



**STRENGTH LIES IN THE COURAGE
TO KEEP FIGHTING**

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Words of Encouragement

Dear Readers,

In our journey through life, health is our most precious asset. It's imperative that we prioritize it, especially when it comes to early detection and prevention of diseases such as breast cancer. The initiatives highlighted in this newsletter exemplify our commitment to empowering women with the knowledge and resources needed to safeguard their health.

The breast cancer screening camp at CitiGroup, attended by over 160 women, underscores the importance of such proactive measures. Through open dialogue and supportive environments, we can overcome fears and misconceptions about screenings. Similarly, the virtual awareness session at Team Computers and the session at E2E Research showcase our dedication to spreading awareness and equipping women with essential self-examination skills.

These initiatives are not just about detection but about empowerment. By taking charge of our health, we can lead fuller, healthier lives. Let these stories inspire you to encourage those around you to take proactive steps towards health and well-being. Together, we can make a difference, one step at a time.

Stay healthy, stay strong.

Yuvraj Singh

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Empowering Women's Health: CitiGroup's Breast Cancer Screening Camp Sees Overwhelming Success

We are thrilled to share the success of our recent breast cancer screening camp organized for the employees of CitiGroup. Held with the goal of promoting early detection and empowering women with vital health information, the camp saw an impressive turnout and meaningful interactions.

A total of 161 women participated in the screening, underscoring the importance of such initiatives in fostering a proactive approach to health. Initially, many women were hesitant about undergoing the screening. However, our dedicated team engaged with them, addressing their doubts and concerns.

Open conversations played a crucial role in alleviating fears and misconceptions surrounding breast cancer screenings. By creating a supportive environment where women felt comfortable sharing their apprehensions, we were able to provide clarity and encouragement. This led to a significant increase in the number of women willing to get screened.

The camp reinforced the critical role that early detection plays in the fight against breast cancer. By encouraging women to prioritize their health and undergo regular screenings, we can help ensure that any potential issues are identified and treated at the earliest stage possible.

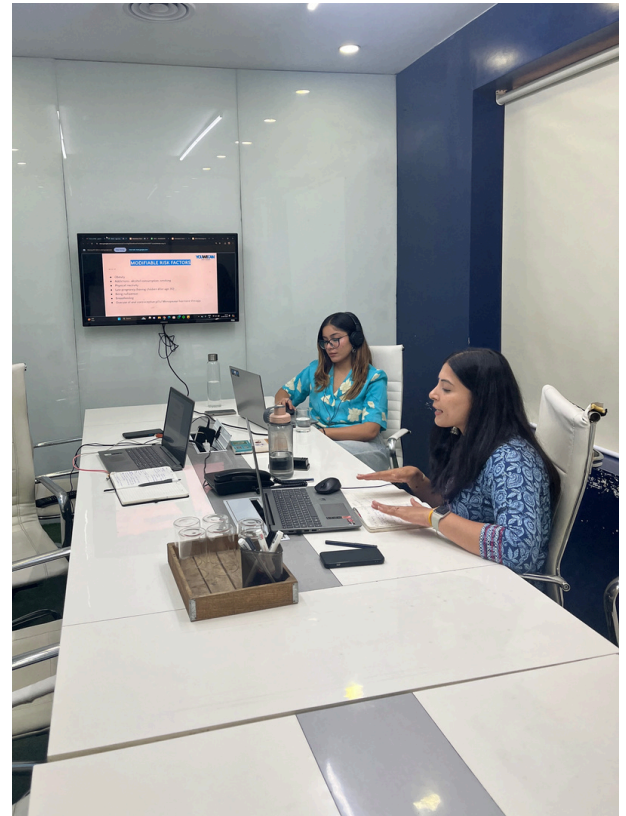


YouWeCan empowers the women of Team Computers with Vital Breast Cancer Awareness and Self-Examination Skills

We recently organized a virtual breast cancer awareness session for the women employees of Team Computers. This initiative aimed to educate and empower participants with essential knowledge about breast cancer and was attended by a diverse group of women from the organization.

To ensure that the participants could apply the knowledge gained from the session, both Ms. Purnima and Dr. Tanvi demonstrated how to perform self-breast examinations. This practical tool is invaluable for regular health monitoring and early detection of any anomalies.

The session not only heightened awareness about breast cancer but also empowered the women of Team Computers to take proactive steps toward their health and well-being. YSF remains committed to its mission of spreading awareness and promoting early detection of breast cancer. This session with Team Computers is a testament to the foundation's ongoing efforts to educate and empower women across various communities.

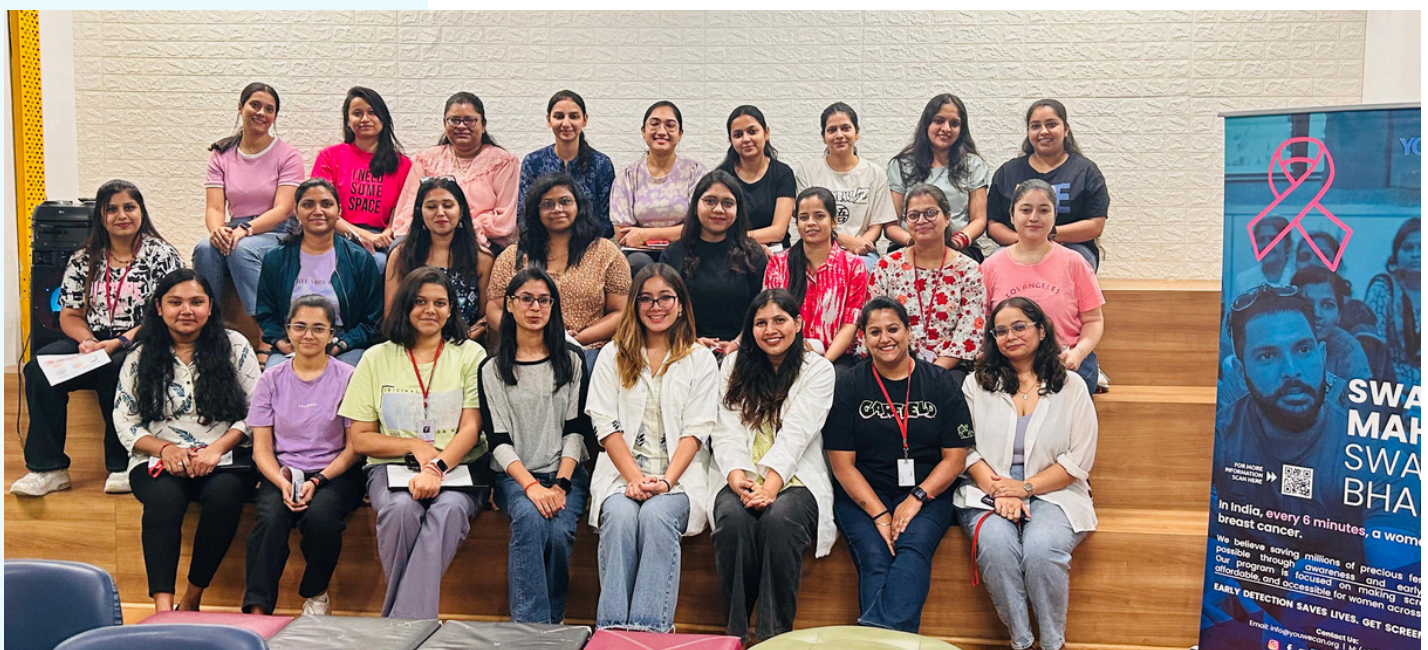


Yuvraj Singh Foundation Hosts Life-Saving Breast Cancer Awareness Session for E2E Research Employees

We recently held a breast cancer awareness session for the women employees of E2E Research in Dwarka. With 25 women in attendance, the session aimed to educate and empower participants with vital knowledge about breast cancer.

The YouWeCan team began the session by explaining the etiology and progression of breast cancer, making complex information accessible and easy to understand. Following this, our team discussed the signs, symptoms, and risk factors, emphasizing early detection and prevention.

The session concluded with both speakers demonstrating how to perform self-breast examinations, a practical tool for regular health monitoring. Attendees were also provided with informational, educational, and communication (IEC) materials to reinforce the information shared. The feedback was overwhelmingly positive, with participants expressing gratitude for the valuable insights.

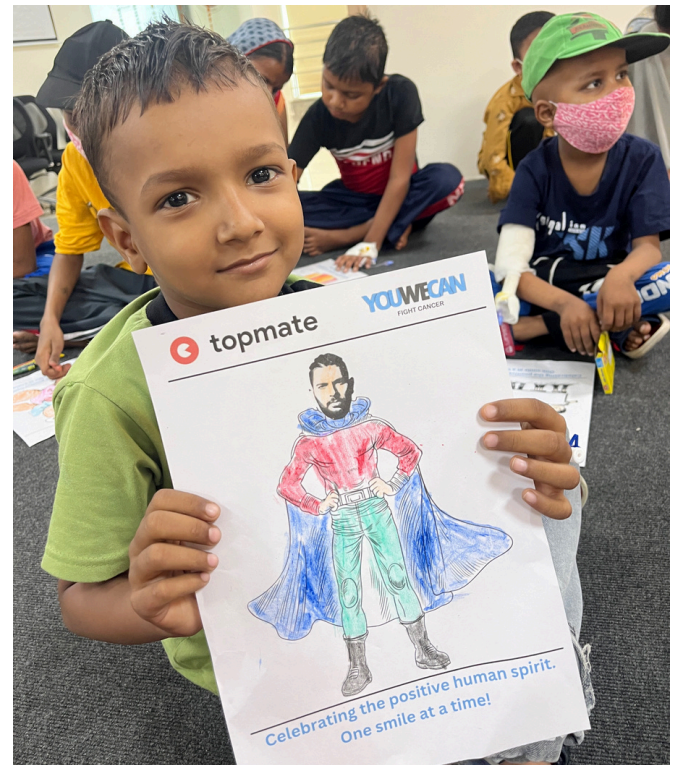


A Heartwarming Mother's Day Celebration at PGICH Filled with Joy, Laughter, and Unforgettable Moments

We recently hosted a heartwarming event at PGICH in honor of Mother's Day, bringing together around 40 children and their mothers for a day filled with joy and love. Laughter echoed through the hall during the enchanting magic show, captivating the young ones.

The day grew even more special with a touching engagement activity where mothers and their children bonded over a coloring session. Tears of joy glistened as each child presented their mother with a rose and a heartfelt thank-you note.

The event culminated in spirited dance performances by the children and a delightful gift distribution where each child received a school bag brimming with stationery and notebooks. It was a day of unforgettable moments and cherished memories.



YouWeCan Volunteers Spread Joy at Shri Shankara Hospital Bangalore Alongside Young Cancer Patients

YouWeCan volunteers, along with Trustee Mrs. Poonam Nanda, went on to spend one day with young cancer patients at Bangalore's Shri Shankara Hospital. Gift bags filled with tokens of love brought laughter and happiness to the ward.

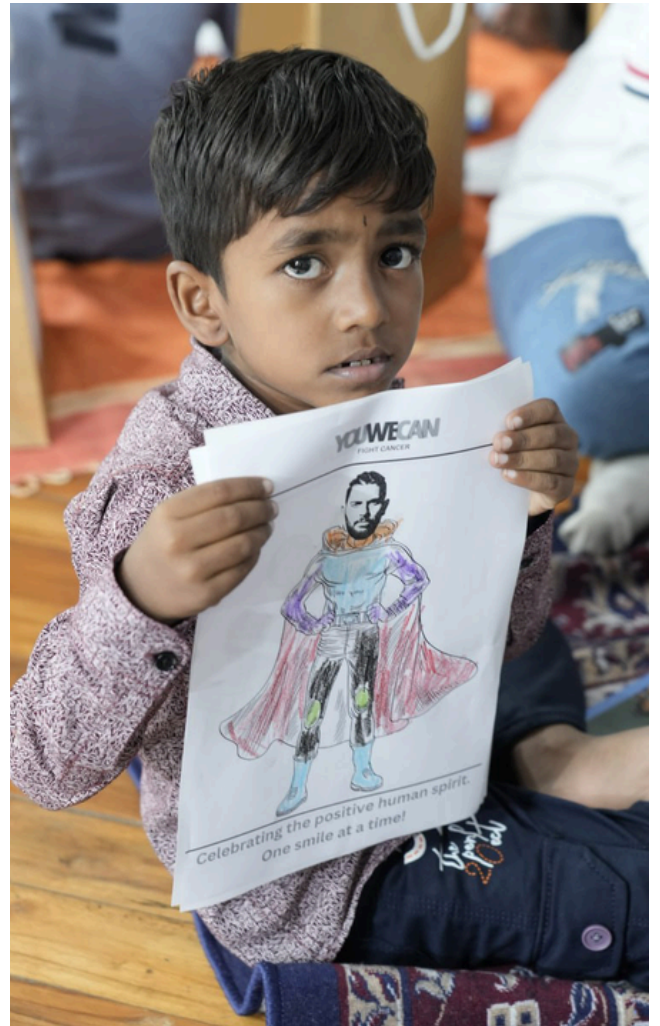
The volunteers carried coloring material and sheets which the children thoroughly enjoyed. A birthday celebration with cake caps and cookies was thoroughly enjoyed by everyone.

The YouWeCan volunteers moved around and interacted with the parents. It was immensely heartening to hear the positive feedback of the parents about the help received from the foundation. This exercise was carried out primarily to check on the health and well being of our beneficiaries.

The experience served as a potent reminder to cherish every moment and celebrate the indomitable human spirit.

The YouCan team couldn't help but be impressed by the incredible support they received from the hospital staff and management.





Survivor Story

My name is Manoj Kumar Upadhyay, and my son, Adarsh Kumar Upadhyay, has been bravely fighting a battle against tumour cancer at just 12 years old. It's been a journey filled with uncertainties and challenges, but amidst it all, we found solace and support through the compassionate efforts of Yuvraj Singh and his foundation.

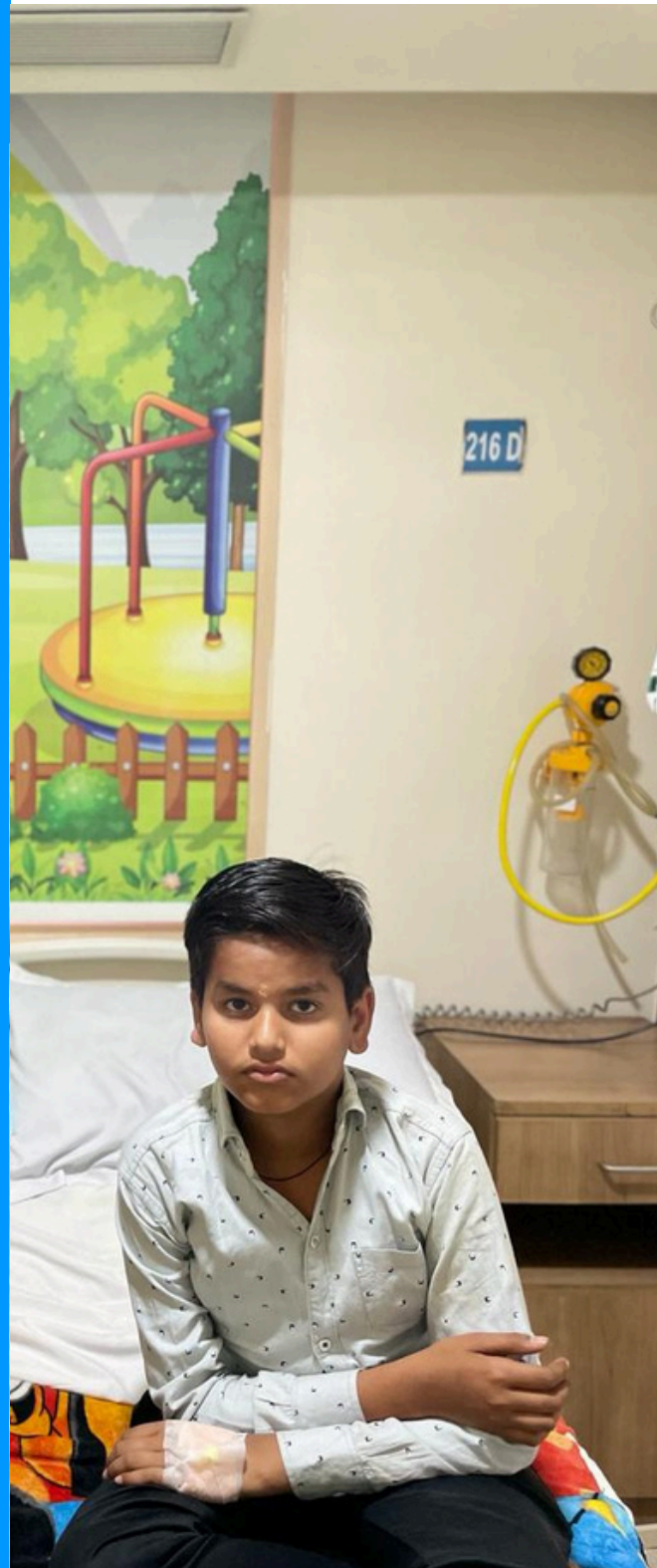
Adarsh, with his innocent smile and boundless energy, should be playing carefree with friends, not battling a life-threatening illness. When we received the devastating news of his cancer diagnosis, our world turned upside down. We sought guidance, and our journey led us to Banaras Hospital, where they recommended a city scan and referred us to RGC I for further treatment.

For the past month, Adarsh has been undergoing treatment at RGC I, each day bringing its own set of challenges and uncertainties. As parents, seeing our child endure such pain and suffering is indescribably difficult. However, amidst the turmoil, we found a glimmer of hope when the hospital introduced us to Yuvraj Singh and his foundation.

The support and assistance provided by Yuvraj Singh and his foundation have been nothing short of a lifeline for our family. From the moment we reached out to them, they embraced us with warmth and compassion. Their generosity knows no bounds, as they provided financial assistance for Adarsh's medical expenses and offered emotional support to our family during this trying time.

Their kindness has eased our burden, allowing us to focus on Adarsh's treatment and well-being without the constant worry of overwhelming medical bills. Yuvraj Singh and his foundation have become beacons of hope, guiding us through the darkness of Adarsh's illness with their unwavering support.

As a father, I am filled with gratitude for the compassion and kindness shown to us by Yuvraj Singh and his foundation. Their efforts have touched our lives in ways that words cannot express. May their noble endeavors continue to bring hope and healing to families like ours who are battling cancer.



Adarsh

The Shared Burden: Embracing the Emotional Journey of Cancer Together

Cancer is not just a disease; it is a profound emotional journey that deeply impacts both patients and their families. Despite medical advancements, cancer remains a leading cause of Death globally. According to the World Health Organization (WHO), nearly 10 million people died from cancer in 2020. In India alone, approximately 1 million new cancer patients are diagnosed each year. This stark reality highlights the shared burden of cancer, affecting a vast portion of the population.

A cancer diagnosis often triggers a range of emotions for both patients and their loved ones. Family members face emotional trauma and lifestyle adjustments, including financial burdens, treatment decisions, and supporting the patient while managing their own stress. Cancer is not solely about the patient; the burden is equally shared by the family. Caregivers frequently find themselves overwhelmed by their responsibilities and may struggle to express their emotions openly. Despite these challenges, many families remain optimistic, focusing on positive outcomes and providing strength to the patient.

Caregivers play a vital role in the cancer journey but often face significant stress and emotional challenges. To manage their burden, caregivers should:

- 1. Seek Emotional Support:** Regularly communicate with friends, family, or support groups to share feelings and gain insights.
- 2. Practice Self-Care:** Make time for personal well-being through activities like exercise, hobbies, and relaxation techniques.
- 3. Set Realistic Goals:** Break tasks into manageable steps and set achievable goals to avoid feeling overwhelmed.
- 4. Delegate Responsibilities:** Share caregiving duties with other family members or seek help from professional caregivers.
- 5. Stay Informed:** Educate yourself about the illness and available resources to better manage caregiving tasks.
- 6. Use Professional Support:** Consider counseling or therapy to help manage stress, anxiety, and emotional strain.

The Rising India Research Foundation works in the field of psycho-oncology to provide counseling support to patients, caregivers, and medical professionals. Our mission is to maintain mental well-being and improve the quality of life for those affected by cancer. We conduct various awareness sessions, workshops, and support programs to educate and assist families navigating the challenges of cancer.

Creating a supportive ecosystem for families affected by cancer is crucial. Engaging in activities such as forming support groups, using social media for information exchange, fundraising for initiatives, organizing medical camps, and conducting awareness campaigns are ways responsible citizens can contribute. Through these efforts, we can alleviate the shared burden of cancer and make a meaningful difference in the lives of those affected.

The Rising India Research Foundation is committed to fostering this change, providing essential support, and raising awareness to build a more compassionate society. Together, we can help families embrace the emotional and practical challenges of cancer, ensuring no one faces this journey alone.

Dr. Tahreen Syed
Director & Center Head
Rising India Research Foundation





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 Roopanshu Modgil 's Heart!

Please introduce yourself:

Name: Roopanshu Modgil

Age: 22

Location: Una, Himachal Pradesh

Occupation: Student

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

The 57 run knock in 2011 quarter final had been my personal favourite of all the time . The final cover drive was super cool

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

- Fighter
- One Man Army
- Inspiration

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

He got two IPL hatricks - the only guy who won under - 19 World Cup , T20 World Cup , ODI World Cup , champions trophy and an IPL trophy

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

How are you so courageous and how do you bat with such an ease on rough patches too and what do you look for while batting in the middle.

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

Soaking in all the stress of the world and making it a happier and healthier place.

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

Team YouWeCan is doing a wonderful job. All I can say is keep up the great work

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

Hey sir keep motivating people. I love you so much tons of respect to you 🙏❤️



Health Consequences of Smoking

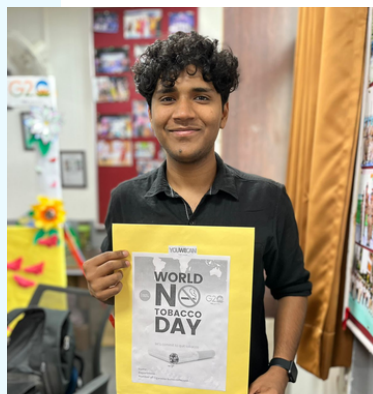
Smoking is the leading cause of preventable death worldwide, according to the World Health Organization (WHO). Every year, more than 8 million people die from tobacco use. Here are some of the health consequences of smoking:

- **Cancer:** Smoking is a major risk factor for many types of cancer, including lung cancer, esophageal cancer, bladder cancer, and pancreatic cancer.
- **Heart disease:** Smoking damages the heart and blood vessels, increasing the risk of heart attack, stroke, and peripheral arterial disease (PAD).
- **Lung diseases:** Smoking is the leading cause of chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. COPD makes it difficult to breathe.
- **Diabetes:** Smoking can increase the risk of developing type 2 diabetes and make it harder to control blood sugar levels in people who already have diabetes.
- **Weakened immune system:** Smoking weakens the immune system, making it harder for the body to fight off infection.

Secondhand smoke exposure can also cause serious health problems, including lung cancer, heart disease, and stroke. Children are especially vulnerable to the effects of secondhand smoke.

This day, That year:

Shoolini Youwecan volunteers and employees at Yuvraj Singh Foundation actively participated in collecting over 50,000 cigarette butts on No Tobacco Day last year, demonstrating their commitment to a cleaner and healthier environment.





Myth Busters



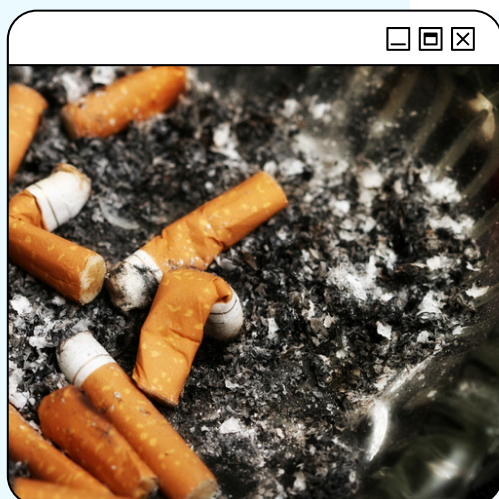
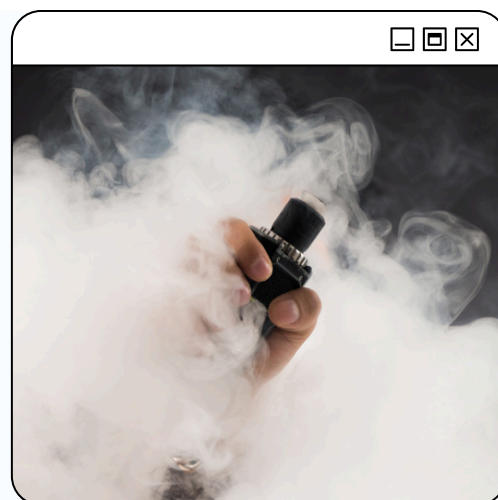
Myth 1: E-cigarettes are a guaranteed way to quit smoking.

Fact: E-cigarettes are less harmful than traditional cigarettes, but they're not risk-free. They contain chemicals that can irritate your lungs and potentially cause long-term health problems. The full effects of inhaling these substances are still being studied. There's no guarantee e-cigarettes will help you quit smoking. Studies haven't shown them to be super effective on their own.

Myth 2: E-cigarette vapor is just harmless water vapor.

Fact: The vapor contains propylene glycol, vegetable glycerin, flavorings, and nicotine (usually).

- While these may be generally safe, heating them can create new chemicals with unknown health effects.



Myth 3: Secondhand smoke isn't that harmful

Fact: Secondhand smoke is dangerous and can cause cancer in non-smokers. Exposure to secondhand smoke can cause lung cancer, heart disease, and stroke. Children are especially vulnerable to the effects of secondhand smoke.

UPCOMING EVENTS

**Breast Cancer
Screening of 500
Anganwadi
Workers in Pune**

**Swasth Mahila
Swasth Goa -
Phase 2 to begin**



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