

**Cancer Awareness Walk:
Stride for life**

TABLE OF CONTENTS



WORDS OF ENCOURAGEMENT	01
SWASTH MAHILA SWASTH GOA	02
WORLD CANCER DAY COMMEMORATIONS AT SHOOLINI UNIVERSITY	03
EXPERT TALK ON CHILDHOOD CANCER BY MR. ANKEET DAVE	05
SWASTH MAHILA SWASTH BHARAT: A NATION UNITED FOR WOMEN'S HEALTH	06
SURVIVOR STORY	09
YOUWECAN	10
QUIZ	11
MYTH BUSTERS	12
UPCOMING EVENTS	13

Words of Encouragement

Dear Warriors,

Every journey begins with a single step, and every battle is won with relentless courage. When I was diagnosed with cancer, fear loomed large, but I chose to rise above it. I fought, I endured, and I emerged stronger. Today, through YouWeCan, we stand together to ensure that no one fights alone.

Cancer is a test of resilience, hope, and determination. The treatments, the uncertainty, the pain—these are battles you will face, but remember, you have an army behind you. Family, friends, doctors, and organizations like ours are all here to support you at every step.

To all the survivors—your journey is an inspiration. You are living proof that setbacks don't define us; our comebacks do. And to those still fighting, know that you are not alone. Believe in yourself, trust the process, and keep pushing forward. The human spirit is indomitable, and every day is a step closer to victory.

At YouWeCan, we continue to work towards early detection and awareness, because we believe that no one should be denied a fighting chance. Together, we are stronger, and together, we will conquer.

Never give up. Never back down.

With you, always,

Yarraj Singh

Cancer is a test of resilience, hope, and determination. The treatments, the uncertainty, the pain—these are battles you will face, but remember, you have an army behind you.



SMSG Hits 1.5 Lakh Screenings — Marching Toward 2.15 Lakh!

Another milestone, another step forward! The Swasth Mahila Swasth Goa (SMSG) initiative has now screened over 1.5 lakh women for breast cancer—bringing us closer to our goal of 2.15 lakh screenings. This achievement is more than just a number; it represents lives touched, awareness spread, and access to early detection made possible.

As we move ahead, the focus remains on reaching more women, strengthening our outreach, and ensuring that timely screenings become the norm. With every screening conducted, we are not just counting figures—we are making a lasting impact on women's health. The journey continues, and the next milestone is within reach!



World Cancer Day Commemorations at Shoolini University

Shoolini University, in collaboration with the YouWeCan foundation, observed World Cancer Day with a series of impactful events aimed at raising awareness and funds for cancer patients.

A key highlight was a spirited cricket tournament, fostering community engagement while promoting a healthy lifestyle, crucial in cancer prevention.



Alongside the sporting event, fund-raising stalls were set up across the campus, offering various items and activities, with all proceeds dedicated to supporting cancer patients. Shoolini University volunteers also undertook a poignant visit to the cancer ward at IGMSC Shimla, providing emotional support and distributing essential supplies to patients and their families. This direct interaction underscored the human impact of cancer and the importance of compassionate care.



To further amplify the awareness message, an awareness walk was organized at Mall Road, Solan. Students, faculty, and members of the local community participated, carrying placards and banners, engaging with the public, and distributing informational leaflets. These combined efforts underscored Shoolini University's commitment to social responsibility and its dedication to the fight against cancer.



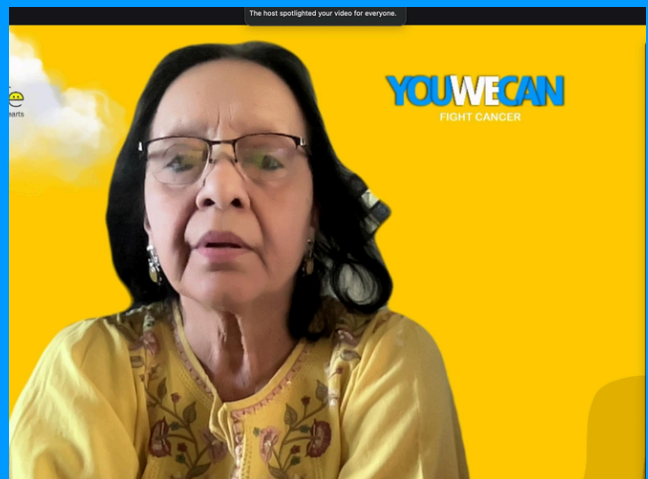
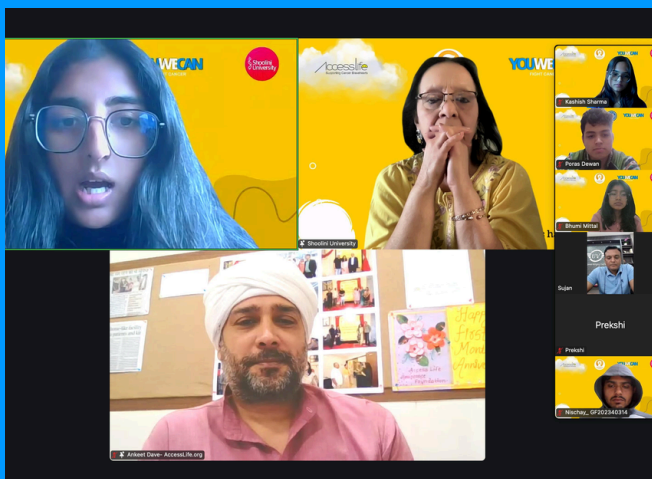
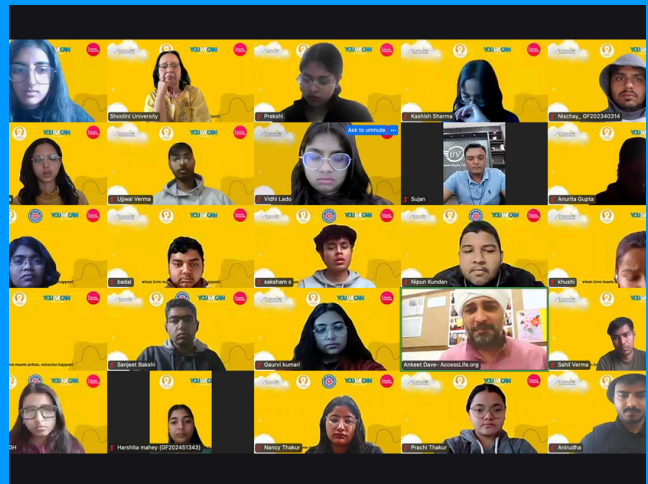
Expert Talk on Childhood Cancer by Mr. Ankeet Dave



Mr. Ankeet Dave, founder of Accesslife NGO, delivered an impactful talk to Shoolini University students, focusing on childhood cancer and the importance of empathy and compassion. Accesslife, with centers in Mumbai, Pune, and Chandigarh, provides crucial support to children and families battling cancer.

Mr. Dave shared his personal journey, detailing his transition from a corporate career to establishing Accesslife. He highlighted the profound shift in perspective that led him to dedicate his life to this cause. He emphasized the emotional and logistical challenges faced by families dealing with childhood cancer, stressing the need for holistic support beyond medical treatment.

His talk centered on the power of empathy, urging students to understand and connect with the struggles of others. He discussed the difficulties of running an NGO, including fundraising, resource management, and maintaining emotional resilience. He spoke candidly about the emotional toll, but also the immense fulfillment derived from making a tangible difference in the lives of vulnerable children. Mr. Dave's narrative served as a powerful reminder of the potential for individuals to create meaningful change through compassionate action.



Swasth Mahila Swasth Bharat: A Nation United for Women's Health

The 'Swasth Mahila Swasth Bharat' (SMSB) initiative, launched by the Yuvraj Singh Foundation's YouWeCan in collaboration with Xiaomi India, has been instrumental in advancing breast cancer awareness and early detection across various districts in India. This initiative employs innovative, low-cost technology to provide accessible breast cancer screening, aiming to reach 150,000 women.

- **Udham Singh Nagar, Uttarakhand:** This district has seen significant outreach, with over 6,600 women screened and 172 suspected cases identified. The initiative's collaboration with local health authorities ensures that the screening process is streamlined and that follow-up care is readily available.
- **Baran, Rajasthan:** In Baran, the initiative has reached over 5,200 women, detecting 40 potential cases. The program's integration with local health services ensures that suspected cases receive timely follow-ups and necessary medical interventions.
- **Khammam, Telangana:** In Khammam, over 8,000 women have been screened, resulting in 166 suspected cases and one confirmed case. The initiative's comprehensive approach ensures that women receive continuous support from screening to diagnosis and treatment.
- **Virudhunagar, Tamil Nadu:** In Virudhunagar, more than 5,400 women have been screened, identifying 41 suspected cases. The program's focus on community education has been pivotal in encouraging women to participate in screenings and prioritize their health.
- **Nuh, Haryana:** In Nuh, the SMSB initiative has screened over 3,500 women, identifying 93 potential cases. The deployment of iBreastExam devices has facilitated painless and radiation-free screenings, encouraging more women to participate without fear or discomfort.



- **Wayanad, Kerala:** Wayanad's efforts include screenings of over 5,000 women, with 108 suspected cases and two confirmed cases. The initiative's integration with local healthcare systems ensures that women receive comprehensive care throughout the screening and treatment process.
- **Moga, Punjab:** Moga's proactive community engagement has led to the screening of more than 3,300 women, with 87 suspected cases identified. The initiative's emphasis on training local healthcare workers ensures that the screening process is both efficient and culturally sensitive.
- **Osmanabad, Maharashtra:** Osmanabad's efforts have led to screenings of over 3,200 women, identifying 79 suspected cases. The initiative's integration with local health infrastructure ensures that women receive timely diagnostic services and necessary treatments.
- **Dahod, Gujarat:** In Dahod, over 2,300 women have been screened, uncovering 7 potential cases. The program's culturally tailored awareness sessions have been pivotal in dispelling myths and encouraging women to participate in screenings.
- **Barpeta, Assam:** In Barpeta, over 5,100 women have been screened, identifying 36 suspected cases. The initiative's culturally sensitive approach has been vital in reaching women in remote areas, ensuring they have access to essential health services.
- **Visakhapatnam, Andhra Pradesh:** Visakhapatnam's participation includes screenings of more than 3,000 women, with 62 suspected cases identified. The program's emphasis on community involvement has been instrumental in encouraging women to prioritize their breast health.
- **Guna, Madhya Pradesh:** Guna's participation includes screenings of more than 1,700 women, with 15 suspected cases identified. The initiative's focus on community education has empowered women to prioritize their health and recognize early signs of breast anomalies.



- **Bahraich, Uttar Pradesh:** In Bahraich, more than 1,400 women have been screened, with 74 suspected cases detected. The program's efforts in this district have been crucial in raising awareness about breast health in traditionally underserved communities.
- **Nadia, West Bengal:** Nadia has seen screenings of more than 3,700 women, with 170 suspected cases detected. The program's collaboration with local health workers has facilitated seamless follow-up care for those requiring further evaluation.
- **Kalaburagi, Karnataka:** Kalaburagi has conducted screenings for more than 2,100 women, with 85 potential cases identified. The program's focus on training local healthcare providers has enhanced the quality and reach of breast cancer screenings in the district.

Through these comprehensive efforts, the SMSB initiative is making significant strides in saving lives and fostering a healthier future for women across India.



Survivor Story

Oliver, a young and courageous boy, is currently undergoing chemotherapy as part of his battle against a serious illness. Despite this challenging phase, Oliver's spirit remains unbroken. His family is incredibly grateful for the support they've received from the Yuvraj Singh Foundation.

The foundation has not only provided financial assistance for Oliver's medical treatment but has also extended a helping hand towards his education. Oliver is expected to resume his studies in the next 6-7 weeks. This opportunity to continue his education, thanks to the foundation's scholarship, is a beacon of hope in these difficult times.

The family is deeply thankful to the Yuvraj Singh Foundation for their unwavering support. They have been a pillar of strength, providing both medical and educational assistance, making a significant difference in Oliver's life.

Oliver's story is a testament to the power of human kindness and the impact of charitable organizations. It's a reminder that even in the darkest of times, hope and compassion can prevail.



Oliver



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 Suraj Thakur's Heart!

Please introduce yourself:

Name: Suraj Thakur

Age: 24

Location: Sundernagar, H.P

Occupation: Entrepreneur

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

His match winning innings against Australia in 2011 50-overs world cup.

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

- Fighter
- Humorous
- Leg Side Supremo

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

He was the biggest prankster of the Indian Cricket Team dressing room

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

How is the feeling when you now play in Indian Master league after playing for so many years for Indian Cricket Team.

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

If Yuvraj Singh had superpower, he would have hit six sixes against every bowler in this world.

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

I would love to see YouWeCan doing work for child welfare and drug awareness in H.P.

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

Thank you for the amazing memories of winning the two world cups for India.



Quiz Whiz

Which of the following is NOT a common symptom of colorectal cancer?

A. Blood in stool

B. Persistent stomach pain

C. Sudden weight gain

D. Changes in bowel habits



At what age is it recommended to start regular colorectal cancer screenings?

A. 60 years

B. 45 years

C. 30 years

D. 70 years



What type of screening test is commonly used to detect colorectal cancer?

A. MRI Scan

B. X-ray

C. BP Check

D. Colonoscopy



What is the awareness color for colorectal cancer?

A. Red

B. Blue

C. Pink

D. Yellow





Myth Busters

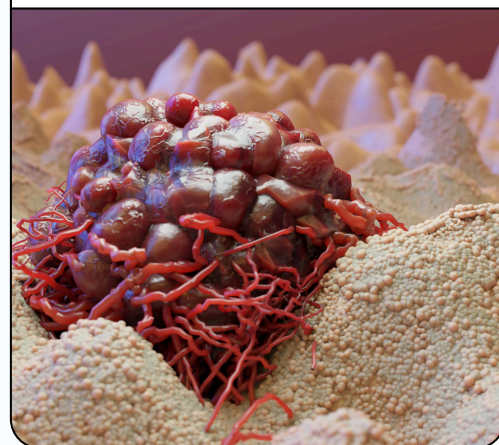


Myth 1: Only older people get colorectal cancer

Fact: While the risk increases with age, colorectal cancer is increasingly affecting younger adults. Regular screenings should start at 45 years or earlier if there's a family history.

Myth 2: Colorectal cancer is always fatal

Fact: When detected early, colorectal cancer is highly treatable. The five-year survival rate for early-stage colorectal cancer is over 90%.

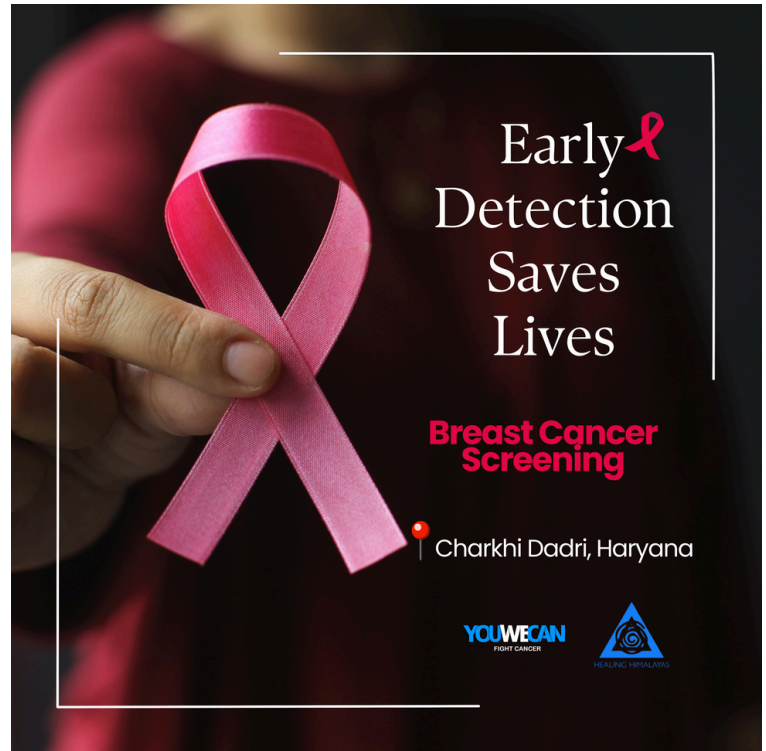


Myth 3: A healthy diet alone prevents colorectal cancer.

Fact: While a high-fiber, low-fat diet reduces risk, genetics, lifestyle, and other factors also play a role. Regular screenings and an active lifestyle are essential for prevention.

Upcoming Events

Breast Cancer Screening in collaboration with Healing Himalayas at Charkhi Dadri, Haryana



Be a YWC Volunteer



Content and Design Team:

Poonam Nanda
Saket Saurabh
Divya Singh
Mukul Sethi
Dr. Bhavika Chawla
Dr. Tanvi Yadav

Be a part of YouWeCan Times.
Write to us at info@youwecan.org

Follow us on

