



Ugam Calling...

5th Anniversary Issue

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

- Empowerment of young survivors
- Helping children with cancer undergoing treatment
- 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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Indian Cancer Society

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Please visit our Website: <http://www.ugamcalling.org>, Email id: info@ugamcalling.org

You can also visit : (<http://www.indiancancersociety.org>)



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The UGAM FAMILY

Dr. Purna Kurkure

Convener

Shekhar Jha

Executive Administrator

Ekta Rawat Pawar

Co-ordinator, Working Groups

TMH

Dept of Pediatric Oncology
Dept of Medical Social Worker
Dept of Psycho Oncology

ICS

National Managing Committee Members
Shankar Bose (COO, ICS)
Lalitha Nair (Deputy Director ICS)

Volunteers

TMH

Niranjan Parikh
Shalini Jatia
Sanjeev Sharma
Ameeta Bhatia

ICS

Lolita Saletore
Urmila Jain
Sophie Ahmed

Working Groups

Patient support group

Bhaskar Pandey / Smruti Ambre / Shifa Sheikh

Survivor support group

Shekhar Jha / Vanchinathan / Aishwarya Nikale

Creative group

Sushant Bane / Sachin Chandorkar /
Shweta Chawre / Emmanuel

Educational & Vocational support group

Shalaka Mane / Vishal Tamhankar/
Priyanka Jadhav

Marriage counselling group

Mrs. Sampada Sakre / Ekta Rawat Pawar

Public Relations

Narendra Shetty / Pranav Mukhi

Information technology

Arun Nadar /Ajay Pawar

Fund-raising group

Priti Phad / Nilesh Dokhe

We are grateful to management of Tata Memorial Hospital & Indian Cancer Society for their unconditional love & support.

We are grateful to all Ugam friends & donors for their generous support.

We are grateful to Mr. Kiran Talcherkar and Display House for technical support & Mr. Ranjan Kapoor for financial assistance towards publication of Ugam Calling



Dr. Purna Kurkure

Convener, Ugam
Indian Cancer Society
Incharge, ACT Clinic
Tata Memorial Hospital

Greetings from Ugam on 5th Anniversary Day Celebrations!

The first five years of any organization is an acid test for its foundation. We call it under 5 mortality in medical parlance. Ever increasing activities of Ugam & its visibility in society is a testimonial for its solid foundation. The seed which was sown as After Completion of Therapy (ACT) clinic for childhood cancer survivors at Tata Memorial Hospital in 1991 has grown like a big banyan tree with a strong branch - Ugam-a support group formed by childhood cancer survivors which is making inroads under the Survivorship Programme of the Indian Cancer Society. It is now the time for reflection, consolidating our efforts & growing further as a responsible organization in the society.

What helps to sustain Survivors Groups & why is a survivors group necessary?

Three main points which sustain & are at the core of such a support group are:
Social Contact : Being part of a group and having a social network of people, who have had similar experiences will have a positive effect on quality of life (QOL).

Sharing : This is referred to the different ways of exchanging experiences within a group. Members of a survivors group feel understood, less alone, and can strengthen their self-esteem.

Giving Back: Giving hope to others who are living with cancer is very important for Survivors.

Of 1650 childhood cancer Survivors registered in ACT clinic till date, 882 (53.5%) survivors are more than 15yrs at last follow up. 794/882 (90%) are in Adolescent & Young Adult (AYA) age group (15-30yrs). We realized that the survivor's needs go beyond medical care particularly in AYA group. Issues such as deprivation of higher education due to financial constraints, unemployment, non-eligibility for health or life insurance schemes, stigma related to past cancer experience leading to societal rejection, difficulties in marital prospects & infertility lead to low self esteem & poor QOL.

There is no advocacy policy for survivor's issues in India. Ugam is currently functioning at a local level within Mumbai & cater to only Mumbai based AYA survivors from ACT clinic. It is constructively working on plans of expansion in other states under the umbrella of the Indian Cancer Society. We have sown the seed to start Ugam chapter in Patna under the banner of ICS Patna branch in collaboration with Mahavir Cancer Sansthan with help of our enthusiastic ACT clinic survivors from Bihar state. We hope to see it blossom into a big tree.

The ultimate goal of Ugam is to empower survivors and inspire people to enhance survivors support group networks all over India and spread awareness about the need of survivorship care model at major cancer institutes. This will have a direct impact on effectively improving oncology care in India. Ugam also aspires to represent childhood cancer survivors from India on a global platform & take a leadership role for the survivorship programme in Asia.

I wish Ugam members good luck & ability to work hard towards fulfillment of their roles in society.



Savita Goswami

Mentor, Ugam

Clinical Psychologist

Tata Memorial Hospital

Dear Ugam.....

We have reached our 5th anniversary. It is a moment of joy as well as pride for all of us. In 1996 I joined Tata Memorial Hospital as a Clinical Psychologist and also started working with ACT (After Completion of Therapy) Clinic. My association with Ugam is as a professional mentor and I am really proud today to see the achievements and growth of Ugam. Each member has worked hard and contributed in their capacity. Ugam journey in year 2013-2014 is a reflection of team work, spiritual enrichment and empowerment. To empower Ugam members various capacity building and team building exercises were practiced on regular basis under supervision. Monthly meetings were conducted for focused group discussions and participation of members. Ugam has worked for their objectives like social awareness, fund raising, networking and emotional support (patient and survivors) through various activities in this year.

The strength of Ugam is youthfulness, compassion and motivation of all victors of cancer to work for cancer survivors rights. Ugam has many achievements on their accounts this year but to mention few outstanding is representation of Ugam at international conference 'International Society of Paediatric Oncology' (SIOP) at Hongkong, Best NGO award at Can India Conclave conference, recognition of work of Ugam and donation by renowned Marathi reality show 'Kon Hoil Marathi Carodpati' (E'TV Marathi). I congratulate all my Ugam members and

friends that they have worked for this cause along with their personal commitments like education, employment and family responsibilities.



Lolita Saletore

Indian Cancer Society in collaboration with the childhood cancer survivors of ACT clinic at Tata Memorial Hospital wanted to start a survivorship programme and I was asked to volunteer as their mentor. Ugam is a voluntary support group and started with just a dozen children. Our first meeting was supposed to be for just an hour but we landed up talking for 5 hours. When I went home I thought to myself "was I going to be the wind beneath their wings" or vice-a-versa.

I was to show them the dream of growth as a support group, keep their spirits high, to motivate them to never stop believing in their strength, capabilities and the power of giving and teaching and helping the children who are now walking the path they had many years ago. But after 5 years with them I can proudly say that they are the wind beneath my wings. They are my inspiration. I have grown by leaps and bound just by learning from them. I am sure each and every doctor who has treated them and have been associated with them feels the same. I want to wish each and every member of Ugam the very best in life and may success always be with them. I am sure they will reach greater heights. Together they seem to have an unseen power that gives them strength and courage to reach for the sky just like their name suggests -Ugam, to rise.

Journey Of Ugam 2013-2014

No Tobacco day:



Tobacco is considered as one of the leading causes of cancer deaths in India. On the occasion of No Tobacco Day on 31st May 2013, Ugam in collaboration with Jai Hind College had organised an awareness session at Phoenix Mall, Lower Parel. Six Ugam members presented a skit about the ill effects of tobacco and how tobacco takes a toll on one's life by causing cancer. This skit was witnessed by more than 150 people present at the mall. Rapid fire conversations and occasional comic elements in the skit made it very interesting to watch. Ugam members passed on a very strong message to the target audience that tobacco consumption should be prohibited and completely banned. The audience was thrilled with the skit performance.

Ugam 4th Anniversary Celebrations:

As we have been doing for the last 3 years, this year too we celebrated the annual survivor's day function & 4th Anniversary of UGAM – the victors of childhood cancer on 2nd June 2013. Ugam, as we all know, is a voluntary support group of childhood cancer survivors, which started on 1st Sunday of June 2009. On Sunday, 2nd June 2013 the event was held at Tata Memorial Hospital to mark the 4th anniversary of Ugam. The response was very good this year. About 300 survivors, active patients with parents attended the program.

The program started with a prayer by Ugam Members & lead by Mrs.Savita Goswami. Everyone in the auditorium observed silence remembering departed Ugam family members, Dr.Arun Kurkure & Rita Shah. Honourable guests Director Amol Gupte famous for making child-centric films and four Child Artists from underprivileged background whom he is directing for his next film, Dr.A.K.D'Cruz, Director, Tata Memorial Hospital, Mr Ranjan Kapur, Vice Chairman, Indian Cancer Society, along with Ugam Family members lighted the traditional inaugural lamp & released 4th Newsletter of Ugam.. Dinesh Chauhan made a power point presentation on Ugam's activities during the year June 2012 to May 2013. Ugam's Website Ugamcalling.org conceptualized by Arun Nadar, was launched.



The culture of Maharashtra was the theme for this year's function. All Ugam members dressed in Maharashtrian style, Men wore orange turbans & women wore sarees, some wore typical nine yard saree with traditional jewellery. Maharashtra Folk dances and folk songs along with traditional instrument Tutari were presented by a performing group Sanskriti Spandan to complement the theme. Ugam members and friends acted in a skit conceptualized by Mrs.Savita Goswami & directed by Trishla Patel. They conveyed the message of gratitude to their parents & family for standing by them in the difficult time during their treatment. They remembered how their

parents went through stress- full period during the treatment which ultimately resulted in them becoming survivors & victors. The skit was a reminder to all the survivors & inspiration to all children & their families who are currently on treatment to fight against the disease become survivors & join UGAM to serve the society. Ugam Members sang Ugam's theme song composed & conducted by Emmanuel one of the active Ugam member.

Nickelodeon, India's leading kids brand and a part of Viacom18 actively sponsored the event. They created an engagement activity around the theme of 'Real Super Heroes'. Nick recognized the valiant spirit of these victors and acknowledged them as the Real Super Heroes. Spongebob was present at the event to meet the kids and pose for photo opportunity with them. Photos were printed & given to Super Heros as a memory. 20 goodie bags were gifted to young children with the best pose. The programme ended with a vote of thanks, dancing with DJ and distribution of goodies to the attendees.

Ugam got a good media coverage this year also with its own efforts. This has helped to raise societal awareness about childhood cancers & curability.. Many survivors are joining Ugam & people from various fields are trying to help this vibrant group & give them opportunity to showcase their talents for overall development. This will help them to get back to mainstream in society.

Educational Program at Taj Mahal Hotel:



Like every year, Dept of Medical Social Service, Tata Memorial Hospital in collaboration with Taj Mahal Hotel celebrated Educational Empowerment Programme on 6th July 2013. Childhood Cancer Patients & survivors were given need based scholarships & educational materials based on their performance in exam & objective criteria. Many Ugam members benefitted from the scholarship. Professional Wrestler Sangram Singh and Actress Payal Rohatgi were the chief guests. Sangram Singh narrated his personal battle of fighting arthritis and how he emerged victorious . He also urged the children not to lose hope and keep on fighting till the very end. Magic shows, dance performances were the entertainment for the day. Ugam members presented a skit 'Tribute to parents' and also Ugam theme song which was enjoyed by the children.

Dahi handi Celebration:



Ugam Celebrated the Dhahi Handi festival on 28th Aug 2013. Ugam members were invited to Pali Talav, Thane, by Mr. Raj Vichare, a Member of Legislative Assembly, Maharashtra. More than 40 Ugam Members participated in the event. Vaibhav, one of the Ugam member, who was "Govinda" of the day, broke the Handi.

Race of Hope in Pune & Mumbai:



Race of Hope is an Annual Fund Raising Event of the Indian Cancer Society. It was held at the Pune Race Course on 4th August 2013 and Mahalaxmi Race Course on 17th Nov. 2013. Ugam members participated in large numbers at these events. They distributed souvenirs to guests and helped in the fund raising activities. The popular Ugam theme song was played for all to enjoy and sing along.

Participation in 45th congress of The International Society of Pediatric Oncology(SIOP), Hongkong, 25th- 28th September 2013:

The year 2013 brought quite a few accolades for Ugam, one of the predominantly noted one was participation by team Ugam in SIOP, held at Hong Kong.

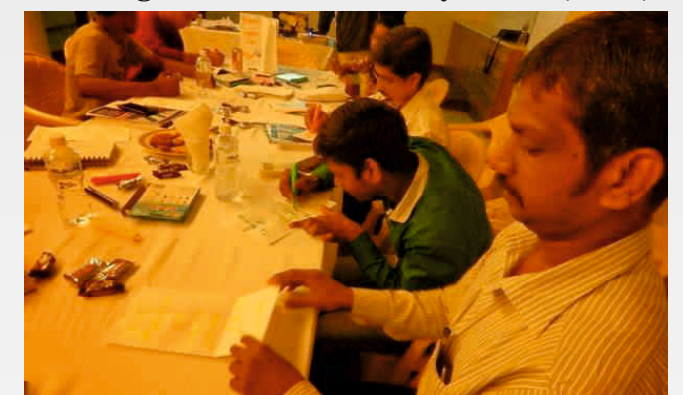
Ekta Pawar-Rawat, founder member of Ugam was awarded travel scholarship from ICCCP (International Confederation of Childhood Cancer Parent Organisation) I to present paper, "Ugam – Victors of Childhood Cancers: An Empowerment to Rise with Education" during International Childhood Cancer Survivors



Network (ICCSN) session at SIOP 2013. It was her maiden trip to any international location on behalf of the Ugam group accompanied by her husband ,Ajay who is also survivor & founder member of Ugam. Ajay presented Ugam profile during introductory session of ICCSN. Dr Purna Kurkure was invited to speak on "Collaboration between doctors and survivors about survivorship issues" during ICCSN session. Mrs. Savta Goswami was awarded SIOP scholarship to present paper, "Psychological Concerns of childhood cancer survivors & their parents " during ICCCP session at SIOP .Members from various countries praised our presentations and expressed that the survivorship programme that we have is very comprehensive.

The opening & the closing ceremony of SIOP which exhibited Hong Kong's culture was enjoyable. Overall the SIOP conference was a true achievement for Ugam and will be written in golden words in the books of Ugam's journey.

Training for conduct of Relay for life(RFL):



American Cancer society(ACS) official, M/S Julie Brickner -VP in charge of U.S.A operations of RFL, & Mr. Adam Schwartz Volunteer with ACS for RFL conducted a 3 day training session from 22nd to 24th October 2013 for the Indian Cancer Society (ICS) volunteers for organizing Relay for Life in India. ICS has been officially licensed as a nodal agency by ACS to conduct Relay for life

in India. 10 Ugam members participated in the training session for a day. The session started with the history of Relay for life and how it has spread to different countries in the world and finally has come to India. This was followed by hands on training about managing the event. The ACS volunteers explained about aims and objectives, process and conduct of the event. They also spoke about how this event is being conducted in other countries. Ugam members interacted with the ACS representatives and discussed how appropriately this event can be conducted in India. ACS volunteers also taught Ugam members to prepare luminaria bags which form a significant element of Relay For Life. This was a great learning experience for Ugam members. We are very grateful to the American cancer society for their support and cooperation & we pledge our full support to ICS for conduct of RFL in Mumbai.

“SPOTLIGHT” Fashion show for cancer awareness at Infinity Mall Malad:

When it comes to courage and inspiration cancer survivors are always at forefront. Rotaract Club of Jai hind College in collaboration with Impact Foundation Tata Memorial Hospital, had organised a fundraising event, Fashion cum Dance show 'SPOTLIGHT' on 17th November 2013 at Infiniti Mall in honour of all the survivors and patients fighting this dreaded disease. Ugam members were invited for the event as models to walk the ramp with self confidence and pride. Around 32 Ugam members, friends and patients participated in the event. The event was witnessed by atleast 800 people present at the mall. The event started with a speech about childhood cancer and its high cure rate by Dr.Purna Kurkure, Convener of Ugam. This was followed by exceptional dance

performances by Ugam members Aakansha and Sahara. The main event which caught attention of spectators was the Group dance performance by Ugam Members.



The performance was divided into 4 dance sequences which narrated the story of a girl, Tara who fought cancer successfully. Extraordinary dance performance coupled with professional ramp walk by the survivors not only delighted the spectators but also reinforced a sense of self belief and pride. Ugam members passed on a strong message that childhood cancers are highly curable. The event was a great success for the survivors as they learnt a great deal about suppressing their fears and facing the world.

Can India conclave:

Can India Conclave- A 3 day conference was held at Tata Memorial Hospital from 19th December-21st December 2013 It was attended by Cancer NGO's all across India in order to spread awareness and find out measures for tackling this disease. Ugam members participated in the conference & sent their nomination for award for Best NGO in the 1-5 yrs old category. Poster giving details of activities of Ugam was displayed at poster session. Dr.Purna Kurkure was invited for panel discussion- Committed Volunteers for Cancer NGOs & Mr Shekhar Jha was invited to Ugam members displayed a stunning fashion cum dance performance wherein the journey

of a cancer patient to a cancer survivor was narrated which was appreciated by everyone present in the auditorium.



Bollywood personalities like Johnny lever and Renuka Shahane who were present acclaimed the performance. Ugam was also elected as the 2nd best Cancer NGO in India (1-5 Yrs old category) for its campaign against cancer and rejuvenation of cancer survivors. **Hearty Congratulations to all Ugam members and friends** for their tireless efforts and hard work.

HOPE 2013-A Celebration of Life:

It was a very special morning for 300 children suffering from cancer when actor, Shreyas Talpade, director, Amol Gupte and other celebrities visited the Tata Memorial Hospital on 29th December 2013 on the occasion of HOPE 2013, an annual event celebrated at the hospital for children with cancer. The children Workshops were held a month before the event wherein children displayed their drawing skills and exhibited their talent in pottery, photography etc.. Around 10 Ugam members participated in the event by presenting a Dance performance,. 15 Ugam members were also involved as volunteers for the event. They were engaged in handling the crowd during the event and also for distribution of gifts and food.



Mumbai Marathon:

The Standard Chartered Mumbai Marathon is an annual international marathon held in Mumbai, on the third Sunday of January every year. It is the largest marathon in Asia as well as the largest mass participation sporting event on the continent. It is the richest race in India with a prize pool of USD \$350,000.



The Standard Chartered Mumbai Marathon has five different race categories: the Marathon (42.195 km/26.218 miles), the half marathon (21.097 km), the Dream Run (6 km), the Senior Citizens Race (4.3 km) and the Champions with Disability category (2.4 km).

This Marathon is just not an event for world's leading athletes, it is an event where people from all walks of life participate including Bollywood celebrities, sports personalities, business tycoons and other notable people in support of various charity organisations. Ugam got an opportunity to participate in this event held on Sunday, 19th January 2014 as member of Indian Cancer Society. Indian Cancer Society got space to put up a stage midway in the marathon route. Ugam members stood and chanted their theme song, displayed our flag and banners which read messages of crusade against cancer. Many enthusiastic marathon runners on the way did take some time off to understand activities of Indian Cancer Society & Ugam. We were thrilled with the response that we received from all age groups participating at the Mumbai Marathon.

Art festival (World cancer day):

World Cancer Day is celebrated on 4th February every year. This year Ugam joined hands with Brain Tumor Foundation & along with the students of Sir J.J. School of Arts conducted an art festival at the Tata Memorial Hospital. Tata hospital's active patients and their parents participated in this art festival with great enthusiasm. They were taught how to make artistic products with the help of clay and waste papers like mud utensils, paper bags, paper caps etc. Participants were also taught how to paint. Active patients were very happy to be a part of this Art Festival. Dr. Rakesh Jalali, Convenor of Brain Tumor Foundation gave an inspirational speech. Dr. Purna Kurkure, Convenor of Ugam highlighted activities of Ugam & encouraged Brain Tumor Survivors to join Ugam. Ugam members sang theme song. Some of the patients and survivors showcased their individual talents like dancing, singing & stand-up comedy. Gifts and lunch boxes were distributed to the patients and survivors.



Indian Cancer Society- Cancer Cure Fund- Thank you event:

The Indian Cancer Society – Cancer Cure Fund is a unique, first of its kind initiative of ICS in collaboration with HDFC AMC Ltd. This project has transformed the lives of many needy cancer patients from all over the country.

ICS has implemented this at a pan India level covering over 20 states. HDFC AMC launched a Debt Mutual fund in February 2011 that gave the investors an option to donate either full or part of their dividend income from this mutual fund to the Indian Cancer Society to fund the treatment costs for needy patients. On a half yearly basis, HDFC AMC donates the specified portion of dividend on behalf of its investors to ICS. The total amount of donations received by ICS is Rs 12.87 crores. The total amount sanctioned till date is Rs 15.48 crores for 623 patients.



On the occasion of completion of three years of the Cancer Cure Fund project, ICS organized "Thank You Event" on 7th March 2014 at Y.B Chavan Hall in Mumbai. The objective of the event was to thank the donors of this fund for their generosity and show case to them the manner in which their donation has been put to good use and has helped change so many lives. At this event ICS had invited donors, empanelled hospitals, members of GAC and DDT and a few of the beneficiary patients. Some patients from Mumbai as well as from other parts of the country were invited to share their experience and how they emerged as "Victors" of cancer. Ugam members presented a stunning fashion cum dance performance based on a theme wherein the journey of a cancer patient to a cancer survivor was narrated which was appreciated by everyone present.

Relay for Life:



Relay For Life is a 24-hour community celebration which honours all those who are affected by cancer. Relay For Life was established in the 1980s by the American Cancer Society. In recent years the concept has gone global and Relay For Life events are now held in more than 20 countries around the world, where more than 4 million people take part and raise funds and create awareness to save lives from cancer. Indian Cancer Society has been licensed as nodal agency for Relay for Life in India from 2014 by American Cancer Society after recognising its role as premier NGO in the field of cancer. Ecole Mondiale World School organized the 3rd Relay for Life but for the first time under aegis of Indian Cancer Society on 21st March 2014. This was preceded by fund raising event on 20th March, a concert by Rekha Bharadwaj, a noted singer (& also parent). Ugam members were invited to participate in the event. Relay for life is an overnight relay walkathon where groups take turns walking around the track till 8am the next day. 'CANCER DOESN'T SLEEP, SO FOR ONE NIGHT NEITHER WILL WE'. This was the attitude illustrated by each and every person present at the event. Relay for life is based on three principles: Celebrate, Remember and Fight Back. The event started with an introductory speech by the students which was followed by introduction of activities of Indian Cancer Society by Mr. Shankar Bose & of

Ugam by Dr. Purna Kurkure. Shalaka Mane, an Ugam member gave an inspirational speech about her experience in dealing with the disease. All the Ugam members sang Ugam theme song & students joined them with great enthusiasm. The relay started with the survivors lap – an inspirational time when the survivors were invited to circle the track together. Ugam members led the walk along with other survivors followed by teachers and students of Ecole Mondiale School. Ugam members were encouraged to speak about their stories in personal interaction session with the student body. Oberoi International School had organized the Relay for Life for the first time this year on 11th April 2014 which was coordinated by ex Ecole Mondiale student who was inspired by this event & also by a loss of family member due to cancer. Ugam members were invited to participate in the event. 27 Ugam members participated in the celebrations. Here too the event started with an introductory speech by Dr. Purna Kurkure. Vanchinathan, an Ugam member gave an inspirational speech about his experience in dealing with the disease. This was followed by sharing of fond memories by relatives of deceased patient. The relay started with the survivors lap – an inspirational time when the survivors were invited to circle the track together and help everyone celebrate victories. Ugam members led the walk along with other survivors followed by teachers and students of Oberoi International School. Everyone present on the track released a balloon with a message for a loved one who had succumbed to cancer. Ugam members interacted with students overnight in personal interaction session after a sumptuous dinner. Both these events have successfully raised funds which will be used for awareness & survivorship projects of Indian Cancer Society.

A gesture of acknowledgement by Kon Hoil Marathi Carodpati TV show on E'TV Marathi:

On 17th March 2014 Marathi television stars were on hot seat of 'Kon Hoil Marathi Carodpati, TV show on E'TV Marathi channel. These celebrities have played and the amount they have won is donated for good social cause. Work done by Ugam and the cause of childhood cancer survivors empowerment was viewed as significant contribution and Ugam is selected as one of the recipient of the celebrity award money of Rs.330000/- . This gesture of E'TV Marathi and team of Kon Hoil Marathi Carodpati was very encouraging for Ugam. We will give scholarship to deserving Ugam members based on their performance in previous academic year to pursue their vocation from this fund.

Awareness about cancer through Sahyadri Doordarshan Channel:

Television is a powerful medium for creating health awareness which is one of the main objective of Ugam. Ugam members performed an awareness skit on Sahyadri Doordarshan channel. The skit was written by Savita Goswami in Marathi 'Nirogi Ayushyachi Dori Aplyach Hati... Nako Balgayla Cancer chi Bhiti' and performed by Ugam members was shown on 9th April 2014.

Founders day Celebration of ICS:



Indian Cancer Society celebrated 63rd Founders Day on 19th April 2014 at Taj LandsEnd, Bandra. Our chief guests were ICS's Ambassador, Mr. John Abraham, a well know bollywood film personality and young, upcoming star, Mr. Varun Dhawan who stole the hearts of all Ugam members present on the stage with him.

Ugam members presented a skit which narrated the life of a young cancer patient under treatment and spoke about how one can live a normal life after cancer. The skit showed how patients affected by cancer go into depression, how negative thoughts affect their mind and make them lonely and how support group like Ugam can motivate them, give them moral & emotional support and create confidence to celebrate second life after cancer.

Birthday Party celebration:



Ugam is young brigade and gets easily connected to children with cancer who are taking treatment in hospital. Children on treatment always miss their family, friends and school. Children like to celebrate events and festival and almost every child wants to celebrate his/her birthday. Every month on one day, huge celebration is done with cake, music, dance and gifts and all children who are born in that particular month celebrate their birthday together with all children taking treatment at hospital in the spirit of a big extended family. Ugam members work hand in hand with pediatric oncology doctors and volunteers and facilitate the event of birthday celebration by providing coordination, entertainment and fun.

Ugam's Monthly Meeting:

We at Ugam conduct monthly meeting on the 2nd or 3rd Sunday to discuss various issues related to survivors and patients and plan for the various forthcoming events. Our meeting starts with a prayer and ends with Ugam theme song. The decisions taken at the meeting are followed up & implemented by Mr Shekhar Jha, Executive Administrator, Ugam. 25-30 members from the pool of 70-80 active members take part in the meeting depending on their personnel commitments & availability. We held such formal nine meetings from June 2013 – May 2014. We met informally & more frequently during November, December 2013 & May 2014, to plan for many activities & anniversary celebration in those months.

Victor's Stories:



Harsh Baxi

Hello FriendsMy name is HARSH BAXI I am a cancer survivor and working with Ugam is a great new experience since every time I get to learn new things. I am a more confident person all thanks to my doctors , parents and my Ugam friends.

In October 2007, while appearing for my S.S.C. prelim exams, one day my backbone suddenly started paining. This pain went on for one month and it just would not stop. I got an MRI and biopsy done and it turned out to be a PNET dorsal spine - a type of bone cancer. The only thing I knew about cancer was that, it kills. When I came to know that I was

diagnosed with cancer, I was like no more. But my parents and doctors gave me the motivation to fight against cancer. Then my treatment started at Tata Memorial Hospital. I endured 17 cycles of chemotherapy and 31 sessions of radiation. My treatment lasted for one year.

I started studying once again after a year since treatment. I can proudly say that I passed my S.S.C. & H.S.C. exams with a first class. Thereafter, I took admissions in an engineering college. My aim is to be an electronic engineer. Currently I am studying in the second year of engineering in the electronics & telecommunication branch.

I would like to thank the entire Ugam group who supported me and helped me to gain a lot of experience and for bringing confidence back into my life. Once again a heartiest thanks to the Ugam family and doctors.



Shahzad Mehmood Shaikh

Hello Everyone,

My name is Shahzad Sheikh, I am 17 years old, I am a childhood cancer survivor, and it's a pleasure to share my story with you all. So here is my story.

I was suffering from headache and that took a terrible turn at the age of 11 years. We consulted many doctors but no result was found from the treatment of any doctors. At last I went for MRI test and was detected with brain tumour.

Doctors suggested getting it operated as soon as possible. Everyone at home was worried, my Mom was not ready for my operation, but everyone made her understand that it is necessary to get me operated and then with lots

of courage and hope in heart she said yes for my operation. Dr. Atul Goel a Neuro surgeon operated me at K.E.M. hospital. After the operation I was referred to Tata Memorial Hospital, where my further treatment was done by Dr. Rakesh Jalali. He is very good doctor and a good human being. Further I had to undergo 30 rounds of radiation therapy. I suffered lots of pain and hardship during my treatment. Once my treatment was completed, I was not able to concentrate on my studies & Dr. Savita Goswami helped me & taught me coping techniques. Today I am perfectly fine. I have passed my SSC examination with first class and right now I have appeared for my HSC examination.

I am a part of Ugam since 1 year and I am really very happy to be a part of such a group that is doing its best in helping others cancer patients to cope with this kind of illness. I would like to conclude by thanking my family for supporting me, my doctors for helping me to cope with the disease & finally the Ugam to make me a part of it.

Love You all.....



Vishal Tamhankar

हेलो उगम , मेरा नाम विशाल गणेश ताम्हनकर है, मैं एक Cancer survivor हूँ। जब मैं ५ साल का था तभी मई १९९६ में मुझे LYMPHOBLASTIC LEUKEMIA (a type of a blood cancer) हुआ था. मेरी तबयित अचानक खराब हो गई, गले पर गांठ दखि रही थी । बुखार भी बहुत था, डॉक्टर से दखाया गया तो उन्होंने कहा की blood cancer,

है। पहले तो मेरे माँ और पापा को विश्वास नहीं हो रहा था, घर में सभी चतिति थे, डरे हुए थे, फरि मेरा इलाज़ Tata Memorial Hospital में शुरू हुआ। १९९६ से २००० तक मेरा इलाज़ चला। मुझे Chemotherapy और Radiotherapy दी गई। मेरी फाइल २००१ में ACT Clinic में register हुई । मैं ACT Clinic में regular follow-up के लिए जाता हूँ। ACT Clinic से मुझे बहुत मदद मिली । ACT Clinic में मेरी मुलाकात Dr. Purna Kurkure, Dr. Vandana, Dr. Savita Goswami और Shekhar Jha से हुई, जनिहोने मुझे उगम के बारे में जानकारी दी। जैसे कि, उगम क्या करता है, किस तरह से लोगो की मदद करता है। मुझे अच्छा लगा और मैंने उगम गुरुप की सदस्यता ली। मैं लगातार उगम की मीटिंग में भाग लेता रहा। Shekhar Jha से हुई, जनिहोने मुझे उगम के बारे में जानकारी दी। जैसे कि, उगम क्या करता है कसि तरह से लोगो की मदद करता है। मुझे अच्छा लगा और मैंने उगम गुरुप की सदस्यता ली। मैं लगातार उगम की मीटिंग में भाग लेता रहा। पहली बार जब उगम के मीटिंग में आया था तो मैं उस वक़्त किसी को नहीं पहचानता था। मैं चुपचाप एक कोने में बैठा था, मैं फरि लगातार उगम की सभी मीटिंग में भाग लेने लगा। पहली बार मैंने गोस्वामी मैडम के कहने पर एक skit में भाग लिया। इससे पहले मैंने कभी भी कसि भी activity में भाग नहीं लिया था। पहली बार skit में भाग लेने के बाद मुझमें आत्मवश्वास जागा, फरि मैं अगले activity में भाग लेने के लिए उत्सुक था। आज उगम में हम सब एक परिवार की तरह रहते है। मैंने उगम से बहुत कुछ सीखा है और मैं गर्व मेहसूस करता हू कि मैं उगम परिवार का एक सदस्य हूँ। मैं सभी ACT के Survivors से यह कहना चाहता हूँ कि, आप भी उगम गुरुप की सदस्यता ग्रहण कीजिये, जीवन में जरूर कुछ करने की नयी उम्मीद जागेगी। मैं आज २३ साल का हूँ, मैंने B.com कया है और अभी मैं job भी करता हूँ। मेरा इलाज़ खत्म हुए १८ साल हो गए। आज बलिकुल स्वस्थ हूँ और बहुत खुश हूँ।

आज मैं बहुत गर्व के साथ कह सकता हूँ की, मैंने कैसर को हराया है. मुझे अपने माता पति पर बहुत गर्व है की मैं आज जो कुछ भी हूँ उनके आशरिवाद से हूँ। साथ ही मैं धन्यवाद कहना चाहता हूँ, सभी डॉक्टरस का जनिहोने मेरा सही इलाज कया और मुझे और मेरी फैमिली को बहुत मदद की। और मैं धन्यवाद कहना चाहता हूँ उगम का जनिहोने मुझे अपनी बात अभिव्यक्त करने का अवसर दिया।

धन्यवाद ।



Smruti Ambre

हेलो मत्तिरो ,

मेरा नाम Smruti Ambre है, और मैं १९ साल की हूँ। मैंने HSC पूरी करके अब Beauty culture का कोर्स कर रही हूँ, उसमें मुझे बहुत मज़ा आ रहा है। मैं जब ४ साल की थी तब मुझे Wilms tumor हुआ था। इस वजह से tumour का ऑपरेशन करते वक़्त उसके जर्म्स कडिनी में न जाये इसलिये tumour के साथ साथ मेरी लेफ्ट साइड की कडिनी भी नकिलनी पड़ी। उसके बाद २ साल तक chemotherapy मेरी चालू थी। उसमें धीरे धीरे बाल झरने लगी मेरी ट्रीटमेंट Tata Memorial Hospital में चल रही थी। आज मैं पूरी तरीके से ठीक हूँ, मैं साल में एक बार follow up करने के लिए आती हूँ। मैं छोटी थी तब मेरी treatment हुई इसलिये मुझे कसिंके भी सवालो को फेस नहीं करना पड़ा। बचपन में मैंने आपने पापा को खो दिया। मैं और मेरी दो बड़ी बहेने है और हम तीनोंकी responsibility मेरी माँ के ऊपर आ गयी थी। मेरी माँ ने सब कुछ संभाल कर मेरी treatment पूरी की। पर केहेते है न जो होता है वो अच्छे के लिए ही होता है। मेरी बीमारी के कारन मैं अपने घर में सबकी चहति हो गयी। मेरी दोनो बहनो से ज्यादा सब लोग मुझ पर जयादा ध्यान देने लगे, पर सबसे

ज्यादा ध्यान देने वाली मेरी नानी है। पापा के नधिन के बाद माँ जॉब पे जाने लगी इसलिये उसे मेरे साथ ज्यादा वक़्त बताने को नहीं मलिता था। मेरी नानी मेरे साथ थी और अभी भी मेरे साथ है। मेरी नानी मेरी best friend बन गई और मैं उनसे हर बात share करने लगी। मैं जब 10th में थी तब मुझे उगम के बारे में पता चला और तबसे मुझे Ugam ज्वाइन करना था पर 10th की वजह से मैं उगम ज्वाइन नहीं कर पायी। जब मेरा 10th कम्प्लीट हुआ तब मैंने Uagm ज्वाइन कर लिया। Ugam के बारे में मुझे सभी जानकारी शेखर झा ने दी और जब मैंने शेखर से उगम के बारे में इतने सारी बातें सुनी तब मुझे Ugam ज्वाइन करने की चाहत और बढ़ गई। Ugam ज्वाइन करने के बाद मुझमें confidence आया और मुझे हर नयी चीज़ करने की चाहत बढ़ने लगी। मेरी लाइफ में Ugam का बहुत बड़ा स्थान है जैसे मेरी अपनी एक फैमिली है वैसे Ugam मेरी दुसरी फैमिली है।

love you all ...thanks to my family and ugam friends who gave me so much support. Thank You .



Nilesh Dokhe

Hi friends, I am Nilesh ,an Ugam member. Today I am going to share my past with you. I was 11 years old when I was detected with cancer. I had a brain tumour and it was very difficult for me as a child to deal with it. I underwent an operation at K.E.M. hospital under Doctor Ketan Desai. I was sent to Tata Memorial Hospital for Radiation where I was treated by Dr. Sarin and then I was referred to Dr. Kurkure for chemotherapy. My cancer taught me how to live - the principle that nothing is impossible and that you can overcome any difficulty if you decide not to

give up. Ugam further empowered me and encouraged me to move forward in life. Ugam is not just an organization but has become a part of me, almost like a family. It has turned my life into a great success.



Shalaka Mane

Hi! I am Shalaka, an Ugam member. It's great to be an Ugam member for the last 5 years. Yes! Ugam is celebrating 5th anniversary this year. Ugam is everything to me. It taught me that there is no word called impossible in this world as the word denotes "I m possible". It depends on every individual how he or she takes it. So look towards life positively and everything around you will change as per your wish. Be positive.

What is life

What is life?

A Traveller passing by said "Life is a journey"

A rich man with pride said " Life is nothing but money"

A poor man with tears in his eyes said " Life is a hunger "

A Student with hope said " Life is a challenge "

A patient in distress said " Life is enduring endless pain "

A Priest preaching to his followers said " Life is the only way to god "

A saint once said " Life is nothing but sacrifice "

Is it a challenge or a task or a burden? what is it to you..?



Shifa Shaikh

Hey friends, I am Shifa Sheik. I am very happy to be a part of the Ugam group. Working with Ugam has been an amazing experience and I have enjoyed every bit of it. Since we are working hard towards bringing about an awareness amongst cancer survivors I would like to ask as many survivors to join us as soon as possible.

COME TO UGAM & KARLOGAM KHATAM.

Quotes from Survivors:

Reshma Sadashiv Chikankar

I have been interacting with Ugam for the past 3 years and since joining Ugam I have gained new confidence in me. They have all helped me a lot to express my views in front of other people. Thank You.

Priti Yadav

I am Priti Yadav. Ugam gave me a platform to showcase my talent to others. Because of Ugam, a lot of positivity has been built up within myself. I thank Ugam for making me a better person in life. I do not need anything else to prove myself. Thank you Ugam for entering my life.

Aishwarya Nikale

Hi! I am Aishwarya Nikale. It has been a year now that I have joined Ugam and it has been a wonderful experience so far. I have had the opportunity to perform at a lot of events which I love doing. This has not only built my confidence but has also improved my overall personality. So I thank the entire Ugam team for ever thing that they have done for me. Thank You.

The Ugam Journey



We Remember.....

Indirani Sen, our dearest Ugam member who passed away at the tender age of 20 yrs on 10th November 2013 due to recurrence of disease. She will always be remembered in our heart for her charismatic personality and energetic nature. She was a person who enjoyed every moment of her life. She was an inspiration for many due to her attitude of live life king size, and living up to the dream she saw during her short life. She will always be remembered throughout Ugam's Journey. May her soul rest in peace.

MESSAGE FROM THE CHAIRMAN ON BEHALF OF THE TRUSTEES

Ugam truly lives up to its name – it has risen from a small group of childhood cancer survivors getting together to share the burden to a strong body of victors over cancer. Ugam holds a very special place in the hearts of all at Indian Cancer Society. We can learn so much from the courage and spirit of these children and youngsters.

On behalf of the Board of Trustees of Indian Cancer Society, I extend my heartiest congratulations to the Ugam family on its 5th anniversary. We are excited that this year Ugam plans to grow beyond Mumbai to other parts of the country. We wish this project all success and assure the Ugam members the unstinting support of Indian Cancer Society.

Kewal Nohria

Chairman

Indian Cancer Society

We are proud of you Ugam Members.....

For Ugam being awarded 2nd Best Cancer NGO in India (1-5 Yrs old category) by Can India Conclave for its campaign against cancer and rejuvenation of cancer survivors.

Recent Activities.....

Survivors from state of Bihar lead by Mr.Rakesh Chaudhary under the banner of ICS Patna branch & in collaboration with Mahavir Cancer Sansthan participated in Cancer Awareness Programme on 25th May 2014 at Patna. This is beginning of new chapter of Ugam for survivors from state of Bihar. We wish them good luck & encourage them to fulfill mission of Ugam in Bihar.



Ugam Theme Song... launched on 3rd June, 2012.

चल दिए हम लेकर अपना कारवाँ
लिखेंगे खुशियों से भरी एक दास्ताँ
राहों के टेढ़े मेढ़े जो मोड़ हो
टूटे ना इन हाथों के जो जोड़ हो
जीवन की धुप में हम पले हैं
काँटों के रास्तों पर चले हैं
महकाए फूलों से ये चमन
देखा जो दर्द को हम मिटा दें
एक लौ से ये जहाँ जगमगा दें
भरदे उमंगो से ये गगन
हम हैं उगम हम उगम

जीवन की आशा को
प्यार की भाषा से
अब तो महकाना हैं
खुशियों को लाना हैं
बढ़ते ही जाना है.... उगम
बिखरे उन सपनों को
फिरसे उठाना हैं
बढ़ते ही जाना हैं उगम

चल दिए हम लेकर अपना कारवाँ.....