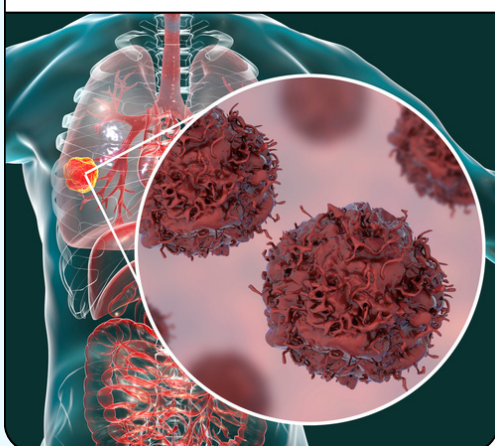


Myth 1: Only Smokers Get Lung Cancer

Fact: While smoking is the leading cause of lung cancer, it's a myth to think that only smokers are at risk. Many non-smokers develop lung cancer due to factors like exposure to second hand smoke, occupational hazards (e.g., asbestos, radon), and genetic predisposition. In fact, around 10-15% of lung cancer cases occur in non-smokers.

Myth 2: Lung Cancer Has No Warning Signs

Fact: Lung cancer often presents symptoms, especially in its advanced stages. Common warning signs include a persistent cough, chest pain, shortness of breath, unexplained weight loss, and coughing up blood. It's crucial to pay attention to these symptoms and seek medical attention if they persist.



Myth 3: Lung Cancer Is Always Terminal

Fact: While lung cancer can be aggressive, advances in early detection and treatment have significantly improved survival rates. The prognosis varies based on the stage at which it's detected. In cases of early-stage lung cancer, surgical removal and targeted therapies can lead to long-term survival.

UPCOMING EVENTS

Smiths Detection Session

Session on Mental Health with Rising India Foundation



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