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World Childhood Cancer Day Hope! Resilience! Courage!



Swasth Mahila, Swasth Goa Hits the 60,000+ milestone

YouWeCan at Business World's Oncology Summit 2023

EDITORIAL

Hello Everyone

Every patient of cancer in this world deserves access to good care. The 2022-24 theme of World Cancer Day- Closing the Gap is an effort in that direction. A three year campaign is bound to be more engaging and will help in creating awareness which will ultimately lead to more impact.

As the campaign continues more like minded people will join in because we all

know that alone we could move a stone but together it could be a mountain. None of us should ever think that a single effort of ours will not count, small actions will definitely lead to big results. Let's mobilize family, friends, and neighbors joining in these efforts & make them more impactful.

Our foundation works relentlessly towards Closing the Gap by providing funds for treatment of children from marginalized background and also helps them return to their school or college after their treatment is over.

But we can't do it alone. We need all of you to support us in our mission .The road ahead may not be easy or smooth, but believe me when I say "Together We Can".



Poonam Nanda

Poonam Nanda

Chief Mentor, YouWeCan Foundation



What's New

SWASTH MAHILA, SWASTH GOA INITIATIVE

Swasth Mahila Swasth Goa, YouWeCan's pilot programme to screen 1 lakh women for breast cancer has accomplished the feat of screening more than 60,000 women for breast cancer. This initiative introduces a technological innovation to the traditional healthcare system, allowing it to detect breast anomalies at an earlier stage when treatment could be easier and more effective. With countless awareness events and outreach camps, Swasth Mahila Swasth Goa initiative is only getting stronger.



YouWeCan at Business World's Oncology Summit Highlights

YWC was invited at the Business World Oncology Summit held at The Leela Ambience on 10th February 2023. The Summit involved esteemed panellists covering various critical topics of discussion around cancer prevention, care and treatment such as pulmonary diseases & cancer, ovarian cancer burden, breast cancer screening in tier 2 and 3 cities, growing burdens of cancers and cervical cancer to name a few.

The panels included guests from the medical fraternity who have dedicated years of their medical practice to reducing the cancer burden or providing critical care to cancer patients. YouWeCan Chairperson Shabnam Singh shared her experience as a caregiver to Yuvraj Singh during his journey with cancer, as part of her talk with Harbinder Narula, CEO, BW Healthcare World. She shared YWC's milestones with the audience emphasizing on the power of strength and hope in fighting cancer.

The Summit will help the YWC team in designing sustainable and effective solutions in its initiatives through awareness, patient support and survival empowerment.



Team YouWeCan at Work

World Cancer Day Event at PGICH, Noida

Postgraduate Institute of Child Health, Noida-The PGICH, Noida, hosted a gathering for children and parents to raise awareness and educate them about cancer on the occasion of World Childhood Cancer Day. On this occasion, the Yuvraj Singh Foundation team was welcomed and thanked for helping and supporting the children financially who are struggling with cancer. Meeting these brave children and watching them smiling was indeed a heart-warming experience. Also, it was a fantastic interactive session with people from many groups working towards the same goal and fostering the development of a bright future for these children.



World Cancer Day Event in Kashmir

On the occasion of World Childhood Cancer Day an engagement activity was organized for children in the hospital. Several children undergoing treatment and some brave survivors were invited and were engaged in different activities. Yuvraj Singh Foundation provided refreshments for the children which brought smiles of excitement on their faces.

Awareness Session at Ghosi Village, Sikanderpur

The Breast Cancer team - Purnima and Dr. Tanvi visited the Ghosi Village in Sikanderpur to interview women in the community on breast cancer awareness. What was intended to be a casual interview for a video turned into an awareness session on breast cancer where the team tried to debunk myths around it, shared about what the signs and symptoms of breast cancer looked like, and how to perform a self-breast examination. The team distributed IEC material to the women, showing them the steps to conduct SBE and the danger signs to look out for.



The Care Givers Of The Cancer Warriors

How did you feel when you first found out about your mother 's cancer diagnosis?

A: It is obvious that we were shocked, but it was at a very early stage of cancer, so we did not panic much.

Q. How did you support your mother throughout her cancer treatment?

A: I was with her throughout the treatment and took complete care of her well-being. time which was difficult for her and all of us.

Q. Did you feel like you had enough resources and support to help her in coping up with cancer?

A: Yes thankfully we had enough resources to support the entire treatment.

Q. Were there any unexpected challenges that arose during her cancer treatment process?

A: Those heavy Injections and the treatment of Chemotherapy was really a challenging time which was difficult for her and all of us.

Q. How did your mother's cancer diagnosis impact your family's daily life and routines?

A: We had to put our own lives on hold. We had to take complete care of her, make trips to the hospital every day. Yes, it was a difficult journey.

Have you noticed any changes in your mother's health or behaviour since her cancer treatment?

A: Not much. I just feel that she is more irritable. With so much medication etc. this is only natural. Otherwise, thankfully she is just the same.

How has her journey with cancer affected your relationship with her?

A: I always shared a close relationship with her. After this journey, our relationship between each other has become stronger.

Q. What advice would you give to other people who are supporting a loved one with cancer?

A: Please don't panic. You just need to be patient and take good care. This is only a temporary phase which will pass. Thank You!



Story of Courage

Krishna is an eleven-year-old boy from Delhi. His father owns a small shop near their house, and his mother is a stay-at-home mom. He was just like any normal child, but he started falling sick frequently. His parents were naturally concerned and immediately took him to Safdarjung Hospital where after some tests, the doctors diagnosed him with blood cancer.

Krishna's parents were completely devastated and could not believe the news. Krishna was immediately referred to PGICH in Noida for treatment. It was a difficult and long journey for Krishna, as he had to undergo a long treatment and several tests.

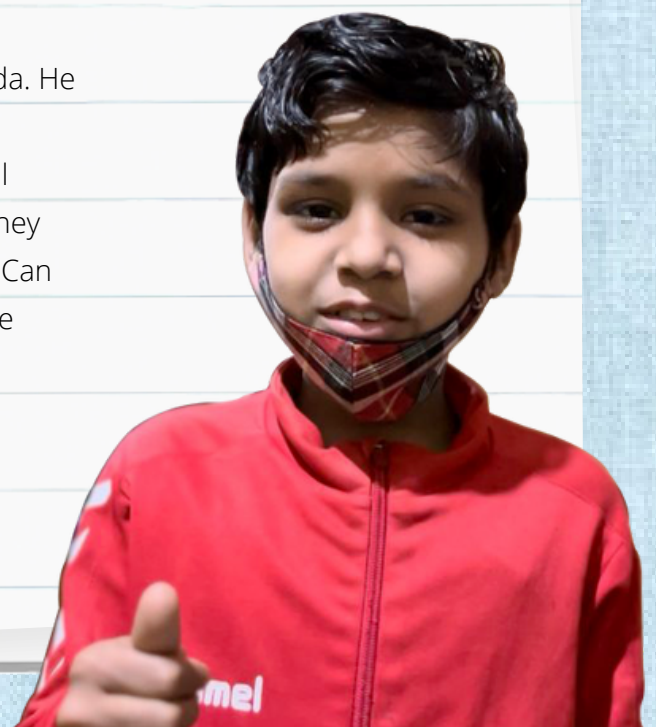
The treatment was not easy for him, it meant going through a lot of pain and discomfort, but he stayed brave and strong throughout his treatment slowly, with the support of the doctors and his family, Krishna started getting better. Currently he is still under treatment and hopes this phase will end soon.

Krishna says he loves repairing toy cars and he wants to become a doctor in the future. He is currently studying online and goes to school only for his exams. He wants to get better soon so that he can go back to school and resume a normal life.

His family came to know about the YWC treatment support program from PGI Noida. He and his family are thankful to Yuvraj Singh Foundation for the financial and emotional support provided to them. They say that they had lost all hope for their child but YouWeCan and Dr Neeta the oncologist at PGICH have given Krishna a new life.

Krishna

Strong, Resilient, Survivor.



YOUWEFAN | YUVIAN'S FOREVER

Disha Roy | Sodepur, West Bengal

In conversation with a Yuvi fan from West Bengal

Q. Introduce yourself. Where are you from and how have you become involved with the foundation?

A. Hi, I am Disha Roy & I have completed my post-graduation in the field of Biotechnology. I am from the city of Sodepur in West Bengal & I got involved with YouWeCan Foundation through Instagram.

Q. What motivated you to become involved with YWC activities?

A. My motivation to get involved with YWC activities has always been Yuvraj Singh. Being a die-hard fan of Yuvi, each & every activity he does to make this world a better place to live strongly motivates me & so here I am.

Q. What is a memorable moment that you have experienced in your involvement with YWC?

A. The most memorable moment that I experienced was the celebration of Yuvraj Singh's Birthday on 12th December, 2022. On that day, coming together with my fellow Yuvi fans, I provided 50 under privileged children & poor old people with food supplements & clothes. Particularly, they all had these bright smiling faces which are hard to forget.

Q. What message would you like to share with people who are battling with the cancer?

A. My message to those beautiful, courageous warriors – "You people are the examples of true warriors from day one & you guys add a meaning that phrase of Never Giving Up. The journey has been rough & I pray that it ends soon. Stay strong & keep shining! There's always something beautiful that you people add in our lives."

Has Yuvraj Singh inspired your life? How and why?

A. Yuvraj Singh is a name that I worship every day, every moment of my life. I treat him as an elder brother. I grew up watching him make difficult choices before every success that he achieved. His struggles and sacrifices towards our country inspired me to get through all the hardships and hurdles that I faced in my day to day life. I also learnt a lot from the grit and determination he showed on the field, while battling cancer. He taught me to never give up on things I love, even if everything goes against me. His kind hearted and generous nature is very evident from the way he and his foundation are working for the welfare of cancer patients. He has helped me to find the goal of my life. Yuvi paaji has a great influence, both on my professional and personal life.



MEET THE TEAM



HEY, I'M...

ARSALAN

Arsalan Hasan is working as Marketing Manager at YWC. With his work experience and key strengths, he wants You We Can to be known globally. He has studied Civil Engineering with Specialization in Infrastructure Development and is interested in Market Research, Planning & Execution.



HELLO, I'M...

DR. ADITI

Dr. Aditi works as a Project Coordinator in Pediatric Cancer Project with this association. She is looking forward to helping and reaching out to more children who wish to continue their education and also provide treatment support for cancer patients. Being able to help out the people who are fighters and survivors of a deadly disease inspires her to go on with life. She is a dentist and a public health professional who is passionate about helping the community.

Three words to describe your personality?

AH. Hard-working, Confident, Problem Solver.

A. Hard-working, Optimistic and Easy Going

What is your comfort food?

AH. Khichdi

A. Paneer and Naan

If a movie was made about your life, what would it be?

AH. Slumdog Millionaire

A. Well, life isn't a movie.

If you could travel to any part of the world, where would you go and why?

AH. Europe, learn new cultures, interact with new people and for personal growth.

A. Norway to see northern lights and see the most educated country.

What are 3 words to describe working at YWC?

AH. Challenging, Rewarding, Fun

A. Good vibes, Supporting team, and Noble Cause

What motivates you to do what you do?

AH. Learning new things and supporting a cause that is so critical.

A. The fact that we help the survivors to get back to their education and be independent drives me every day to work.

What's the best piece of advice you've ever received?

AH. Treat others the way you want to be treated.

A. Keep going on.

A special memory from your time spent with the YWC family?

AH. On my first day at YWC and I met my idol Yuvraj Singh Sir.

A. It's the fact that we spend most of our day with our colleagues learning, supporting, and laughing with each other every day.

What has living in a pandemic taught you?

AH. Be prepared for the worst.

A. Patience is the key.

Family Support for Cancer patients

written by **Dr. Sumedha Kushwaha**

Cancer is a complex disease that can have a significant impact on a patient's emotional and mental well-being. The diagnosis and treatment of cancer can lead to feelings of anxiety, depression, and fear, as well as a range of physical symptoms that can further exacerbate emotional distress. As such, emotional and mental health support is an essential component of cancer care that can help patients cope with the challenges they face and improve their overall quality of life.

The most important role is of family members of a cancer patient. A cancer diagnosis can be overwhelming and challenging for both the patient and their family members. While the patient is the one receiving treatment, family members play a crucial role in providing emotional and mental health support. Here are some ways that family members can support their loved ones with cancer:

Listen and be present: One of the most important things family members can do is to be present and listen to their loved one. Allow them to express their emotions and fears without judgment. Validate their feelings and offer comfort and support.

Educate yourself: Learn about the type of cancer your loved one has and its treatment options. This knowledge can help you understand what they are going through and offer practical advice and support.

Help with daily tasks: Cancer treatment can be exhausting, and patients may struggle with daily tasks such as cooking, cleaning, and running errands. Offer to help with these tasks, or hire a professional service if needed.

Attend medical appointments: Ask your loved one if they would like you to accompany them to medical appointments. This can offer emotional support and help with taking notes or asking questions.

Encourage self-care: Encourage your loved one to take care of themselves by getting enough sleep, eating healthy, and engaging in physical activity if possible. Offer to help with these activities if needed.

Offer positive distractions: Cancer treatment can be emotionally draining, so offer positive distractions such as watching a movie, playing a game, or listening to music to help take their mind off of treatment.

Connect with support groups: Connect your loved one with support groups or online communities where they can connect with other cancer patients and survivors who understand what they are going through.

Avoid making assumptions: Avoid making assumptions about how your loved one is feeling or what they need.

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