



RISE AGAINST CANCER



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# Ugam Calling...

8<sup>th</sup> Anniversary Issue - 2017

International Childhood Cancer Survivor's Week

### 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

Donations are exempted from Income Tax under section 80 (G) of the Income Tax Act

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.

### CONTACT:

- |  |  |
|--|--|
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**Your WOUNDS  
may be UNSEEN,  
but after the battle  
you still need time to  
HEAL...**

### **Indian Cancer Society**

74, Jerbai Wadia Road, Parel, Mumbai, 400 012. Tel. No: 022-24161875/ 24139445/51.  
ugam.mumbai@gmail.com / info@indiancancersociety.org  
www.ugamcalling.org  
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EDITED BY:  
Dr. Purna Kurkure / Arun Kumar Nadar

DESIGNED BY: **DISPLAY HOUSE**  
Exhibitions Events Retail



## The UGAM FAMILY

**Dr Purna Kurkure**

Convener, Ugam & Hon Director, Cancer survivorship Programme

**Dr Vandana Dhamankar**

Mentor Ugam & Asst. Director, Cancer Survivorship Programme

**Mr Shekhar Jha**

Administrative Officer, Ugam

**Ms Savita Goswami, Dr Maya Prasad**

Mentors, Ugam

### TMH

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

### ICS

National Managing Committee Members  
Ms Sheila Nair (DG, ICS)  
Ms Lalitha Nair (Functional Head, HR & Admin)

### Volunteers

#### TMH

Ms Shalini Jatia  
Ms Ameeta Bhatia  
Mr Sanjeev Sharma

#### ICS

Ms Urmila Jain  
Ms Sophie Ahmed  
Mr Nikhil Nair

### Working Groups

#### Patient Support Group

Smruti Ambre / Prashant Suryawanshi / Nilesh Dokhe

#### Survivor Support Group

Preeti Phad/Shifa Shaikh/Vanchinathan

#### Creative Group

Sushant Bane/ Sachin Chandorkar/ Shweta  
Chawre /Emmanuel/Sanjiv Prasad

#### Educational & Vocational support group

Shalaka Mane/Vishal Tamhankar/  
Priti More/ Priyanka Jadhav

#### Marriage counseling group

Mrs. Sampada Sakre / Anita Gupta  
Vanchinathan

#### Public Relations

Ekta Rawat/Narendra Shetty/Aakash Kadam

#### Web Master

Ajay Pawar/ Arun kumar Nadar

#### Fund –raising group

Pranav Mukhi/ Aishwarya Nikale / Tushar Khillare /  
Narendra Shetty

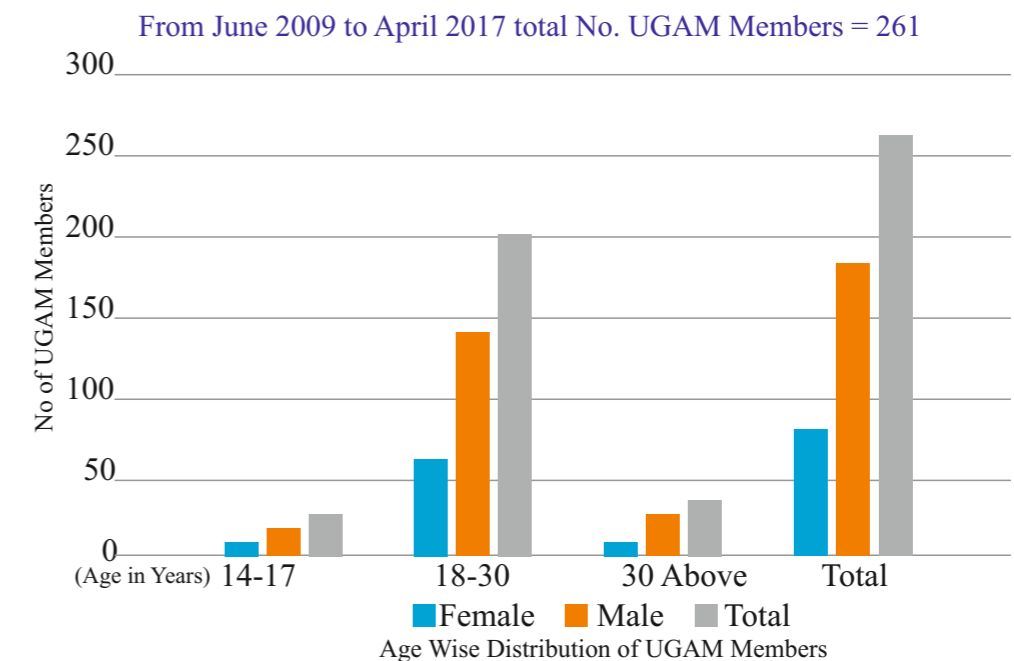
**We are grateful to management of Indian Cancer Society & Tata Memorial Hospital for their unconditional love & support.**

**We are grateful to all Ugam friends & Donors for their generous support.  
We are grateful to Display House for technical support.**

## UGAM PROFILE

Indian Cancer Society was established in 1951 by Dr. D. J. Jussawalla and Mr. Naval Tata as India's first voluntary, non-profit, National Organization for Awareness, Detection, Cure and Survivorship of those affected with this disease. UGAM, Emotional support group of childhood cancer survivors, is the youngest unit of (ICS) under its survivorship program. UGAM means "To Rise", underscoring the determination of childhood cancer survivors, to rise above all obstacles in life & be VICTORS. UGAM has been set up with an aim to provide empowerment to the survivors of childhood cancers & to spread the message "Childhood Cancer is Curable" in society. Ugam was launched in 2009 on the first Sunday of June celebrated as Cancer Survivors Day across the world as a mark of celebration of life.

**ELIGIBILITY CRITERIA :** Childhood Cancer Survivors more than 14 years of age and more than 2 years from completion of cancer therapy with disease free status and registered at ACT (After completion of Therapy) Clinics of Tata Memorial Hospital (TMH) . Ugam is expanding its wings to include survivors from ACT clinic of pediatric units at other hospitals.



## WHAT WE DO?

- Create awareness about curability of childhood cancers
- Help childhood cancer survivors to begin new life after cancer treatment and to make them aware that there can be and there is "normal life" after winning the battle with cancer
- Promote the importance of monitoring of monitoring the late effects of cancer therapies.
- Advocate against discrimination in society to cancer survivors.
- Highlight the need of public support for the cause of Childhood cancer survivors.
- Monthly UGAM Meeting **last Sunday of every month** at ICS

## HOW CAN YOU HELP ?

Volunteer- Help in capacity building. Help find jobs for cancer survivors  
Advocacy- help in promoting the issues faced like denial of Insurance, refusal of jobs  
Financial assistance for educational program for survivors  
Financial assistance for the late effects of treatment eg:  
infertility, hepatitis treatment, diagnostic tests etc



**Dr. Purna Kurkure**  
 Convenor Ugam  
 Hon Director  
 Cancer Survivorship  
 Programme  
 Indian Cancer Society

Greetings from Ugam on its 8th Anniversary Celebrations!

The survivorship programme of ICS has been growing from strength to strength & spreading its wings to include Mumbai based pediatric cancer units under its fold in first phase & then scale it up to pan India level.

Project PICASSO (Partnership in Cancer survivorship Optimization) was launched by ICS in partnership with HES Infra Pvt Ltd under their corporate social responsibility last year with an aim to develop a cancer survivorship module for holistic care of Childhood cancer survivors in partnership with pediatric cancer units who will look after their medical needs based on ACT clinic at TMH & Ugam at ICS model.

We have identified besides TMH, other potential partners as Sion Hospital, Wadia Hospital. The hospital will setup the ACT clinic for childhood Cancer Survivors. ICS will provide professional and technical assistance to childhood cancer survivors in ACT clinic to enable them to live a productive life. This will include the following facilities to cancer survivors without any charges

- Identifying survivor's need
- Psycho Social Counseling
- Career Counseling / aptitude tests if required
- Registering them as Ugam members
- Funding for education if required
- Soft skills development programme for job readiness
- Facilitating job placements
- Survivorship information material

ICS is fortunate to have financial support of

WPP India CSR Foundation to adopt eligible childhood cancer survivors for educational funding and hand hold them through whatever it takes to make them fully rehabilitated back into the society. The talent discovery would be a part of counselling. Emphasis would be given to girl cancer survivor who are vulnerable & underprivileged in our society.

ICS has been able to partner with Tatastrive (Tata community trust) & Edubridge to reintegrate survivors into society by rebuilding their confidence and enabling them to resume normal working lives. Edubridge would be conducting domain courses like Business Process Outsourcing – Customer Relationship Management (112 hours) at the end of which students will be provided with placement opportunities. They have also offered to conduct Youth Development Module (80 hr) courses in which students will be trained with the skills necessary to be job ready.

ICS-Ugam as member of Childhood Cancer International (CCI) endorses [The Dublin Declaration](#) & reiterates that With the support and commitment of all stakeholders, childhood cancer survivors can be actively engaged in society and live their lives to the fullest.



**THE DECLARATION OF DUBLIN, IRELAND**

Surviving childhood cancer can be a lifelong challenge, regardless of geographical, religious, ethnic, financial and cultural backgrounds. We, the global CCI Survivors Network, ask medical and psychosocial professionals and all other stakeholders to acknowledge the challenges and needs of survivors.

Survivors of childhood cancer may develop medical and psychosocial late effects that severely impact their quality of life.

Therefore, comprehensive long-term follow-up care is essential. We ask that adequate long-term follow-up clinics are established, where survivors can have access to personalized follow-up care. We ask for more research on late effects so that survivor care services can be improved.

Inadequate transition from childhood cancer care to adult medical care can result in a lack of knowledge and understanding of the impact and consequences of childhood cancer by the treating health professional(s). It is essential that these health professionals have a thorough understanding of the needs of cancer survivors. We request for full disclosure and sharing of our medical history and potential risks to our current and future health.

We emphasize the importance of trustworthy and empathetic psychosocial support during and after treatment. We ask all involved with our long-term care to be forthcoming and honest with us and to take our issues seriously.

In some countries, survivors are stigmatized and experience discrimination. We ask for equal opportunities in society including, but not limited to, education, employment and insurance.

Although cancer is a major cause of death amongst children around the world, it is important to convey to the general public that childhood cancer is often curable and that the survivors' population is increasing globally each year. We urge you to work with us to educate the general public in order to dispel misconceptions and myths about childhood cancer.

With the support and commitment of all stakeholders, childhood cancer survivors can be actively engaged in society and live their lives to the fullest.

Dublin, October 18th 2016  
 Meike van de Groep-Naafs, Jaap den Hartogh, Florian Mauersberger, Patrick Yip

on behalf of the CCI Survivors Network



**Mr Ranjan Kapur**  
 Vice Chairman  
 Indian Cancer Society

I admire the tenacity of our Ugam members. They not only face their own issues with grit and determination they infuse the same tenacity

into their young friends currently undergoing treatment. There's so much we can all learn from them- The will to live. The will to overcome all odds and the will to get back into society as productive members.



**Mr Hari Mundra**  
 NMC Member  
 and former Managing  
 Trustee, ICS

The first letter of UGAM stands for "Urja" or energy; the second letter of UGAM stands for

"Gati" or momentum and the third letter of UGAM stands for "Manobal" or the power of mind. These are the exemplary qualities which UGAM members constantly display and therefore become the inspiration for every one. How the indomitable power of mind can overcome and conquer the issues of matter and body with its boundless energy and momentum is what we are celebrating today and will do it every day. Hats off to all of you.



**Ms Sheila Nair**  
 Director General  
 Indian Cancer Society

It is heartening to see the U G A M members approaching life with grit and steely resolve, and endless positivity - a great inspiration for all of

us. All of them holding each others hands and moving forward, sharing their collective experiences and guiding each other is in itself a caring that contributes significantly to making each other emotionally stronger.



**Dr Maya Prasad**  
Incharge- ACT Clinic,  
Tata Memorial Hospital

Why do Childhood cancer survivors need lifelong followup?

The diagnosis of cancer is often a devastating and life-changing event, for

the child as well as family. Although the majority of childhood cancers are curable, the treatment can be intensive, involving chemotherapy as well as surgery and radiation in some cases.

Both the cancer and treatment can have many complications both during and after treatment, which can affect almost any part of the body depending on several factors. The risk of cancer recurrence is extremely low after the first 5-10 years. However, by that time, the chance of late effects increases. Studies have shown that certain complications such as heart problems, thyroid problems and some second cancers can even develop 20-30 years after treatment. Childhood cancer survivors may also have a higher chance of developing complications like diabetes, high blood pressure and high cholesterol levels. Late effects in most survivors are minor, but they can sometimes be potentially dangerous. Therefore, it is very important to monitor for these complications, which can be detected and treated early. The good news is that recent treatment regimens cause less side effects.

Prevention is better than Cure : What can childhood cancer survivors do?

It is not possible to reverse the fact that you were diagnosed with cancer as a child and have received treatment. However, there are some things that you can do to minimise late effects :

- Maintain a healthy and normal lifestyle.
- Undergo regular medical followup and report anything unusual in your health.
- Always, always maintain a positive outlook - remember that as a victor of childhood cancer, you are a constant source of inspiration to children undergoing treatment and their families.
- Support groups of cancer survivors, such as Ugam help in many ways.



**Mr Nikhil Nair**  
Project Manager,  
Edubridge Learning  
Pvt Ltd,  
ICS Volunteer

Heartiest congratulations on completing 8 years!

The members of Ugam are an inspiration to all of us as their strength and can-do attitude show us that no obstacle is too great to be overcome. Here's to many more successful years!



**Ms Poonam Ghadigaonkar**  
Counseling Psychologist  
Disha Counseling Center

“Ugam”, just the name says so much and portrays so much positivity about this group. I really appreciate Ugam, for its support for cancer survivors. Medication will help cancer patients to conquer the disease with courage and determination but it deeply impacts their minds along with their body. Due to this they get affected psychologically. Their parents are faced with so many questions about their future, because the illness has drained them of all their resources( social, emotional and financial). With Ugam's support , these patients are motivated to fight and see a good future for themselves. Ugam allows them to dream of a normal life and have normal aspirations!

Since the past two years, I am with DISHA Counseling Centre, and in our small way , we are also playing a small role for this support group and it is my pleasure and honour to work with them.

My best wishes always to Ugam family.



**Ms Savita Goswami**  
Mentor Ugam  
Clinical Psychologist  
Tata Memorial Hospital

Dear Ugam....

I take this opportunity to congratulate Ugam on its 8th anniversary. When I look back at my association with Ugam, the journey started in 1996 with ACT Clinic (After completion therapy of clinic). The years have been well utilized to evolve the multidisciplinary system and organized process necessary to care for young victors of childhood cancer.

Young childhood cancer victors and their families face lot of challenges during the process of treatment and even after completion of treatment. Need based psychotherapeutic assessment and psychosocial interventions at ACT Clinic helps young victors and family member to cope with their life situations and adjustment difficulties.

In 2009 with the rise of Ugam (Childhood cancer victors support group) a new dimension got added to the support. Ugam has brought all survivors together on one platform and they developed a sense of belonging. This feeling itself has helped victors towards improvement in their comfort zones, compassion and confidence. Ugam conducts various activities throughout the year for awareness, fundraising and recreation. Participation in these activities and many other structured activities which are planned for Ugam members self-development and empowerment has resulted in improvement in self-esteem, communication skills, directive efforts towards academic performance or career achievements.

Ugam is coming up with more impactful programs for young victors which will help them to fulfill their dreams and challenges in life. Ugam is my commitment so I am always there with you in this journey.

Wish you a successful & impactful year ahead  
.....

## HEALTH INSURANCE ISSUES OF CHILDHOOD CANCER SURVIVORS



**Dr Vandana Dhamankar**  
Mentor Ugam & Asst. Director,  
Cancer Survivorship Programme

Advances in all fields of oncology have led to an improvement in outcomes and in the majority of pediatric malignancies, the 5-year survival rates approach 80%. This has resulted in an increasing focus on the late effects of therapy and quality of life in the growing population of childhood cancer survivors(Ref: Indian J Cancer 2015;52:219-23)

### International Scenario: Insurance Acts

United States of America: The Patient Protection and Affordable Care Act(PPACA) nicknamed Obamacare. The provision states that Insurance companies can no longer refuse coverage based on pre existing conditions, expanding healthcare coverage to millions of people who previously could not attain health insurance for this reason(<https://obamacarefacts.com/pre-existing-conditions>)

Germany:<http://www.howtogermy.com/pages/healthinsurance.html>

**Indian Scenario:** The scenario in India is completely different. Cancer survivors in India are reinsured provided they had an already existing policy before the diagnosis. If a survivor opts for a fresh health insurance for the first time post treatment he is denied coverage.

Why is there a need for insurance cover to childhood cancer survivors?

Childhood Cancer Survivors are in desperate need of insurance as they have their whole

lives ahead of them in which they may face any cancer or non cancer related issue also for which they should get coverage to live a fruitful productive life fearlessly. As the possibility of relapse is high for the first 5 years from diagnosis, it is not feasible for the insurance company to cover such high risk individuals as the situation is still unclear. However the relapse rates for childhood cancer survivors post 5 years from diagnosis is low (less than 5%) making them secure candidates to avail a health insurance. (Reference: J Natl Cancer Inst 2009;101:1709-1720)



**Mr Narendra Shetty**  
UGAM Member

Since the IRDA has not specifically permanently excluded cancer survivors from getting covered ([www.irda.gov.in](http://www.irda.gov.in)), Ugam members (strength of more than 250 members) can approach insurance companies/IRDA to consider specific proposals for cancer survivors which makes them eligible with no discrimination in premiums after a specified period or makes them eligible for a group insurance where the risk is diluted.

Wishing Ugam a very happy Anniversary and many more to come...

### Events organized by Ugam

**June 2016 Ugams 7th Anniversary:** National Cancer Survivors Day® is an annual, treasured Celebration of Life that is held in hundreds of communities nationwide in the USA, and around the world, on the first Sunday in June. Ugam celebrates its anniversary every year on this day. The event was held at Tata Memorial Hospital on 5th June 2016. Culture of Gujarat was the theme for this year's function. Ugam members & friends performed Dandiya, Raas, Garba. Dayaben with Tappu and Sonu, of popular TV show Tarak Mehta ka Oolta Chashma and Amol Gupte- Actor and Director was the chief guest of the function. More than 350 people gathered including 150 ugam members. It was truly the day of CELEBRATION for survivors, and day of INSPIRATION for those recently diagnosed with cancer.



ICS Ugam is a member of CCI ( Childhood Cancer International ) and International Childhood Cancer Survivors Week (ICCSW) is celebrated with different campaigns every year. This year Ugam organized Career guidance sessions and aptitude tests to guide the survivors for their Career. Disha counseling center conducted the session and more than thirty members benefitted from the program.



ICCD at Wadia Hospital



ICCD - Dance Movement Therapy

September 2016: Childhood Cancer awareness month with children from TMH, Wadia and Nair hospital

### International Childhood Cancer Day (ICCD)

ICS is an associate member of CCI and Ugam organized following events on occasion of ICCD on 15th February,

1. Counseling session by Ugam Members at Wadia Hospital.
2. Dance Movement Therapy : Ugam organized a DMT session at ICS Multiactivity center for children with cancer who are under treatment. The session was conducted by Artscape foundation. Objective was to make the patients feel comfortable with their bodies and minds.

3. Media Coverage: FM Radio: Interview of Dr Kurkure and Ugam member Shalaka was broadcasted Time- 7 to 8 am 107.1 FM Rainbow.



### Youth development modules by Tatastrive :

Ugam organized an Orientation session for the benefit of young cancer survivors on Sunday 26th March. It is TataStrive initiative with the objective of reintegrating survivors into society by rebuilding their confidence and enabling them to resume normal working lives. Nikhil Nair, ICs Volunteer, worked out the proposal for Ugam through Edubridge Learning (training partners of tatastrive) 45 young cancer survivors attended the program. The first batch of BPO course has started from May 2017 at Mahatma Phule College from 12 ugam members who will be placed at jobs after a training of 6 weeks



BPO Beneficiaries

**Participation at ICS events**

**Race of Hope:** Race of Hope is an Annual Fund Raising Event of the Indian Cancer Society conducted at the Mahalaxmi Race Course on 1st January 2017 in association with Turf Club India



**The Standard Chartered Mumbai Marathon**



2. WCD - Cricket Match - Ugam and Mumbai Police



3. WCD- Walk at Girgaon Chaupati with Rashmi Mehra: (ICS volunteer and survivor)

**World Cancer Day:** UICC theme for WCD was sports this year and Ugam members participated in various ICS world cancer day activities



1. WCD Horse riding at Amateur riders club.

**Relay For Life :** Relay for life is a franchised fund raising and awareness event of American Cancer Society which is organized round the year in over 20 countries 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 RFL in India from 2014. This year Oberoi International School and EcoleMondiale World School had organized RFL on 4th & 10th March 2017 respectively. Ugam was invited to participate in the event. There was an overnight relay walkathon where groups took turns walking around the

track till 8am the next day. 'CANCER DOESN'T SLEEP, SO FOR ONE NIGHT NEITHER WILL WE' is the tagline. The relay started with the survivors lap – an inspirational time when Ugam members were invited to circle the track together to celebrate victory over cancer



**ICS Founder's day ( 22ndApril):** Ugam performed a skit at the ICS Founder's day at the Taj Landsend. ' ShubhamBhavatu' ( Name of the skit) was written and directed by MrMakrand Deshpande. The story was around issues of cancer survivors presented with humorous twist.



**Awareness activities and spreading hope about curability of childhood cancer  
Counselling sessions at various hospitals**



Interaction with Parents at St. Jude childcare center :



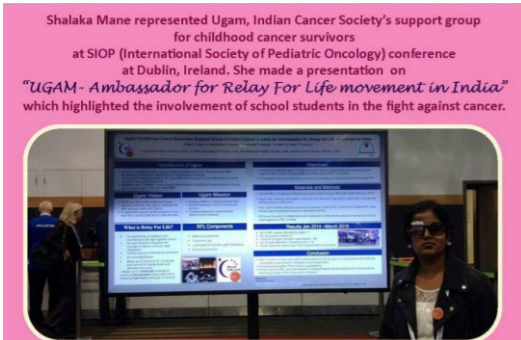
Parent Support Group Meeting by Impact Foundation, TMH

**ONCOLOGY CAREGIVER COURSE** by TISS through Sanjeevani foundation: Felicitation program was organized by Sanjeevani foundation at TISS on 13th January to felicitate participants who completed the oncology caregiver. Ugam members ( Oindrella and Reshma) referred for the course this year got certificate of achievement.



**Participation in Conferences  
by UGAM members**

**SIOP:** Hi friends my name is Shalaka Mane. My journey with Ugam so far cannot be expressed in words as Ugam is everything to me and every time I sit to write about Ugam I have to sit for hours together to think about all those precious moments I spent with my Ugam family and one of such moment added to this was last year when Dr Purna Kurkure called me to ask me that whether I would like to go to 48th International society of Paediatric oncology (SIOP 2016) to represent Ugam which was to take place at Dublin ,Ireland. I started preparing for my Abstract submission where I got full Support from Ugam. Few days later I received an email from SIOP that my Abstract “Ugam Childhood cancer survivors support group of ICS- An Ambassador for Relay for Life Movement in India” got selected for Oral presentation In CCI and also included as electronic Poster throughout Congress.



I got a Scholarship of 1500 Euros , I was so happy this was the first time I travelled alone that too out of India all the way to Ireland and a Via Flight, I was really frighten but this was a great experience and helped me in building my Confidence. On 19th I gave my Oral Presentation at CCI and was appreciated by everyone as my topic was on Involvement Cancer Survivor in Creating awareness about Cancer and involving Common People in their fight against cancer .With full Financial support of Ugam with ICS , support of Ugam Family and My Parent made it all Possible. It was really a great experience in Representing Ugam on an International Platform like SIOP and I thank my Entire Ugam Family for their support and would appeal all my Ugam Members to continue participating on an International platform like SIOP and many more like this.

**PHOSSCON :  
Pediatric psycho oncology conference by Cankids**



**1st International CanRehab Conference  
at TMH :**



**Teen and Young adult conference (TYA)  
by TYACAN foundation at Indore**



**Participation in Events by Invitation  
TMH : Educational Program at Hotel Taj**



organized by  
the Medical Social Worker Department  
of the Hospital.

**Hope**



Hope- TMH Pediatric Department Annual Event by Impactet

**Cankids Go Gold India Campaign**



**Dahihandi at Thane**



**Hausla:  
Organized by GraminSneha foundation**



**Ugam with Umang (NM college fest)**



**Pinkathon: arranged by United Sister's  
Foundation at Naga trail, Vasai**



## Victor's Stories



### Inzamam

Hello friends  
My name is Inzamam and I want to share my experience with you all.  
In early childhood I was suffering from Willms

tumor, after undergoing treatment, I am totally cured now. During my treatment process I had to go for regular follow up. During these sessions, I got in contact with UGAM. It sowed a seed of hope in me that I can achieve something. It played an important role in my life. It gave me the confidence to live my life with happiness and encouraged me to achieve something in my life. Currently I am doing Hotel Management to make my life fruitful. Also now I am an active member of UGAM.



### Neetu Singh

Hiii friends.....  
My name is Neetu Singh. I am living in U.P. I am 23 years old. I am a Cancer Victor's. When I was 15 years old I was diagnosed with

ALL(Acute lymphoblastic leukemia) a type of Blood Cancer. Due to this I have to give up my studies. My family took me to Mumbai for treatment at Tata Memorial Hospital, they were very supportive throughout my treatment. After 2 years of treatment I got completely cured and I started my studies again and I am doing now B.Sc. In 2013, I joined 'Ugam Family'. I am perfectly fine and I went further to ACT Clinic (After Completion of Treatment) and was selected for "Professional Oncology Care Giver" course by 'Tata Institute of Social Science'(TISS) and 'Sanjeevani Organization'. Ugam has helped me to gain my confidence and gave me identity. I thank all the Ugam members, doctors and my Sweet Friends..

Thank You,



### Shahbaz Baig

Hello Friends,  
My name is Shahbaz Baig. I am a Childhood Cancer Survivor and I am really very proud to

be a part of UGAM Family. During my 10th std, when I was diagnosed with acute lymphoblastic leukemia (It's a type of blood cancer) it was very difficult for me and my family also.

After that I have done all my Chemotherapy and Radiation to complete my cancer treatment and with that I also completed my education SSC and HSC. With the support of my family, friends and my doctors, I was able to complete my studies in Commerce- B.com. Due to the help of Ugam I have completed MBA (Finance) in the last year. This could only happen due to the Financial Support provided by UGAM.

I express my heartiest thanks to the Ugam Family and doctors for giving me a new life.

My message to all of you " cancer may have started the fight, but we will finish it definitely".



### Aniket Bhingare

Hi,  
My name is Aniket Bhingare. Today I am going to tell you my life's story. When I was in 4th standard, my mom

saw something different in right eye. So we went to eye specialist and as suggest we did Sonography, which concluded that there is Cancer in my eye. Following this we went to KEM hospital and Dr Jahangir suggest us to remove that eye as soon as possible. Accordingly, they did operation. That was really Black day for me as I always used to asked one question to myself " why me"?.

After few days, I came to TATA Hospital for further treatment like chemotherapy and radiation to cure that disease completely. Fortunately my entire treatment was completed on time. They treated me just like Friend. Today I am Graduate with First class, this gives my answer back. Because these critical situations always come with new change in our life. So, I never feel like cancer survivor. But I must say that Cancer is Curable. But only thing is that we must have that potential to overcome it and to move forward.

Few months later I became member of "Ugam". Being a Cancer survivor they support me lot in education as well as personality development. I usually use to stay at home because if I go among people they always ask me about my eye by looking at my artificial eye. But on same line "Ugam" gives me the opportunity to come forward. They always makes me feel that I am also important to our society as like others.

So don't think about past, just remember it to perform in present, and bring our Future more bright...

Thank You...



### Sampada Sakre

Hello all, I was diagnosed with ALL in the year 1977 & my treatment completed in the year 1980. I am one of the fonder members of Ugam. I currently work in western Railways & I have 2 children. I feel very blessed to be a part of Ugam



### Supriya Jain

I am Supriya Jain. My husband's name is Vishal Jain & son's name is Tanmay Jain. I have completed my Diploma in Computer Science. I got connected to Ugam through Tata Memorial hospital. Ugam is like my family. I am a housewife but I have my homemade business. I cook jain cakes, Nankhatai, Kachori, Chakoli & Nasata.



### Rakesh Chaudhary

My name is rakesh Chaudhary & I am a Cancer survivor. I've been a member of Ugam ever since its inception & have been an active participant. After surviving cancer I have my own business, got married & have a son. I am very well settled in life. After joining Ugam I have found a purpose in my life. I wasnt to send a message to all our survivors that there is life after cancer & Ugam shows us a path towards life. Thank you.



## UGAM Member's Talent



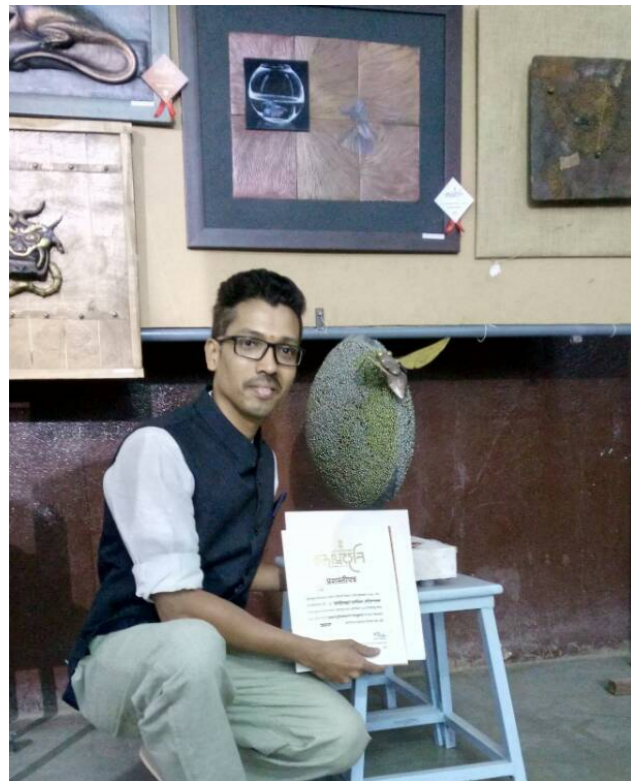
### Immanuel:

Myself Immanuel Berlin, Music Composer, Arranger & Live performer. I had composed music for Masterchef India Season 4 song for StarPlus. I played for playback singers like Rahat Fateh Ali Khan, Shankar Mahadevan & Hariharan. I recently got an award for Marathi album composed by me in Nashik International Film festival. I've also played for Zakir Hussain's brother Taufiq Qureshi for Mumbai Marathon opening ceremony.



### Shweta Chawre:

I make caricatures of people in my own customised cartoon style. Here are a few examples of the same. I take orders for customised cartoon frames, mugs & cards for all occasions, which makes the best gift options for your loved, friends & family!



### Sachin Chandorkar

I am Sachin Chandorkar & I am an Artist by profession. I am currently studying my Masters in Fine arts



### Kiran Salve:

I am ALL survivor. I've been a part of Ugam for the past 6 months & my hobbies are Drawing & Painting.



### Inzamam Ansari:

I am a Wilms tumour survivor. My ambition is to become a Chef. I am currently doing my Hotel Management course from D.Y.Patil.



### Sanjiv Kumar

I am Sanjiv Kumar & I am an artist by profession. I am currently pursuing my Bachelors in Fine Arts from Nalanda University, Bihar. I was diagnosed with cancer when I was 3 years old & I am perfectly fine now.



### Ashwini Chorge

#### Poem

काय वर्णावी गुरुजनांची महती,  
अथांग उपकार केले जनावरी।  
गुरु असे पाण्याचा अथांग सागर'  
शिष्य असे त्या पाण्याची भरती घागर।  
शिष्य असे मातीचा गोळा निर्विकार,  
त्याला आकारणारा गुरु शिल्पकार ॥

Kay varnavi gurujananchi mahati  
Athang upkar kele janavri  
Guru Ase panyacha athang sagar  
Shish Ase tya panyachi bharti ghagar  
Shish Ase maticha gola nirvikar  
Tyla akarnara guru shipakar



### Batool (Ummul)

Hello friends, I am Batool & was diagnosed in the year 1991 with PNET & I've been a survivor even since. I've been one of the founder members of Ugam & I feel really blessed to be a part of Ugam family. I currently work as an event manager with Nine Planet Event.

## We are proud of you



- SelfV HCG survivors Campaign: Out of 300 cancer survivors who had participated all over India, Rahul Pandey and Shewta Chawre's Selfv were shortlisted in the top 10 inspirational videos .They were felicitated by the HCG survivors group held in Bangalore.

## 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 उमंगों से ये गगन  
हम हैं उगम हम उगम

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

चल दिए हम लेकर अपना कारवाँ ....

Song Written by: Shashank Johri & Composed by: Immanuel



- Ashwini Chorge won 1st Prize at an Essay writing Competition organized by the Maharashtra Police.



- Anamika Soni got victors award from V care foundation