

STEPPING INTO THE COMMUNITY



"WE MAKE A LIVING BY WHAT WE GET, BUT WE MAKE A LIFE BY WHAT WE GIVE"

EDITORIAL

Dear readers,

As the year races by one realises how quickly time flies and how much is still on the TO DO list ,be it personal or professional.

My involvement in YouWeCan is totally personal, having gone through the journey of cancer twice I am able to understand the pain and the trauma not just of the patient but the entire family.



My recent trip to the pediatric ward of PGICH NOIDA where a few of the children our foundation has supported are undergoing treatment left me truly distressed.

It is one thing to allocate money for their treatment but meeting them and their families in person is something that comes back to haunt you .

What do you say to the mother of an 8 year old boy whose spine has been punctured with huge ruthless needles to take a sample ? Or a desolate miserable father whose only child is barely two and is fighting this deadly battle?? Such scenes leave you scarred but more determined to try and help.

If you are still reading I seek your support to come forward and help us in this battle.Lets try and alleviate some pain,some misery.

Each contribution matters and I look forward to yours

Poonam Nanda

Poonam Nanda

Chief Mentor, YouWeCan Foundation

What's New | SWASTH MAHILA, SWASTH GOA INITIATIVE

Our pilot project, the “Swasth Mahila Swasth Goa” Initiative, has reached new heights in its goal to screen 1 lakh women for breast cancer. We crossed the 70k benchmark and have successfully identified 31 women with breast cancer. With ongoing support and assistance from Team Youwecan, 29 women are presently receiving treatment. We are steadfastly committed to achieving our goal, and each day, we make progress that pushes us a little closer to accomplishing our mission.



Team YouWeCan at WORK

Breast Cancer Awareness

(Pinkishe Foundation)



Talking about menstrual health is still a major taboo in Indian societies. When women do not openly discuss their health challenges, alarming signs can often be missed. Irregular or stretched menstrual cycles can cause hormonal imbalances that can be a risk factor for the development of breast cancer.

Our team with @Pinkishe Foundation educated more than 40 women on breast cancer as well as engaged in conversations to destigmatize women's health. Many women shared their family histories with cancer and went home with an important message of not fearing cancer, but fighting it. Starting with themselves, practicing self-breast examination can help detect danger signs early and save lives!

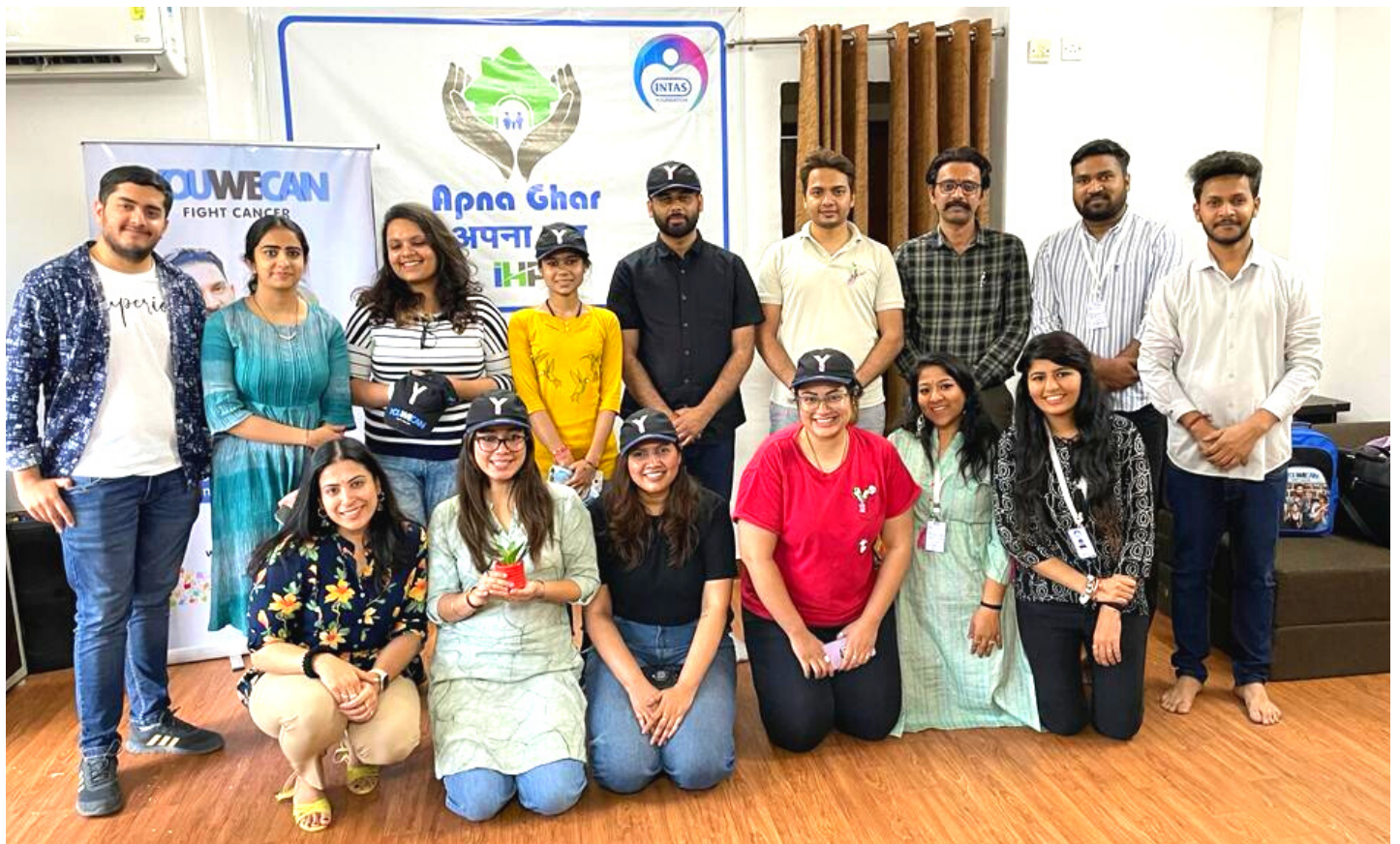


Team YouWeCan at WORK

Oral Hygiene Awareness at Apna Ghar

Team YouWeCan visited Apna Ghar, a transitional home for cancer patients run by the Intas Foundation, in honor of World Health Day, which is observed worldwide on April 7.

This year's theme was "Health for All," which YWC wholeheartedly supports and endorses. To commemorate the event, team YouWeCan held awareness sessions on oral hygiene and how it's connected with cancer, hand hygiene, mental health, and nutrition with over 40 patients and caregivers in attendance.



Story of Courage

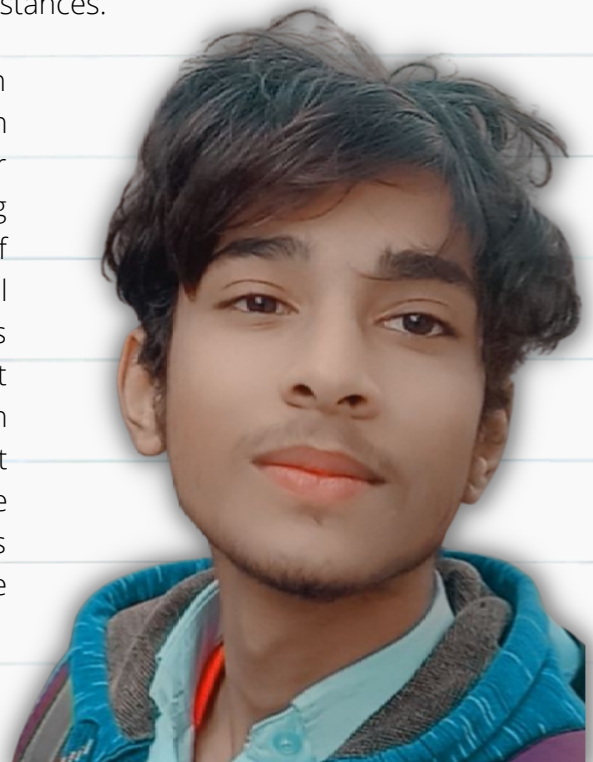
My son Kunal was a typical 17-year-old happy go lucky boy from our village in Mohanpur. However, things took a turn when my wife and I noticed he had developed concerning symptoms like fever, blood vomiting, and swollen gums. We took him to see a doctor, who suggested that he may have some deeper trouble and referred us to the Rajeev Gandhi Hospital for further tests.

When we received the news that Kunal had cancer, it was devastating for our entire family, especially me as a farmer who was already struggling to make ends meet. The added financial burden of medical expenses made things even more difficult. Kunal had to temporarily discontinue his education, but he continued to be an ardent sports enthusiast, particularly cricket. Despite the challenges he faced, he remained optimistic and showed remarkable courage in the face of adversity.

In the midst of this challenging time, the Yuvraj Singh Foundation stepped in to support Kunal. Their assistance was critical in helping us cope with the financial burden of Kunal's medical treatment, and we are grateful for their timely and significant support. It was a relief to know that we were not alone in this difficult journey.

It takes immense courage to fight this illness, and Kunal's bravery and determination are truly remarkable. His positive outlook on life has been an inspiration to the family and even to those fighting cancer. We hope that his story serves as a beacon of hope for others facing similar circumstances.

I am grateful to the Yuvraj Singh Foundation for their efforts in supporting cancer patients and their families. Their work in raising awareness about the importance of early detection and providing financial assistance for medical treatment is commendable. With continued support from organizations like the Yuvraj Singh Foundation, there can be significant difference in the lives of the underprivileged people whose lives not just get affected but go upside down dealing with cancer.



Kunal

Strong, Resilient, Survivor.

YOUWEFAN | YUVIAN'S FOREVER

Gunjan Wadhi | New Delhi

In conversation with a Yuvi fan from New Delhi

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

A Hi I am Gunjan wadhi, born and brought up in Delhi. I came to know about this foundation through social media networking, and joined it for a good cause.

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

A. YWC is the only foundation where I have seen people working and giving financial help along with motivation, which is the most important thing to share with people suffering from this disease. If you get strong mentally then the chances are really high that you will come out of it.

Q. Tell us something about your fight with cancer at such a young age

A. I was diagnosed with 2nd grade breast cancer on 21st of Feb 2021. Initially felt broken and upset for two reasons. Firstly I don't have any history of it in my family and secondly through out my life I have been a very active person who followed a good healthy diet and exercise routine and was still got diagnosed with it. Accepting it was not so easy, but after one week I picked up the power and decided mentally that I will come out of it for the sake of family my family and my own self. I went through 8 chemotherapies, a surgery of almost 14 hours and 20 radiations in total. The treatment was not only physically painful but also very stressful mentally. It was a real painful time, but the only thing gave me strength was my resilient mindset to win this battle.

Q. How would you describe your life after your battle with cancer

A. After fighting my battle with cancer I actually feel that this is the new lease It made me emotionally strong.

We all know one goes through a lot of physical changes at the time of treatment and I was no exception but the way I handled the entire situation I am really proud of my self. The most important thing it taught me is the "Value of Life".

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

A. I would like to say about cancer is - accept it like any other normal disease. keep your self mentally and emotionally strong. Most important is don't expect anything from anyone, It's your life and it's your responsibility to take care of it. Don't concentrate much on why it happened just work on how to get out of it. Follow your doctor's instructions properly it's really important to do so.

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

A. Yes it helped me accepting that even being a cricketer if he can get it and come out of it, so can I. Most important the way he handled that situation actually motivated me.





TESTIMONIALS



Dr. Prathima Raj

Superintendent
Government Medical College & Government General Hospital,
Nizamabad

Amazing support from Yuvraj Singh Foundation! Government General Hospital and people of Nizamabad are indebted for considering our hospital. I thank the local team of volunteers for relentless work and continuous monitoring 24x7. Thanks to the entire team of YouWeCan for their tremendous support and monitoring. It will be a milestone in my entire career. Thanks for giving me this opportunity to cherish these moments for the rest of my life.



Dr. Sanjay Dixit

Dean & CEO
MGM Medical College
Indore

It is with great pleasure that I thank Yuvraj Singh Foundation for selecting MGM Medical College under their Mission 1000 Beds Project. We express our heartfelt gratitude for providing us with a 80 bedded COVID-19 facility when it was most required. We look forward to working with YouWeCan for many years to come.



Mr Lalit Mohan

Superintendent
Government Medical College & Government General Hospital,
Nizamabad

SBI Foundation is proud to be funding this unique initiative to create awareness on breast cancer, break stigma and mobilise women to take charge of their health and thereby make Goa a model state for breast cancer screening.



“Fighting the Cancer Turmoil Together”

written by **Dr. Sumedha Kushwaha**

India is a country that has been grappling with the rising number of cancer cases in recent years. According to a report by the National Cancer Registry Programme, cancer is the second leading cause of death in India. With the advancement of medical technology, cancer treatment has become more effective, and the survival rates have significantly improved. However, cancer patients still face numerous physical, mental, and emotional challenges that can be overwhelming. This is where mental and emotional support comes into play. Emotional support is a necessity for people suffering from cancer because a cancer diagnosis can be overwhelming and traumatic. It can bring up a range of emotions, including fear, anxiety, and depression. Cancer treatment can be physically and emotionally exhausting, and patients often face multiple challenges like managing side effects, dealing with financial burdens, and adjusting to a new lifestyle.

Without proper emotional support, cancer patients may experience feelings of isolation, hopelessness, and helplessness. These feelings can further exacerbate their mental and emotional distress and negatively impact their quality of life. Emotional support provides patients with a safe and supportive environment where they can express their feelings, share their experiences, and receive guidance and coping strategies to manage their emotions effectively. Moreover, studies have shown that emotional support can have a positive impact on cancer patients' physical health as well. It can improve their ability to cope with pain, reduce the severity of side effects of treatment, and increase their overall sense of well-being. In addition, emotional support can also help patients maintain a positive attitude towards their treatment and improve their chances of recovery.

There are many different forms of mental and emotional support available to cancer patients. The first step is to seek professional help from a mental health expert. This can be in the form of counselling or therapy. Many hospitals in India and across the world now have dedicated psycho-oncology departments that cater specifically to cancer patients' mental and emotional needs. These departments provide counselling and therapy services, support groups, and other resources to help patients and their families navigate the challenges of cancer treatment.

Apart from seeking professional help, cancer patients can also benefit from support from family and friends. A cancer diagnosis can be overwhelming, and having a strong support system can make a significant difference in a patient's mental and emotional well-being. Family members and friends can provide emotional support, help with practical tasks, and offer a listening ear when needed.

Additionally, cancer patients can also benefit from engaging in activities that promote mental and emotional well-being. Yoga and meditation, for example, are known to reduce stress and anxiety and improve overall well-being. Many cancer hospitals in India now offer yoga and meditation classes specifically for cancer patients. These classes provide a safe and supportive environment for patients to practice mindfulness and relaxation techniques.

Another effective form of mental and emotional support is peer support groups. These groups bring together people who are going through similar experiences and provide a safe space for them to share their thoughts and feelings. Peer support groups can be incredibly empowering and can help patients feel less isolated and alone. Many cancer hospitals in India now offer peer support groups for cancer patients and their families.

In conclusion, cancer treatment is not just about treating the physical symptoms of the disease. Mental and emotional support is an essential part of cancer treatment and can make a significant difference in a patient's overall experience. Cancer patients in India have access to a range of mental and emotional support services, including professional counselling, support groups, yoga and meditation classes, and peer support groups. By seeking and utilizing these services, cancer patients can improve their mental and emotional well-being and maintain a positive outlook towards their treatment. Remember, cancer treatment is a journey, and having a strong support system can make all the difference in the world. Stay positive, stay strong!

As the famous quote by Sheryl Crow goes, "I have gained a lot of wisdom and resilience from my experiences, and I'm now able to look back and laugh at some of the things that have happened." Providing emotional and mental support can help patients find this kind of resilience and strength to face their cancer journey with confidence and hope.

The author can be reached at sumedha.kushwaha@youwecan.org

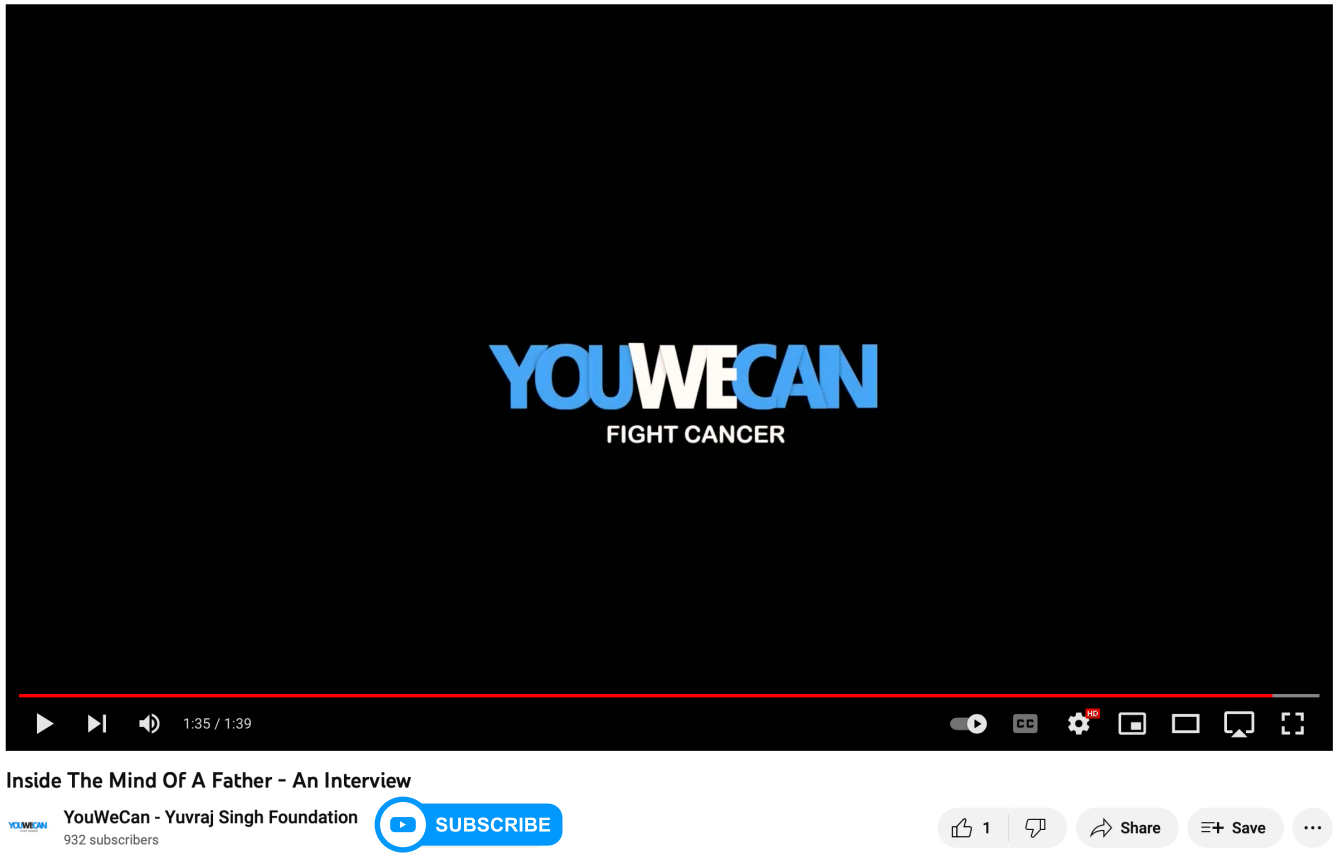
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Inside The Mind of a Father



Love is staying up with a sick child - all day, all night. But somehow the hopes and dreams make it all worth it.

We want to support more young children like Namra, battling cancer that are burdened by the piling bills of treatment. For a contribution of Rs 15,000 every month, a kid gets a new chance at life. If you're also a parent, you would resonate most.

Saving lives is possible, Donate now

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

