



# Register for the Event

## Shine a *Light* on NFI



17 May 2026



11:00 AM – 12:00 PM IST



Scan the QR code or use the link below to register



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[Registration Now](#)



# Why we light up the world for NF1

And what happens when we all gather — together.

**1 in 2,000**

**births affected**

NF1 does not discriminate — it touches every community on earth

**4 million+**

**people worldwide**

More people have NF than many well-known rare diseases combined

**No cure**

**exists yet**

But every act of awareness brings research and hope one step closer

THE CAUSE BEHIND THE COLOURS

**What is NF1?**

NF1 is a lifelong genetic condition that causes tumors to grow on nerve tissue — leading to vision loss, learning disabilities, bone changes, chronic pain, and in some cases, cancer. There is currently no cure.

**The invisible burden**

Beyond the physical, NF1 carries a deep psychosocial weight. Children face stigma and isolation. In India, limited awareness means many families go years without a diagnosis — and even longer without support.

**Why visibility changes lives**

When a family with NF1 sees the world light up in blue and green for them, something shifts. They feel seen. Awareness drives faster diagnosis, research funding, and reduced stigma — all at once.

**2026 theme: Stronger Together**

This year's theme asks us to move from awareness as information to awareness as belonging. Every photo, every video, every candle you light tells an NF1 family: you are not alone in this.

*“Every child with NF1 deserves to be seen, heard, and celebrated not just as a patient, but as a champion with a story worth telling.”*

- NF1 Day 2026 Vision

WHAT THE SESSION LOOKS LIKE — A PRACTICAL 90-MINUTE JOURNEY

- 1

**We open with a story, not a slide**

A short, warm welcome from a clinician and a real NF1 family. We set the tone: this is a gathering, not a lecture.

~10 min
- 2

**The animated film plays**

A short, beautiful animated video made for children and families — explains what NF1 is in a way that feels hopeful, not frightening.

~10 min
- 3

**Real voices, real strength**

We play stitched video testimonials from NF1 families in our community. Short, honest, moving.

~10 min
- 4

**The Shine a Light moment**

A live gallery of photos shared by participants blue-green rooms, painted hands, kids' artwork streamed together in real time.

~10 min
- 5

**Ask the doctor — 3 questions only**

Three pre-selected questions curated from the community beforehand answered by specialists. Practical, honest, no fluff.

~20 min
- 6

**We close with a candle, not a thank-you speech**

Everyone lights a candle on screen together. A collective pledge. A powerful image.

~5 min



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#ShineALightOnNF

#NF1Day2026

#StrongerTogether



# Shine a *Light on NF*

A virtual community gathering for every NF1 family, champion & ally

**17 May 2026**

DATE

**11 AM – 12 PM**

TIME (IST)

**Virtual · Online**

FORMAT

**Free · All welcome**

ENTRY

## WHY THIS DAY MATTERS

Neurofibromatosis Type 1 affects 1 in every 2,000 people yet most families face it in isolation, with little awareness around them. This May 17, we change that. We light up our homes, our feeds, and our hearts in blue and green so every NF1 family knows they are not alone.

## HOW YOU CAN SHOW UP

**01**

### Light up your room

Use blue & green lights at home. Snap a photo and share it with us.

**02**

### Wear the colours

Blue or green outfit. Post a selfie and tag your friends to do the same.

**03**

### Kids' art challenge

Let kids paint hands or faces blue & green, or draw "My Strength."

**04**

### Share your story

Record a 30-second video. Your words will be someone else's lifeline.

**05**

### Candle moment

Light a candle on the day. A small act. A powerful symbol of solidarity.

**06**

### Challenge 3 friends

Post with #ShineALightOnNF and tag three people to keep the wave going.



## Reserve your free spot

Scan the code or click the link to join. You'll receive a session link and a blue-green activity kit (Digital Kit) straight to your inbox before the event.

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