



Ugam Calling...

4th 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.

CONTACT:

- Dr. Purna Kurkure – Convener
Ph no: 022 24177212/ 9821324504
E-mail: purna.kurkure@gmail.com
- Shekhar Jha– Executive Administrator
Ph no: 09588374274
E-mail: info@ugamcalling.org
- 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

Indian Cancer Society

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

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

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



Indian Cancer Society

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

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

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



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
Lalitha Nair (Deputy Director ICS
Rehabilitation Centre)

Volunteers

TMH

Niranjan Parikh
Shalini Jatia
Sanjeev Sharma
Ameeta Bhatia

ICS

Lolita Saletore (Mentor Survivorship
Programme)
Urmila Jain
Bhavisha Sanadhya

Working Groups

Patient support group

Shekhar Jha / Madhuri Tandel / Chandan Behra

Survivor support group

Shekhar Jha / Vanchinathan / Priyanka Jadhav

Creative group

Sachin Chandorkar / Shweta Chaware / Emmanuel

Educational & Vocational support group

Shalaka Mane / Vishal Tamhankar/
Aishwarya Nikal

Marriage counselling group

Mrs. Sampada Sakre / Ekta Rawat Pawar

Public Relations

Narendra Shetty / Pranav Mukhi

Information technology

Arun Nadar /Ajay Pawar

Fund-raising group

Rajesh Savla / Priti Phad

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

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



From the Desk of Convener, Ugam

Greetings from Ugam on 4th Anniversary Day Celebrations!

It has been eventful year for Ugam working towards fulfillment of their mission statement.

Ugam's involvement with Relay for Life organized by Ecole Mondiale world school for two consecutive years has culminated in recognition of Indian Cancer Society(ICS)as global official partner for Relay for Life in India by American Cancer Society. This is very important mile stone for Ugam & ICS. Relay for Life will provide platform for creating social awareness about cancer besides being a major fund raising event. Ugam members will have to be ready & well trained for taking on this challenge.

Empowerment of survivors is another important mission of Ugam. Ugam has facilitated the Empowerment of survivors by focusing on educational assistance. Sujaya Foundation in collaboration with Indian Cancer Society provides vocational aid to survivors by facilitating the basic computer courses. One of the Ugam member serves as the trainer. Ecole Mondiale world School in Mumbai provides a secular class where survivors are trained for English language by an able English teacher, motivating them to suppress their social fears. Yashwant Rao Chawan open university provides degree courses to cancer survivors with maximum 50% concession and a gratuity to those who are from poor financial background.

Till date 28 childhood cancer survivors have benefited from these courses.

The GlaxoSmithKline Pharmaceuticals Ltd sponsored Self Reliant Survivor Project at the ICS Rehabilitation Centre ,Parel is yet another avenue for empowerment of survivors. Tailoring has been chosen as the vocational skill to be imparted based on its universal applicability across rural & urban areas, gender, social strata & ease of home based enterprise development. Ugam members are encouraged to make best use of this opportunity.

Ugam has been given platform to present scientific paper to share these experiences during forthcoming SIOP 2013 conference at Hong Kong. Congratulations to Ugam members for this achievement.

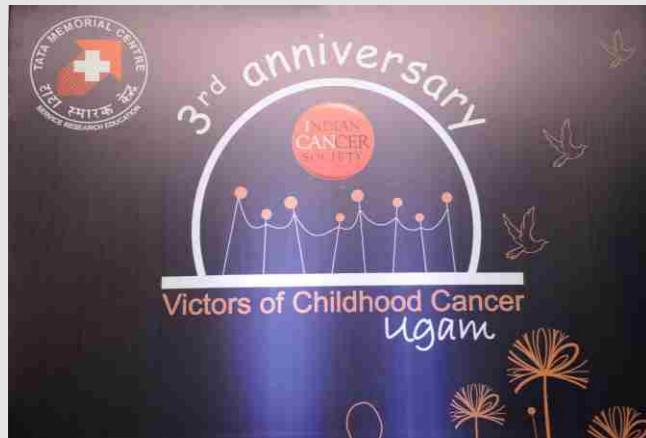
International Childhood Cancer Survivors Network (ICCSN) which functions under umbrella of International Confederation of Childhood Cancer Parent Organizations (ICCCPO) has put Ugam on their map as an important support group. ICCSN has just published handbook "How to establish a survivors group and keep it going"which can be downloaded via the ICCCPPO website www.icccpo.org

I was surprised to see the similarities between their recommendations & the way we have created survivor's group Ugam in Mumbai without interacting with them on this matter ever. It is common language of passion which we all share wherever we are working for this wonderful group of childhood cancer survivors. I will recommend that all involved with childhood cancer survivors including survivors should read this handbook & get guidance.

I take this opportunity to wish good luck to Ugam members in their future endeavors towards fulfillment of their mission.

Journey of Ugam - 2012-2013

Ugam's 3rd Anniversary: 3rd June 2012



Ugam Celebrated its 3rd Anniversary on 3rd June 2012 at the Choksi auditorium in Tata Memorial Hospital, Mumbai. The response was very good this year. About 300 survivors, active patients with parents attended the program of which 100 were Ugam members/friends. The event was attended by high profile guests like actor Arjun Kapoor, actor- director Amol Gupte, comedian Suresh Menon, and the students of Subhash Ghai's film institute Whistling Woods.

Mrs. Anita Garware, Hon. Gen. Secretary Center for Child Development (CCD), Mr. Keval Noria, Mr. Ranjan Kapoor, Mr Hari Mundra Managing Committee members of Indian Cancer Society, Dr. S. D. Banavali HOD Medical Oncology graced the occasion. Ugam's theme song, sung by well known singer, Shaan assisted by Tarannum and composed by Merlin, was launched by Shashank Johri, who wrote this song during inaugural ceremony. Ugam members presented a skit about cancer, the mental trauma faced by the patients during their treatment and thereafter as survivors and the myths about the disease. The theme of the skit was aimed at encouraging the children present by conveying that cancer is curable and there is life after

cancer. This was followed by certificate distribution to survivors who had completed the computer course conducted by the Sujaya Foundation in collaboration with Indian Cancer Society at the Rehabilitation centre at Parel, Mumbai.

Bollywood actor Arjun Kapoor brought a smile to many children's faces and survivors by dancing with them on stage and Suresh Menon made them laugh by his comedy performance. Ugam got a lot of media coverage this year with the help of Ms. Neha of Golden Swirls Communication. There were 13 coverages in print, 39 online coverage & 4 coverages on radio (Red FM) and TV interviews. This has created a lot of social awareness. Many survivors have started joining Ugam & people from various fields are trying to help this vibrant group & give them an opportunity to showcase their talents for an overall development which will help them to get back to mainstream society.



Dahi Handi Gokulashtami : 9th Aug 2012

Go Go Go Govinda.....Ugam Celebrated the DahiHandi Event on 9th Aug 2012. Ugam members were invited to Pali Talav, Thane, by Mr. Rajan Vichare, a Member of Legislative Assembly, Maharashtra. 18 Ugam Members participated in the event. Vaibhav, one of the Ugam members, who became "Govinda" on that day, broke the Handi.

Children's Day Celebration: 9th November 2012



Children's Day was celebrated this year at the Center for Child Development (CCD) on 9th November 2012 with children who have been affected by Cancer. CCD arranged a bus to take the children and their parents from Tata Memorial Hospital to CCD at Mahalaxmi. Ugam members coordinated & facilitated this event. There were more than 20 patients and their parents and the event was celebrated with great enthusiasm and happiness. It was a real gift to these children on Children's Day.

Indian Cancer Society: Race of Hope 20th Nov 2012



Race of Hope is an Annual Fund Raising Event of the Indian Cancer Society at the Mahalaxmi Race Course. Ugam members participated in large numbers at the event which was held on 20th Nov 2012. They distributed souvenirs to guests and helped in the fund raising activities. Few Ugam members also spoke about themselves. The popular Ugam theme song was played for all to enjoy and sing along.

HOPE: 25th Dec 2012

It was a very special Christmas morning for 200 children suffering from cancer when Ranbir Kapoor, Varun Dhawan, Anurag Basu and other elite personalities visited the Tata Memorial Hospital on 25th December on the occasion of HOPE 2012, an annual event celebrated at the hospital for cancer children. They definitely couldn't have asked anything more from Santa Claus. The children danced, interacted and enjoyed themselves with the guests present. Ugam had made a significant contribution in the event along with the other foundations.



Workshops were held a month before the event wherein children displayed their drawing skills and exhibited their talent in pottery. Around 11 Ugam members participated in the event wherein they presented a skit about cancer, the mental trauma faced by the patients during their treatment and thereafter as survivors and the myths about the disease. The theme of the skit was to encourage the children present to convey that cancer is curable and there is life after cancer.



Ugam members did a commendable job in demonstrating themselves as role models. Professional drama along with the occasional comic elements made the skit even more interesting for the kids. 15 Ugam members were also involved in volunteering for the event. They were engaged in handling the crowd during the event and also after the event for distribution of gifts and food. The event was a great success not only for the hospital but also for Ugam.



Ugam With Indian Coast Guard: 28th Jan 2013



It was a memorable day for Ugam members when they made a trip along with children cancer patients to the Indian Coast Guard's ship 'SANKALP'. Tata memorial doctors, Dr Vandana and Dr. Girish and active volunteer social worker Mr Niranjana Parikh were also present. The Coast Guards spoke about the features and attacking capabilities of the ship. The children were thrilled to be a part of such an event and were very attentive to what the

guards had to say. The Guards spoke about their lives on the ship, the hardships faced by them during combats and how proud they are to serve the nation. This was followed by air shows displayed by helicopters. The choppers performed some spectacular stunts by demonstrating their aerial skills and reflexes. The guards also performed a mock rescue operation which is carried out by them during crises. They also deployed some of their patrolling boats into the sea and displayed their surveillance operations. A magic show was also arranged for the kids which was quite entertaining. The Captain of the ship urged the children to be strong and not to lose hope during their treatment. Ugam members thanked the guards for giving them an opportunity to visit 'Sankalp'. Ugam members learnt a great deal about the coast guards' struggle during this splendid trip.



World Cancer Day: 4th Feb 2013

On the occasion of World Cancer Day on 4th February, the doctors of Tata Memorial Hospital and Ugam members/ friends visited the city's elite colleges in order to spread awareness about Cancer. A seminar was organized by the Nargis Dutt Memorial Charitable Trust at Rizvi Law College and MMK college of Commerce and Economics. The seminar started with

volunteers of the Nargis Dutt Trust speaking about the origin of the trust and the activities carried out by the trust which was followed by awareness speeches given by Dr. Purna Kurkure and Dr. Vandana.



The doctors discussed the causes of cancer and the effects of cancer on your health and how it can be tackled through proper prevention and awareness. They also discussed about Ugam and the activities carried out by the group. Ugam members, Shekhar, Anita and Narendra gave inspiring speeches about their experiences in dealing with cancer and how they emerged victorious. Dinesh, an Ugam friend spoke about his life after joining Ugam and how he felt helping others. The students were astonished to hear the success stories of the survivors and some of them were interested in joining the group. The seminar ended with Ugam's theme song.



Childhood Cancer Day: 16th Feb 2013

It is said that when a child is struck with cancer, he/she has the ability and the will power to ignore all the odds and fight the disease.

Confidence and Strength of such magnitude normally lacks in adults and very rightly so International Childhood Cancer Survivor Day is celebrated on 15th February to appreciate and honor such brave children. Cankids had organized a fun and entertainment programme at Canshala, a school which was recently inaugurated for child cancer patients undergoing treatment.



A lot of events were organized for children in which Ugam played a significant role. Shekhar Jha and Rahul Pandey performed a comic skit which was extremely humorous. Shekhar also spoke about his life in battling the disease and how he completed his education after his treatment. He urged children to study well and make sufficient utilization of the opportunities that will come their way. This definitely inspired children.

Terry Fox Run: 3rd March 2013

The Terry Fox Run, in support of bone cancer awareness, took place from the Air-India Building at Nariman Point to the Marine Drive



Flyover and back to the Brabourne Stadium. The participants, mostly comprising of school kids, showed their enthusiasm by holding banners and cheering throughout, watched on eagerly by Bollywood actor, AmitSadh and singer Raageshwari, who flagged off the run with the support of GulKripalani, convenor of the Terry Fox Committee in India. Ugam members participated in the event, although many members missed out this event because of board examinations. All the funds collected are donated to the Tata Memorial Hospital to conduct research on cancer amongst children.

Relay For Life: 15th March 2013



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. Ecole Mondiale World

School had organized the Relay for Life for the 2nd consecutive year on 15th March 2013. Ugam members were invited to participate in the event. 20 Ugam members participated in the celebrations. 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 speeches given by survivors. Bhaskar Pandey, an Ugam member gave an inspirational speech about his experience in dealing with the disease. 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 Ecole Mondiale School. Ugam members were encouraged to speak about their stories in personal interaction session with the student body.

TYACON: 20th and 21st April 2013

2ND National conference on TEEN and YOUNG ADULTS was organized in Delhi at Indian Habitat Centre (IHC) along with

survivor's meeting on 20-21st April 2013. 'UGAM' was warmly invited by KCK(Kids Connect Kids), childhood cancer survivor support group from Delhi, to participate in the Survivorship Meet .The first day i.e 20th April 13 was divided into 3 sessions ,in the 1st session Ugam members were taken to the basement of the CanKids' centre which is in Gautam Nagar where Huma Anis a psychologist taught us how to manage stress and also told us how can we raise our self confidence during and after treatment. The 2nd session was on 'Self Grooming' and a discussion on "Beauty Industry career option" was another interesting session organised by KCK in collaboration with Blossom a company from the cosmetic industry. Not only did they give us some exemplary tips but also opened doors to many young victors of Cancer who could not complete their education because of Cancer, an alternate career option. The make-over of Mrs. Sampada Sakhre an active UGAM member was just outstanding.



After this we were taken to the IHC where there was a face to face interaction between the doctors, social workers and patients. This was a real fruitful session as many survivors were able to find relevant answers to their queries related to their post therapy problems. Dr.Purna Kurkure & Dr. Laskar from Tata Memorial Hospital were part of the Panel of Doctors , Mrs. Neelima Dalvi, Medical Social Worker from Tata Memorial Hospital was also a part of

the panel . Dr. Purvish Parikh, Hon Secretary & Managing Trustee, Indian Cancer Society, encouraged Ugam members during the session. UGAM members also sang their Theme song which was appreciated by everyone present in the auditorium.

The next day i.e 21st began with a really good session organised by Kapil, a leading KCK member and Vivek Arora a consultant from 'Maynardleigh'. Mr.Vivek Arora taught all the members i.e KCK and UGAM members how to create an impact on others with our skills and how to build-up our self confidence. He also taught us how to improve our vocabulary .This session enhanced everybody's profile to a great extent. Later, Ugam members were taken to IHC for the next session where Dr. Brijesh Arora and Dr. Kurkure from Tata Memorial Hospital took over the session with their awareness lectures. Dr. Kurkure also emphasizes on the rights that are denied to Cancer survivors in this 21st centuries and also stressed on the need to change this point of view of the society towards 'Survivors'. In the evening there was a lovely Dinner and Dance Party arranged by the KCK members for the UGAM members at the basement of the CanKids' office at Gautam Nagar where they all enjoyed together. Members were also asked to fill in the feedback forms given by KCK members. TYCON 2013 was really beneficial for all the survivors who attended this survivorship meet as it will not only help the survivors to cope with their problems but also to rebuild their confidence when they met other survivors who are also fighting to survive in this competitive world of today after being Victors. Such survivors meet should be held regularly to create awareness amongst people and change their attitudes towards Cancer patients and Survivors. one present in the auditorium.

The Ugam Family



Victor's Stories:

Celebrating second life!

Sharing my thoughts as survivor & Ugam Executive Administrator.

I am Shekhar Jha from Bihar. I am a childhood cancer survivor. I was diagnosed With Hodgkins Disease in Feb 1994 and I was treated in Tata memorial hospital .My treatment ended in Dec 1994 and as per Doctor's advice I regularly come for follow up. During treatment I never missed my studies and I didn't have any problem in attending school either. I have completed my Post graduation in commerce from L N M University Darbhanga, Bihar in 2012.

I am part of Ugam, childhood cancer survivor group for last 3 years and I am employed in Ugam as Executive Administrator for past one year .Thanks to Mrs. Anita Garware (Director)centre for child development (CCD) for giving me opportunity to work as a coordinator between CCD &Ugam .I will like to thank her on behalf of all Ugam members for her kind support to Ugam.

As a coordinator of Ugam most of the members know me. Thanks to Ugam for teaching me how to face life after cancer. Earlier I used to be very shy and reserved. After I joined Ugam, I got self confidence to deal with people as that's the job of a coordinator. I have added around 50 active members to Ugam from ACT clinic with the help of Doctors and most of them are taking active part in Ugam activities. I feel I have achieved my goal of adding active members to Ugam & I want to continue adding more members as active members are strength of Ugam.

I feel a support group like Ugam should be set up in every city to help childhood cancer survivors. I will also like to thank all the members who have supported me during past one year in Ugam .I can't specify names because it's a long list.

After working in Ugam I think I can work in any organization. Ugam and its member have taught me many lessons of life.



- Shekhar Jha

Victory Over Cancer...

Hi! Friends. My name is Shweta Chawre, and I am 20 years old. I was very enthusiastic as a kid. I was an Athlete, a Runner and a Basketball player. I also loved to draw and paint. In 2008, when I was 15 years old, my right knee started paining badly and doctors did a biopsy and I was detected with Osteosarcoma, a type of Bone cancer. We were sent to Tata Memorial Hospital at once. I had to take 9 rounds of chemo and undergo a total knee reconstruction surgery along with skin grafting. Major part of my right leg was replaced by an implant, followed by 9 months of physio therapy. After two years of treatment, I was able to stand on my legs again and walk. I am very grateful to Dr. Ajay Puri, Dr. Ashish Gulia and Dr. Suresh Pai who helped us in every way, and to my parents and my little sister for standing by my side throughout the treatment.

After cancer life was very different. I was aware that I could not run anymore or play basketball. But at the same time I was really happy that I was a survivor, and looked at life from a different perspective. I completed my H.S.C. in 2010, and now I am in my 2nd year of Animation and Film-Making.

I heard about Ugam a year ago. I too wanted to help them in their activities and motivate others. For me, cancer is now 'Just another word'. If you believe in yourself, Anything is possible!



- Shweta Chaware

Life's Turning Point!

Hi! Friends. I am Vanchinathan.

This is a story about an intelligent, hardworking, smart & beautiful person who is in the photograph attached. It is me! Got a smile on your face? (me too while writing this!) keep that intact while reading further.

At present I am working as a Supervisor in a computer department of a processing unit of a printing press.

First Turning Point: I was diagnosed with testicular tumor in the year 1992 and was treated at Tata Memorial Hospital & at Sion Hospital. When I first heard that I was suffering from cancer tears started rolling down my eyes (at that age I was at my best in crying). I was totally shocked.

With the help of my family, doctors, social service group and friends I could become victorious against cancer. Financially we were not well off but my family somehow managed to pull things off. My treatment went on for 2 years (I still hate the word chemotherapy) and follow ups were done for 4 years. I am fine now thanks to everybody who had done something in their own capacity for my treatment.

Second Turning Point: In the year 2006 I got my second shock. I got Married (Cancer se jeet gaya yahan fas gaya) and have a boy aged 4 years. Life's good. I want every cancer patient to get married then they will know that cancer life is nothing in front of Married life....ha ha ha would like to elaborate (on married life) but our newsletter won't have space to add other survivors messages.

P.S: I wanted my story to be fun reading so I have made fun of married life. Friends don't be afraid. Just do it.

Now I am fine and have joined Ugam and our doctors have advised me to start follow up again which I am doing. Thanks to Ugam I am thinking of completing my graduation which I had left midway after I got a job to support my family.



-Vanchinathan

My Encounter with Ugam..

Hello Everybody. It is nice to see Ugam moving at such a great pace as new members are enrolling into the group every week. I would like to share something about myself. I was 14. I was young and running around. Cricket, football, Karate and schooling were my daily routine until one day I felt a sharp pain in my right leg near the knee. This continued for around 45-50 days but the pain didn't subside. I got an X-ray done and it turned out to be Bone cancer (Ewing's sarcoma).

The only thing that I knew about cancer was that it kills. But then my treatment started at Tata Memorial Hospital. I endured 14 cycles of chemotherapy and a surgery where 6 inches of my affected bone was amputated and replaced by a stainless steel metallic implant. My treatment lasted for a little more than a year and finally I was declared cancer free. After my surgery I had to learn how to walk again, had to learn to climb steps. I had to learn everything related to the functioning of my leg right from ABCD. It took me 7-8 months to get the strength of my leg back.

7 years down the line I consider myself blessed to have such a dedicated team of Oncologists. They not only saved my life but went into extraordinary lengths to save my leg. Since my treatment I have finished my schooling, completed my graduation in B.Com, cleared C.A. Inter and am currently doing my articleship. I would just like to say one thing to all the survivors who are reading this. Be Proud of being a survivor. You have been through such a gruelling treatment, use it as an antidote to make yourself strong and help others. Ugam is one such platform where survivors meet, share their problems and experiences. I would

call it a sanctuary for the Childhood cancer survivors. Be strong, be happy guys.

Thanks.



-Narendra

Joy that Ugam brought to my Life!!

HIII.... Friends. My name is MADHURI. Agar meri life do word me describe karni ho then I'll say challenge with fun.... and I toh love challenges. My friends always says that I am a unique girl in this world because I make fun of myself. It might be possible because har ek friend ke jaise har ek pal bhi jaroori hota hai boss... Lets talk about my journey from cancer patient to cancer survivor. I was diagnosed with cancer when I was in the 12th std. I was under a lot of pain. Once again a new challenge in life but even that time I faced the challenge with fun. There was fun because I met many doctors, who made me to laugh in those painful moments by their weird advice and guesses. Sorry doctors this not about you.

So finely I met a nice person and nice doctors who actually saved my right hand and my life too. I was diagnosed with PNET cervical spine. I was studying like a loving girl and was in my 12th. That is when I got to know that I had cancer. It was like..... WHAT????? At that time I felt like I was not going to survive. No one would speak to me. After a year and a half I

completed my treatment and was a cancer survivor. While my treatment was on I behaved badly, especially with my Aai. But I love her too much just like I love my SAI BABA. I love my aai, papa, my sister and brother. I do not ever want to repeat this behaviour. After completing my treatment I took admission for the 12th standard and I passed it with a first class. However, after that education became impossible for me, the situation was against me. But with the help of my Aai and papa I completed my diploma in skin and hair therapy and am now trying for job. One day I will achieve each and everything I have planned for myself and my family because I want to be like a BETA (son) for my aai and papa. So friends just take a chill pill. We are the winners and jitna bhi tension ho khush rehkar jina usase bhi jaruri hai. And as one of my Ugam friend says, "AGAR SMILE NA AAYE TO DO BAR AISEHI SMILE KAR LO TISARI BAR SMILE TO AANI HI AANI HAI." SO KEEP SMILING AND HAVE A VERY SMILY AND JOYFULL LIFE WITH GREAT ACHIEVEMENTS.



-Madhuri

My Relationship with Ugam

My name is Indumati Yadav. I am a cancer survivor. When I was 5 years old, I was diagnosed with Wilm's tumour (a type of kidney cancer). I don't remember most of the things about my treatment. The only thing that I remember is that I used to cry when the

doctors used to give me injections. I have been cancer free for the past 16 years. After the treatment my family and teachers supported me a lot. I was always kept away from sports by my teachers because of my illness, which led me away from sports.

Now I am 21 years old and have completed my graduation. Now, I am doing master's in chemistry (M.sc.). My dream is to become independent and to make my parents proud. Being a survivor makes me very happy. Now I feel that I can do anything and I can achieve success in life. I am very lucky to be a member of 'Ugam'. It has helped me to be creative. It helped me to recognise the hidden talent within me. I had never participated in any skit and did so only because of Ugam. I have got an opportunity to be in a skit. It has developed a good Personality. I have gained confidence in myself. Now, I don't have any stage fear. I am very happy that doctors are very much supportive.

Ugam is a cancer survivor group. They support cancer patients. When I was a patient Ugam was not formed. Now, I am happy that Ugam organises various workshop. It helps the youth and children to be social with each other. There is sharing of views. The patients and their parents are made to feel better by exposing them to our experiences. These patients are given a new life by this organization. I express my heartiest thanks to the Ugam team and doctors.



- Indumati

मेरी जिंदगी मेरी कहानी

नमस्कार मेरा नाम निलम साहेबराव सुर्यवंशी है. मैं अपने छोटे परिवार के साथ खुशी से जी रही हूँ. मेरे परिवार में एक बहन उसका नाम वर्षा, भाई का राहुल, मेरी माँ मालीनी और पिताजी साहेबराव सुर्यवंशी, ऐसा मेरा छोटा परिवार है. मेरा जन्मदिन 6 मई 1996 है. बचपन के चार साल अच्छे गुजर गए उसके बाद मई 2000 में मुझे बुखार आने लगा. 103 जाता था. इस संबंध में स्थानिय डॉ. से दवाइया लेने के बाद भी बुखार में उतार चढ़ाव रहता था. इसलिए मेरे पिताजी ने मेरा दादर के सुश्रुषा हॉस्पिटल में दाखिल कर दिया. उनके द्वारा जांच करने के बाद यह पता चला कि मुझे ल्युकेमिया हो गया है. तो उन्होंने मुझे वाडिया हॉस्पिटल में पैसे के लिए भेज दिया. मुझे ल्युकेमिया हो गया है. यह बात पिताजी ने मुझसे छुपाकर रखी. बाद में मुझे हॉस्पिटल में पता चला कि मुझे यह बिमारी हो गई है.

डॉक्टर ने पिताजी को पैसे का इंतजाम करने के लिए कहा, लेकिन उतने पैसे हमारे पास नहीं थे. तब उन्होंने दुसरों से पैसे लेके मेरा इलाज शुरु किया. मेरी माँ मुझे देखकर रोती थी. उस वक्त मुझे बहुत बुरा लगता था. इस बिमारी के लिए लगनेवाले पैसे हमारे पास नहीं थे, लेकिन पिताजी और माँ ने दिनरात मेहनत कर के मेरा इलाज शुरु रखा.

अभी 2003 में मैं इस ल्युकेमिया के बिमारी से पूरी आजाद हो गई हूँ और आपके सामने हूँ. अभी मैं 11 वी कक्षा में पढ़ती हूँ. अभी मैं आप सभी को इतना कहना चाहती हूँ कि आप भी मेरी तरह इस बिमारी से ठिक हो जाएंगे.

मैं और मेरा परिवार उगम संस्था को धन्यवाद देते हैं, कि उन्होंने मुझे इस अवसर पर बोलने का मौका दिया.



- निलम साहेबराव सुर्यवंशी

Sharing my Thoughts as a Friend of Ugam...

Hello everybody my name is Dinesh Chouhan and I introduce myself as an Ugam friend .

I want to share my journey with "UGAM". It is in a very unusual way that I became aware about Ugam. Once when I was travelling, I happened to listen to cancer survivors group member in a live FM radio channel which I came to know is Ugam a group which works for the upliftment of childhood cancer survivors.. This inspired me to join Ugam and work for the survivors.

I contacted Ekta Pawar to enquire about the group. She encouraged me to support Ugam in its welfare activities. The more I started working for the group the more dedicated I became towards it. I started participating in the charitable events carried out by the group.

After having worked with such bravehearts I learnt a great deal about the member survivors. They taught me a lot of things about life which I think was lacking in me. Courage, strength, passion is what these fighters taught me. After joining this group I can proudly say that I am satisfied about myself. I urge all reading my article to engage themselves in such noble cause and work for the interest of the survivors. I feel very happy, comfortable and satisfied after joining "UGAM" and working with this group.



-Dinesh Chouhan

Proud of my Family!

Ugam is a word which itself defines a lot. Today, I would like to share my feelings and thoughts with you which I have gained in past two years. It is a support group which consists of childhood cancer survivors who themselves have defeated the deadly disease known as cancer & are now young adults. Today, they are working for the sake of society, motivating them and making them strong so that they don't lose hope & keep on fighting with the disease.

I ,myself have gone through the pain of cancer as my sister & mom were cancer patients. Both were diagnosed with Retinoblastoma a type of eye cancer. This kind of trauma is not easy to bear. But they kept on fighting the disease and after all they won the battle. Both of them are quite well & healthy, whereas my mom is a member of Ugam& actively working for an NGO known as CANKIDS.....which enables families fighting against cancer.

Fighting with cancer is not so easy. We need courage, self confidence and many more things so that we can deal with it. So, Ugam is an ultimate solution where one can get all his answers. As the teammates are active & helpful , they conduct some counseling sessions every Tuesday at Tata Memorial Hospital. All this has been possible because of our mentor Dr.Kurkure Ma'am who has always been supporting the young stars of today, who have created a new world not only for themselves but also for the society.

After being enrolled as an Ugam friend I have understood how one can fight with cancer & can spread awareness amongst our society. So I feel I'm lucky that I am a part of it.

So, I am doing my bit, even you CAN.....

Thank You!



-Abhishek D.Gupta

Spreading Smiles Beyond the Boundaries...

Its not just in Mumbai that ugam is spreading smiles, we have expanded our territory out of mumbai as well. Rahul Kumar Pandey an active member of our group has launched a cancer survivor group called ' SEVAK' at Banaras.

Sevak carries out activities similar to that of Ugam. Sevak works for the upliftment of cancer survivors and spreads awareness about the disease in the remote areas of Banaras. Sevak members encourage active cancer patients to complete their treatment and not to lose hope. They undertake counselling activities and provide moral and emotional support to patients. Ugam is proud to have a member like Rahul.



- Rahul Kumar Pandey

We Remember.....

·**Dr Arun Kurkure**, Hon Secretary & Managing Trustee of Indian Cancer Society who passed away at the age of 61 on 14th July 2012 after a two year bravely fought battle with colon cancer. Cancer does not spare even a cancer surgeon !

·**Rita Shah**, an active & vocal Ugam member who passed away at the age of 53 on 17th Jan 2013 after being childhood cancer survivor for 40 yrs but succumbing to lifestyle related diseases like obesity, hypertension & diabetes.

Dear UGAM Family,

It is a pleasure to wish you on your 4th anniversary.

I will not be able to participate in the event as I will be in U.S.A. attending ASCO annual conference.

It has also been my privilege to witness the sheer determination, passion and attitude that you have displayed on at least two occasions – one in Mumbai and the other in Delhi. I am truly impressed with the winning spirit as well as the seamless togetherness that you project.

With the gentle guiding hand of Dr Purna Kurkure, you have the distinct advantage of the largest experience in fostering cancer survivors (victors) back into society. This jump starts the next phase of your life, individually as well for UGAM.

So it is now up to you to make the most of this wonderful opportunity. You have overcome the mammoth challenge of a disease like cancer. You have emerged victorious. And you are now part of the network that strengthens you and gives you the opportunity to help others faced with the same disease. What more can you ask for. Congratulations for being part of the team specially blessed and empowered.

With personal regards,

Dr Purvish M. Parikh

MD, DNB, FICP, PhD, ECMO, CPI, MBA

Medical Oncologist and Hematologist

Hon Secretary & Managing Trustee

Indian Cancer Society

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

·**Savita Goswami** for getting SIOP scholarship to present paper, “**Psychological Concerns of childhood cancer survivors & their parents**” during SIOP 2013 at Hong Kong

·**Ekta Pawar- Rawat** for getting travel scholarship from ICCCP to present paper, “**Ugam – Victors of Childhood Cancers: An Empowerment to Rise with Education**” during SIOP 2013 at Hong Kong.

·**Sachin Chandorkar** for getting award for sculpture during **Art Fusion 2013** exhibition held at Nehru Centre, Worli from Chief Minister of Maharashtra & Rajasthan.

Ugam Theme Song... launched on 3rd 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...

