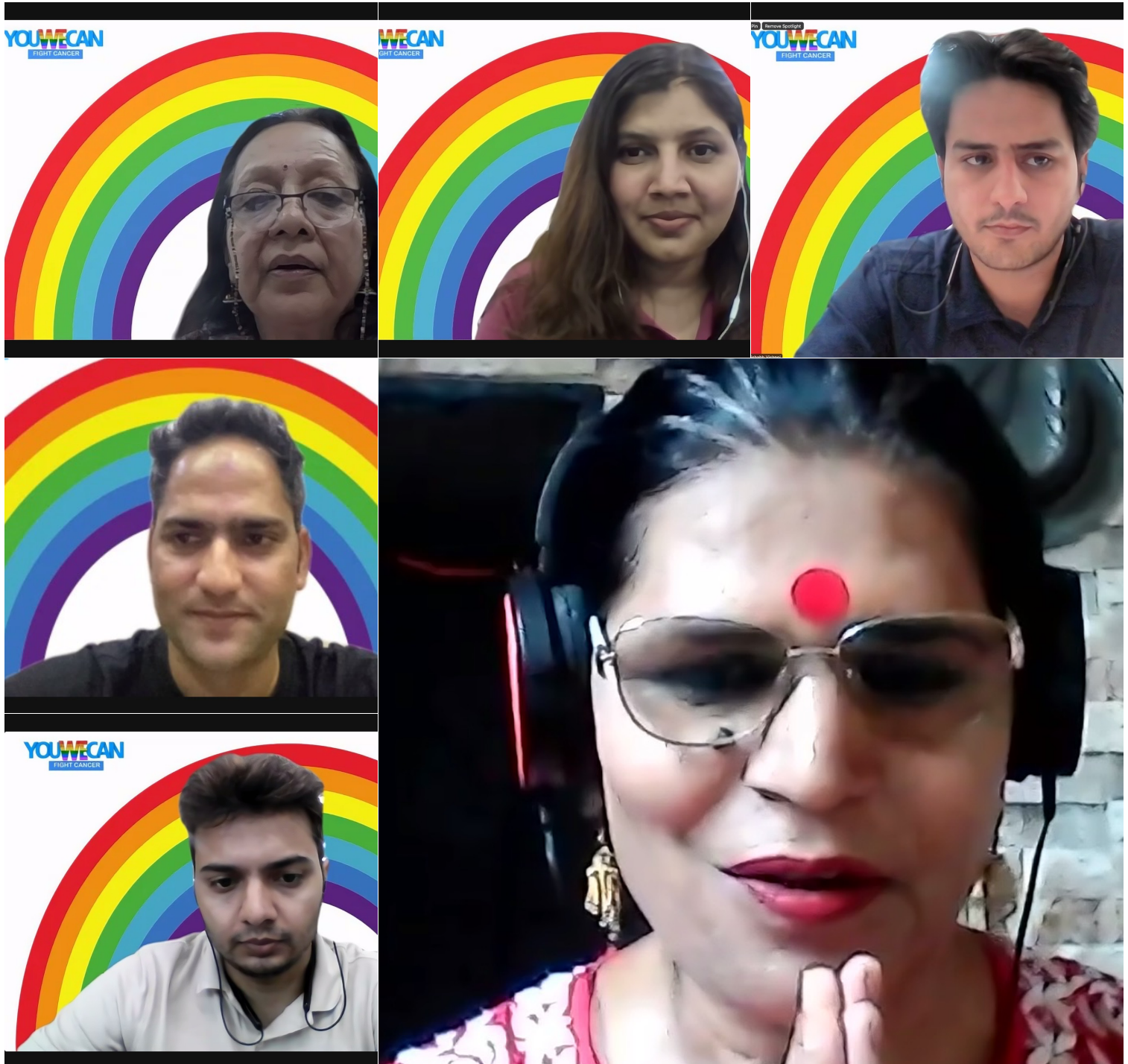


## MOVING TOWARDS INCLUSIVITY!



"Love knows no boundaries, and neither should our acceptance.

Let's embrace the beautiful diversity that makes us all unique."

**EDITORIAL**

Hello readers,

Pride month is an annual celebration that holds profound significance for the LGBTQ+ community and its allies worldwide. It is a time to commemorate the struggles, victories, and ongoing journey towards equality and acceptance. This month, as we embrace the vibrant colors of the rainbow and raise our voices in unison, it is crucial to reflect upon the essence of inclusion rights and the responsibility we hold as a society to support and uplift every individual.



In recent years, we have witnessed significant progress in the fight for LGBTQ+ rights, with many countries legalizing same-sex marriage, enacting anti-discrimination laws, and promoting equal opportunities. However, it is important to acknowledge that the battle for equality is far from over. Discrimination, prejudice, and marginalization still persist, particularly for transgender individuals who face unique challenges. That is why organizations like YouWeCan are stepping up to champion the rights and well-being of the transgender community.

YouWeCan has been at the forefront of various social causes, including cancer awareness, detection and treatment.

We now also want to bridge the gaps in transgender individuals' access to medical services, ensuring they receive the care they deserve without prejudice. Furthermore, their educational initiatives will empower transgender youth with knowledge and skills, opening doors to brighter futures and increased opportunities.

Supporting the transgender community during Pride Month and beyond is not only an ethical imperative but also a collective responsibility. It is vital that we, as a society, come together to ensure that transgender individuals feel valued, respected, and embraced for who they are. By actively supporting organizations like YouWeCan, we can contribute to positive change and help dismantle the systemic barriers that have hindered progress.

Pride Month serves as a reminder that inclusion rights are not limited to a single month but should be upheld every day. We must strive for a society where diversity is celebrated, where love knows no boundaries, and where every individual feels safe and supported.

As we celebrate Pride Month, let us recommit ourselves to the ongoing journey of equality, acceptance, and love. Together, we can build a society that embraces the beauty of diversity and ensures that everyone has the opportunity to live their truth authentically. Let us stand in solidarity with the transgender community and continue to march forward towards a brighter, more inclusive future.

*Poonam Nanda*

**Poonam Nanda**

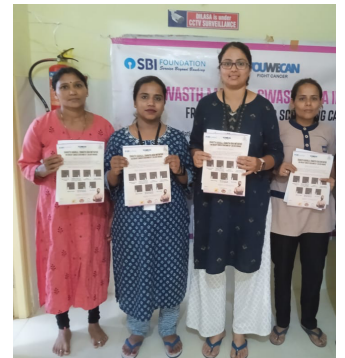
Chief Mentor, YouWeCan Foundation



# What's New | SWASTH MAHILA, SWASTH GOA INITIATIVE

The "Swasth Mahila Swasth Goa" Initiative, our pilot project, has made great strides toward its target of screening 1 lakh women for breast cancer. We have effectively identified 36 women with breast cancer after screening 70k women for breast cancer, a new milestone.

34 women are now receiving treatment with the assistance and continued support of Team Youwecan. We are steadfastly committed to attaining our goal, and each day, we make progress that propels us a little closer to accomplishing this mission.





# Team YouWeCan at work: Session with AGRIM

The women at Agrim came together to acquire knowledge about the risk of breast cancer and the importance of early detection. Every woman present becomes a champion for the nation's health, commencing with the crucial act of self-awareness.

Collective unity and strength lie within numbers, as women who advocate for their own well-being indirectly advocate for all women. In solidarity, they stand tall, recognizing the power behind their actions.





# Team YouWeCan at work: Ramja Genosensor Session

Team YouWeCan took the lead in driving change by organizing a breast cancer awareness camp at Ramja Genosensor. The event focused on emphasizing the significance of early detection, providing comprehensive support, and advocating for men to also actively participate in the collective effort to combat breast cancer. This initiative aimed to empower everyone with knowledge about the disease, encouraging them to take proactive measures for early diagnosis. By shedding light on the importance of holistic support, the camp sought to address not only the physical aspects but also the emotional and psychological needs of breast cancer patients. It lays focus on the significance of unity between men and women in this movement, emphasizing the crucial role played by men in standing strong with the women as they navigate the challenges of breast cancer. The event served as a catalyst for a positive change and promoted a community-driven approach to tackling breast cancer.

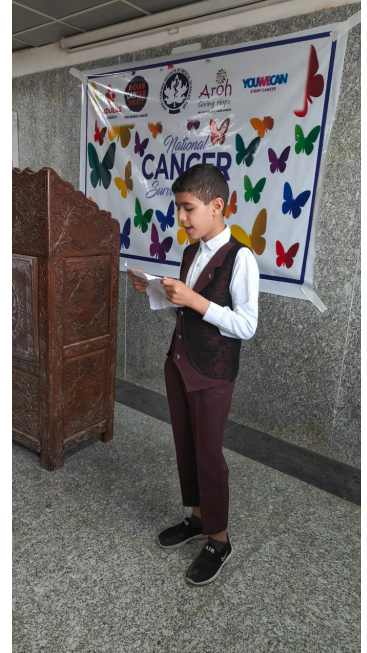




# Team YouWeCan at work: Sher-e-Kashmir

We celebrated Cancer Survivors Day with a heartwarming event at Sher-e-Kashmir Hospital! YouWeCan showed unwavering support by organizing an incredible day of festivities and providing meal boxes to the brave young survivors.

The atmosphere was filled with joy as the kids participated in engaging games and interactive activities, spreading laughter and creating beautiful memories. It was a testament to the power of unity and resilience in the face of adversity. Together, we continue to inspire hope and bring smiles to the faces of these courageous fighters.





# Team YouWeCan at work: In House Pride Session



In a powerful and inclusive initiative, Team YouWeCan took a step towards fostering acceptance and understanding within the organization. A vibrant in-house Pride session sparked conversations and cultivated awareness about the LGBTQ+ community among the employees. The session, filled with empathy and open dialogue, celebrates diversity and promotes a culture of inclusivity.

Team YouWeCan's unwavering commitment to creating a safe and supportive environment highlights their dedication to embracing differences and empowering every individual to be their authentic selves. Together, they stand as allies, breaking down barriers and paving the way for a future where diversity is celebrated and celebrated loudly.



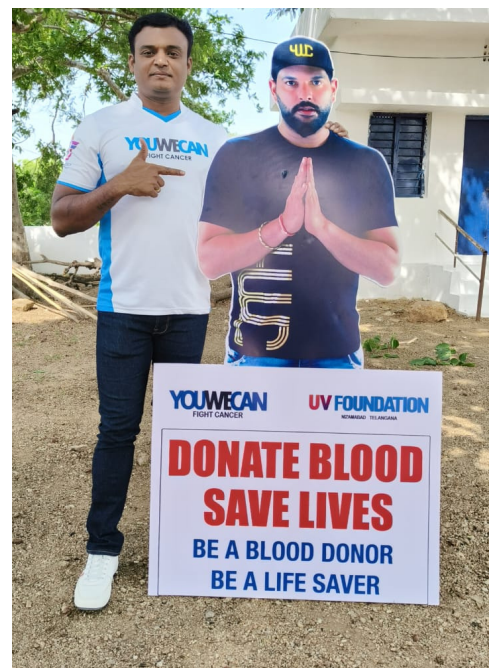
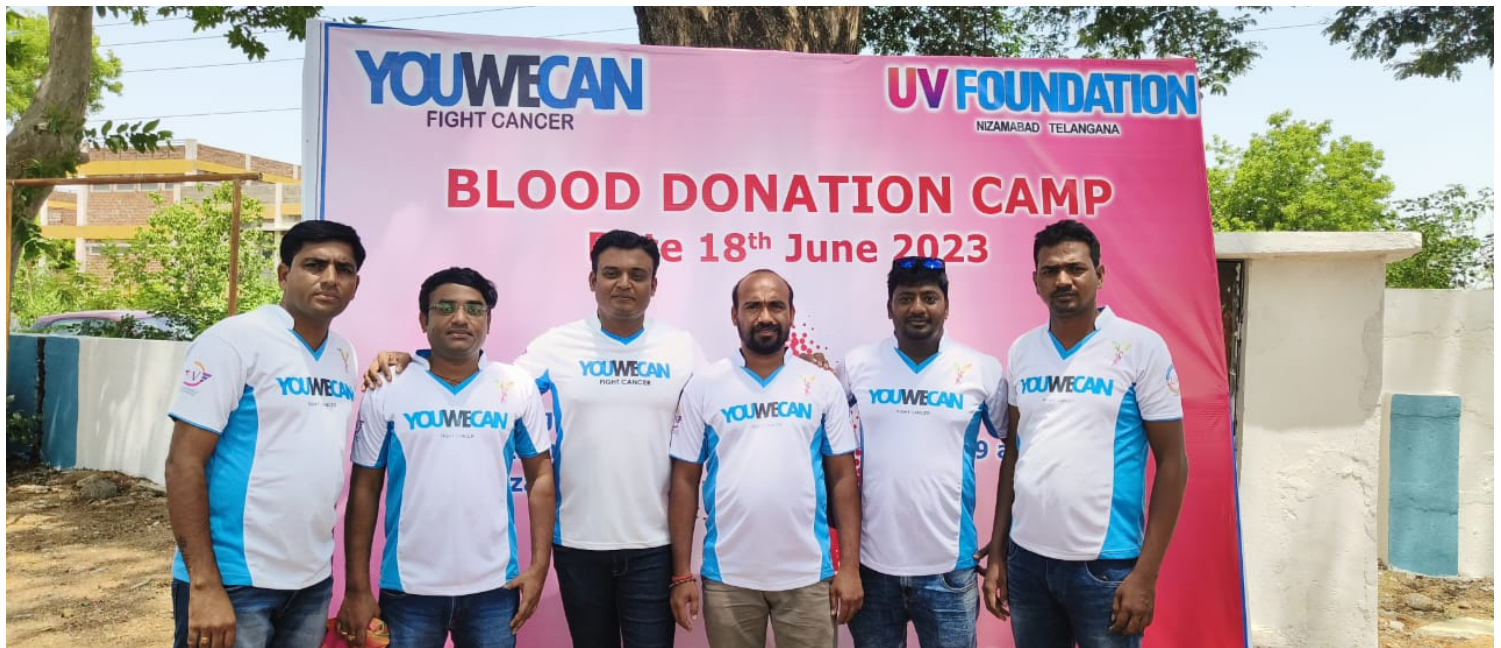


# BLOOD DONATION CAMP

(IN COLLABORATION WITH UV FOUNDATION)



YouWeCan Foundation and UV Foundation came together to organize a blood donation camp on the occasion of Father's Day on 18th June 2023 in Nizamabad. It was held in the rural area. Sujan our die hard volunteer donated blood for the 6th time.



The team collected 47 Units of blood in 3 hours. For motivation of the donors, cricket bats were distributed to the village youngsters who had donated blood. It was certainly a memorable day for the organizers and participants.



# Story of Courage

(From a father)

A Young girl of 26 years who is on a take off mode of professional and personal life when diagnosed with a life threatening fourth stage metastatic breast cancer is expected to be broken and cursing her fate, destiny and depressed but my courageous daughter Pallavi Saraswatula was made of a different material. She took the devastating news into her stride without shedding a tear, got on to the long journey of treatment with all positivity and hope of some miracle happening which the attending doctor too had not shown. Never questioned why she and never blamed anyone.

Though a qualified and trained lawyer, she embarked on a new journey of learning and pursuing her hobbies of multimedia, handicraft, making soft toys, painting, digital drawing and teaching languages to kids etc., everything to keep herself busy and not bogged down. Blessed with great qualities of courage, compassion and non-jealous nature she partook in marriages and other functions of friends and relatives with full enthusiasm, went on vacations with friends.

She honoured our decision of not sharing about her health condition to her two aged grandmothers so as not to give them the pain of their granddaughter health condition and for five long years she showed such happier side of her to grandparents, cousins and other relatives in such a manner that many times we too used to feel that she was normal like any other child of her age. It goes to her credit that none could ever find even a trace of such a critical health issue.

She has not left any opportunity to share her positivity and courageous journey and need to live life normally despite the dreaded disease and painful treatment, she addressed seminars, authored a chapter in a book by cancer survivors. She showed great maturity in making appeals to doctors and the health care industry to be more compassionate and understanding towards patients and spare time to counsel the patients and advise patients about diets and nutrition to improve their cells rather than just going through protocol of treatments. All the doctors and health workers attending her were always impressed by such a younger patient being so positive and lively.

We found such divinity in her that even when she was admitted to hospital for the last time, she walked to the ward on her own, never used wheelchair, stretcher and ambulance and while being moved to ICU also was in full senses and bid goodbye with a smiling face, which remain etched in our mind for lifetime. Not only did she fight dreaded cancer with all dignity but left at a time and condition with full senses intact. She touched so many lives during her short life span and left a legacy which we, her family members, will take forward to spread happiness and give comfort to cancer and other chronic patients.

**Pallavi, we are PROUD of you.**

S. Prabhakar  
Father of Pallavi Saraswatula







## *Remembering Pallavi - Gone too soon*

I met Pallavi the first time in March 2023 during the Lit fest at Shoolini University. I could have not imagined in my wildest dreams that the meeting would also be our last. She was so chirpy, positive and full of life. No one would believe that she was dealing with a stage 4 breast cancer.

We tried to reconnect a couple of months later with her and got to know that Pallavi had succumbed to the deadly C. Everyone was in shock as we grappled with this unbelievable news. It was just too difficult to believe. Pallavi, you will continue to inspire many. Your ability to stay so positive and live each day to the full is something that everyone will remember for a long time. Your family has been an epitome of Courage just as you were. I am sure you are in a happier place without all the suffering.

**Adios! Pallavi Rest in Peace**



# YOUWECAN | YUVIAN'S FOREVER

Kumar | Andhra Pradesh

In conversation with **Kumar**, probably the most colourful Yuvi fan we ever spotted in a Cricket stadium

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

**A.** I am Kumar. I come from Penukonda, Satya Sai District, Andhra Pradesh. I got involved with the YouWeCan foundation through some Yuvi fans and friends - Sujan, Sravan and Bharath who are also active volunteers at YWC.

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

**A.** I am a die hard fan of Yuvi from my childhood. Yuvi has been an inspiration for me. Yuvi taught me to never give up in life and the wonderful initiatives of YWC motivated me to get involved with the foundation.

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

**A.** On August 15, 2021 Robinhood foundation along with YWC organised "Food For All" initiative across India to fight hunger. That was my first involvement with YWC. I also took part in the Yuvraj Singh's birthday event on December 12, 2021 which helped me to connect with many Yuvi fans across the nation.

*Q. What do you aspire to do ?*

**A.** I am employed in the state government of Andhra Pradesh as an environment secretary. I aspire to serve people through my job and spread smiles and positivity around drawing inspiration from Yuvi.

*Q. Has Yuvraj Singh inspired your life? How and why?*

**A.** Yuvraj Singh both on and off the field has been a perennial source of inspiration for me. From winning matches on the field to making difference in the lives of lot of people through YWC, he set an example for me in every walk of life. Until my last breath, I shall keep idolising Yuvi and try following him to be both a successful as well as a better human being.



Shot on OnePlus  
By Kumar DHFM 2022.12.12 18:59





In India, **every 6 minutes**, a woman dies of breast cancer.



1:51 / 2:17



Breast Cancer - The Problem Statement | Swasth Mahila Swasth Bharat | YouWeCan



YouWeCan - Yuvraj Singh Foundation  
941 subscribers



SUBSCRIBE



6



Share



Save



## Breast Cancer - The Problem Statement | Swasth Mahila Swasth Bharat | YouWeCan



WATCH NOW

About 94 percent of the women in urban India know of breast cancer as jargon or a disease burden. Still, only one-third of this population is aware of the diagnosis, treatment options, and government schemes available for supporting and treating breast cancer patients. Breast cancer literacy and eradicating the stigma around breast health is of utmost importance and we believe that unless we tackle the problem of awareness, we cannot save lives. A healthy and informed woman makes a healthy nation. Swasth Mahila Swasth Bharat - on a mission to screen 1 million women for breast cancer. To support the cause, donate.

**Saving lives is possible, Donate now**

<https://youwecan.org/donate/>





# Raising Awareness on Men's Health: Breaking the Silence

written by **Dr. Sumedha Kushwaha**

Through this article, let's give a big shout out to men in our life. When it comes to discussions on health, the focus is often on women's health issues, leaving men's health concerns overlooked or pushed aside. However, it is crucial to shine a spotlight on men's health and promote awareness, as men face unique challenges and risks that require attention and support. In this article, we will delve into the importance of raising awareness on men's health, discuss prevalent issues, and provide valuable insights to encourage men to prioritize their well-being.

One of the primary reasons for the lack of awareness surrounding men's health is the societal expectation for men to be stoic and strong, both physically and emotionally. This stoicism can prevent men from seeking help when they face health problems, leading to delayed diagnoses and treatment. Consequently, several health conditions among men go undetected until they reach an advanced stage, resulting in higher mortality rates.

## Prevalent Health Concerns

Prostate cancer is one of the most common cancers among men. Regular screenings and early detection play a vital role in increasing survival rates. Men above the age of 50, or those with a family history, should consult their healthcare providers regarding appropriate screening procedures.

Heart disease and stroke are significant causes of mortality in men. Factors such as smoking, high blood pressure, high cholesterol, poor diet, and sedentary lifestyles contribute to the risk. Adopting a healthy lifestyle, including regular exercise, a balanced diet, and stress management, can significantly reduce the chances of cardiovascular diseases.

Men often face societal pressures to appear strong and self-reliant, making it difficult for them to express their emotions or seek help for mental health issues. Depression, anxiety, and suicide rates are alarmingly high among men. It is crucial to break the stigma associated with mental health and promote open conversations, encouraging men to reach out for support when needed.

Although relatively rare, testicular cancer affects younger men, typically between the ages of 15 and 44. Self-examinations and early detection are key in identifying any abnormalities. Men should familiarize themselves with the process of self-examination and consult a healthcare professional if they notice any changes.

Men are more likely to engage in harmful substance use and experience addiction-related issues. It is important to educate men about the risks associated with substance abuse, provide accessible resources for addiction recovery, and encourage seeking help without judgment.

## Promoting Men's Health Awareness

**Education and Outreach:** Government bodies, healthcare organizations, and community groups should collaborate to raise awareness about men's health concerns. Public campaigns, informational materials, and online resources should be developed to educate men about preventive measures, early detection, and available support networks.

**Destigmatizing Mental Health:** Breaking the silence surrounding mental health issues is crucial. Promoting mental health awareness through various platforms and encouraging conversations that normalize seeking help can save lives. Men should feel empowered to discuss their emotions openly, free from societal judgment.

**Regular Health Check-ups:** Men should prioritize regular health check-ups to detect and address potential health issues promptly. Routine screenings, such as prostate exams and cholesterol checks, can help identify problems at an early stage when they are more manageable.

**Support Networks:** Creating safe spaces and support networks where men can discuss their health concerns openly is essential. Men's health support groups, both in-person and online, can offer a sense of community, shared experiences, and valuable resources.

## Conclusion

Raising awareness on men's health is a critical step towards improving overall well-being and reducing preventable deaths. By challenging societal norms, breaking stigmas, and providing accessible resources, we can encourage men to prioritize their physical and mental health.

The author can be reached at [sumedha.kushwaha@youwecan.org](mailto:sumedha.kushwaha@youwecan.org)

## Meet the Editorial Team

Poonam Nanda	Mukul Sethi
Dr. Sumedha Kushwaha	Khaja Naseeruddin
Saket Saurabh	Divya Singh
Manan Monga	Shikha Choudhary

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

Follow us on

