



**ONCE YOU CHOOSE HOPE ANYTHING'S  
POSSIBLE**

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# Words of Encouragement

Dear YouWeCan Family,

As I pen down these words for our beloved YouWeCan Times, I am overwhelmed with gratitude and a profound sense of purpose. It's been an incredible journey, and each passing month reinforces the indomitable spirit that defines our foundation. Your unwavering support has been the bedrock upon which we've built a community dedicated to uplifting lives.

In the face of life's challenges, I urge each one of you to find strength in positivity. Let's embrace the power of optimism, for it is a force that can transcend barriers and illuminate even the darkest paths.

Our foundation is not merely about financial aid; it's about extending a helping hand and being the beacon of hope for those who need it the most. In times of adversity, the true measure of our character lies in our ability to uplift others. Let's continue to be the catalysts of change, lighting up lives with the flame of compassion.

Never underestimate the impact of a kind word, a small gesture, or a lending hand. It's these seemingly simple acts of kindness that ripple through communities, creating a wave of positive change. Each one of you is a crucial part of this transformative journey. Your dedication fuels our mission, and I extend my heartfelt gratitude to each one of you for being the driving force behind YouWeCan.

I want to express my deepest appreciation to our community, corporate donors, friends, family and a solid team of Yuvians who have stood by us through thick and thin. Your belief in our cause is a constant source of inspiration. To our volunteers, you are the heartbeat of YouWeCan. Your selfless efforts amplify the impact of our initiatives, making a tangible difference in the lives we touch.

As we move forward, let's continue to foster a culture of resilience, compassion, and relentless pursuit of positive change.

Here's to a brighter tomorrow and the countless lives we will touch together.

With gratitude,

*Yuvraj Singh*



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# Resilience Unveiled: Swasth Mahila Swasth Goa Journey

In a symphony of compassion and dedication to women's well-being, we're thrilled to unveil a poignant chapter in our 'Swasth Mahila Swasth Goa' Initiative. A heartfelt chorus of gratitude resounds as we announce the successful screening of over 86,000 women in Goa for breast cancer—an achievement bolstered by the unwavering support of the SBI Foundation.

Within this mosaic of screenings, each number tells a tale of resilience and hope. We've identified 46 confirmed cases of breast cancer, with 43 courageous women now on their treatment journey. Our devoted team stands as a steadfast companion, closely monitoring their progress and extending unwavering assistance.

This accomplishment transcends statistics; it embodies the profound impact of numerous screening camps and awareness sessions on the lives of women in our community. As we push forward, our motivation is fueled by the positive transformations and empowered spirits emerging from the Swasth Mahila Swasth Goa project. Beyond mere numbers, it's a celebration of fostering a supportive community and nurturing proactive health management. With your continued support, we stand ready to craft even more tales of resilience and triumph for the well-being of women in Goa.



# Empowering Women's Health: SMSB Unveils Phase 2, Breaking Barriers for Breast Health Access

Phase 2 of the Swasth Mahila Swasth Bharat's Gurugram chapter kicked off as women returned from their Diwali celebrations in the villages. A significant focus was directed towards mobilizing women, aiming to eradicate the stigma hindering them from prioritizing breast health. The joint efforts of Agrasar team members and YWC deployed three screening machines across Sikanderpur, Sarhaul, and Devial, educating and screening numerous women, resulting in the identification of potential cases.

Moving forward, all suspected cases are diligently followed up to ensure comprehensive diagnostics have ruled out carcinoma. To ease financial constraints for our beneficiaries, YWC collaborated with Charitable Hospitals, providing free ultrasonography for suspected cases.

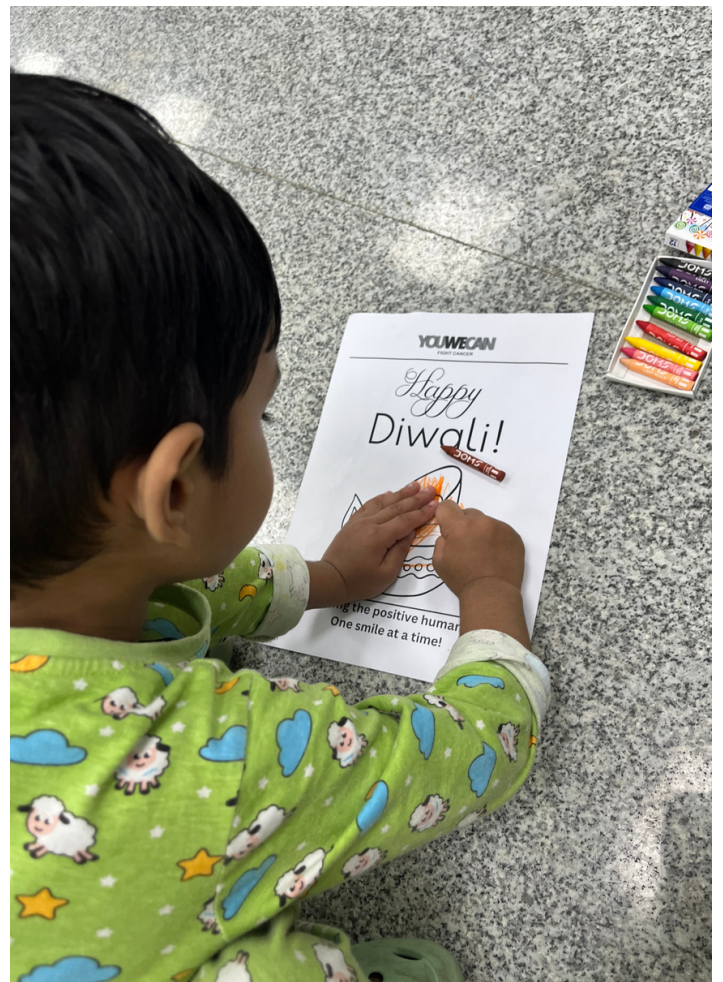
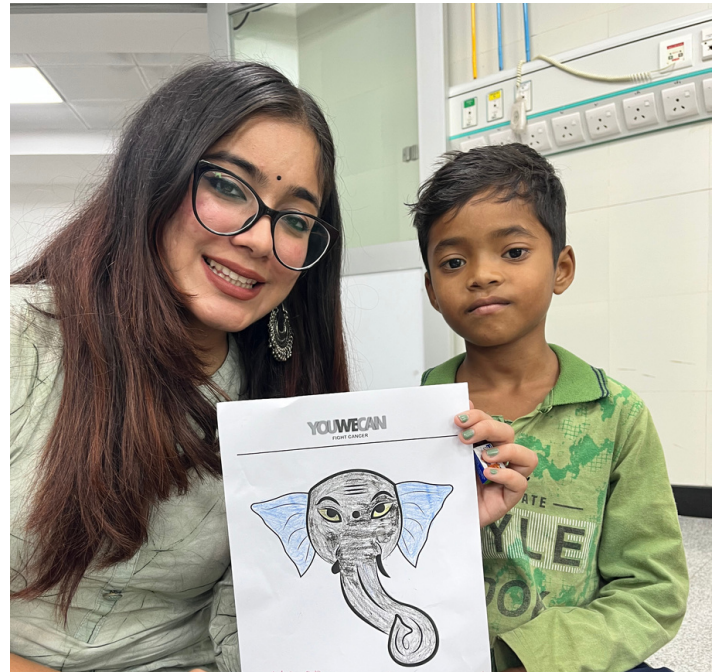
December marks our return to the communities we've educated, bringing doorstep breast cancer screenings and engaging in personalized counseling sessions. We aim to address their challenges concerning breast health and navigate them through the healthcare system for further testing if needed.



# YouWeCan's Heartfelt Diwali Celebration at AIIMS Brings Light to Little Lives

At AIIMS, the little ones have always associated YouWeCan with joyous events, especially during festive times. During Diwali, we honor the spirit of this festival by bringing smiles to the faces of children undergoing treatment in the pediatric ward. While some kids bravely face their pain without fully understanding it, others eagerly anticipate Diwali for its games, gifts, and happiness.

The YWC team, alongside the children and their mothers, came together to create rangolis on paper and revel in colors. While many kids joyfully scribbled away, their mothers, after years, found themselves painting once more. Amidst crisis, these small moments of normalcy and joy define our purpose. Every child received delightful gifts after the activity, resembling nothing short of a Diwali celebration in their own homes.



# Illuminating Moments of Joy for Pediatric Warriors

On November 7th, a beautiful blend of compassion and celebration unfolded at Bharati Hospital Pune. Collaborating with the Smiths Group, we orchestrated a Children's Day event for over 50 pediatric cancer patients, weaving moments of joy and solace. Smiths Group employees volunteered, infusing the day with creativity through painting, music, and dance.

The hospital resonated with shared laughter and the aroma of hearty meals, painting a canvas of hope and resilience. Gratitude extends to Smiths Group and our dedicated volunteers for illuminating the lives of these young warriors. Together, we crafted a day of heartfelt connection and radiant positivity.



# Radiant Hope: YouWeCan & Smiths Group Illuminate Sri Shankara Cancer Hospital with Joy and Inspiration!

A heartwarming collaboration between YouWeCan and the Smiths group brought magic to Sri Shankara Cancer Hospital on November 7th. The Pediatric Oncology Ward buzzed with joy as 35-40 children, accompanied by their loving parents, gathered for an inspiring day. Starting with lively introductions to YouWeCan and Smiths Detection, the day bloomed with a burst of colors in a delightful coloring extravaganza, led by our brave young patients and the incredible Smiths volunteers.

Caregivers engaged in a special activity guided by our wonderful hospital volunteers. Amid laughter and creativity, children shared their thoughts on Children's Day and Karnataka Rajyotsav, followed by a cheerful gift distribution. Notebooks, stationery, and beaming smiles illuminated the room! Wrapping up this unforgettable day, a wholesome, hygienic meal—prepared with utmost care—nurtured both tummies and spirits, leaving behind a trail of happiness in the face of tough times.



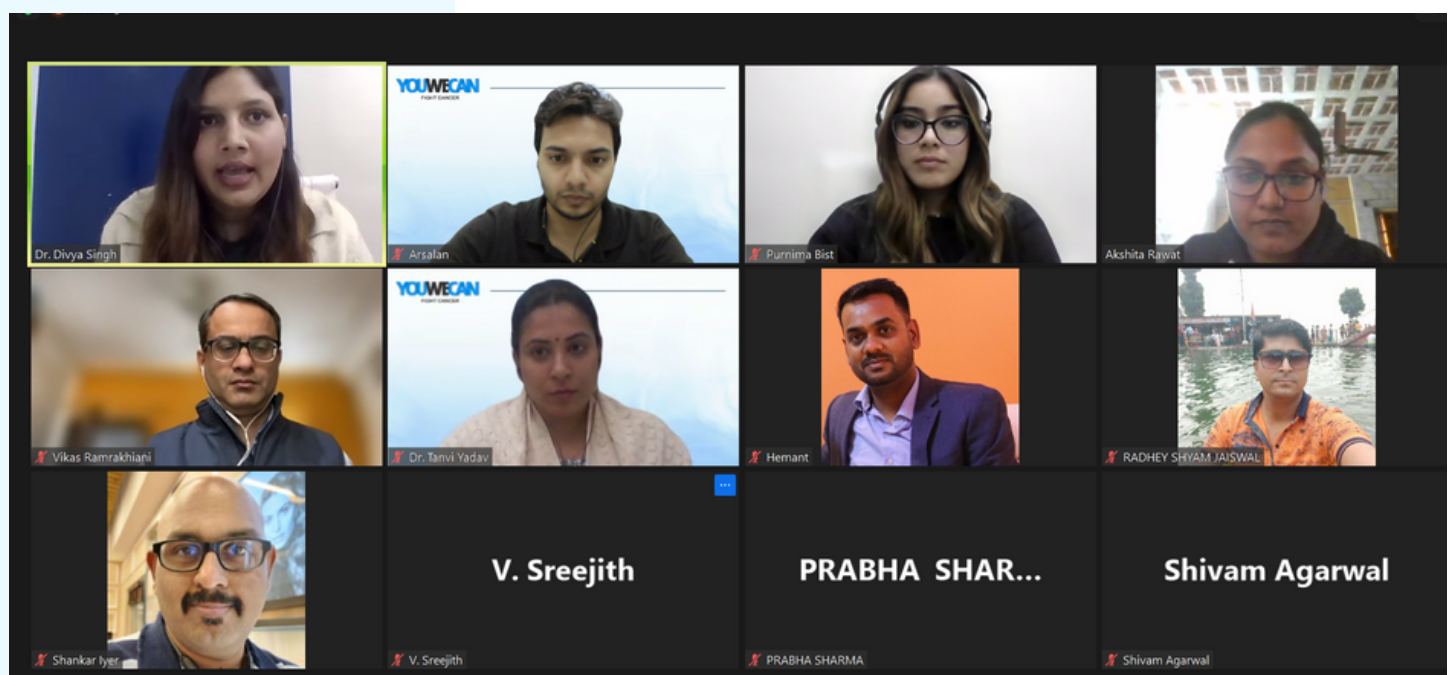


# YouWeCan Virtual Session Sparks Action Against Oral Cancer for NatWest Employees

In a proactive stride toward health empowerment, NatWest employees recently engaged in a virtual Oral Cancer awareness session conducted by YouWeCan. Dr. Divya, representing YouWeCan, led the session, shedding light on the prevalence of oral cancer, particularly among men in India and globally.

Dr. Divya covered a spectrum – from the intricacies of oral cancer development to its signs, symptoms, and preventive measures. The highlight? Participants received a comprehensive self-assessment guide for proactive oral health checks.

But that's not all; YouWeCan didn't merely impart knowledge. They provided engaging materials on oral cancer, alongside information about prostate and testicular cancer. Kudos to YouWeCan for translating awareness into actionable steps, and turning health education into an engaging journey for NatWest employees. It's not just information; it's empowerment delivered in bite-sized wisdom!



# Igniting Awareness and Empowerment for a Healthier Tomorrow

On November 25th, Team YouWeCan visited the Prakashdeep organization with a focus on raising awareness about breast cancer and oral cancer. The team engaged approximately 30 female teaching and non-teaching staff, along with 100 students from grades 6 to 12. The session emphasized the importance of early detection and prevention, fostering a shared learning environment.

Following the informative session, students actively interacted with Team YouWeCan, asking questions and seeking clarification, creating a space for open dialogue. The experience was enriching, and Team YouWeCan looks forward to returning to Prakashdeep with more curated and informative sessions in the future, reinforcing their commitment to nurturing a culture of understanding and empowerment among these young learners. Together, they are sowing the seeds for a healthier and more informed future.



# Survivor Story

I am an ordinary man who works at a mobile shop. Our lives changed drastically when our four-year-old son Anshit got a high fever that lasted for several days. The local hospital tests showed a serious problem, so we went to PGICH in Noida for a bone marrow test. The diagnosis was blood cancer, and with this news our lives were turned upside down. We had to sell our house to pay for Anshit's treatment.

In the midst of this difficult time, we received unexpected help from Yuvraj Singh's Foundation. They gave us support and hope. Anshit's treatment began on March 13th, and we knew we were in for a long and tough fight. Every 15 days, we would get a call from the hospital, a grim reminder of the reality we were facing.

It was heartbreaking to see our young son go through such a difficult treatment. I couldn't even send him to school. Yuvraj Singh's foundation became a source of strength and love for us. The hospital reports were a temporary relief, but they didn't change the fact that we were facing a major crisis.

We knew we had two more years of treatment ahead of us. Despite the uncertainty, we never gave up. His mother was a pillar of strength for our entire family. She went through sleepless nights and sacrifices. She showed us what it means to be strong when faced with adversity. We are so grateful to Yuvraj Singh's foundation and for the support that has helped us through this difficult time.

Looking forward to brighter cancer free days for our child!



**Anshit**



# 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 Bhaviyam Arora's Heart!

**Please introduce yourself:**

**Name:** Bhaviyam Arora

**Age:** 26

**Location:** Amritsar, Punjab

**Occupation:** Entrepreneur

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

150 run innings of Yuvi vs England in 3rd ODI on 19 January 2017. I was coming home from my college and continuously checking the live scores. As soon as I reached home, I turned on the TV & Yuvi was batting on 75. I danced when he completed his 100 and that was an emotional moment for every Yuvi fan. Every shot of that innings - pull shot, straight drives, hitting over the bowler's head, cover drives were a treat to eyes. I lost count of the number of times I watched the highlights of this knock.

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

- Fighter
- YouWeCan
- Six Sixes

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

Despite being tall and handsome with immense craze among girls, it took Yuvi about 2 years to convince Hazel for their first date

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

I would ask him "How did you feel when you saw your poster for the first time in a stadium ?"

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

Yuvi indeed has a super power – "Inspiring people" This is a super power which the world needs in abundance but only a few people have.

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

I think YouWeCan should establish Cancer study schools in the country. By doing this, we can give more Doctors to fight Cancer in India.

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

"Keep inspiring us & Lots of love"



# Quiz Whiz

## What does AIDS stand for?

- A. Acquired Immune Deficiency Syndrome
- B. Advanced Infectious Disease Syndrome
- C. Autoimmune Inflammatory Disease Syndrome
- D. Antiretroviral Immunity Deficiency Syndrome



1



2

## Which virus is responsible for causing AIDS?

- A. Influenza virus
- B. Human Immunodeficiency Virus (HIV)
- C. Hepatitis B virus
- D. Herpes simplex virus

## How is HIV primarily transmitted from person to person?

- A. Airborne droplets
- B. Mosquito bites
- C. Sexual contact
- D. Food and water contamination



3

## Which of the following is a symptom of AIDS?

- A. High fever and chills
- B. Rapid weight loss
- C. Persistent cough and chest pain
- D. All of the above



4



# Myth Busters

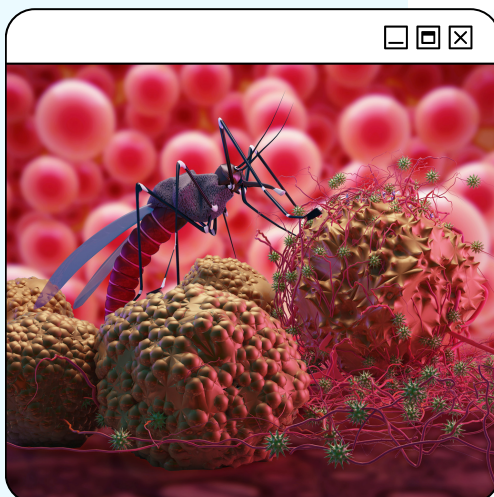


## Myth 1: HIV is a death sentence

**Fact:** Since 1996, with the advent of highly active, antiretroviral therapy, a person with HIV with good access to antiretroviral therapy (ART) can expect to live a normal life span, so long as they take their prescribed medications.

## Myth 2: You can tell if someone has HIV/AIDS by looking at them

**Fact:** If an individual contracts the HIV virus, the symptoms are largely unremarkable. A person with an HIV infection might display symptoms that are similar to any other type of infection, such as a fever, fatigue, or general malaise. Additionally, the initial mild symptoms generally only last a few weeks.



## Myth 3: HIV can be transmitted through mosquito bites

**Fact:** HIV cannot be transmitted by mosquitoes. The virus is not present in sufficient quantities in mosquito saliva, and it is primarily transmitted through direct human-to-human contact.

# UPCOMING EVENTS

Session  
with  
Arbuda

Blood Donation  
Drive  
at  
Shoolini  
University

**Content and Design  
Team:**

- Poonam Nanda
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- Mohammad Arsalan
- Hasan
- Khaja Naseeruddin





- We are excited to collaborate with **Arbuda** for a unique fundraising session featuring our founder **Yuvraj Singh**.
- We're transforming lives by supporting **paediatric cancer patients**. Let's unite and display the immense power of our empathy and generosity together!

**Event Details:**  
Date: **Saturday, December 2, 2023**  
Time: **8:30 PM IST | 9:00 AM CST**



Scan this QR code to register.













## LET'S SPREAD KINDNESS BY DONATING BLOOD

Donate blood and people out there who need it

**Be a part of YouWeCan Times.**  
Write to us at [info@youwecan.org](mailto:info@youwecan.org)

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