



PAHAL

Social Organization (Regd.)





Message form the Founder President

Malay Kumar Chakraborty
Founder President, Pahal Social Organisation

Twelve years have passed since Pahal social organization dedicated itself for the services and the upliftment of the society along with 600 members in India and abroad. We have witnessed with satisfaction ample success towards our goal –Primarily for less privileged by organizing events and welfare programs in the area of Education ,Health and Wellness, development of the weaker section particularly Girls/Women. We the Pahal members believe “The best way to find yourself is to lose yourself in the service of others”-Mahatma Gandhi.



Our objective is to provide dignity along with charity to the underprivileged who are not in a position to ask for more or complain about the little they possess.

Our dedicated works like food distribution,. arrangement of hospital beds and oxygen cylinders, medicines for the migrant labourers,Security guards,maids and needy people during the Covid pandemic period already acknowledged by our citizens and appreciated by many authorities.

It is extremely rewarding to see the children of Pahal Pathshala thriving because of the elementary education imparted to them and their participation in a number of Co-curricular activities with the students of reputed schools in Dwarka. Like previous years this year also thirty children have been admitted to Govt. School for further education and for a bright future.

Continuing our tradition ,This year also Pahal has organized programs focusing on health and welfare needs to the less privileged, old and elderly people. These includes summer and winter distribution of clothes,domestic utility items to domestic help, laborers, street dwellers and as well as conducting free eye check up camps with the association of Centre for Sight along with distribution of Spectacles. Medical camps with the association of Manipal hospitals and arranging medicines for the needy People.

We have been able to do a social responsibility by distributing coloured sarees to the widows of Vrindavan since 2016.This year also we distributed 400 coloured saris and 400 Petticoats to them donated by our members.

Very soon we are coming out with a project Breast cancer in young women in Dwarka and near by areas with the association of Breast cancer in young women foundation'USA Since 2021 we lost few of our members Shri K.C.Banerjee (ex advisor) Shri Debi Ghoshal (ex advisor)Shri Debashis Bagchi (ex advisor) Shri R.L.Garg,Shri .Pranab Das and Shri S.K.Aditya .May their soul rest in peace.

We are thankful to our advisors Mr.A.K.Mahajan and Mr.P.K.Gulati for their constant guidance and support.

I conclude with my grateful acknowledgement to our Committee members, sponsors, advertisers and the committed work done by all the members for their selfless team effort.





BCYW Foundation – PAHAL to Empower Young Women in the Battle Against Breast Cancer

Guest Submission by Rakesh Kumar, Ph.D.

Breast cancer, including in India, is the world's number one women's cancer. Although breast cancer is a significant health issue affecting women of all ages, the statistics indicate a rising incidence among young women (usually 40 years old and less) (see below). Unfortunately, only a small percentage of suspected breast cancer cases reach healthcare facilities within the window of better curable treatment options. Breast cancer in young women (BCYW) tends to be more aggressive and diagnosed at later stages, resulting in a higher mortality rate and a higher risk of metastatic recurrence than their older counterparts. BCYW cases are diagnosed at an advanced stage for various reasons, including lack of predictive biomarkers and screening guidelines for this group, limited awareness among younger women that breast cancer is not a disease of older women alone, etc. Rising cases of BCYW pose a threat to these women's lives and unique personal, social, medical, and economic challenges compared to women developing breast cancer later in life. Breast cancer affects not only the women diagnosed but also their families, friends, and the broader community. The founder's team realized these young women could be their daughters or granddaughters at some future date and was inspired to create the first Breast Cancer in Young Women Foundation (BCYWF) in the World, focusing solely on this age group. The Pink-Purple Ribbon was designed to honor the fight of the young women facing the disease, empower others with knowledge and prevention, and completely capture the experiences and determination of these younger women to beat the disease. The Foundation's goals are to lower the incidence of breast cancer in young women and improve the quality of life and the chance of cure for those who develop the disease. The BCYW Foundation also bestows funding to increase awareness of breast cancer in young women and the importance of breast self-checks and care, thereby empowering young women with the knowledge to detect the disease early when the probability of cure is highest.

Visit: <https://breastcancerinyoungwomen.org>
<https://youtu.be/2fYQvME28Kc>





बीसीवाईडब्लू फाउंडेशन और पहल : स्तन कैंसर के खिलाफ लड़ाई में युवा महिलाओं का सशक्त बनाने के लिए

स्तन कैंसर, भारत सहित विश्व में महिलाओं का नम्बर एक कैंसर है। हालांकि स्तन कैंसर एक महत्वपूर्ण स्वास्थ्य समस्या है जो सभी उम्र की महिलाओं को प्रभावित करती है, लेकिन आंकड़े युवा महिलाओं (आम तौर पर 40 वर्ष और उससे कम) में इसकी बढ़ती घटनाओं का संकेत देते हैं (नीचे देखें)। दुर्भाग्यवश, स्तन कैंसर के संदिग्ध मामलों का केवल एक छोटा प्रतिशत ही स्वास्थ्य सुविधाओं तक पहुंच पाता है। बेहतर इलाज योग्य उपचार विकल्पों के दायरे में जब उपचार के बेहतर विकल्प मौजूद होते हैं। युवा महिलाओं में स्तन कैंसर (BCYW) अधिक प्रबल होता है और देर से पहचाना जाता है, जिसके परिणामस्वरूप मृत्यु दर और मेटास्टेटिक पुनरावृत्ति का खतरा उनके वयस्क समकक्षों से अधिक होता है। (BCYW) के मामलों का निदान विभिन्न कारणों से उन्नत चरण में किया जाता है, जिससे इस समूह के लिए पूर्वानुमानित बायोमार्कर और स्क्रीनिंग दिशानिर्देशों की कमी, युवा महिलाओं के बीच सीमित जागरुकता कि स्तन कैंसर अकेले वृद्ध महिलाओं की बीमारी नहीं है, आदि शामिल हैं। (BCYW) के बढ़ते मामले खतरा पैदा करते हैं बाद में जीवन में स्तन कैंसर विकसित होने वाली महिलाओं के मुकाबले में इन महिलाओं के जीवन और अद्वितीय व्यक्तिगत, सामाजिक, चिकित्सीय और आर्थिक चुनौतियां। संस्थापक की टीम को यह महसूस हुआ कि ये युवा महिलाएं भविष्य में उनकी बेटियों या पोतियों के समान हो सकती हैं और इसलिए उन्होंने इस उम्र समूह पर केन्द्रित पहली “यंग वीमेन फाउंडेशन फॉर स्तन कैंसर” (BCYWF) की स्थापना करने का निर्णय लिया। पिंग-पर्पल रिबन को बीमारी का सामना करने वाली युवा महिलाओं की लड़ाई का सम्मान करने, ज्ञान और रोकथाम के साथ दूसरों को सशक्त बनाने, और बीमारी को हराने के लिए इन युवा महिलाओं में अनुभवों और दृढ़ संकल्प को पूरी तरह से शामिल करने के लिए डिज़ाइन किया गया था। फाउंडेशन का लक्ष्य युवा महिलाओं में स्तन कैंसर की घटनाओं को कम करना और इस बीमारी से पीड़ित लोगों के जीवन की गुणवत्ता और इलाज की संभावना में सुधार करना है। BCYW फाउंडेशन युवा महिलाओं में स्तन कैंसर के बारे में जागरुकता बढ़ाने और स्तन की स्वयं जाँच और देखभाल के बारे में जागरुकता बढ़ाने के लिए धन भी प्रदान करता है, जिससे इलाज की संभावना सबसे अधिक होने पर युवा महिलाओं को बीमारी का जल्द पता लगाने के ज्ञान के साथ सशक्त बनाया जाता है।

Visit : <https://breastcancerinyoungwomewen.org>
<https://youtube/2fYQvME28Kc>

