



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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| • Dr Purna Kurkure – Convener, UGAM | Ph no : +91 9821324504
E-mail: purna.kurkure@gmail.com |
| • Dr Vandana Dhamankar
-Assistant Director, Cancer Survivorship | Ph no : +91 98191 90076
E-mail: vandana@indiancancersociety.org |
| • Mr Shekhar Jha– Administrative Officer | Ph no : +91 9699975276
E-mail: shekhar@indiancancersociety.org |
| • Ms Savita Goswami - Mentor | Ph no : +91 9820050072
E-mail: savitata@yahoo.co.in |
| • Ms Ekta Rawat – Co-ordinator | Ph no : 08805267800
E-mail: ugam.mumbai@gmail.com |
| • Ms Preeti Phad - Member | Ph no : 9702488007
E-mail: preetiphad@yahoo.com |

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
www.indiancancersociety.org



Ugam Calling...

9th Anniversary Issue - 2018

International Childhood Cancer Survivor's Week

Rise, Shine and Celebrate Survivorship !



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Working Groups

Patient Support Group

Prashant Suryawanshi /Nilesh Dokhe/
Tushar Khillare

Survivor Support Group

Preeti Phad/Shifa Shaikh/Vanchinathan

Cultural/ Event management/Creative

Emmanuel/ Sushant/Aishwarya/Smruti/Shifa/
Priti More

Educational & Vocational support group

Shalaka Mane/ Vishal Tamhankar/Inzamam/
Priyanka Jadhav/ Sandeep Yadav

Marriage counseling group

Vanchinathan/Mrs Sampada Sakre/
Anita Gupta

Public Relations

Ekta Rawat/Narendra Shetty

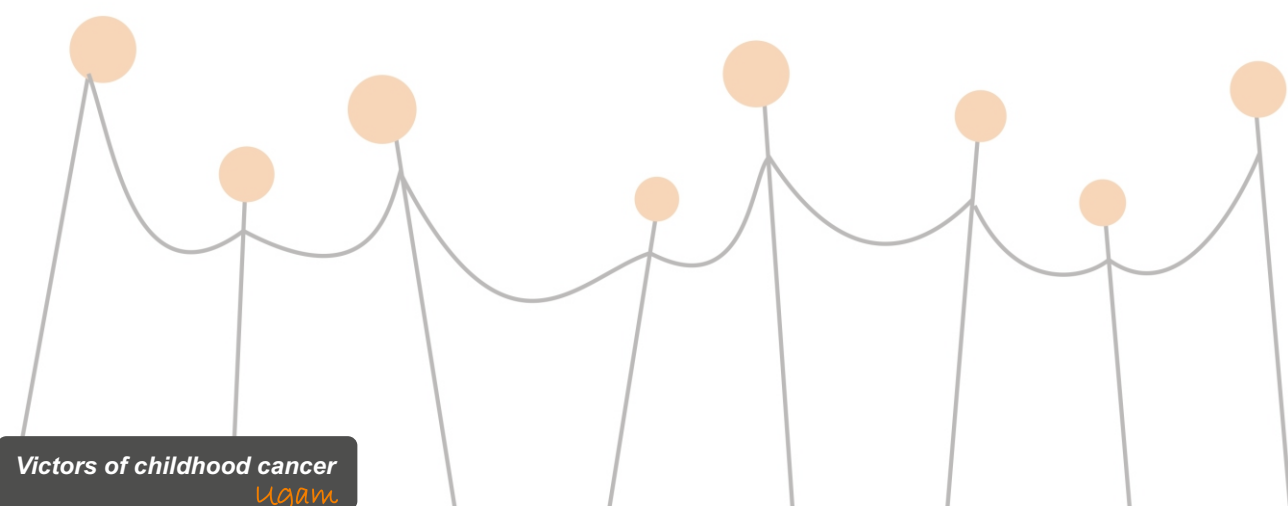
Web Master

Arun Kumar Nadar/Vinay Bansal/Pavan

Fund –raising group

Pranav Mukhi/Narendra Shetty/
Tushar Khillare/Sai Teja

**We are grateful to all UGAM friends, donors and volunteers for their generous support.
We are grateful to Display House for technical support.**



Victors of childhood cancer
Ugam

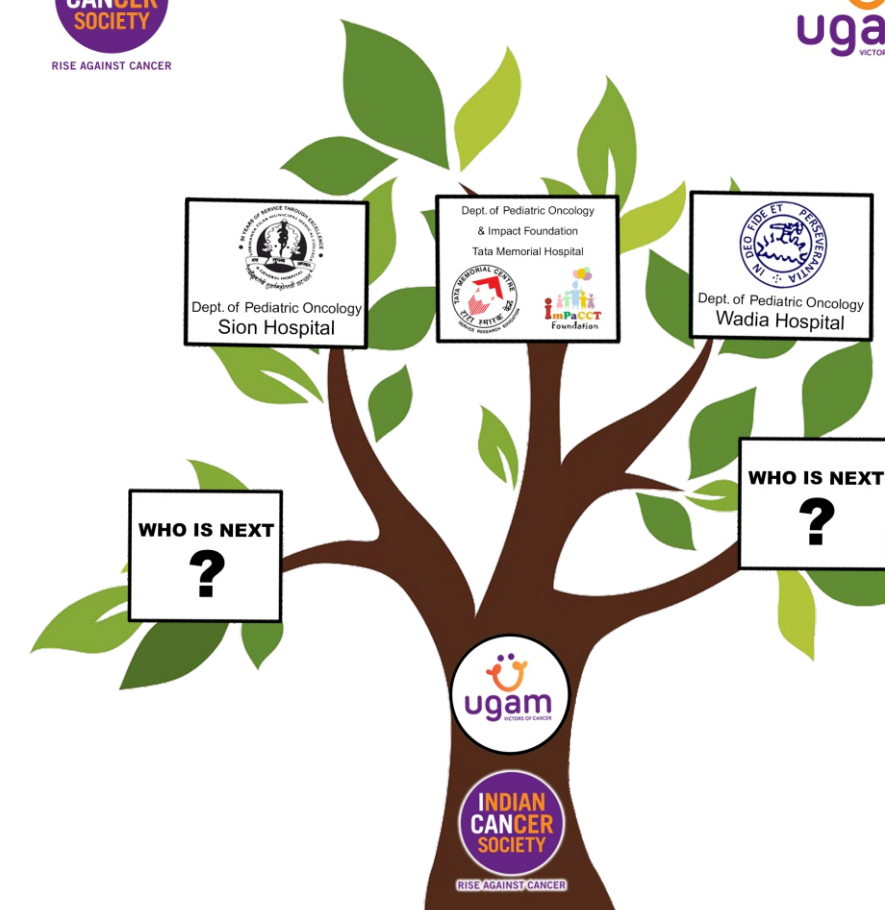
Victors of childhood cancer
Ugam

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.



THE UGAM FAMILY



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
 Medical Director &
 Head Pediatric Oncology
 SRCC Children's
 Hospital.

Welcome to grand new venue, The Royal Opera House, for celebration of 9th Anniversary of UGAM!

UGAM has entered in 10th year of its existence & is ready to take its first flight. The Royal Opera House has been the wind beneath the wings to facilitate this first flight. We are grateful to The Royal family of Gondal, His Highness, Maharaja Shri Jyotendrasinhji, Her Highness, Maharajisaheba Kumud Kumari, Honorary Director Ashish Doshi & Curator Asad Lalljee for hosting us in this grand venue.

UGAM & Survivorship vertical has taken baby steps forward & started After Completion Of Treatment (ACT) clinics in collaboration with Department of Pediatric Oncology, Wadia Hospital for children & Sion Hospital under PICASSO (Partnership in Cancer Survivorship Optimization) project which was launched in 2016 with generous donation from HES Infra Pvt Ltd. Others like KEM Hospital, Asian Cancer Institute are in pipeline. Initial journey has been slow as we were learning nuances of getting organized towards a common goal of standardizing survivorship care. But we are confident & determined to take it beyond the limits of Mumbai at Pan India level.

The mission of UGAM to empower survivors to get them back to main stream in society has now come to fruition. Empowerment through education & vocational guidance to make them job ready is a first step towards it. Indian Cancer Society has launched D.J. Jussawalla Educational & skill development fund in memory of Dr. D.J. Jussawalla (1915-1999) Founder Secretary & Managing Trustee of Indian Cancer Society. WPP India CSR Foundation is the founder sponsor of this

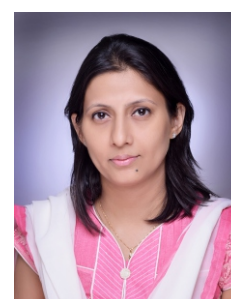
holistic concept. The approach and philosophy of the fund is to "adopt" the eligible cancer survivors and hand hold them through every stage until fully rehabilitated back into the society with potential to earn a livelihood. More than 70 survivors have been helped through this activity & we are hopeful that continued support from WPP India will make this effort sustainable in future.

I want to wish each and every member of UGAM the very best in life and may success always be with them. Together they seem to have an unseen power that gives them strength and courage to reach for the sky just like their name suggests

Fly, fly, fly high against the sky,
 So high I almost touch the sky.
 Thank you, thank you,
 Thank God for you, the wind beneath my wings.

Jeff Silbar and Larry Henley....

Dr. Vandana Dhamankar
 Assistant Director,
 Cancer Survivorship



Congratulations to UGAM on completing 9 successful years of togetherness!

It is heartening to see UGAM accept new challenges in their stride as they continue to grow.

These young victors are a symbol of hope for the hundreds of Childhood cancer survivors that look upon them for making their extremely difficult journey, bearable.

They deserve special mention for their positive inputs and enthusiastic contribution to all the awareness and fund raising activities of Indian cancer society!

The need of the time is to spread the word further! There is potential to achieve more, cover more milestones, add more feathers to our caps! A stronger advocacy of the various issues of Childhood cancer survivors is the what we must do now.

There is no limit to what UGAM can achieve as a team! I would strongly urge the UGAM leaders to come forward and make this happen..

Let us, together, embark on this exciting journey ahead!
 Vive la, UGAM



Ms Sheila Nair
 Director General
 Indian Cancer Society

UGAM is doing a great job by providing phenomenal support to young cancer survivors

both emotionally and financially making them unleash their inner strength and the will to overcome all odds. The support group has also provided many survivors as a safe place to share their feelings and challenges making each other emotionally stronger. For the young childhood cancer survivors who are now blossoming into young adults and pursuing their careers and vocational interests with enthusiasm, it is time to look back at the journey with UGAM and contribute to giving other younger joins the same experience.

We at Indian Cancer Society, are constantly researching newer programmes for the the Ugamites to avail of and blossom into the best they can aspire for.

Mrs Anita Garware,
 Chairperson, Rehabilit
 ation Committee
 SRCC Trust



'Over the years I have witnessed UGAM's success. It has given hope to so many

children and parents that the big 'C' does not have to be crippling. To see the survivors showcase their different talents at the annual function, and hear their stories to overcome and be effective members of society, gives me the greatest joy.

My most sincere congratulations to the medical consultants who helped them through their struggles, and those who have given them the opportunity to be together to enjoy their days in the sun. My greatest admiration for the efforts, vision and enthusiasm of Indian Cancer Society's survivorship team that has brought joy to so many survivors. Best wishes to UGAM team who will carry the torch forward.'

Rukaiya Joshi,
 Professor - Chairperson
 CEEdSS
 SPJIMR



UGAM is the beginning, with lots of hope, life and happiness. The spirit among UGAM children

is that of

"tu na rukega ga kabhi tu na jhukega kabhi,
 kar saph ,kar saph, agnipaat ,agnipath"
 - **Harivaneshrai Bachchan.**

"Life must go on uninterrupted by the disease and pain and the childhood to be filled with fun and learn as other children do, is the example set by UGAM children. Excellence in academic performance unabated by the difficulties is what the UGAM children have demonstrated. Seeing them all perform fearlessly, joyfully on the ICS founder's day 2018 was a delight. I salute each and every UGAM member for the amount of energy they exhibit individually and more so when they are together. On the occasion of 9th UGAM day, 3rd June 2018, I wish them all greater success in years to come. Congratulation to the entire team at ICS for doing dedicated, compassionate work.

Dr. Tapan Saikia
 Medical Oncologist,
 PAKH, Mumbai,
 Member NMC, ICS, and
 Board of Directors and
 Senior Advisor, ACCF
 (Assam Cancer Care
 Foundation)



The cultural traditions of the North-East States of India, are very rich - a blend of thousands of years of tribal faith, mingling with rest of India at a later era and now waking up to globalisation. The music, the lyrics and the dance forms have unique identity. These reveal human beings' closeness to nature.

UGAM Foundation of the ICS, has taken an appreciable step to recognise and showcase the richness. I'm convinced, the audience and the participants will be witness to a memorable function.

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



Congratulations to all members of UGAM on the 9th anniversary. Survivors of childhood cancer are at a higher

chance for developing overweight and lifestyle diseases (diabetes, high blood pressure and heart problems). These can be largely prevented by a healthy lifestyle.

Food: 'Mindful eating', ie being aware of what you are eating, is very important. Try to pack as much nutrition in your food as possible –5 to 7 servings a day of fruits and vegetables every day, milk and milk products, plenty of fibre and water. Limit sugar and deep fried food, and alcoholic drinks. Commercial weight gain supplements (used in gyms) should be used with caution.

Exercise: Sedentary lifestyles lead to back pain and stiffness. Even lean and fit young individuals need to be physically active to prevent ageing. Adults need at least 30 minutes of moderate to vigorous physical activity (brisk walking/ jogging/ active sports), on 5 or more days of the week (150 hours / week). Although weight training is not forbidden, it should be done in moderation.

Weight Loss: Maintaining a healthy weight is very important to have optimal health and prevent lifestyle diseases. A combination of healthy and careful diet along with adequate exercise is usually enough for this. Those who are obese need to have a realistic and long-term weight loss goal and work towards it, with advice from a health care team and a nutritionist.

Emotional Health: This is of course, the most important thing in life. One should always have strategies to cope with difficult situations and build a team of family members and friends who can act as a safety net. Yoga, deep breathing exercises and meditation work beautifully.

Avoid risk taking behavior like smoking, recreational drugs and tobacco chewing.

For more detailed information and your specific issues, talk to your doctor. You may also visit the following websites :

<http://curesearch.org/> .
<http://www.aftercure.org/>

Mrs.Savita Goswami
Mentor UGAM
Clinical Psychologist
Tata Memorial Hospital



Dear UGAM,
Congratulations.....we have accomplished a journey of nine years

and entering a decade. The group is growing in number along with the inner strength and skills. This year was full of action and excitement for all the Ugamites. UGAM has participated in range of activities throughout the year.

Spreading awareness about cancer has always been the prime mission of UGAM victors who are ambassadors of survivorship. UGAM has conducted many awareness and support group sessions for patients and family caregivers in collaboration with Tata Memorial Hospital (Pediatric Oncology/ Psycho-oncology Teams) and St. Jude Centre. UGAM participated in various fund raising activities and helped raising funds for the cause of cancer care and survivorship! Here, I would proudly appreciate all six Marathon runners for their spirit and enthusiasm to ceaselessly and dedicatedly support the cause of cancer survivorship.

Winston Churchill said, "If you want a person to demonstrate a virtue, impute that virtue to him in advance." When you approve of a person's potential behavior or performance, in advance, you set up a force field of positive energy that motivates that person to do an even better job. UGAM exhibited the same philosophy by their ongoing psychosocial support and training, which empowered UGAM victors to develop immense confidence, self-esteem and empathetic communication skills. As a result, today 14 Ugamites are working with 10 different NGOs working in the field of oncology and one UGAM member has been selected for the first ever Postgraduate Diploma in Patient Navigation Training Programme: Kevat conducted by Tata Memorial Hospital and Tata Institute of Social Sciences. UGAM has carved a niche for its childhood cancer victors' empowerment and survivorship care.

Dr. Shripad D. Banavali
MD (Med; Bom),
BC(Ped; USA)),
BE(Hem-Onc; USA)
Professor & Head,
Department of Medical &
Pediatric Oncology,
Tata Memorial Hospital



Congratulations to UGAM on its 9th Anniversary. UGAM has been a source of inspiration for many children with cancer who have completed their treatment & who want to contribute back to society.

This movement has to increase further & reach to every pediatric cancer center so that every child feels that they have a support from the society & they themselves be of help to the newly diagnosed children with cancer.

Events organized by UGAM UGAM's 8th Anniversary Celebrations



UGAM celebrated its 8th Anniversary at Tata Memorial Hospital (TMH), Mumbai, on 4th June The Theme was: Culture of south India. The program started with an introductory message from Ms. Sheila Nair, Director General, ICS followed by a Prayer song and various South Indian traditional dances like Karakattam, Kummiattam, Bharatanatyam, Onam, Lombardi dance etc. Narendra and Vanchinathan (UGAM members) did a presentation on South Indian states and their specialties. UGAM members were dressed in traditional South Indian attire to help create the perfect ambience. The theme was also depicted through the decorations put up in the auditorium as well as in the food menu. This was followed by the inaugural ceremony

where lighting of lamp was done. UGAM newsletter was released. Dr. Kusuma Kumary ,Our Guest of honor encouraged the survivors to maintain a positive outlook towards life and to continue celebrating life as it comes. She also appreciated the various activities carried out by UGAM members. Shreyas Iyer: Indian Cricket player was present as Chief guest . There was a friendly question answer session for him by the cricket fans in the audience, followed by felicitation of the UGAM members who received awards from various platforms last year. UGAM members who contributed to the program significantly were also felicitated. Many young survivors gave brilliant solo performances and enthralled the audience. There was a ramp walk by married couples. The program ended with UGAM theme song sung by the UGAM members. Gifts were distributed to all the UGAM members.

Sarcoma Awareness Month Event



July being an International Sarcoma Awareness Month, a meet and greet with the sarcoma patients and survivors was conducted by UGAM in collaboration with Spandan (V care support group of sarcoma patients/survivors) at Indian Cancer Society on 13th July 2017. In all, 26 members, a mix of patients and survivors attended the event. The theme of the event was color yellow, as a color for sarcoma awareness. All participants were given a yellow balloon as a symbol of hope and was encouraged to write positive messages . Dr. Vandana and Mrs. Vandana Gupta interviewed Dr. Manish Agarwal (Orthopaedic Oncologist), to understand about late effects of Sarcoma and what precautions could be followed. A number of survivors and care-givers came ahead and shared their experiences dealing with sarcoma and its late effects. The overall event had a positive vibe to it.

Counseling sessions with the parents



UGAM members, regularly attend the parent support group meetings held at partner hospitals and also at St. Jude's India Childcare Center, for parents' counseling. They help to spread the hope that childhood cancer is curable and share their own journey with them which make the parents comfortable and confident about their child's future.

Participation at ICS events 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, RBK International School and Dhirubhai Ambani International School had organized RFL on 19th Jan, 23rd Feb and 1st March 2018 respectively. UGAM was invited to participate in the event.

'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.



World Cancer Day



On the occasion of World Cancer Day, 4th Feb 2018 various events were organized by ICS such as cricket match- oncologist v/s survivors, Art workshop, Open Bus ride for child cancer patients. UGAM members participated in all the events actively. They won cricket match against oncologists.



ICS Founders Day



UGAM members performed a dance choreographed by Artscape foundation on 16th April 2018 at Grand Hyatt, Mumbai on the occasion of 67th Founder's Day of Indian Cancer Society.

Participation in Conferences by UGAM members

SIOP 2017



Aakash Kadam represented UGAM at SIOP conference which took place at Washington DC, US.

The abstract titled **“Rehabilitation of Survivor's throw Educational and Vocational Guidance Project of UGAM: A Childhood Cancer Survivor Support Group of Indian Cancer Society”**. was presented by him on 10th October 2017. UGAM would like to thank CCI (Childhood Cancer International) for giving them the opportunity to present UGAM data at International Platform.

TYACON 2017



ICS & UGAM were one of the supporters of TYACON, held on 2nd-3rd Sept 2017 at Tata Memorial Hospital. Ms Sheila Nair, ICS DG was invited as a panelist in the session Living with the 'New Normal'. Various social issues like education, employment, insurance were discussed by the panel. Twenty UGAM members attended the conference. UGAM along with other survivors, participated in a debate “Whether Cancer needs to be included in the Disability Act”. Dr Vandana moderated the debate. Ms. Shreya Joshi and Ms Sonal Bhalke participated actively. Dr Purna Kurkure chaired the session. The debate was well-received by the audience.

Master Training Workshop



Master Training Workshop for Life Skills Education was conducted by AACCI (Association of adolescent and child care in India) in Pune in collaboration with Dept of Pediatrics D Y Patil Medical College, Pimpri on 14th & 15th September, 2017.

The workshop was conducted by Dr Swati Bhawe (Chair,AACCI) and was co-facilitated by Dr Shailaja Mane (Pediatrician) and Dr Surekha Joshi (MSc, PhD). Three members from ICS (Psychologist, UGAM administrative officer & UGAM member) attended the training. The ten life-skills as outlined by WHO were briefly discussed in the workshop. The workshop emphasized on training the trainers to impart life skills to adolescents which would help the adolescents deal with the challenges effectively. The trained trainers from survivorship vertical would soon propose to start these workshops for survivors.

PHOSSCON



UGAM participated at PHOSSCON (Pediatric Hematology - Oncology support services conference) a 3 day conference organized from 24th-26th Nov 2017 at Kolkata by Cankids (sponsored by Leukemia crusaders) Arun & Narendra represented UGAM. The conference had a session on whether cancer should be a part of the Disability Act' Arun spoke in favour of the proposal of including Cancer as a part of disability & Narendra spoke against it. Dr Purna Kurkure participated in panel discussion.



Victors of childhood cancer Ugam

Participation in Events by Invitation

Victory Arts Presentation



Victory Arts Foundation (VAF) conducted annual 'VICTORY Presentation' on Wednesday 25th October 2017 at St. Andrews Auditorium, Bandra. UGAM members participated in the event and performed a dance. They had been specially trained by Shiamak's finest dance faculty.



HOPE



Hope is an annual event of pediatric oncology department of Tata Memorial Hospital which was celebrated on 24th Dec 2017. The theme of the event was 'Laughter and Joy'. UGAM members participated as volunteers and in a dance performance.

Curtain raiser SelfV



Curtain raiser event , SelfV 2018 was organized by HCG on 16th Feb 2018 at Taj Lands End. UGAM was invited and Shekhar Jha along with a few members attended the event. HCG has been conducting the SelfV campaign for the past 3 years wherein cancer survivors have to upload a 60 sec inspirational video about their journey in fighting the disease. Narendra Shetty, UGAM member addressed the audience about his cancer journey & also spoke about his experience as a SelfV winner in the 2016 edition.

Awareness activities and spreading hope about curability of childhood cancer

Gokulashtami / Dahi Handi Event



UGAM members were invited to join Dahi Handi Celebrations at Talav Pali, Thane on 15th Aug 2017, by Mr Rajan Vichare, Member of Parliament and trustee of Anand charitable trust. Twenty-seven UGAM members and friends participated in the event. UGAM members Priti and Ekta, who had become "Govinda" on that day, broke the Handi. They created awareness about curability of childhood cancer in this community event and also raised Rs. 11,000 through this activity.

Pinkathon



The Vasai Shero Trek was held on 2nd December 2017. It was an event organised by United Sisters Foundation in support of the Breast cancer survivors. It was a 1.50 km trek, 8 Members participated in the trek from UGAM, which was thoroughly enjoyed by everyone.

Juniorthon



3 UGAM members aged 14-15 participated in children's marathon-called juniorthon under the banner of ICS at BKC on 10th Dec 2017.

Mumbai Marathon



6 UGAM members (5 Dream run & 1 Half Marathon) ran Tata Mumbai Marathon on 21st Jan 2018. 14 members cheered them at the cheering zone of Indian Cancer Society.

Victors of childhood cancer Ugam

Victor's Stories

Gopesh Chilveri

Hello friends...

I am Gopesh Chilveri. I was detected with Hodgkin's lymphoma when I was four. My entire treatment including chemotherapy and



radiation got completed in a year. I did my Diploma in Mechanical Engineering and have completed my B.tech in Mechanical Engineering. UGAM is more than a family to me. We were finding it difficult to pay my final year engineering fees and UGAM came to my rescue. I am very grateful to UGAM for standing by me and showing the faith in me. I am trying my level best to do my bit towards Ugam. I would just want my other friends to not let the knowledge of their past, affect their present.

Swapnil Kharat

Hi, this is Swapnil Sheshrao Kharat from Mumbai. Like others my life was also going nice but one fine day all the good turned out to be bad. It was found that I was suffering from "CANCER". The treatment started with



our family doctor and finally end at TMH(Tata Memorial Hospital).It was a six months adventurous treatment which was full of drama ,emotions, fun, friends and many more.. Being a cancer patient everyone knows if he or she is not treated in a good manner then he/she must die but in my case I didn't even know what cancer is?.From 2005 onwards after finishing my treatment and till now I have learned so much from Tata as well as from UGAM. UGAM what should I say about it, it's just not a foundation but a family which knows how to take care of a family member like me. A dream was seen by me where almost everyone helped me fullfil it. I want to be a

Merchant Navy officer along with that I like to write poems and I love it very much so here are some of my poems which may not be my best because I don't believe in good or bad and first and last so all of them are good if you like them then please appreciate...

Muhammad Ali

As I grew up until S.S.C I used to fall sick every now and then but when I completed my SSC and went to college that's when I was diagnosed with



brain tumor(CANCER), and when I was about to appear for my H S C exam and it was first paper and that's when the tumor got severe and I had to rush to hospital however, I had also gone through regular check up but the doctors use to say it could be sinus and gave regarding medications. I was left behind in my studies as all my colleagues were continuing their studies and I thought I couldn't cope up my life and that's when I asked why me God???. I was rushed to the emergency surgery at JUPITER HOSPITAL at Thane where a tumor was a size of an apple which was resected from the brain and it was the first time I could feel my head is been cut off and the Half part was over my right eyes. After multiple surgeries and radiation, I couldn't walk, talk, or eat. I couldn't do anything. I felt like it was the end of world. I could walk a little then I moved with a wheelchair, to a walker, to a cane, and now to nothing. On September 9 2008, I was diagnosed with a malignant brain tumor, at TATA MEMORIAL HOSPITAL PAREL where doctors found out that it was a cellular ependymoma, located in the posterior fossa part of the brain (near the 4th ventricle and mid brain). The doctor advised my parents that I had to be admitted to the hospital on that

same day, in order to get a string of antibiotics in case if I get some form of meningitis. The next day, he decided to have a CT scan, followed by a MRI scan. The whole tumor could not be removed safely, so I was given eleven rounds of chemotherapy for a year. And then I received radiation therapy for seven long weeks. The operation left me paralyzed on both side of my body and also face had palsy and reduced eye sight on right side. During this whole time, my lovely parents helped me to recover by lots of prayers

Gayatri Desai

My name is Gayatri Desai. I live in Ratnagiri and I'm 19 years old. When I was 9 years old, I was diagnosed with Overian cancer. I was in grade 4th and my life was pain free and



secure and I had never seen what hospital looked like.

One evening, I felt bloated and my stomach started hurting. My parents took me to the doctors and after scans they realised what it was and they took me to Mumbai. I had to undergo the surgery for removal of the tumour and one ovary. It happened so fast and I was so little that I could not understand and comprehend what was happening to me. All I knew was that it wasn't normal, it was painful and I hated the needles and being in bed. Results came back from lab and malignancy of tumour required further treatment. I came to Tata memorial hospital. It was a very difficult time for me and my loved ones. My survival was a miracle but a long road of recovery was ahead of us. I had to stay in Mumbai for few months and missed my friends and my sisters every day. Chemo wasn't easy on me but that was the only option if I wanted to live a long healthy life again. All doctors and hospital staff were very supportive throughout my treatment and I can't thank them enough for understanding and being there for me and my family.

Today I am 19 and one year away from

finishing my graduation and through my school and I have scored a distinction.

I understand and appreciate life and importance of family more than anything. Cancer might have affected my physical ability, but it has not and will not affect my mind, I am stronger than ever. I eat healthy, I study, I laugh , I travel, I fight with my siblings, I am just a normal teenager now living a normal life. My parents and relatives give me the strength to live and encourage me. It's taken 10 long years for my recovery and not even once I felt that I was alone. I thank my doctors and nurses who looked after me and held my hands and wiped my tears and gave support to me and my family. Without them I wouldn't be here. Today UGAM has also given me the opportunity to share my experience with you. It is a great platform for all cancer survivors.

All I can say today is that if I can do it, you can do it too. Nothing is easy in life but this battle makes us stronger and different than everyone else. Stay positive, happy and blessed. Look forward to life, experiences, fun times, laughter. This journey has changed me for good and I am sure it's changed you too. All I can say is that 'we are the ones we beat all the odds 'and I am proud of us.

Endless Journey...!

You walked with us,
far and beyond..
There is no end to our journey,
and this walk...
Whenever we stopped
or lagged behind,
you picked us up and
gave us the hope
to march ahead...
In this beautiful journey of life,
when we see in your deep eyes,
we found, that unconditional love,
as deep and as forgiving
as the ocean.....!!

- Gayatri Desai

Marathon Runners

Manish H. Sase

In the year 2002, ever since I was diagnosed with cancer, my parents have sacrificed a lot for me & had faced several hardships for my treatment for which I am forever grateful. My



mother had once mentioned that Dr. Vandana had helped us a lot when I was undergoing treatment.

Although I am completely cancer free after this fight, but to live a life post cancer one needs to struggle a lot & one needs to have a strong will power which can't be achieved unless you have people around you to support. I met Shekhar Sir at the ACT clinic at Tata Memorial hospital & he introduced me to UGAM. I will never forget the support that UGAM showered towards me.

In the year 2018, my father passed away after which me & my family were completely clueless about the road ahead. I disclosed my difficulties to Shekhar Sir, Shreya Madam & Vandana Madam. I told them that it would be very difficult for me to pay my college fees because of my present situation. UGAM came to my rescue. They paid for my college fees. Shreya madam helped my clear my psychological difficulties & guided me through my difficult times.

I want to thank UGAM for all the help & support!!!!

Rajesh Savla

Run for a cause, support and feel blessed.

That's what I had in mind when I was given the opportunity to participate in Tata Mumbai Marathon.

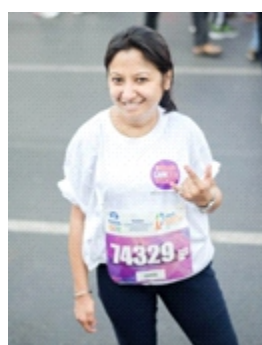


Being a cancer victor, I was full of enthusiasm to run, not only to support my other fellow survivors and patients, but also to motivate my inner self, that I am no less than others. It was a great experience and blessing in itself to raise funds and support for the cause I am born for. Marathon, a great platform, gave ample opportunity to interact, spread awareness, motivate and make others smile in million ways. A sincere thanks to Indian Cancer Society and UGAM to give me this wonderful opportunity!!!.

Ekta Rawat

Dream Run 6.5km

Just as the name suggest, it was a run for me to my destination. In dreams, though our body is physically unconscious, our mind

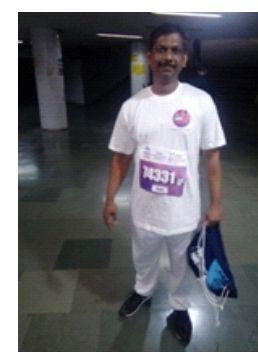


and heart are constantly working, the same feeling I had when I ran. I was running with my heart and soul in it. A challenge and a contentment to achieve and to prove that we are victors and victors are different. Supporting the cause has made me a better person, living with humanity and contributing to it is what I will always do. Keeping the spirit in me alive.

A cancer survivor by chance, a victor by soul. Special thanks to all my doctors, ICS, UGAM, supporters and family, without you this journey was not possible.

Vanchinathan S.

21st January 2018 Tata Mumbai Marathon a memorable event not only for mumbai but for me too. This was my first marathon, taking part in a dream run was



even more exciting, because I could know the nitty gritty of a marathon to be ready for the next time. The day started for me with reaching Cst by 7.00 and the dream run started by 8.40 first i started slowly and steadily as time went by i started to enjoy the run. The arrangement was super good. I thought even getting out of Azad maidan will take time but it was very well organized and ably supported by Mumbai police. Reaching the cheering platform of ICS and volunteers cheering for us was great gesture,encouraging all to do more next time. Thanks to ICS / UGAM / UNITED WAY OF MUMBAI for giving me an opportunity to take part in this event. Enjoyed the atmosphere of marathon next time will go for additional kilometres which will be worth going. Thanks to all who helped me to raise funds and those who gave me this opportunity. A very big Thanks.

Shweta Chawre

I was a sprinter before I was diagnosed with Osteosarcoma in 2008. I used to run 100 mts, 8 K.M. marathons and 200mts. I had a total knee replacement



procedure with titanium implant in my right leg. It put a halt to my running and all stressful activities. It has been by dream ever since I was operated 10 years ago, to participate again in a marathon. I was given a wonderful opportunity by UGAM to take part in Tata Mumbai Marathon, and my dream finally came true. I finished the 6 K.M. Dream Run. I never thought I could ever be a marathon participant but I did. Thank you UGAM :)

Arun Kumar Nadar

My life is full of tech, right from my office to my NGO. But this marathon gave me a unique experience. A run, 6.5 km led me to the path of enlightenment. So much enthusiasm and



motivation I felt when I joined the crowd towards the destination. Children, women and even senior members, voicing for their and others welfare, NGOs amplifying the causes, stall to cheer them, such was the atmosphere. I was overwhelmed with such experience. Thank you ICS for such great opportunity.

Preeti Phad

Hello freinds myself Preeti Pandurang Phad, Marathon 2018, was a unique event of my life. Being a Social Worker by profession I have participated in



many events, but this one was different. I always believed, in order to motivate others, we should first motivate our inner self and hence regular practice for the race began for me. I practiced for 2 months to be a part of it, this brought more self-confidence. The day arrived and with the same level of confidence and enthusiasm, my race began with my fellow members. The sense of accomplishment was achieved, stating " longer survivors are not equal but different and thus can do things differently and in much more dedicated manner".

"To educate a child is to turn walls in to doors"



RISE AGAINST CANCER

"Dr D J Jussawalla Educational & Vocational skills fund"

- Eligibility:** -Any cancer survivor who has completed treatment
Age group: -10 to 20 year olds. (Girl student applications are encouraged)
Scope of the fund: -School/College fees
-Coaching classes fees (limited amount)
-Career guidance, Aptitude tests

Applications are open for the year 2018-19



For more information : info@indiancancer_society.org, Mr Shekhar Jha : 02224139445/51 Extension - 104
*Terms and Conditions apply

DR D. J. JUSSAWALLA EDUCATION & VOCATIONAL SKILLS FUND

The incidence of cancer all over the world is increasing. However with improved modalities of treatment, cure rates are also improving. An increasingly important issue in oncology is to evaluate quality of life (QoL) in cancer patients and survivors. For children and adolescents with cancer, continuing education is a major challenge. Because of prolonged duration of treatment and the toxicities of the therapy, many children have gaps in their education. Some may be motivated to continue education during or after the treatment but for many families having a child diagnosed with cancer is an enormous financial strain. In many cases one or more parents must leave their jobs in order to care for their sick child. The end result can be an inability to meet even the most basic daily expenses; so education may take a backseat especially for a girl child.

Cancer diagnosis or the side effects of cancer therapy may leave certain patients with learning disabilities or other handicaps due to which they may require alteration in their career path. Cancer survivors; especially childhood cancer survivors have a whole life ahead of them. They need to do the best of their ability to have a productive adulthood.

ICS is pleased to announce the launch of Dr D J Jussawalla Education and Vocational skills fund for cancer survivors. WPP India CSR Foundation is the founder sponsor of this fund.

The aim of financial support program is to provide funding for deserving candidates who wish to pursue their academics or wish to do a vocational course when all other funding options have been exhausted. The uniqueness of the fund is in its holistic approach ,not merely limited to disbursal of the amounts but guiding their career & talent discovery through psychosocial counseling & study skills workshops. The objective is to make them job ready with a potential to earn livelihood & excel in their chosen field to best of their abilities.

Ms Rama Iyer
Director General,
WPP India CSR
Foundation



WPP India CSR Foundation continues to be inspired by the UGAM Initiative taken by the Indian Cancer Society. As each of our children reach their educational milestones through the UGAM Survivorship programme, we strengthen our resolve towards these kids and their journey of lifetime achievements.

Congratulations to the UGAM team for making this possible. We wish them the very best as they complete 9 years of great work and hope they will continue to support several other patients & survivors in their recovery.

❖ We remember you... ❖

Wasim Ansari



Wasim Ansari-25, our beloved UGAM member was a brain tumor survivor who had unfortunately relapsed last year. He was an active member who always made sure that he attended most of our awareness activities & events. Wasim was always humorous by nature joking around at our monthly meetings. We at UGAM would terribly miss Wasim's absence

Mr. Ranjan Kapur



Our beloved Mr. Ranjan Kapur passed away on January 27th, 2018. He was associated with the Indian Cancer Society as its Vice Chairman. He played an integral role in setting up 'Dr DJ Jussaswalla Educational & Vocational skills fund' through one of the CSR initiatives of WPP India for deserving young cancer survivors who want to pursue their education but can't do so because of financial constraints post treatment. He was instrumental in Branding of ICS & forming a new logo for ICS, UGAM. His absence will be terribly felt by all of us at UGAM in the years to come.

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

❖ We are proud of you ❖



Dr. Purna Kurkure, Convenor-UGAM was given award **Legend in Pediatric Oncology** by Times Healthcare Achievers, Mumbai 2018 in felicitation ceremony on 26/05/2018 for her outstanding contribution in field of Pediatric Oncology.



Sandeep Yadav
Sandeep Yadav, UGAM member was awarded the Victor's award by Vcare Foundation