



Ugam Calling...

2nd Anniversary Issue

Chal diye hum lekar apna caravan
Likhenge khushiyon se bhari ek dastan
Raho ke tede mede jo mod ho
Tute na in haatho ke jo jod ho
Jeevan ki dhoop main hum pale hain
Kaanto ke raston par chale hain
Mehkae phoolon se ye chaman
Dekha jo dard ko hum mita de
Ek lau se ye jahan jagmaga de
Bharde umango se ye gagan
Hum hai Ugam hum Ugam

Jeeva ki asha ko
Pyar ki bhasha se
Ab to mehkana hai
Khushiyon ko lana hai
Badhte hi jana hai Ugam
Bikhre un sapno ko
Phirse uthana hai
Badhte hi jana hai Ugam

Chal diye hum lekar apna caravan...

Indian Cancer Society

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Rs 5000, April

Cancer survivorship issues: An Indian Scenario



**Dr.Purna Kurkure,
Convener, Ugam
Professor / Incharge Pediatric Oncology
& ACT Clinic, Tata Memorial Hospital**

It gives me great pleasure to put down my thoughts for the second anniversary issue of Ugam's newsletter.

Ugam- a support group formed by childhood cancer survivors from ACT (After Completion of Therapy) clinic of Tata Memorial Hospital under the survivorship programme of Indian Cancer Society deserves accolades for bringing Cancer Survivorship issues from the closet to the public domain.

There are three stages of survivorship:

Living with cancer begins from the moment of diagnosis. The focus is on treatment, curing cancer, if possible, or controlling cancer to the point where one can live with it long term.

Living through cancer refers to the period following treatment in which there is relatively high risk of a recurrence of cancer.

Living beyond cancer refers to post-treatment and long-term survivorship.

Cancer survivors begin a new lifelong battle, which is best fought through a team approach.

In India, the number of cancer cases at present is placed at approximately 15 lakhs. This number is rising by 7 to 8 lakhs each year and if not checked may cross the one million mark very soon. The reasons for this phenomenal increase in the incidence of cancer in India can be attributed to a number of factors of which the most important undoubtedly are the increase in the life span of an average Indian from 52 years to 63 years, the hold of the tobacco habit, our changing lifestyles and the degradation of our environment.

Although, more and more people are surviving cancer today, the quality of their lives continues to be abysmal. Cancer patients who have completed treatment would be better served if oncology treatment centers were equipped to offer them comprehensive, pro-active follow-up care (exemplified by ACT clinic). In spite of excellent training in the curative approach to cancer treatment, most oncology specialists have had little training in the follow-up care of cancer survivors. They

clearly appreciate seeing long term survivors for return office visits, as this reminds them of the value of their efforts in managing the complexities of initial treatment. However, they are often ill-equipped to identify & manage late effects of cancer therapy. Cancer survivors receive highest quality care during the active phase of their treatment, but can be lost in transition to the more passive follow up phase of survivorship. Patients in the acute phase of being treated for cancer are helped through the use of technology, tests, and procedures. This is a 'top down' sort of treatment, with an expert—the doctor—using his or her clinical judgment to make important decisions and guide the process. During the survivorship phase, a more patient-centric approach that supports survivors' efforts to make important lifestyle changes is more likely to have an impact. Primary care physicians play an important role in the delivery of survivorship care under the "Shared Care" model.

Survivorship issues are not channelized through structured advocacy program. As of now, there is no national or state level policy that addresses employment and health insurance problems faced by survivors of cancer. The 'Persons and Disabilities Equal Opportunities, Protection of Rights and Full Participation Act, 1995' only includes those who may have suffered a permanent visible disability such as the loss of a limb. There is no protection for those who because of the effects of toxic treatments are either temporarily or permanently unable to perform their earlier tasks or who, simply because they have had cancer are now considered unemployable.

In the U.S., the disabilities act was specially amended to include protection for those who though not visibly disabled were perceived to be so, namely those living with cancer.

Cancer still carries a stigma in India due to ignorance and superstition. Therefore, while the government at the centre is all set to bring in comprehensive legislation to prevent discrimination against HIV positive people, there is no protection for people with cancer.

In India the majority of cancer patients are in the age group of 35-64 years, the most productive years. For many of these families it is not cancer that kills, but the prejudice and apathy of their employers and the lay public. If given a chance, these are people who have the potential of

becoming model employees. The experience of the USA has been that people with cancer come with an added commitment to prove themselves and that this translates into them outperforming their colleagues. Records show that attendance rates of survivors are also higher than the "normal" population exploding the myth that they are likely to ask for more sick leave. The pressure mounted on the U.S. government by the cancer survivors' networks there has also resulted in the right of people with cancer when seeking employment to refuse to answer questions that pertain to their health status if this is not directly pertinent to the requirements of the job. At present, in India, most survivors have no recourse while applying for a job.

Cancer survivors in India are not considered eligible for any kind of health or life insurance scheme, no matter how many years away they may be from the end of their treatments. This is particularly hard for long term survivors, especially those who had childhood

cancers. In the US, group insurance is one way in which the risk has been divided so that people with pre-existing conditions such as cancer can also get insurance. In fact, the latest health bill proposed by President Obama has gone even further by making it illegal to deny any one in the US health insurance on the grounds that they have a pre-existing condition or illness.

The question before us therefore is, why are people with cancer being left out in the cold when it comes to providing protection against discrimination? Do they not have the same right as others to be rehabilitated with dignity and to lead a normal life?

Is it not high time for the government of India to spell out a policy which seeks to protect the right to livelihood and dignity of people with cancer who currently face wide spread discrimination? Survivors are not asking for special privileges or a quota. All they want is the right to be seen and treated as equals and as people who still have something worthwhile to contribute. If the Centre is willing to provide protection to people with HIV and AIDS, as they should, why are people with cancer being left behind? Many such unanswered questions need to be addressed.

I wish Ugam family all the best in taking these issues forward & appeal to all the responsible citizens of our country to come forward & strengthen the hands of Ugam in its crusade.



Journey of Ugam Continues...

Indian Cancer Society: Founder's day – Race of Hope Feb 2011:



Ugam members participated in large numbers at the Indian Cancer Society's Founder's Day Celebration, Race of Hope held at the Mahalaxmi Race Course on 27th February 2011. They distributed souvenirs to guests and helped in the fund raising activities held on that day.

National Childhood Cancer Survivor Conference: Feb 2011



Rajiv Gandhi Hospital, Delhi organized a National Childhood Cancer Survivor Conference from 6th to 8th February 2011. Ugam members were invited by Cankids to attend the event at Delhi. Ugam members actively participated in it. On the 1st day of the event a cricket match was played between Ugam and Cankids members. Mr. Atul Wasan was the chief guest. Ugam members, along with Cankids participated in the rally held the next day to bring about

awareness of cancer. On the same day there was a question and answer session between the Ugam members, KCK members and the panel of Doctors invited for the conference. Ugam members had a very interactive session.

HOPE 2010: Dec 2010



HOPE 2010 was organized by Tata Memorial Hospital on 12th December 2010 where all children undergoing treatment at Tata Memorial Hospital participated in a drawing competition. The participation of the children need to be praised. Bollywood actor and director, Mr. Amol Gupte participated and truly brought "Taare Zameen Par" for the kids that day. It was a happy day for the children. Hope 2010 continued at the Tata Memorial Hospital's Choksy auditorium the next day. Bollywood actor Mr. Ritesh Deshmukh and leading youth politician Mrs. Priya Dutt graced the occasion. Mr. Niel, a famous musician from Israel entertained the guests with his performance. Ugam members not only volunteered but also performance for the kids, which was highly appreciated.

Children's Day Celebration: Nov 2010



Children's Day was celebrated on 14th November 2010 with the children cancer patients on the 11th floor of Tata Memorial Hospital. Ugam members distributed gifts and sweets to the children admitted in the pediatric ward and also gave moral support to the parents.

Breast Cancer Day celebration & inauguration of Digital Mammography Van: Oct 2010



Indian Cancer Society celebrated Breast Cancer Day On 22nd October 2010 by inaugurating a Digital Mammography Van to create awareness among people and to continue their crusade against Breast Cancer. Ugam members volunteered and participated in the celebration.

Lions Club Event at TMH: Oct 2010

On 7th October 2010, Lions Club organized an event for cancer patients which was held at the TMH Choksi auditorium. Ugam members were called there as volunteers

Journey of Ugam Continues...

and they didn't miss the opportunity to represent Ugam by performing a dance and also an awareness skit. Bollywood stars Mr. Javed Zafri and Mr. Naved Zafri were the guests of honor and the children enjoyed their presence.

Picnic at Tikujiniwadi: August 2010



Mr. Virubhai organized a picnic to Tikujiniwadi in August 2010 for the cancer patients and survivors. Tasty snacks, lunch and drinks were served and the picnic was a memorable day for all. We thank Mr. Virubhai for organizing such a wonderful picnic for the cancer kids.

Dahi Handi:

Ugam members took part in the DahiHandi festival on 1st September 2010 at the Thane Talav Pali organized by the Thane MLA Mr. Rajan Vichare. Two of their members, Rajesh and Preeti, broke the Handi and delivered a strong message that survivors are no less than other participants. They also won a cash prize of Rs 11,000/- and a trophy which was a cult of Radha and

Krishna. This prize money is being utilized to carry on the activities of Ugam.

Taj Mahal Hotel, Mumbai - Educational Programme June 2010:



An educational programme was organized by MSW Dept; Tata Memorial Hospital on 12th June 2010 at the Taj Mahal Hotel, Mumbai. This programme aimed at helping cancer patients with their education by providing them with scholarships and books so that they complete their studies. The chief guest was, famous Bollywood singer, Mr. Shaan with whom all the patients really enjoyed themselves. Ugam members volunteered at the function. They also performed a dance and an awareness skit, which was enjoyed by everyone.

Ugam's 1st anniversary June 2010:



Ugam celebrated its 1st anniversary on 6th June 2010 (first Sunday of June). The chief guest was Mr. Alyque Padamsee, well known image of Indian Advertising also known as the "Brand father of

Indian Advertising" and Monica Wahi, creative consultant – Production and Marketing of Children's Film Society India. The whole function was organized by Ugam members. They performed a dance and an awareness skit which was highly appreciated by the audience. The highlight of the day was Ekta and Ajay's wedding. Both Ekta and Ajay are childhood cancer survivors and Founder members of Ugam. This was a historic day for the Ugam unit since they released their 1st newsletter "Ugam Calling", based on how they function and their endeavors towards a meaningful life.

Chatai Clinic: Tata Memorial Hospital Since May 2010



The Chatai clinic has been successfully carried out by the Ugam members since May 2010. It provides emotional support to the parents of children suffering from cancer and who are unaware of the future treatment formalities of the disease. Mrs. Poonam Bagai, head of CanKids India, a unit of Indian Cancer Society inaugurated and launched this program on May 8, 2010. The Chatai clinic is co-managed by two Ugam members on a rotational basis. An educational magazine

Journey of Ugam Continues...

called "We Speak" is distributed to the children which keeps them updated with lots of general knowledge, puzzles, quiz and funny games. Ugam would like to acknowledge the support and generosity of Mr. Siddharth for giving us 150 copies of this bi-magazine free since March 2010.

Personal Counseling of Survivors & Parents:



Along with the above periodic activities, Ugam members have a pre-scheduled program which is organized every Tuesday at the ACT Clinic (After Completion of Therapy) at Tata Memorial Hospital. This activity is also conducted by two Ugam members on a rotational basis. They are present at Tata Memorial Hospital every Tuesday where cancer survivors come for their routine checkup. Most of them are adolescents and require proper guidance in terms of their educational, personal and social problems and further follow up.

Regular follow up is very important and hence we always emphasize on the same.

From the Desk of a Survivor

Hello Friends!!!!

Mera naam Preeti Phad hai aur meri umar 23 saal hai. Main ek childhood cancer survivor hoon. Main jab 9 saal ki thi tabhi mujhe eye cancer hua tha (Retinoblastoma). Jiske vajha se meri left eye nikal di gai hai. Tata Memorial Hospital(TMh) mai mera treatment hua hai, jisse aaj mai puri tarah theek hoon. Lekin aajbhi mai saal mai ek bar follow up ke liye jati hu.

Main ek middle class family se hoon, maine mere papa ko bachpan mai hi kho diya. Mujhe ek bhai or ek behen hai or hum sabki zimmedari mere maa pe thi or usme mere ye bimari!!. Lekin phir bi in sub paristiti mai bhi meri maa ne meri treatment pura kiya. Uske liye TMh ke social workers or trustees ki madat lee, aur is tarah se mujhe mere doctors aur mere maa ne dusara janam diya.

Lekin in sub ke dauran bhi maine mere padhai nahi chodi. Mere nasib se mujhe jo school or school teacher's mile unhone mujhe bahot madat ki or sabse badi baat mere doston ne kabhi mujhe unse alag nahi rakha.

Jab mai cancer patient thi, tab bhi mujhe woh pareshani nahi hue jo mujhe ek cancer survivor banne ke baad hue. 9 saal ki age mai aankh nikalne ke karan usme or dusre aankh may thoda farak dikhta hai or radiation ki wajah se uske palak bhi nahi zapakti. Is wajhse jab mai kabhi bahar jati thi, to log mere aankh ko ghurte hai, aur kuch log puchte hai ye mujhe bahot bura lagata hai or dhire dhire ye mere dil pe asar karne laga.



- Preeti Phad

aur isliye maine ghar se bahar niklana band kar diya, aur mai roti rehet thee. Ro ro kar aankh ka problem badha gaya jis wajah se mai mere T.Y.B.com kaa exam nahi de paie par uske baad maine exam diya or pass bhi ho gaye, lekin abhi bhi mai khudko kabhi bahar comfortable feel nahi karati thi. Aise hi ek din mai Tata Hospital may follow up ke liye aaye, tab mujhe Rajesh mila or us se mujhe pata chala Ugam ki survat (inauguration) hai or usne mujhe Ugam ke bare me bataya. Tab se main Ugam se jud gaye or Ugam meri zindagi ka ek hissa ban gaya. Kyunki Ugam hi meri zindagi mai phirse ek naye umang laya tha, kyunki inauguration ki tayari, phir woh function is dauran ugam friends se milnaa or in sub mai puri tarah se jud jana jis se main mere sare taqlife bhul gaye. Ulta sidha sochna chod diya. Meri bimari mai finance help ke liye jis tarah social worker ka roll raha hai use dekh bachpan se hi mai chati thi ki mai bhi kal kuch aise hi kar saku. Lekin jab mai depress ho gaye thi kuch karana nahi chahti thi aise waqt mai Ugam se mili. Ab mai graduate to hoon lekin ab main MSW (Master in Social Work) karungi aur is ke liye mujhe Ugam ne hi encourage kiya hai.

When I got married to Shalaka's father, I went to stay at my in-law's house at Naigaon, Kamal Niwas, which is very close to Tata Memorial Hospital. I would often visit my husband's paternal aunty who used to stay at Ambekar colony, very close to Kamal Niwas. The closest route to her house passed in front of Tata Memorial Hospital. I remember the words said by mother-in-law, "Malti don't take that closest route to go to Bai's house, don't let the shadow of that unholy hospital fall on you".

I never thought that the hospital from which I use to keep myself away from would be the same hospital that I would have to visit every day in my life and that too for my own daughter. Yes, it was my daughter SHALAKA MANE who was detected with blood cancer in 1991.

This trauma scattered my house and my life. Shalaka is my youngest daughter and was very active when she was small. She had curly hair and they were so rough that we used to call her Satya Sahi Baba. My cute little girl was just 8 year old when she underwent two operations before the disease was detected. During her 2nd operation she fought for her life. I thought I would lose my child but God had some other plans to check my ability to fight for the life of my child. I remember after two operations my child did not get back to normal. She lost weight, her blood counts went down and I decided to take her to Bombay Hospital to see a child specialist, Dr. Tibriwala.

Straight From a parent's heart

He was the one who attended to my daughter and decided to admit her. His assistance Dr. Anupama found some abnormalities in my daughter as Shalaka was not responding to the medications that were being administered. Dr Anupama decided to do a bone marrow test. Then everything went wrong. Or rather I would say everything went right because that's when I came to know that my child need to be taken to Tata Memorial Hospital for her further treatment.

I was broken from inside. My husband was totally shattered but I decided that I would do anything to get my child back from God's clutches. At Tatas I met Dr. Pai. He explained everything to me like an elder brother and told me that 70 out of 100 children survive and your child is on the safer side if treated early. I told Dr Pai that the 70th rank is of my child. I remember him saying, "good, keep that attitude and you will win". Everything was going smoothly. We used to go for her yearly check-ups at the hospital whenever we were called.

However, again in 2002 things went wrong. The doctors found a tumor in Shalaka's brain. I must say my child's willpower needs to be appreciated. She was upset for being a science student she knew everything that was going on with her. However, I told her that if God wants to test our patience do not back



-Malti Mane

up, fight till you win. Here I must thank Dr. Purna Kurkure who took a keen interest in starting the treatment as early as possible because this time things did not look good. The tumor was malignant and she was given very high doses of chemotherapy followed by 30 sessions of radiations and also oral chemo's. After completing her treatment the results were good. No doubt the treatment affected a part of her forehead bone on the right side which was taken out in 2008. My child also lost her vision in her right eye. She was in her T.Y BA that year but she passed her T.Y. B.A with very good marks. Subsequently, she also passed her MA part one in 2009 and will definitely pass her MA part-2 this year and secure her position in today's competitive world.

She and many of her survivor friends are part of an NGO called Ugam. All these childhood cancer survivors are not only warriors but also victors of CANCER. May God bless them all with good health.

Survivor's quotes

Indrani :



Quote: Ugam se mujhe phele to akeli jindegı me naye sahara mila. Dost milee. Dusre patients logo ko help karna sikhi, unke relative walo ko emotional support dena sikhi. Mujhe bahot achha lagta hai ye sab kaam karte hue jo maine Ugam se sikha hai.

A wish: Mera Mumbai me rahena ka sapna hai. Ugam ke dosto ko pane ka sapna hai. Apna carrier banane ka sapna hai. Jo Mumbai me pura ho sakta hai.

Latest news: Now I am a student of tenth standard. I will give the exams on 13th April though my treatment is also going on.

Life after being a Survivor: Survivor hone ke baad aisa lagta hai jaise mai to thik ho gayi hoon par abb dusro ko thik hone me madat karnachahati hoon. Patients logo ke relative walo ko mai emotional support dena chahati hoon hu. ki mere tarha app ke patiens v thik ho jayenge! aur survivor hone ke baad mai apne app se proud feel karti hu ki mai cancer jaise bimari ke sath fight kiya aur winner ho gayi

Hrishikesh:



Quote: "I can I will"..... It's good to see survivors like me being together. Sometimes I use to criticise that why all this happened to me. But after I came to Ugam I realised that I am not alone. I feel bad for others rather than myself.

A wish: I want to live like a common man, marry a common girl, work in a good organization without any support. In short "I want to live an independent life".

Latest news: I am working with the broking company Sherkhan.

Life after being a survivor: I have completed my graduation in BSc IT with 1st class but due to recession I have not yet got a good job in my field. I wanted to prove myself so I joined a broking firm and changed my field. My wish is to make my family proud, give all the comforts to them and have sweet and understanding wife. Still I am fighting for a normal life thinking one day I will succeed.....

After my operation I joined school. There I faced many challenges; one of them was that I had to cope up with my

studies since I was directly passed from 3rd std. to 4th std. During this period I had undergone chemotheapy from TMH, due to which I suffered from hair loss and I became very angry with myself. Then I started wearing a hat to hide that portion and concentrate on studies because I was afraid of people making fun. Then I got to know that radiation too has some side effects and due to that my ears can get damaged. So, I went to Dr. Ali Yavar for a check- up. My left ear was weak and the doctor advised me not to talk on the phone constantly but I have to do it since without that I can't work. I made a habit of staying away from groups and making few friends which may help me when I am in trouble.

Shalaka:



Quote: "Koshish karne walon ki har nahi hoti"
Yes this is one quality in me that I am still alive after fighting with cancer twice in life, friends... many a times you don't find things as you plan, no problem try to make them the way you want them

and I am sure life will be as beautiful as you want it to be and remember never give-up try and try until you succeed.

A wish : I wish to study further and do my PHD so as to be designated Dr. Shalaka Mane which I always wanted to. In fact I was supposed to try for medicines after my 12th but that same year I had a tumor, anyway I know to fulfill my dreams at any cost.

Latest news: Friends you all will be happy to know that I have passed my TYBA with a very good percentage in 2009. I passed my MA-1 last year and also completed my MA part 2 this year and am planning to give the UGC Net exams this year. Wish me LUCK and also help all we UGAM MEMBERS to grow into a big TREE.

Life after being a survivor: Friends this is my 3rd year with UGAM and I am also one among the founder members of UGAM and proud to be a part of this NGO which is more than an inspiration for all we childhood survivors to do something for the welfare of ourselves.

Mahendra:



Quote: "A man sooner or later discovers that he is the master-gardener of his soul, the director of his life". Life is

full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams. Ugam has given me how to live your life happily in any environment. It has helped me in bringing my talent out of different fields like I was not a good dancer, I became somewhat a dancer, I never faced the audience because of fear in facing them, now I can face the audience without any fear. I never did ramp walk in my whole school life and college life, UGAM allowed me to do the ramp walk. In short it brought out some of the talents which I also did not know I had.

A wish: To be with my and always help them be secure. I would also like to complete my MBA and CFP.

Latest news: I am aiming to get into a good institute to do my higher studies like MBA.

Life after being a survivor: Honestly speaking cancer has left many marks in my life forever. But that does not mean I should stop living a HAPPY LIFE. Today I have recovered from cancer and I am living a happy life for the last 16 and a half years after cancer treatment. I must say I am really happy now. I want to be an example to those who are losing their hope to lead a normal life due to cancer and I want to say, "Life is beauty, admire it. Life is a song, sing it."

Nirav:

Quote: God helps those who help themselves. I believe in this quote as I always feel that if one cannot help oneself in



his life then even God cannot help him. Even today, being a survivor, I never back track anywhere thinking that I won't be able to do something since I had cancer; I keep on doing my work and giving my 100% because I know somewhere my God is watching over me and is happy.

A wish: I want to learn English, want to go to London for further studies, and want to make my parents proud of me.

Latest news: I have started going to English classes which is the first step towards achieving my goal.

Life after being a survivor: My life has changed a lot after I defeated cancer. There are certain positive as well as negative changes that have taken place in my life. Due to cancer I lost interest in my studies and now I am into Hardware and Networking. Now for me my carrier has become a challenge which I am sure I will win.

Priyanka



Quote: “Every successful person, has a painful story and every painful story, has a successful ending. Accept the pain and get ready for success.” This quote has become a part of my life as a cancer survivor, to start achieving success. I joined Ugam and achieved confidence in myself and successful inspiration in my life.....

A wish: I wish to study well and be a good Interior Decorator in future and make my parents proud of me. I wish to make more sweet friends in my life in our group.

Latest news: I have completed my Diploma in Art Teaching. I joined BFA (Interior Decoration) at the JJ School of Art. Now I am in my 3rd year. I enjoy my field and like being a part of the Ugam family.

Life after being a survivor: To be a survivor by challenging the disease is one's own pride. Now I have the strength to face any difficulties in my life as small challenge. I am proud to be a survivor and a part of Ugam because through this group we can give emotional support to patients, their families, relatives and be an inspiration to them.

Ekta



Quote: “Life is a long Journey with huddles and puddles....so....Live your life to the fullest”. After surviving cancer, I feel everyone must follow this phrase. No matter how many difficulties come your way...we should enjoy each and every moment of life - fighting and conquering!!!

A wish: I want to go to Paris-My Dreamland.

Latest news: Hey friends! This is something special - last year I got married to the love of my life -Ajay. He too is a cancer survivor like me.

Life after being a survivor: Surviving cancer is itself something special. It is a gift from God as he wants us to stay back and do our best and prove that we are no less than others. So this is what I follow now - I have completed my studies. I have a career as a French lecturer and have also settled down with my husband. Apart from this I work for Ugam. I have got the opportunity to unite with other cancer survivors and work for the betterment of cancer patients/ survivors and their families.

Arun Kumar Nadar



Quote: “Jitha hai Jineke liye”- After winning our battle

with cancer, one should always look forward as a leader with exceptional ability & desire which makes oneself feel that, we are special.

“We make our self special not different”.

Thinking makes a man different. Think positive never negative. Mind over matter is all that matters.

A wish: I want to be a computer Hacker.

Latest News: My Brother (Vanesh Kumar Nadar) Appeared for CA final and is awaiting his result. After his result I can ahead with my dream.

Life after being a survivor: After my treatment I lost interest in my studies. But I got interested in the field of IT. So I did my Hardware & Networking And Advanced Networking from IIHT. I have gained a lot of work experience and I am working with a firm with a good salary. I am living life on my terms and in the way I like it. I am happy with what I have.

I am a victor of childhood cancer which is my stepping stone to success.



Message from our Ugam Friends

Your present circumstances don't determine where you can go; they merely determine where you start-

“Ugam for us is more than an organization that works for cancer patients and survivors. It is like a family that shares, cares and stays together every moment. The most amazing thing about Ugam is the unending passion and energy that keeps them working towards the betterment of life of cancer patients and survivors. They never miss an opportunity to make any



Ugam event big & successful. Being a part of Ugam has made us proud as human beings and the experience so far has been extremely satisfying as an individual. Ugam has impacted our lives to a great extent; in a way we have become more

responsible towards society and an eagerness to devote ourselves for an exuberant group like Ugam. The thing we learned is that cancer patients need encouragement, hope and more often than not, a BIG dose of "You CAN do this!" They do not need endless sympathy. The best thing which we get out of putting our efforts for Ugam is the smile on the faces of cancer patients which is simply PRICELESS!! “

-Maqsood A. Khan & Nitin S. Ladge
(UGAM friends)

Ugam

We march and how!
Together with clasps so
strong
of our hands,
we march determined
and how!

We express and how!
Our happiness untold
before
love in manifold to core
we march and how!

Matters not the distances
infinite
of turns and twist as
for glory we unite
we march and how!

The sun has made us steady
and bold



the thorns and pricks turn into
gold
with our touch of happiness
we care and how!

We hope
we believe and how!
In linguals of love
and fragrances of freedom
we hope and how!

We gather and how!
Broken dreams of the past
as we unite atlast
we march

we march and how!

-Shashank Johri



Vision

- **To ensure that every childhood cancer survivor finds his/ her way to celebrate life after winning their battle with cancer.**
- **To facilitate their life's journey on the correct path & in the right direction.**

Mission

- 1) **Empowerment of young survivors**
- 2) **Helping children with cancer undergoing treatment**
- 3) **Social awareness and re-bonding with society**

We appeal to your organization/trust for financial aid. Please consider donating generously towards the care & rehabilitation of cancer survivors. Donations are exempted from Income Tax under Section 80(G) of the Income Tax Act, 1961.

Cheques / DD should be drawn in favour of Indian Cancer Society, payable at Mumbai, with a covering letter stating that the donation is for Ugam.

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