



## Indian Cancer Society

74, Jerbai Wadia Road, Parel, Mumbai, 400 012. Tel. No: 022-24161875/ 24139445/51.

Please visit our Website: (<http://www.indiancancersociety.org>) E-mail: [ugam.mumbai@gmail.com](mailto:ugam.mumbai@gmail.com)



## **The UGAM FAMILY**

**Dr. Purna Kurkure**

Convener

**Lolita Saletore**

Mentor ICS Survivorship Programme

**Ekta Rawat Pawar**

Co-ordinator, Task Force

**Shekhar Jha**

Executive Administrator

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Dr Tushar Vora

Dr Vandana Dhamankar

Neelima Dalvi

Savita Goswami

### **ICS**

Lalitha Nair

Urmila Jain

Niranjan Parikh

Bhavisha Sanadhya

Shalini Jatia

## **Working Groups**

### **Patient support group**

Preeti Phad

### **Survivor support group**

Priyanka Jadhav

### **Creative group**

Prajakta Jadhav & Arun Kumar Nadar

### **Vocational guidance & Education**

### **support group**

Shalaka Mane

### **Marriage counselling group**

Mrs. Sampada Sakre

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### **Information technology**

Ajay Pawar

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## From the Desk of Convenor, Ugam

Dear Friends,

It is again a time for celebration! Ugam's 3<sup>rd</sup> Anniversary on 3<sup>rd</sup> June, 2012 on Cancer Survivor's Day (first Sunday of June) will be marked as a very important milestone in the long journey of Ugam ahead.

Care across the cancer continuum implies longitudinal care of patients from cancer diagnosis to effective treatment which will translate into prolonged survival requiring proactive survivor care. The transition of a cancer patient from the active phase of treatment to the phase of survivorship needs to be smooth and equally proactive. Cancer survivors would be better served if oncology treatment centres are equipped to offer them a comprehensive follow up care through a structured programme in collaboration with an NGO to involve society at large for advocacy and awareness.

Ugam and After Completion of Treatment (ACT) clinic exemplify such an approach. Ugam is a support group formed by childhood cancer survivors from the ACT clinic at Tata Memorial Hospital which functions under the survivorship programme of the Indian Cancer Society, a

premier NGO in the field of cancer. Two reputed organisations are thus brought together on a platform of survivorship.

Survivorship is relatively a new concept. As a premier cancer Institute in India, Tata Memorial Centre has taken up leadership in setting up comprehensive & Co-ordinated post treatment care of all cancer survivors, keeping the ACT clinic & Ugam as role models.

To mark this important milestone, Ugams' theme song will be launched during the celebrations (See inside back cover for lyrics). Shashank Johri, a friend of Ugam, wrote and sang this inspirational song which Emmanuel, an Ugam member composed last year. Shaan a well known singer, heard it and was inspired to record it. The song is ready for launch on 3<sup>rd</sup> June 2012. We thank Shaan for giving life (Voice) to this song, Tarannum for joining Shaan & Merlyn for composing it.

I take this opportunity to wish the Ugam family all the best in their future endeavours and to take forward successfully this crucial Survivorship Movement.



## Life's Journey

As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the atomic age - as in being able to remake ourselves. - Mahatma Gandhi

The moment we are born our proud parents have a dream for us – a dream which is woven with their dreams. Every parent wants the best for their child. A good education, a comfortable life style, an excellent job and good health.

We soon realize that life has so many unexplained twists and turns. Some may call it karma, others may call it luck. Time and again we realize that what we want may not be what we get. Somehow there is a bigger plan that is being executed in this world. Good times come and so do tough times. What matters is what we do with the cards dealt to us in life. How we cope with sad times, difficulties and setbacks. Do all of us learn from them? Do all of us become stronger from the tough times that come our way? I do not know. What I do know is that there are some who enjoy life's journey no matter what comes their way. These are the ones who inspire others, who light the lamp of hope, who dare you to dream of a better tomorrow. Each and every Ugam member belongs to this club. The victors' club. They make you proud. Their motto is, "I have many problems in life, but my lips don't know that - they always smile."

Robert Kennedy said, "Few will have the

greatness to bend history itself; but each of us can work to change a small portion of events, and in the total; of all those acts will be written the history of this generation."

wish them all the best for their future endeavours. I am sure they will scale great heights in the journey of their lives.

## Relay For Life

The "Relay For Life" is the main volunteer-driven fundraising event of the American Cancer Society. Originating in the United States, this event has spread to 21 countries.

Ugam, a unit of the Indian Cancer Society, was invited to participate in the first Relay For Life held in India by the Ecole Mondiale World School, an accredited International Baccalaureate (IB) school in Mumbai, on 20th April 2012. One of Ecole Mondiale's students, Neerav Dharia, had participated in a Relay For Life in America. He had lost his grandmother to cancer a few years ago, and was very keen on initiating this event in India as well, to raise funds for this cause, as well as raise awareness about it.

Ironically, 20th April 2012 was also Shobhit Kaushal's 3rd death anniversary. Shobhit was a cancer patient who helped us dream of starting a survivorship programme.

Students walked the Relay For Life all night ; this was symbolic of the fact that cancer does not sleep, and they too, for a night, would not.

The Relay For Life is based on three principles: celebrate, remember, and fight back.

**The Celebration:** The programme started with a small introductory speech by the student body, followed by a speech by Dr. Purna Kurkure introducing Ugam to the assembly. The Ugam members told their survivor stories, and the Ugam theme song was sung.



**The Survivor's Lap:** The Relay started with a Survivors' Lap – an inspirational time when the survivors were invited to circle the track together and help everyone celebrate the victories we've achieved over cancer. It was an emotional example of how the relayers are ensuring that more lives are saved each year. Ugam members, doctors and support staff of Tata Memorial Hospital led the walk around the track lined with luminaria bags, followed by the student and teacher body of the Ecole Mondiale World School.



**The Remembrance:** After survivor's lap, the participants, survivors and caregivers gathered together for the Luminaria Ceremony to remember loved ones lost to cancer and to

honour those who have battled the disease. Candles were lit inside simple white luminaria bags, each one bearing the name of a person touched by cancer. Each luminaria candle represented a person.

Patients imbibed hope and strength from others who have followed the same journey and survived. The students of Ecole Mondiale resolved to keep fighting to save more lives, so that one day no more luminaria bags bear the names of those lost to the disease.

**The Fight Back:** During the closing ceremony on next morning ( 21st April 2012 ) students made a personal commitment to save lives by pledging to do something simple. They felt that by taking action, you are personally taking steps to save lives.

Ugam mentor, Mrs. Lolita Saletore, spoke about the work that was being done by the Indian Cancer Society and all its units.

The Fight Back Ceremony is all about joining the Cancer Action Network. Advocacy is one of the ways the American Cancer Society is fighting back. Defeating cancer is as much a matter of public policy as scientific discovery.

### Ugam for Child Cancer Patients

4th February 2012 wasn't like every other day at the Tata Memorial Hospital. World cancer day was celebrated by organising Art Workshops by Ugam members in collaboration with students of J.J.School of Arts for child cancer patients undergoing treatment at Tata Memorial Hospital. 80 children participated in

workshops which included activities such as ceramic, clay modeling, hand printing, cloth printing (tie and dye), drawing and colouring. Eiti Shrivastha, mother of one of the patients said, “My child participated in the hand printing activities, and for a moment I forgot that we are here for treatment . There was so much of joy in terms of enthusiasm. My son is so excited that he wants to teach these crafts to his sister at home. This kind of workshop should be held regularly so that children feel good.”



The mentors & supporters of the event were the Director of Tata Memorial Hospital Dr.Badwe, Dr.Banvali (Head of the Department of Medical Oncology ), Dr. Purna Kurkure (Convener, Ugam and Incharge of Pediatric Oncology & ACT Clinic), and the Dean of Sir JJ School OfArts Prof. Vishwanath Sabale. The real on-ground heroes were the students of Sir JJ School Of Arts, social workers and volunteers of Ugam, who helped to make this dream become a reality.

“It was a pleasure having creative students from Sir JJ School of Arts at TMH on World Cancer Day .They made the atmosphere very cheerful and vibrant. It was a 'Fun & Learn' experience for the patients and cancer

survivors,” said Dr. Vandana Dhamankar of Tata Memorial Hospital. “It was my first experience of organizing a workshop at Tata Memorial Hospital. As an artist, seeing smiles on the faces of children learning various forms of art was the happiest moment for me. We danced with them, laughed with them and made many handicrafts. It was a priceless experience for all JJ students,” expresses Akriti Saxena, Ladies' Representative, Sir JJ School Of Arts. “4th Feb 2012 was the most memorable day of my life. We usually feel good when we get something, but today I felt really nice when I gave a smile to those kids....I would like to say to those kids that they should feel happy as they have many people caring for them other than their parents in this world,” conveys Akshata Bane (Sir JJ School Of Art/ Interior Dep.)

“Sab ko subkuch nahi milta. Ha, magar kuch kuch sabko milata hai.” 4th Feb was a very different day for all Ugam members and even for all the children who were present there because that day we all learnt something about the world and this happened just because of the kindness of extremely talented students of Sir JJ School of Arts. The Cap making session was not only enjoyed by participants but also by all the parents and doctors present in the auditorium. I am sure everybody learnt something or the other and will do something fruitful out of it,” opined Ms Shalaka, member of Ugam. The cause of this initiative lives in the heart of our late founder of Ugam, Shobhit who succumbed to cancer. His dream has been successfully carried forward by his peers, who are also cancer survivors.

Ugam works for the welfare of child cancer patients. The foremost vision of Ugam is to bring child cancer patients into streamline by

conducting various privilege activities for them and to envisage a message of “Being Human” to the society.



-Priyanka. Jadhav

## Ugam's Journey Continues

### Ugam's 2nd Anniversary Celebrations:



Ugam celebrated its 2nd Anniversary on 5th June 2011 at the Choksi auditorium of the Tata Memorial Hospital, Mumbai. 150 cancer patients and survivors (who are called Victors by the Ugam team) and their parents came to help celebrate the occasion.

The Chief guests were Mrs. Anita Garware, Hon.Gen.Secretary, Centre For Child Development ( CCD ) & Mr. Amol Gupte, well known director of child centric films ( Tarrey Zameen per & Stanley ka Dabba ). Mrs Garware has been a great supporter of Ugam &

extends all the help for rehabilitation of childhood cancer survivors at CCD. The program ended with the screening of Mr Amol Gupte's beautiful movie, “Stanley ka Dabba” which depicts the story of an orphan boy who decides to have a normal education in spite of all odds and without letting any of his school friends know that he is an orphan or that he is a child labourer at night.

### Ugam Celebrates Dahi Handi:

One day prior to Gokulashtami, on 21st August 2011, Ugam members were invited to celebrate the Dahi Handi function near Paali Talav, Thane. This special Dahi Handi was organised by Thane MLA Mr.Ranjan Vichare. 13 Ugam members participated with enthusiasm and the blessing of Lord Krishna to prove that “WE” are no less than others. Two of our members Vaibhav and Preeti broke the Handi with full spirit and also delivered a strong message to join Ugam for the betterment of other survivors and thus live a better life with Ugam. They not only won a trophy which was a statue of 'Radha and Krishna' but also the love of hundreds of guests who were present there.



## “Footsteps4good”- Walk for a cause:

Jill Beckingham, wife of the British Deputy High Commissioner to India, organised a charity event called Footsteps4good, a 10km walk or run at Bandra Kurla Complex, on 2 October 2011.

Jill Beckingham is the brain behind the “Footsteps 4 Good” initiative. This initiative follows her 357 km India-UK Friendship Walk from Ahmedabad to Dandi, replicating Mahatma Gandhi's famous Dandi March in celebration of his birth anniversary last year.

This grand event was initiated by Aditya Birla Group. 13 members and friends of Ugam participated in this walk along with several NGOs. With great enthusiasm they completed the 5km walk.



## Ugam's Participation in PHOCOON 2011:

**PHOCOON 2011** took place from 25th to 27th Nov 2011 in Mumbai. This is annual scientific conference of childhood cancer specialists. The organisers provided platform for survivors to interact & spend quality time together for bonding. This event was organised by the

Ugam members along with the eminent doctors of Tata Memorial Hospital. Ugam invited survivor group from Delhi called Kids Can Konnect ( KCK ) which functions under umbrella of CanKids, a unit of Indian Cancer Society (ICS)-Delhi Branch.

The event highlights included an interactive session at the ICS - St.Jude Center with the parents of cancer patients wherein questions of the parents related to the upbringing of the child during and post treatment etc. were answered by survivors.



**Workshop for survivors:** A Question & Answer session provided the opportunity to survivors to ask questions related to their present and future life to the panel of doctors present at Choksi Auditorium.

**Survivor's day out:** Ugam took KCK guests for Mumbai Darshan and visited the Gateway of India. Mrs Garware hosted lunch for them at Centre for Child Development ( CCD ) at Haji Ali followed by interactive session. The kids were taken round the centre to understand its functioning. Ugam & the KCK kids tried to understand the life of mentally challenged children, the way they are brought up and the way they function. It was an emotional visit for them.





**A cricket match** was organized between KCK & the Ugam team at the BARC cricket ground. Ugam won the match. It was a memorable day of fun and enjoyment.



### **Ugam's participation in Hope 2011:**

Hope as the word signifies is a strong & positive belief of victory over cancer. Hope 2011 was celebrated as the annual event for children with cancer under treatment at Tata Memorial Hospital. Ugam members worked as volunteers for the Art Therapy Workshops which were conducted every Saturday for a month prior to main event on 24th December 2011. This is an attempt to give children an opportunity to express themselves & to release the bottled emotions, so that they can channelize their energies constructively. They sang, danced, painted, drummed & did

Photography. Fabulous pieces of Art were created & displayed during the final event.

World Cancer Day Celebration by Ugam in association with JJ School of Arts: 4th February is celebrated as World Cancer Day across the globe. This year, Ugam in association with Sir JJ School of Arts, held a first of its kind art workshop at the Tata Memorial Hospital. Around 80 child cancer patients from all over India who are currently under treatment in Tata Cancer Hospital participated in it.

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### **Relay For Life:**

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### **Victor's Quotes:**

#### **Life's Turning Point:**

Dear Friends, my name is Arun Nadar and I am 22 years old. I was diagnosed with cancer when I was just 10 years old. It took one full year of treatment to get me on the road of recovery. However, for the next 4 years I just went to school and back. I never ventured outside my house. I had become an introvert. I did not want to discuss my illness with anyone. I used to be scared of what others would think of me. I lost all interest in my studies and after the 8th standard I was asked to leave school. I joined night school but found that my friends there were not very good. Once again I stopped making friends and became a loner.

Thereafter I tried appearing for my Standard Xth examination twice but did not succeed. I gave up studies completely and started helping out at my dad's cycle shop. However, I started realizing that this cannot be my life. I should not admit defeat and that I am capable of much more. In 2008, with the help of Tata Memorial Hospital's social worker, I joined a 3 month course in Computer Hardware & Networking( A+ ). I soon got a job in a cyber café for Rs. 2,500. I come from a middle class family and hence knew that I had to start supporting my family. They were very thrilled that I had learnt to stand on my own feet and with my own efforts.

I completed my Advance Networking (N+) course while working in this cyber café. For 6 months I would start my day by attending my computer course from 7.30 a.m to 9.30 a.m and then work from 10.30 a.m to 9.30 p.m. I had to balance both studies and my work. It was tough. After completing this course I joined Creative Infonet on 16th April 2009 as a Junior Support Engineer at Masjid Bunder.

Working at Creative Infonet taught me a lot since prior to this I did not know how to travel this far or how to talk to people. I was oblivious to the problems one faced to just keep a job on a daily basis. AT my new job I made a good friend called Dinesh who was also my Senior Engineer.

In 2010 I came to attend Ugam's 1st anniversary programme with my friend Nirav. Nirav used to work in my field and I had met him during one of my follow ups at Tata Memorial Hospital. When I was first introduced to Ugam, I did not know what they were doing or what was expected of me. I used to see the Ugam members and feel that they

were just like me. It was fun to work with them. I had a new feeling of confidence in me. Seeing them I too thought I should have friends like them.

Ugam gave me a purpose in life, my life was filled with happiness. So far I was not living life the way it should have been lived. The essence of life was missing. I have now found what was missing in my life. I can now talk freely with everyone and live life king size.

After working hard for 3 years I was promoted to the post of a Senior Support Engineer. In 2011 I thought of further educating myself and so applied for the CCNA(Cisco Certified Network Associate )Certification and joined their class. I resigned from Creative Infonet in December 2011.

In January 2012 I joined I Care System Solution as a support Engineer. My colleagues are very good people who all seem to have a purpose in life which works wonders for me.

I have now filled my life with a lot of happiness and I am living it on my terms. I would like to share something with you "Zindegi tasvir bhi hain aur taqdir bhi Manchahe rango se bane to tasvir Anchahe rango se bane to taqdir"



- Arun Nadar

## ZINDAGI KA SAFAR HEIN YEH EHSAS SAFAR

Me Ugam parivar ka hissa hu .Mera naam Rajesh Savla hai 'naam to suna hi hoga!' Me apni zindagi ke bareme aapko kuch batanachahta hu. Meri life ek picture ki taraha hai or me he meri life ka hero hu. Vaise har koi apni life me hero hai. Har roz zindagi naye naye rang dikhati hai or hum un naye rangome dhudne ki koshish karte hai.

Bachpan me he bhagwan ne ek choti bimari dekar ye samj de de ki jo dikhata hai wo hota nahi or jo hota hai wo dikhata nahi! Matlab jinhe apna samja wo apne nahi the or jo paraye the wahi apne banker samne aaye. Paida hote he bahot sare rishtome jud gaya, jaise kise ka bhai, baita, bhatija, pota sabne mujhse rishta jod diya, mab me un rishto ka matlab bhi nahi samjta tha or jab musibatey aye tab apne hi paraye or paraye hi apne lagne lage or us waqt mere ma, bhai, pitaji mere sath the. Ek rishta aisa hota hai jo hum khud chate hai wo hai "DOSTI". Meh bhe insane hu mujhe bhe pyar chahiya tha....maine mear pyar dosto me dhundna suru kiya. Aaj mere paas dost hai yane mera parivar mere sath hai.

Mujhe farkha mehsos hota hai me Ugam ka ek hissa hu .Ugam ke sare log mujhe bahot pyar karte hai. Me ek childhood cancer survivor hu ,ek khubsurat zindagi ji raha hu.

Mera kam sunkar aapko hasi aayagi , logo ko insanoke beach rehna pasand hai lekina mijhe animals ke beach rehna pasand hai. Mere pass animals ambulance hai or pura din me kutte, biliyo me he pada rehta hu, unki seva karta hu.

Meri bhagwan se yahi prathana hai ki koi survivor khudko kamjor na samje. Yjo dusri zindagi hame mile he usme accha naam

kamaye or kuch kar dikhaye. Picture abhi baki hai dosto.....



- Rajesh Savla

### My Ugam Friend

It is not every day that we meet a person, who changes the way we think forever. A “Cancer Survivor” and a member of 'Ugam (Victors of childhood Cancer)', Vaibhav Shinde was a friend I had recently got along well with in my First Year B.Sc I.T. On learning that he was a cancer survivor, the first thing that struck my mind was the courage and hope that he had in him to have fought and won against this dreadful disease that everyone feared. I was quick to congratulate him and tell him that he surely is a victor! That is when I learnt about Ugam.

Ugam has been successful in bringing smiles to the faces of not only child patients, but many unfortunate people who have had to face such a disease. Their counselling and workshops for children have built a positive attitude towards life in the children and courage to fight against their illness. Ugam has been immensely successful in their activities and the active participation of survivors and friends have made it possible. All the members of Ugam, being childhood cancer survivors, understand what patients go through and share their experiences and stories of victory.

When I talk about positive attitude, it shall not be fair not to mention Vaibhav Shinde. After losing three years of academics, he enrolled into B.Sc I.T at the SIWS College, Wadala. Halfway through, he was diagnosed with a relapse of his leukemia (blood cancer) and had to leave college once again. In such circumstances, when an individual has all the right to break down, Vaibhav stood strong.

With hopes held high and an optimistic frame of mind, he got back to fighting the disease stronger than ever before. Despite regular visits and hospitalizations, Vaibhav did not want to give up learning. His passion for learning brought him an opportunity to study for a certificate course sponsored by Yashwantrao Chavan Maharashtra Open University. Also, certificate courses for children willing to study, who were undergoing treatment at the Tata Memorial Hospital were introduced. Ugam has been a source of encouragement to those children who wish to achieve. With participation in major events like 'HOPE' organized by the Tata Memorial Hospital, its goals are ever expanding. I would like to wish all the members of Ugam luck and salute their work towards this noble cause and also wish Ugam a very happy 3rd Anniversary.



-Abhay.

## A Victory Over Cancer!!!!!!

In the year 1976, when I was just 3 years old and while my friends played and had fun, I was diagnosed with a type of eye cancer. I was healthy, but I used to fall down very often due to my eye problem. The black part of my eye ball soon had a white spot like a mustard seed. At that time we were staying at our native place. The doctor there told my parents to get my eye operated as it was totally infected & the other eye too was infected more than 60%.

My parents took me to Mumbai. They took me to Bombay Hospital where we consulted Dr. R.K Kapoor. The eye was operated by him & I stayed in the hospital for 1 month. After the operation, I had to undergo radiation therapy. After my treatment I took admission in school. Due to my physical disability, everyone used to ignore me in society. I used to feel very bad but life went on. Then at the age of 18, in 1991, I met and married a person who was totally normal. My husband selected me as a life partner without any hesitation, which made me feel proud. He is really very caring & kind. One year later I gave birth to a baby boy, who was totally normal. Six years after that, I gave birth to a baby girl. We named her AAKANKSHA. She was normal till the age of 7 months. Thereafter, her eye started reflecting a golden colour. We visited Holy Spirit Hospital, where she was born, but they said that everything was normal. During our second visit we met Dr. Thareja Brahmhatt. She suggested examination of eye under anesthesia During that period we came to know that Aakanksha too was suffering from Retinoblastoma. We were distraught. Someone told us to visit Anjubai Bachchuwala Hospital. But our destiny brought us to Tata Memorial Hospital. Her treatment was done under Dr. Banawali. She had to undergo 12 sessions of chemotherapy & a month long treatment of radiation. In June 2000, Aakanksha's right eye was operated. Unfortunately the implant got infected. Two more surgeries followed. This time she was looked after by Dr. Sunil Vasani at Jaslok Hospital. However, her eye socket reconstruction was done at Harkishandas Hospital. Skin from her thighs was used for the surgery. At the Age of 3 she got admission in Bombay Cambridge School. Her teacher

discovered that she couldn't hear properly. An ENT specialist, Dr. Christopher D'souza told us that she had hearing loss of more than 50% due to the radiation that she had to undergo during her treatment.

We conquered all the physical and mental challenges that came our way and today I am working as a social worker at CANKIDS at Tata Memorial Hospital and my daughter Aakanksha is studying in standard 8th.



- Mrs. Gupta

## The Joy that Ugam brought back to my life

Hello Friends, My name is Preeti Phad and I am 24 yrs old. I am a commerce graduate & currently pursuing my PG degree in Masters in Social Work (MSW). At the age of 9, I was diagnosed with retinoblastoma which is a type of eye cancer. The left eye was removed from the socket. I had to undergo chemo therapy and radiation all of which lasted for one and a half year.

I belong to a middle class family and lost my father during childhood. During all these difficult times, my mother stood by me, completed my cancer treatment & gave me a second chance in life. We went through severe financial difficulties as there was no earning member at home. The doctors & social workers at the hospital helped us. I was determined to give back to society what I had received from them. I wanted be like one of them and help society & cancer patients.

After my cancer treatment, life was not easy. I was conscious of the fact that my left eye had been removed & replaced with an artificial eye. I was uncomfortable roaming around with an artificial eye. I stayed mainly indoors. But since I joined Ugam in 2009, I have got a new outlook

to life. Ugam has given me the confidence that I had lost. I am now able to stand in front of cancer patients and tell them that I am a proud cancer survivor & can tell them my success story which will in turn give them a ray of hope to come out of such a dangerous disease. As a cancer survivor, I wish to voice that if we all come together & share our problems, it will help us to find a solution .And in order to find a solution we require a forum to come together which is the purpose of starting Ugam. I appeal to each and every survivor to join Ugam for a great cause.

Thank You!



- Preeti Phad

### My journey with UGAM

Hi! Friends. I am Shalaka Mane, an Ugam member. I remember when we started this journey we were just a handful of people but today 'Ugam' has grown into a big tree in just four years.

Where do I start to tell you about myself? Well, I fought cancer not once not twice but three times in my life. Twice for myself and once for my mother. Yes, she too is a Cancer Survivor and she is a pillar of strength for me. I am nothing without her. She is very supportive and has always stood by me. It was because of her that I could fight this dreadful disease.

After completing my chemotherapy in 2004 my mother was diagnosed with cancer of the Uterus in 2005. She too underwent chemotherapy and fought her cancer bravely. My family was broken from inside during her treatment and had hardly any strength to fight this War for the third time but we never gave-up hope and fought until we won. Along with my treatment as well as my mother's I have managed to complete my graduation in the Arts stream as well as my Masters. I have already appeared for my Phd. entrance exam. I boarded this Ugam Train from the starting station and

my Journey with Ugam still continues and will go on and on. Like the poet Robert Frost once wrote, "The woods are lovely, dark and deep. But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep."



-Shalaka Mane

### My Relationship with Ugam!!!

It's been four years since my association with Ugam- a young group of childhood cancer survivors. The more I know it, the more I get closer and loyal to it. I still remember my first rendezvous with it in 2009. All through the hot and humid summer of Mumbai, I was keenly awaiting it's official announcement. We started with just 7 members and have now build an empire, a shield that will serve as a refuge for us, as well as other child cancers survivors. We were successful in doing it. This young and small empire has now grown up, caring and working for others. We have learned a lot from it, especially me.

When I came to know that I had cancer, I was shattered. I felt lonely, cheated, and cursed God. I had left all hopes of living a happy life. But Ugam made a difference. After being a part of it, I got back the will to live. I had a dream to fulfill. I not only decided to fight my limitation but also to guide others to live life to the fullest. At Ugam survivors meet, share their problems, discuss their issues as

well as those of others and look for remedies. We work as a family, learn how to be strong in our life, to live with our drawbacks and fulfill our dreams. Here "We" are the support for one another and work for "We" before "I".

Thanks Yaar.



- Ekta Pawar

## Ugam Theme Song... launched on 3<sup>rd</sup> June, 2012.

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...



## 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.**

## CONTACT:

- Dr. Purna Kurkure – Convener  
Ph no: 022 24177212/ 9821324504  
E-mail: purna.kurkure@gmail.com
- Lolita Saletore – Volunteer  
(Survivorship Programme of ICS)  
Ph no : 020 41200739/ 9920625255  
E-mail: lsaletore@hotmail.com
- Ekta Rawat - Pawar – Co-ordinator  
Ph no: 08805267800  
E-mail: ugam.mumbai@gmail.com
- Shekhar Jha– Executive Administrator  
Ph no: 09588374274  
E-mail: ugam.mumbai@gmail.com

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### **Indian Cancer Society**

74, Jerbai Wadia Road, Parel, Mumbai, 400 012. Tel. No: 022-24161875/ 24139445/51.

**Please visit our Website:** (<http://www.indiancancersociety.org>) E-mail: ugam.mumbai@gmail.com

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Victors of childhood cancer  
Ugam