



MAY OUR TRICOLOUR FOREVER FLY HIGH, RESPECTING
AND REMEMBERING THE SACRIFICES OF ALL THOSE
WHO FOUGHT FOR OUR INDEPENDENCE

-Yuvraj Singh (@yuvstrong12) on TwitterX

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Words of Encouragement

Together, we can overcome any challenge that life throws at us. Here's to new beginnings, unwavering hope, and a future free from the clutches of cancer.

Greetings Champions!

It brings me immense joy to welcome you to the all-new and rejuvenated "YouWeCan Times." As we unveil this fresh look, I can't help but reflect on the incredible journey that has brought us to this point.

Over the years, our Cancer Foundation has grown not just in reach but in the unwavering determination to make a difference. The "YouWeCan Times" has been a vital part of our mission, a voice that echoes our commitment to fighting against cancer and supporting those who face this formidable opponent.

Today, as you hold this revamped newsletter in your hands, or perhaps scroll through it on your screens, know that it's more than just a design upgrade. It's a symbol of resilience, growth, and the ever-burning spirit to rise above challenges.

In life, just as in cricket, we face deliveries that swing unpredictably, testing our resolve. But remember, it's not about how the ball swings; it's about how we play our shots. This new look is our way of saying that we're ready to face whatever comes our way, with style and substance.

Together, we can overcome any challenge that life throws at us. Here's to new beginnings, unwavering hope, and a future free from the clutches of cancer.

Stay inspired, stay united, and keep spreading the message - Together, We Can!

With love and gratitude,



Yuvraj Singh





Updates from Swasth Mahila Swasth Goa Initiative

The Swasth Mahila Swasth Goa Initiative, our pioneering project located in Goa, has soared to remarkable heights. Our ambitious goal of screening 100,000 women for breast cancer has propelled us beyond the impressive milestone of 74,000 screenings, leading to the identification of 40 courageous women battling breast cancer. Currently, 38 of these resilient individuals are undergoing comprehensive treatment, with the help of Team Youwecan's constant monitoring and steadfast support. We pursue our mission tenaciously owing to our unwavering passion and perseverance, adding new steps to our daily progress each day.

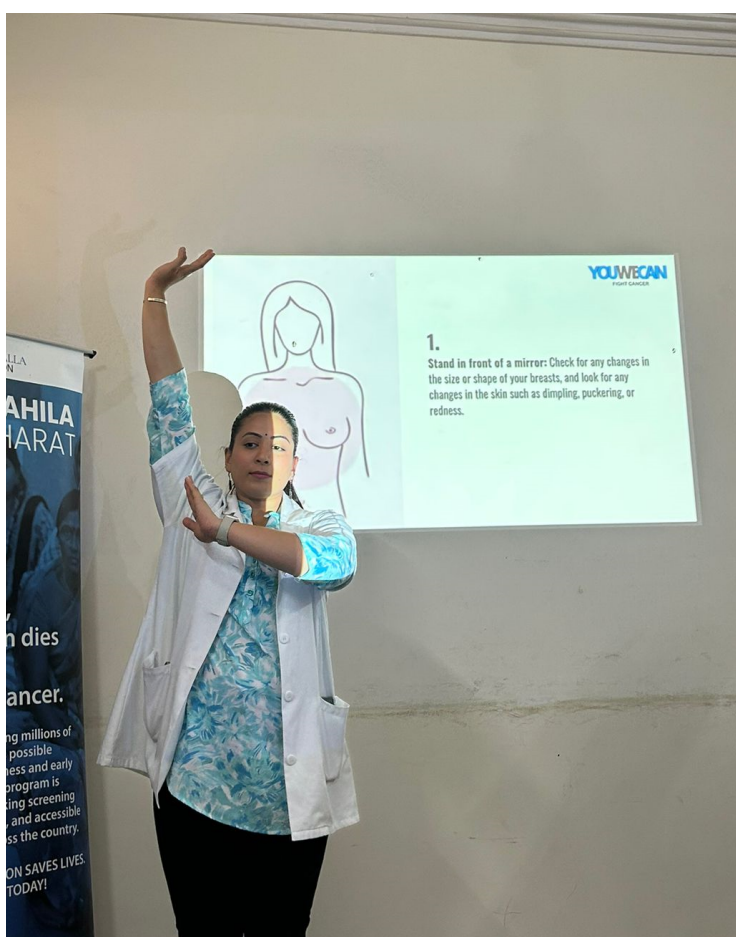
UNHCR BOSCO

Bringing Hope and Help to Afghan Refugee Women!

Team YouWeCan did something really important in Khirki Village. We gathered to teach more than 50 brave Afghan refugee women about checking their breasts for signs of cancer and talked about why it's crucial to know about breast cancer. We couldn't have done this without the support of UNHCR BOSCO, a group that helps refugees.

These refugee women face lots of challenges, especially when it comes to getting good healthcare and learning about staying healthy. But we're here to change that. YouWeCan and UNHCR BOSCO are working together to save lives and give these women the knowledge and strength to fight cancer.

UNHCR BOSCO is like a guardian angel for refugees and people who have no home. They're part of the United Nations and their mission is to protect and care for refugees and make sure they have a better future. No one should be left behind, and they're making sure of that. We look forward to extending our partnership with them across other locations and refugee communities as well in the future.





Event with Rising India Foundation

Our Trustee and Chief Mentor Mrs. Nanda met up with various organisations that deal with various aspects of cancer. Supported by Rising India Foundation who specialise in the field of Onco Psychology the effort is to create synergy between the different organisations working for a common goal. It was amazing to see people from different walks of life come together and connect for a larger purpose.

Empowering Macquarie Heroes:

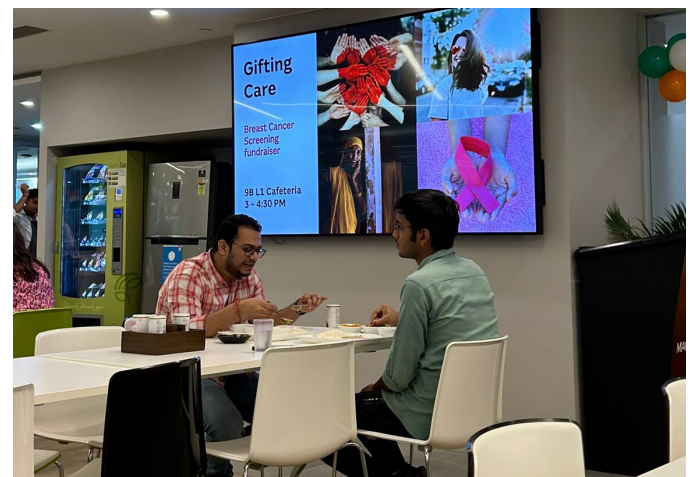
3 Days, 369 Lives Touched!

Day 1: YouWeCan took its mission to the heart of Macquarie Group, kicking off a remarkable journey of breast cancer awareness. The goal? To ignite a fire of awareness among Macquarie's dedicated employees. Our team began to individually counsel every woman before they got screened to ensure they entered the screening room with no worries and apprehensions.

Day 2: After a whirlwind day of screening, our tireless team left no stone unturned, ensuring 150 women received the gift of early detection. But we didn't stop at just that. Team YouWeCan went above and beyond, not only showing the 'how' but also the 'why.' We educated these incredible women on the importance of self-breast examination and understanding the subtle signs of breast cancer. Knowledge, as we know, is power.

Day 3: With hearts full of determination, our unwavering team celebrated a resounding success, touching the lives of 369 remarkable women. We didn't just stop at screening; we empowered them with knowledge, arming these heroes with the awareness they need in the battle against breast cancer.

Team YouWeCan has been on an incredible journey with Macquarie, empowering these women with the incredible strength of early detection. Together, we've created a force to be reckoned with in the fight against breast cancer. Our next chapter involves gifting screenings to women in the Sikanderpur village. Stay tuned for more!





Bag Distribution: Spreading Smiles, One School Bag at a Time!

On the grand occasion of our 77th Independence Day, we did more than just celebrate freedom; we celebrated the enduring spirit of hope and the radiant smiles that know no bounds. A freedom from the shackles of the disease!

In a moment filled with honour and inspiration, we joined hands with the courageous young warriors battling cancer on this very Independence Day. True freedom is not just about breaking chains, it's about creating opportunities, sharing joy, and lighting up the future. With each school kit bag we shared, we painted a brighter picture for these incredible young souls, reminding them that their dreams know no limits.

This Independence Day, let's remember that the power of unity, hope, and kindness can truly light up the world!



Survivor Story

On April 18, 2023, I found myself perched on the cliffs of Dover, gazing across the English Channel, my mind immersed in history. These iconic cliffs had silently witnessed the heroic Dunkirk evacuation nearly eight decades ago. As I contemplated this, I realized that these cliffs were now bearing witness to my battle for recovery.

My sister interrupted my thoughts, reminding me of the significance of the day - it marked the first anniversary of my craniotomy to remove a rare tumour. I vividly recalled the post-surgery struggles, from groggy 5 AM showers with pounding headaches to the challenge of walking a few steps down a hospital corridor. Within a week, I had shed nearly 13 kilograms, an unintended consequence of my ordeal.

Yet, as I regained my strength, my determination to heal grew stronger. My first milestone was a simple yet monumental one - walking independently. Fueled by my mother's homemade curd rice, I started with small strolls in my front yard before venturing onto the road. That first walk beyond my home, accompanied by my father to an ice cream shop, felt like a celebration of life itself.

Reacquainting myself with my bicycle marked another significant step in my journey. The fear of blacking out while riding had led me to the hospital initially, but the joy of cycling on sunny mornings lured me back into the saddle. Soon, I was covering my usual 18 kilometres a day, and my spandex shorts fit better than ever.

Perhaps the most profound milestone was resuming travel. A poster in my first suitcase had boldly declared, "My Dream? To travel the world!" While I'd already embarked on many adventures, my first post-surgery trip to a wedding in Chennai felt particularly poignant. Dancing in the sweltering heat, I couldn't help but touch the scar behind my ear, a reminder of my recent journey. Since then, I'd embarked on numerous trips, including the one that led me to the cliffs of Dover.

The pinnacle of my healing journey was an unexpected pilgrimage from Canterbury to Dover. Although neither my sister nor I possessed religious fervour, we decided on a whim to walk the 30-kilometre stretch along the Via Francigena, an ancient pilgrimage route. As we sat there on the cliffs, my sister mentioned that it was the anniversary of my surgery. I was overwhelmed by emotions difficult to put into words. A year ago, I couldn't even stand, and now I had walked nearly 30 kilometres. This personal pilgrimage mirrored the journey of healing and self-discovery I'd undertaken over the past year. It taught me to appreciate my body's resilience and strength. This story serves not as a motivational parable but as a gentle reminder to keep moving forward.



ADITYA ARUN



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 Soheli Akhtar's Heart!

Please introduce yourself:

Name: Soheli Akhtar

Location: Jaipur town, Odisha

Occupation: Social Service

1. Introduce yourself. Where are you from and how did you become involved with the foundation?

I am SK Soheli Akhtar. I come from Jaipur town and district in Odisha. I got involved with the YouWeCan foundation through some Yuvi fans- Sujana and Sarvan who are also active volunteers at YWC.

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

Yuvraj has been my idol since childhood and following him and his work to fight against cancer motivated me to get involved with YWC.

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

The most memorable moment that I experienced was the celebration of Yuvi's Birthday on 12th December 2022. On that day, coming together with my fellow Yuvi fans - Bhaviyam, Disha, Sam Ujjwal, and Tithi & I provided 50 underprivileged children and poor old people with food supplements and clothes. Particularly, they all had these bright smiling faces which I cherish forever.

4. What do you aspire to do?

I want to become an apparel entrepreneur. Although I am doing a bit of social service with my fellow Yuvi fans now, I want to do something big for the needy through YWC.

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

From Cricket to real life, Yuvi has been an inspiration for me in every walk of life. My happiness had no boundaries when I saw him in real during the Vijay Hazare trophy – 2018. His NEVER GIVE UP attitude on the field and his inspirational fightback off the field are of a different level altogether. He means the world to me.



Quiz Whiz

What is the primary cause of skin cancer?

- A. Genetics
- B. High sugar intake
- C. Exposure to ultraviolet radiation
- D. Air pollution



Which of the following is a common symptom of breast cancer?

- A. Sneezing
- B. Persistent cough
- C. Sudden weight gain
- D. Thickening or lump in the breast

How can tobacco use contribute to cancer development?

- A. It has no impact on cancer risk
- B. It reduces the risk of certain cancers
- C. It increases the risk of various types of cancers
- D. It only affects lung health



What does the gold ribbon symbolize about childhood cancer?

- A. Hope and Resilience
- B. Cure and Recovery
- C. Awareness and Support
- D. Early Detection





Myth Busters



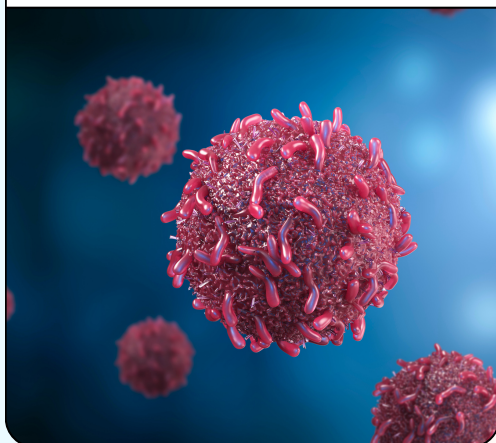
Myth 1: Using a cell phone can directly cause brain cancer.

Fact: Extensive scientific research has not established a direct link between cell phone use and brain cancer. The radiofrequency energy emitted by cell phones is considered to be non-ionizing and lacks sufficient evidence to support its role in cancer development. However, to minimize exposure, you can use hands-free options and limit lengthy calls.



Myth 2: Antiperspirants or deodorants can lead to breast cancer.

Fact: There is no substantial scientific evidence linking the use of antiperspirants or deodorants to an increased risk of breast cancer. This myth likely originated from concerns about chemicals in these products, but current research does not support such claims. Focus on maintaining a healthy lifestyle and attending regular screenings to promote breast health.



Myth 3: Cancer is always a death sentence; there's no point in seeking treatment.

Fact: While a cancer diagnosis is undoubtedly a serious matter, advancements in medical science have led to significant improvements in cancer treatment outcomes. Many cancers are now treatable, especially when detected early. Seeking timely medical attention, exploring treatment options, and adopting a positive mindset can play a crucial role in overcoming cancer and improving quality of life.

UPCOMING EVENTS

MSD
Fellowship
Program
(Oral Cancer
Awareness)

Breast Cancer
Screening at
Macquarie in
Mumbai Office



Content and Design Team:

Poonam Nanda
Dr. Sumedha
Kushwaha
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Manan Monga
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