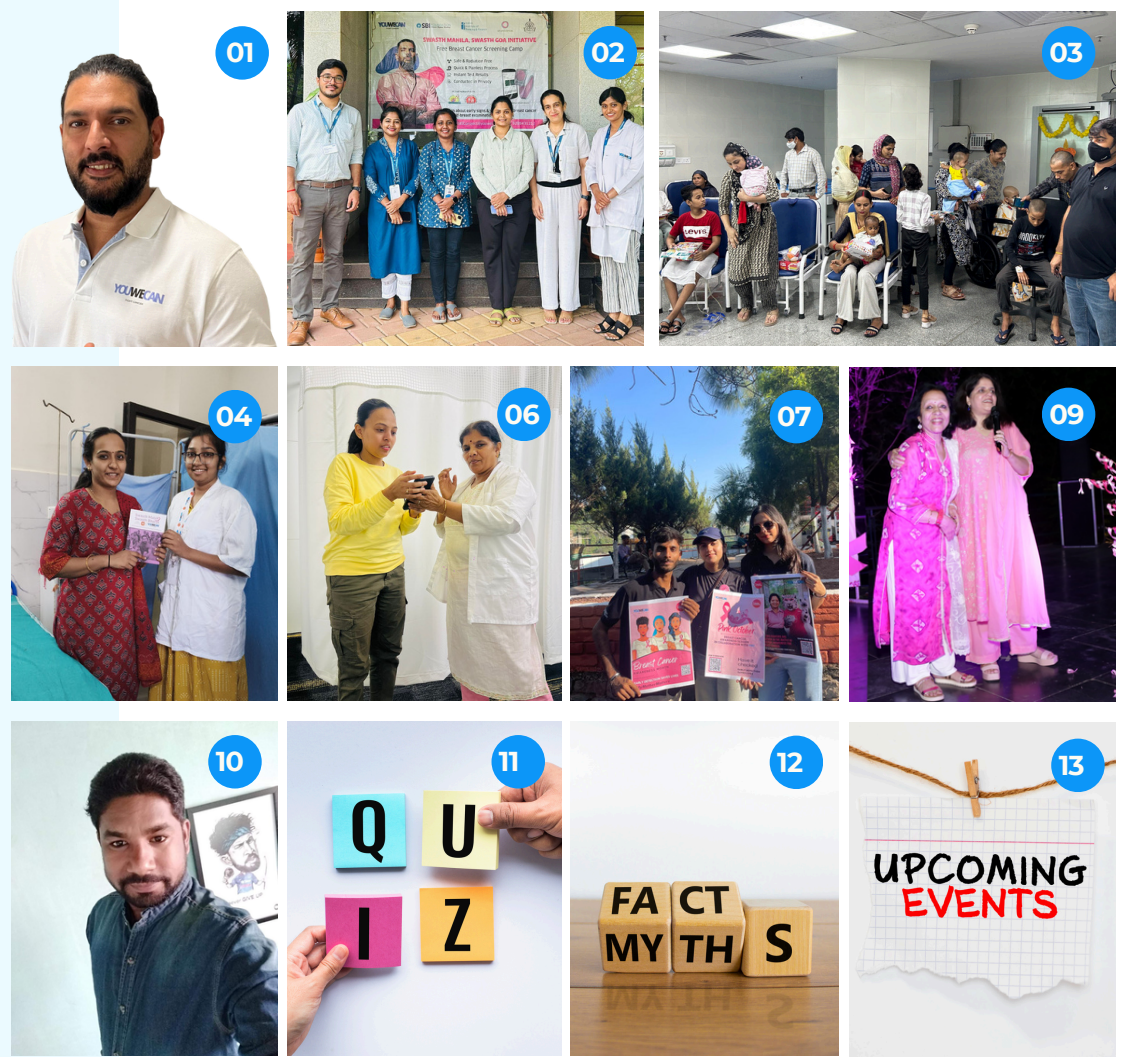




**Strong Women making the  
World even Stronger!**

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# Words of Encouragement

Dear Readers,

Life is a journey filled with highs and lows, and it is in our toughest moments that we discover our true strength. My journey—from the cricket field to the battle against cancer—has shown me that resilience, perseverance, and an unwavering spirit can carry us through even the darkest times. Each challenge I've faced has been a reminder that giving up is not an option. Instead, we must choose to stand tall and fight for our dreams.

I am incredibly grateful for the support I've received along the way. From my family and friends to the countless well-wishers who stood by me, your encouragement has been my guiding light. Every message, every word of support, has strengthened my resolve, reminding me that I am never alone in this journey. You have all played a role in keeping my spirit alive, and for that, I am forever thankful.

Through YouWeCan, I strive to give back to a community that has given me so much. As we support others in their battles, I am inspired daily by their resilience and determination. Let us all remember that we are never truly alone and that together, we can overcome any obstacle. To everyone who has believed in me, thank you from the bottom of my heart. Keep fighting, keep dreaming, and never give up.

*Yuvraj Singh*

Every message, every word of support, has strengthened my resolve, reminding me that I am never alone in this journey. You have all played a role in keeping my spirit alive, and for that, I am forever thankful.



# Empowering Lives: Celebrating Pink October in Goa

This October, the Swasth Mahila Swasth Goa (SMSG) team united with people worldwide in observing Breast Cancer Awareness Month. This occasion marked a month of impactful community events across Goa, where healthcare workers, volunteers, and local champions collaborated to spread awareness about breast cancer. By organizing awareness sessions and screening camps in diverse locations, we aimed to make a substantial difference in women's health and well-being.

The SMSG team partnered with notable organizations and local institutions, expanding the reach of these events. Support from respected names like Godrej and Boyce, Konkarn Railway Health Centre, and DoubleTree by Hilton enriched our outreach. Educational institutions and companies, including Goa University, Nestlé, and Cipla, joined the cause, building a network dedicated to fostering health awareness. Each partner played an essential role in ensuring that breast cancer awareness reached communities and workplaces alike, setting a standard for inclusivity and care.

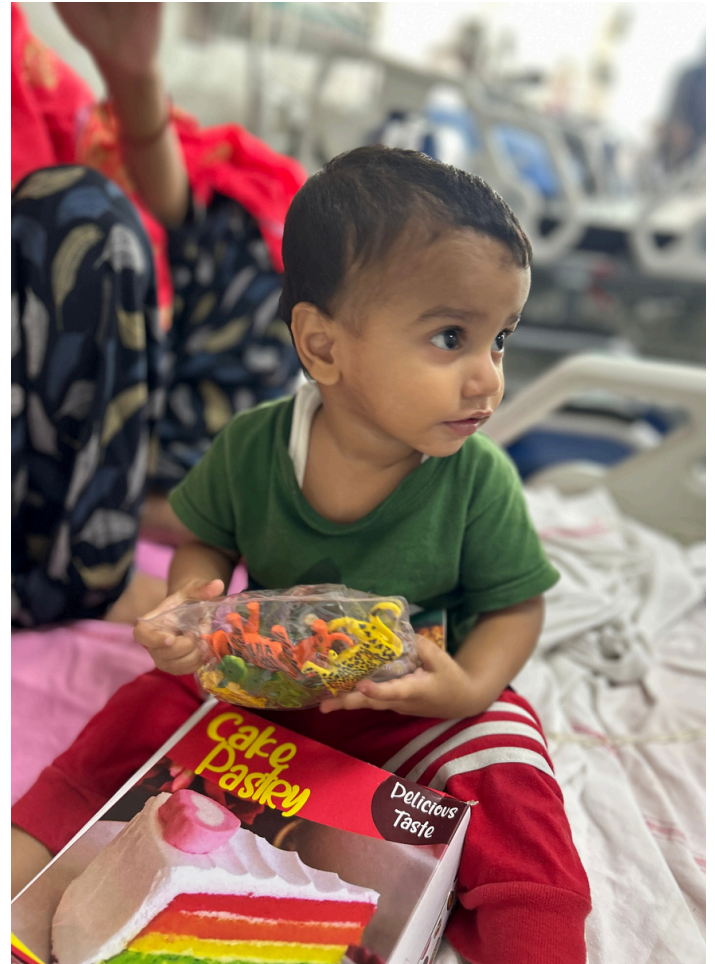
This month reinforced our commitment to health equity and demonstrated the extraordinary impact of community-driven health initiatives. The shared enthusiasm, active participation, and unwavering support from all involved serve as a powerful reminder of the importance of our mission: every woman deserves the knowledge and opportunity to prioritize her health.



# Diwali Smiles at AIIMS: Spreading Joy and Hope

This Diwali, in partnership with Espire Infolabs, YouWeCan brought a sense of warmth and celebration to young fighters undergoing treatment at AIIMS Delhi. The day was filled with joy, laughter, and heartfelt moments as we played games, hosted a magical performance, and handed out gifts to the children. For these young patients, the festivities were a welcome reprieve from their everyday challenges. We wanted each child to feel cherished and remind them that they are part of a larger, caring community.

During our visits to the wards, the children's strength and resilience inspired us all. Every shared smile, every laugh, was a reminder of the spirit of Diwali—the triumph of light over darkness, hope over despair. By celebrating together, we wanted to show that they are not alone in their journey. This Diwali, we aimed to bring not just festive cheer but also lasting hope, love, and strength to these brave young souls, reaffirming the power of compassion and community.



# Swasth Mahila Swasth Bharat: Empowering Women Across India

With steadfast backing from Xiaomi India, the Swasth Mahila Swasth Bharat initiative is breaking barriers in women's healthcare, especially in remote and underserved regions across the country. This mission isn't just about screenings; it's a comprehensive drive to transform lives by making breast cancer awareness and early detection accessible. Every district we reach represents a community where women are empowered with health insights, confidence, and support. Each screening session is a step toward building trust, fostering understanding, and encouraging every woman to prioritize her health.

- Uttarakhand:** In the lush hills of Uttarakhand, we've screened over 1,786 women. Here, our screenings are more than a medical service; they are a reassurance to women, helping them embrace a culture of health and wellness.
- Khammam, Telangana:** Our efforts in Khammam have led to 1,237 women accessing these life-saving screenings. Local volunteers, deeply invested in this mission, have worked tirelessly to make every woman aware of the importance of early detection in combating breast cancer.
- Baran, Rajasthan:** In Baran, we've connected with 1,048 women. Each screening is a story of courage, gratitude, and resilience. The enthusiasm and support from the community fuel our passion to reach more women and families.
- Nuh, Haryana:** In Nuh, our team has screened 1,024 women, making significant strides in raising awareness about breast health. This isn't just a service; it's a movement to empower women with the knowledge and resources needed to look after their health.
- Moga, Punjab:** Moga has seen 789 screenings, and the community's embrace of this initiative has been deeply inspiring. Each interaction reinforces our mission to leave no woman behind in the fight for better health.



- **Wayanad, Kerala:** Amid the picturesque hills of Wayanad, 765 women have participated in our screenings. The awareness created here is planting seeds for a healthier, more proactive community that values women’s health.
- **Visakhapatnam, Andhra Pradesh:** With 541 screenings in Visakhapatnam, our collaboration with local health professionals has strengthened community ties, building a foundation of trust and wellness.
- **Osmanabad, Maharashtra:** Our screening initiative in Osmanabad has reached 507 women, each one now more informed and empowered to take charge of their health. The warm reception reminds us of the importance of this life-changing mission.
- **Bahraich, Uttar Pradesh:** Screening 439 women in Bahraich is a testament to the reach of this initiative. We’re reshaping how women view and approach their health, bringing early detection to communities that need it most.
- **Tamil Nadu:** With 410 women screened across Tamil Nadu, we are cultivating a growing network of informed and empowered women who can advocate for health in their communities.

With each screening and every new location, we’re moving closer to building an empowered, healthier India. We owe a great deal of gratitude to Xiaomi India and our tireless teams for making this mission a reality. Together, we are lighting the path toward a future where every woman has access to essential health knowledge and care.



# Empowering Change: YouWeCan's Impactful Pink October Campaign

In celebration of Pink October, YouWeCan organized a series of awareness initiatives across India, bringing the message of breast health to communities, workplaces, and beyond. This month-long campaign combined online and offline efforts to reach diverse audiences and equip them with knowledge on early detection. Virtual sessions featured healthcare experts discussing self-exams, symptoms, and the importance of early intervention. Through engaging Q&A sessions, we provided valuable guidance to participants from organizations like Cambridge School, Noida, and Xiaomi India.

Our offline events brought health experts directly to communities in Gurgaon, Bangalore, and Mumbai. These in-person sessions focused on interactive learning, where women could openly discuss breast health, seek advice, and access free screenings. Each of these sessions underscored the message that early detection is vital and can make a life-saving difference. This October, we empowered countless women to prioritize their health and take proactive steps in managing it. Together, we are building a stronger, healthier future.





# Empowering Awareness: Shoolini University's Pink October Campaign with YouWeCan

Shoolini University, in collaboration with YouWeCan, held a meaningful series of events throughout Pink October to raise awareness about breast cancer. Coordinated by Poonam Nanda, trustee of YouWeCan, alongside passionate volunteers, the campaign featured a variety of impactful activities.

Fundraising stalls were set up on campus, encouraging students and staff to contribute to breast cancer awareness and research efforts. These stalls not only raised funds but also sparked important conversations among attendees. In addition, in-house awareness campaigns were conducted to educate the university community on early detection and prevention, empowering students and staff alike with valuable knowledge.

Expanding their reach, the volunteers engaged in door-to-door campaigns in nearby communities, spreading awareness and distributing informational resources directly to local residents. The events culminated in a powerful Pink October Awareness Fashion Walk, symbolizing solidarity and support for those affected by breast cancer. Through these diverse initiatives, Shoolini University and YouWeCan created a strong platform for awareness, education, and community engagement.





# Survivor Story

Poonam Nanda's story is one of resilience, compassion, and relentless dedication. A two-time breast cancer survivor, she embodies the strength that comes from overcoming life's most daunting battles and using that victory to empower others. Her journey with breast cancer taught her the crucial value of early detection—an insight that not only saved her life but ignited a deep desire to protect and uplift others. Today, Poonam is a Trustee and founding member of YouWeCan, where she is a beacon of hope and a voice for change.

Poonam connects effortlessly with people, sharing her story with authenticity and empathy. She inspires everyone she meets, showing by example that strength lies not only in surviving but in giving back. Through YouWeCan's treatment support and education scholarship program for children, she ensures that young lives affected by cancer can continue to thrive, and through her role in the Swasth Mahila Swasth Bharat initiative, she advocates tirelessly for women's health and wellness across the country.

At Shoolini University, Poonam also serves as the Director of Social Projects and Sustainability. Her impact extends into academia, where she drives projects that blend social responsibility with sustainability, shaping the next generation of compassionate and conscious leaders. Poonam is supported by over a hundred dedicated YouWeCan volunteers, all passionate about the cause and committed to raising awareness about the life-saving power of early detection. Together, they amplify her message, standing by her side as she fights not only for her own survival but for the well-being of countless others. Through her journey, Poonam Nanda exemplifies the power of courage, community, and commitment, creating a legacy that will inspire for generations.



## 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 Yogesh Valavi's Heart!

**Please introduce yourself:**

**Name:** Yogesh Valavi

**Age:** 43

**Location:** Nandurbar- Maharashtra

**Occupation:** High School Teacher

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

His Six Sixes in an over against England in ICC T20 World Cup.

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

- Legend
- Inspiration
- Incredible

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

He was more interested in roller skating than cricket. He even won the U-14 championship in roller skating.

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

I met him on 8th February 2019 (a dream come true moment). If I get the chance to meet him again, I would like to ask him, 'Can I hug you, sir?'

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

The superpower I would like to see in my hero, Yuvraj Singh, is the ability to heal those in need.

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

I would love to see fitness initiatives like #21DaysOfImpact, and I would also like to see the YWC clothing brand back in the market, if possible.

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

Keep doing good work through YouWeCan, keep helping those in need, and keep shining. There is no one like Yuvi, and there never will be. Lots of love and respect.



# Quiz Whiz

What is the leading cause of liver cancer in India?

- A. Alcohol Abuse
- B. Diabetes
- C. Smoking
- D. Hepatitis



1

Which state in India has the highest reported cancer incidence rate as of 2024?

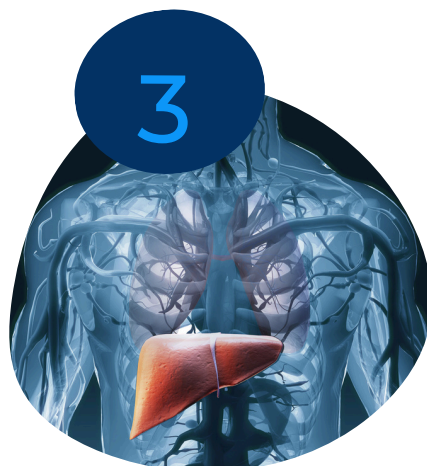
- A. Maharashtra
- B. Bihar
- C. West Bengal
- D. Kerala



2

What is a common symptom of liver cancer often overlooked in India?

- A. Fever
- B. Increased Energy
- C. Jaundice
- D. Weight Gain



3

Which lifestyle change can significantly reduce the risk of liver cancer in India?

- A. Increased protein intake
- B. Regular liver detox diets
- C. Avoiding dairy products
- D. Vaccination against Hepatitis B



4



# Myth Busters



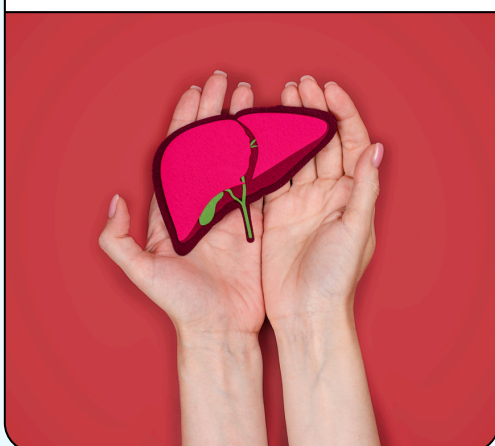
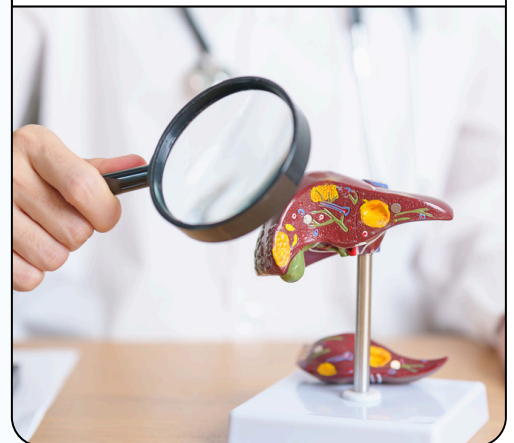
## Myth 1: Only heavy drinkers get liver cancer.

**Fact:** While alcohol is a risk factor, hepatitis infections (especially Hepatitis B and C) are leading causes of liver cancer in India.

## Myth 2: Liver cancer is rare in India.

**Fact:** Liver cancer cases are rising, particularly in high-risk states like Kerala and Mizoram.

Early liver cancer often has no symptoms, making early detection challenging.



## Myth 3: Herbal remedies can cure liver cancer.

**Fact:** There's no scientific evidence supporting herbal cures; medical treatment is essential. Hepatitis B vaccination can protect adults at any age, significantly reducing liver cancer risk.

# Be a YouWeCan Volunteer



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