

## CANCER AID & RESEARCH FOUNDATIO

## Hon. Patrons

Mr. Peter Rhys-Evans Consultant Head & Neck / Thyroid Surgeon, The Royal Marsden Hospital, London, U.K.

Dr. Jatin Shah Prof. of Surgery & Chief, Head & Neck Service, Memorial Sloan Kettering Cancer Center, New York, U.S.A.

Goodwill Ambassador Ms. Pooja Bhatt: Well known Actress & Film Maker

## BOARD OF MANAGEMENT (2015-2016)



Prin.(Mrs.) Rashida A. Kazi



Mr. Vaseem Shaikh



Mr. Mahesh Bhatt





Mrs. Wardha Nadiadwala



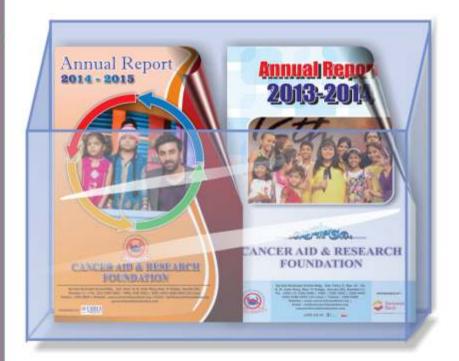
(20th June 1934 - 28th August, 2016)



Trustee

## Index

	and a state of the	
Sr. No.	Content	Page No.
1.	Messages	1-4
2.	Head of Departments	5
3.	SWOT Analysis	6
4.	Inspiring the Society	7-8
5.	Base Activities	9
6.	Sponsorship & Assosiates	10
7.	Management Discussion & Analysis	11-12
8.	Moments that made a difference	13-15
9.	Motivating the Society	16
10.	CARF Memories	17-18
11.	Patient Experience	19-20
12.	Ideas for Life	21-22
13.	How CARF inspires Youngsters	23
14.	Star Corner	24
15	Social media Channel	25
16.	CARF Media Coverage	26
17.	Oration & Awards	27
18.	Future Plans	28
19.	Financial Details	29-30
20.	Balance Sheet	31-32
21.	Income & Expenditure	33-34
22.	Credibility Alliance Report	35
23.	An Appeal	36





## Founder's Message



Dear Friends, Well-Wishers and my Valued Donors,

As Founder, I express my gratitude to everyone who supported me in establishing Cancer Aid & Research Foundation (CARF) 15 years ago with a vision to be the leading NGO in whole of Maharashtra. Today I can proudly say, with the help of the Almighty and our valuable donors my vision has come true and we were able to help about 9000 cancer patients to the tune of approx. rupees 16 crores.

CARF is not just another NGO, but is a holistic competency building centre with dedicated well wishers and staff who take immense pleasure to reach out and render helping hand to all the poor cancer patients who come to us.

I thank all my well wishers, benefactors and specially my valued donors who regularly donate to this noble cause, enabling us to cater to more and more poor cancer patients.

WISHING CARF ALL THE VERY BEST IN THIS HUMANITARIAN ENDEAVOR.

- die

Late PROF. A.A. KAZI Founder CARF (20th June, 1934 - 28th August, 2016)

## Chairberson's Message

Dear Friends,

It gives me great pleasure to share with you the highlights of our Foundation's performance for the year 2015-2016. First, I would like to thank all our donors for the tremendous support they have given in the growth of our Foundation. It's a matter of great satisfaction to announce that we have reached several milestones and on the right track to attain the goals set at the onset.

The outgoing year was full of progress and achievements combined with various activities for cancer patients as well as Awareness programs educating the masses regarding the seriousness of this diseases and its prevention. But in whatever manner we help, the fact remains that we at CARF have been given a unique opportunity to lend a helping hand on occasions, to some of the most marginalized and under privileged society of our country.

During the short span of 15 years since inception, the Foundation has achieved the enviable record of having helped approx. 9000 poor cancer patients in 1500 hospitals to the extent of Rs.16 crores approx. This mammoth task has been accomplished with the co-operation of all our donors, well-wishers and staff of the Foundation.

I hope CARF will see as an extension of themselves, of that spirit of caring, compassion and giving that wells up in them and makes them respond spontaneously to calls for assistance from those facing tragic situations not of their own choosing. Please continue to support us so that we, in turn, can bring a smile on an unhappy face, relieve the agony of pain in some and give hope when all is lost to those near and far. Nothing is nobler than being given an opportunity to make a difference in the lives of those who are victims of this dreaded disease called 'cancer'.



erkanji

Mrs. Rashida A. Kazi Chairperson

## Chief Executive Officer



Dear Friends, Well-Wishers and my Valued Donors,

One of the rewarding part of my job as CEO is being involved in caring & sharing with the poor and needy of our Society. As the Foundation's CEO, it is my goal and my commitment to continue to provide the exceptional care and support to our patients and I look forward to the new challenges with a sense of excitement & dedication. It gives me a great pleasure to pen down a few words of the progress and achievements of Cancer Aid & Research Foundation (CARF), what started as a very small NGO 15 years ago has evolved as one of the largest medical NGO in India.

Over the past year, I personally had the opportunity of interacting with cancer patients and specially the children suffering from cancer. As Albert Schweitzer said "The purpose of human life is to serve, and to show compassion and the will to help others."

We take great pride in our commitment to provide personal and professional services in a responsive, high-quality manner to all the people in need.

CARF is a NGO that inspires and fulfills the needs of the poor cancer patients all over our country and we shall continue to transform as we aim for substantial growth based on our philosophy of "placing our patients at the heart of everything we do".

Let us all get-together to make this world a better place to live in and free of Cancer.

Mr Shamshi Mulla Chief Executive Officer

## Chief Operating Officer

Dear Friends,

I am grateful to our Board members for their guidance and support to CARF. I would also like to express my appreciation for our dedicated staff and supportive senior management who have allowed us to explore new areas and strengthen our commitment to ongoing initiatives and most importantly, we are thankful to our valued donors for their continuous support and cooperation.

Famous Personality development expert and philanthropist Paul.J.Meyer has said "Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort". Our commitment to diversity and inclusion starts with awareness and translates to action. At CARF we recognize that diversity and inclusion makes us a stronger organization and more effective in caring for the poor cancer patients we are privileged to serve. Drawing from the perspectives and experiences, we strive to create outstanding experiences and long-lasting relationships with all of our valued donors and patients. With a history of consistent, reliable and convenient service, we've never been stronger than we are today. That strength comes not only from our exceptional knowledge of the areas we serve, but our commitment which also plays a crucial role in our past, present and continued success. Our roots lie in the happiness brought to the poor patients, which will remain unchanged.

I look forward to your continued support and a word of encouragement. I invite you to visit our website often and explore the many resources, tools and information that keep our visitors informed and up-to-date on new programs, initiatives and events. Give us your feedback or let us know what you would like to see on www.cancerarfoundation.org by emailing us.

Sucharatri

Savita Nathani Chief Operating Officer





From Left to Right (Dr. Purva Ketkar - PSD Manager, Kriti Jaiswal - HR & Admin Manager, Piedade Rodrigues - Secretary (Chairman, CEO), Tabassum Khan - GM Event Management, Ashraf Ansari - Sr. Manager Accounts & Finance, Pravin Parmar - Despatch Officer, Alim Deshmukh - Technician Hardware & Networking, Avinash Khandelwal - Web Developer, Anup Alexander - Liasoning Officer)

## 5

## The Strengths are:

- \*We have treated more than 9000 patients
- Free counseling and rehabilitation for patients
- ★80 G Tax exemption for Donors.
- Top management approaches by CARF is very much strong, that deals in foundations success.
- ★ Our greatest strength is our trustees Mr. Mahesh Bhatt & Wardha Nadiadwala who actively support our Foundation.
- Further strengths include our own employees who have come up with their monthly contributions.

## The Weakness are:

- Huge number of patients regularly come for help, but we are unable to provide them help up to our expectations.
- \* Strong Weakness of the Foundation is that, there is no source of income as it is totally depended on external donation/interests on FDs.
- Both are fluctuating as the interest money from the same principal may continue to change depending on RBI & Bank norms.
- Donation depends on Donors & Corporate.

## The Opportunities are:

- Coverage of all activities on all social media & print media.
- Chance of Growth in emerging environment.

## The Threats are:

- Decline in the inflow of volunteers.
- ★ Individual Donors backing out of commitments made because of their own individual fortune's fluctuating.

## Inspiring the Society

## Mission

We at CARF dedicate ourselves -

- Towards moving forward with our sincere dedication and hard work for the welfare of the poor cancer patients.
- To serve Humanity without discrimination of caste, colour or creed.
- Impart psychological & counselling assistance for patients in dealing with Cancer during treatment & post treatment.
- Render our services including surgery, radiotherapy & Chemotherapy to all the poor & needy cancer patients who come to us with lots of hope by wiping their tears in an effective way that we can help.
- Free Ambulance Service provided to cancer patients all over mumbai.
- Free Accommodation & Railway fare for patients & their family members who are stranded on the streets of mumbai



### Vision

Our Vision at **CARF** is to reach out to as many people we can and spread awareness about cancer & how they can survive if they adapt themselves to healthy habits & restrain from consumption of Tobacco. This in turn will create a cancer free

community wherein our cancer survivors will live in a fearless world. Together we can help to save many lives. Come forward and join hands with CARF in their "UNITED FIGHT AGAINST CANCER"

To leave no stone unturned in educating the "Youth of Today" about the ill effects of consuming tobacco in all forms by screening documentary films based on cancer in Hindi & English language in schools & colleges, lectures by eminent doctors on how early detection of cancer can save one's life.

## Programme Goal

We believe that when you help us to change a cancer patient's life, you change a family's, which can change a community and ultimately, the world.

As pioneers in providing support to needy & poor cancer patients, CARF strives hard to be a part of the solution in improving the lives of the patients and their families, providing training workshops and counselling programs that strengthens families during difficult times.

In order to do this, we are focusing on three strategic priorities:

Strengthening our network through patient development and education, and ensuring the financial sustainability through Newspaper appeals, Charity Sales.

**Expanding our reach** by both creating & growing existing programs – including Payroll giving.

Mobilising support to increase the understanding of what causes cancer and benefits if proper care is taken in time, thereby allowing us to support cancer affected patients & families in our community.

We want you to volunteer yourself to be a part of our foundation for this noble cause. CARF invites all the enthusiastic people of all ages who have all the courage & energy to serve their community selflessly. Our Nation has provided us with everything what we always wished & wanted, now it's your time to help in making this place a Cancer free world. Come forward and join hands with CARF in their "UNITED FIGHT AGAINST CANCER"

## Free Medical Camps

Medical Camp was organised by CARF on 30th May, 2015 to celebrate "World Anti Tobacco Day" at Kalachowki Police Station. Police Force faculties, Officers and employees along with their respective families were part of the celebration.

Mr. Shamshi Mulla, CEO felicitated Mr. Abhay Kumar Yavle ACP, the Chief Guest of this occasion by presenting him a bouquet of flowers which was followed by felicitation of Mr. Shekhar Tawde, Sr. PI (Kalachowki Police Station) by Mrs. Savita Nathani, COO. Advocate Rajdeep Lehri was felicitated by Mrs. Tabassum Khan, DGM and Mr. Mustafa Mulla was felicitated by Mr. Zia Raie.

ACP Abhay Kumar Yavle appreciated CARF for its wonderful work and social service it is doing towards the poor cancer patients. He stressed on the point that no matter what caste, creed or colour the patients belong to, financial & medical help is provided to all whoever come to seek help; CARF strives to create a world where cancer survivors can live a life full of vitality & without fear cancer free environment.

The medical camp was very beneficial to all the police personnel & their families. We received a very good response from all, as around 100 policemen/policewomen took active part in the medical check-up & pathology tests.

CARF is thankful to Dr. Kale for conducting this medical camp and to Mr. Ashok Dudhe, Deputy Commissioner of Police, Zone – IV for granting permission to hold this camp and for all their support & courtesy they rendered to CARF.





## Counseling

Who said "Counselling" is only for people who suffer from mental health problems, anybody who is struggling with a personal concern can seek counselling.

Living with cancer is a huge challenge for everyone with a feeling of distress, that's when counselling plays a vital role especially when the duration of distress is long. People may experience lot of stress about having to deal with side effects of treatment, like fatigue, pain or sickness. Counselling may receive mixed emotional responses from people having cancer about life's challenges. Counsellors don't always end up solving patients problems, but provide warm shoulder to the patients where they can share their major concerns about. Counsellors provide a helpful, outside viewpoint. Counseling is a relationship based on trust. CARF has a set of highly professional counselors. They are meticulous and deal with the cancer afflicted victims very proficiently and assist the patient on conscious, emotional levels and even try to clear misunderstanding if any.

## Base Activities

## **CARF Drive**

Our mission as a nonprofit Foundation is to provide holistic support to patients who are victims of Cancer with a primary responsibility of spreading Cancer Awareness. "CARF DRIVE" is undertaken twice a month to fulfill this social responsibility at various locations throughout Mumbai City, wherein we put stickers on autos, taxis, private & commercial cars, trucks, tempos etc. The sticker is in the form of a SMILEY with a printed message below saying "SMILE, DONT SMOKE" & "UNITED AGAINST CANCER". We also distribute free guide books, News Bulletins, leaflets etc among general public to create cancer awareness and make them aware of the pros and cons of consuming Tobacco and Smoking. We have volunteers from various colleges (NSS Students from Jai Hind College -Churchgate, KC College- Churchgate) joining us in this Cancer Awareness Drive, CARF Team wears CARF T-shirts & Caps with slogans of Anti Tobacco / Smoking. This year we arranged 21 such CARF DRIVES across the city. This event was well supported & appreciated by vehicle owners & the owners of places where we arranged these drives. The vehicle owners gladly allowed us to put stickers on their vehicles and also further enquired in depth, details regarding the working of our Foundation.

### "Join us in Cancer Awareness Drive"



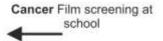
Volunteers participating in CARF Drive

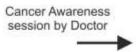


### SCREENING

CARF as a NGO has its primary mission to spread awareness about cancer disease, how it is caused specially among today's generation. This message is best understood by all if a documentary film on Cancer is screened to show how consuming of Gutka & Tobacco can cause Cancer. CARF has filmed its own Cancer Education Documentary Film to educate the youngsters of today, which is screened in various B.M.C schools and also private schools around Mumbai. To name a few Honest life, Jafri, Jesus & Mary School, Anjuman—E- Islam etc. Screenings are also conducted in colleges & corporate offices.









## Session By Doctor

Every year CARF arranges lecture series of eminent doctors for the patients and their relatives who undergo painful experience of cancer and its management. The main reason of conducting such sessions is to motivate the cancer patients and also their families for the future. These sessions also explain about cancer prevention, early detection and treatment, guidance and management. These proficient doctors always add value to CARF. CARF is thankful for such brilliant doctors for their contributions.

## Baby Cell

Baby Cell is one of the leading stem cell Bank that performs CFU at preservation stage to determine the differentiation potential (usability) of cord blood stem cells for future use. It is an initiative by Regenerative Medical Services Pvt. Ltd.

Regenerative Medical Services is regularly helping CARF as part of their CSR activity in relevance to their Baby Cell initiative.



SBI Donating as part of CSR activity to CARF.





**CARF** receiving Donation from **Baby Cell** representative.

Cancer Aid & Research Foundation believes in a progressive work culture. This is achieved through multi skilled people specialized in their core work. 'CARFIANS' itself revels its culture and leverage interdepartmental synergy. Following are the different departments of CARF.

## Internal control & System

## Accounts & Finance Department:

Do what's right and demand honesty, maintenance of confidentiality and adherence to professional standards of excellence and safety. Address issues and requests immediately, reasonably and comprehensively.



## Human Resource & Admin Department:

Cooperate and mutually support one another. Sound strategy and creative implementation and require diverse talents working in unison. Success for our clients depends on everyone's cooperation and mutual support. Share information, expertise and experience. At any given moment we may be students, mentors, teachers or consultants.



## Patient Service Department:

Strive to understand our patient's requirement and to meet or exceed their expectations with high quality deliverables and service. Stay flexible and always look for proactive, responsible solutions to ensure patient satisfaction.



## Publicity & Publication Department:

Consistently question the status quo and seek opportunities for continuous improvement. Strive for a stimulating work environment open to learning, curiosity and innovation.



## Information Technology Department:

IT Department plans, operates and supports IT infrastructure, which enables the users to carry out their respective roles efficiently, productively and securely. It helps to meet with technical requirements, provide a secure IT infrastructure and minimize costs.



## Charity Sale & Rehabilitation Department:

Training is imparted to cancer patients & their relatives in making novelty items like paper bags, candles, diyas, various craft items, etc. as per their skills, in order to enable them to earn their livelihood and live a decent life in society. This initiative is taken to target the restoration of healthy living of cancer patients/survivors.



## **Despatch Department:**

The CARF's Dispatch Department facilitates the day to day activities by sending all articles such as Patient's Appeals, Bulletins, Invitation cards, Birthday letters, Season Greetings, Annual Reports, Souveniers, Calendars, etc. to all our donors. This is done through remotely franking system.



## World Cancer Day

This year on the occasion of "World Cancer Day", CARF organized "MUSEUM ON WHEELS" a Travelling Exhibition for which our Cancer patients (Children) along with their parents were part of it.

The kids enjoyed themselves. It was a great opportunity for them to interact with each other. This was also an Educational session wherein they gained good knowledge about:

- a) The Magic Workers of Harappa that highlighted the skills and technology from Harappan Civilisation which still continues as our legacy even today.
- b) Workshop on Harappan Seals and Scripts, scrutinizing the artefacts, site images, Brick making, lost wax casting, Pottery making.
- c) Watching Educational Film screened on Harappan Civilisation.



We were happy to see such a great response from our cancer affected kids as 70 children attended the event with around 80 family members of the children. The event concluded with serving of snacks & lunch. On this occasion we wanted to send a global message to the poor cancer kids & their families that "WE REALLY CARE FOR THEM".

"CARF Drive" was also organized by CARFIANS in South Mumbai wherein all the staff actively participated in the drive by sticking "Cancer Awareness" stickers on vehicles and also distributing booklets which stressed on guidelines & spreading awareness amongst our people to "QUIT SMOKING" & support us in our fight against CANCER.

Museum on Wheels

## CARF ROAD Safety Drive

CARF actively participated in the "National Road Safety Day" to show their support towards this National Movement. "CARF SAFETY DRIVE" was organized at R.T.O. office, Wadala, Mumbai. CARF CEO – Mr. Shamshi Mulla, COO – Mrs. Savita Nathani & DGM – Mrs. Tabassum Khan was present for the drive. All this was possible because of the permission and support of RTO staff-Mr. Sanjay Sasane (Deputy RTO), Mr. Vijay C. Bhoye (Asst. R.T.O), Mr. Ashok Shinde and other R.T.O. staff. Approx. 1000 Road Safety stickers were put on auto rickshaws & we educated the auto drivers by explaining to them the rules & regulations on Road Safety. We also distributed cancer pamphlets & literature to spread cancer awareness among masses.



Carfian's with RTO Officials

## Moments that made a Difference

### Breast Cancer Awareness Drive

On "World Breast Cancer Day 2015" CARF organized Breast Cancer Awareness Drive for students at SNDT Women's University, Churchgate on Wednesday, 28th October, 2015.

Breast cancer is one of the most common cancers among women worldwide, i.e. in the developed, under developed and developing countries. Currently there is no sufficient knowledge on the causes of breast cancer; therefore, early detection of the disease remains the cornerstone of breast cancer control. The main objective in organizing the DRIVE was to help in increasing the attention and support towards the awareness, early detection and treatment as well as palliative care of this disease. The drive was a great success and the College authorities along with the students were very welcoming & supportive all through the drive. They appreciated CARF's initiative in spreading the cancer awareness. CARF also distributed brochures & pamphlets specially printed on Breast Cancer Awareness with Pink Ribbons to provide guidelines and health tips amongst 500 or more students.







CARFIAN'S spreading awareness on cancer awareness

# Nonch Research

World Rose Day celebration

## Rose Day

Cancer Aid & Research Foundation (CARF) celebrated World Rose Day on Wednesday, 30th September 2015 in the CARF's office at Byculla. This was the perfect way of showing patients that we are with them in their battle against fighting cancer and we care for them. Poor cancer patients (children) along with their parents attended the function. Besides serving snacks & fruit juice, Mr. Shamshi Mulla-CEO, Mrs. Savita Nathani-COO & Mrs. Tabassum Khan-DGM distributed gifts, roses & fruits to the little children and spent some light moments with them. Baby Cell Foundation presented CARF with a donation cheque towards the treatment of these children on this occasion.

## Food Distribution Program

World Food Day is being celebrated in the month of October for raising awareness of the issues behind poverty and hunger. This year CARF actively participated by organising "Food Distribution Program". Hundreds of poor people who are suffering from cancer and are admitted in the hospital or any of their near & dear ones who have no place to stay while the medical treatment is going on and hence are staying around the TATA Memorial Hospital (TMH) premises. These poor people living here go hungry for days together as they cannot even afford two square meals a day. As a part of the celebration, CARF organised two events – one at CARF's office on 30th October where around 80 patients were distributed food packets and food grains later 2nd distribution at the Tata Memorial Hospital campus on 31st October, food packet were served to more than 300 patients & their relatives to show them our care & concern.







Mr. Shamshi Mulla - CEO & Mrs Savita Nathani - COO distributing food

## Children's Day Program

It was Fun time for all the young Cancer kids at CARF on the occasion of Children's Day. On 14th November, 2015 there was a "Diya Painting Program" organised, wherein the kids had a lot of fun and entertainment which added some colourful and happy moments in their lives. The event commenced at 11am with serving of snacks & chocolates to the kids. A team of Trainers headed the occasion at CARF's office premises where 30 cancer patients participated in the program by decorating the Diyas with beautiful colours and painted various designs on them. It was an enjoyable and a memorable event for all. The program concluded with vote of thanks to all and distribution of return gifts to cancer kids by CARF. In all CARF was happy and honored for taking this initiative and seeing big satisfactory smiles on the faces of children on Children's Day.



Cancer Kids on Children's Day



## Marathon 2016

On 17th January 2016, CARFIANS participated with great zeal & vigor in the Standard Chartered Mumbai Marathon 2016. Its main theme was "Cigarette – Smoking Kills". As a mark of support towards this theme CARFIANS wore a symbol of a "Hand holding a Cigarette, choking a person to death". The main objective behind the involvement in this Marathon was to raise funds by selling Marathon Bibs, the proceeds of which are utilised towards the funding and services for cancer treatment of poor and needy cancer patients. CARF had various slogans like "There is a CAN in the word cancer, because we CAN beat it" and more displayed in the form of banners & placards to spread cancer awareness among Mumbai masses.

## **Cautionary Statement**

We have discontinued box collection, but some anti social activists are misguiding common people and taking advantage of that money.

We have no other branches apart from Byculla office. This is in concern to bring it to your notice that don't fall prey to false commitment in regards to other branches of CARF.

CARF has stopped taking any donations in the form of Cash payment.



CARF has discontinued keeping donation boxes in any places like Restaurants.

Shops, Corporates, Malls, etc. Please make a note of this change.

## **CARF Memories**



## CARF Memories





## Survivor Story

## 1) Payal Varkhade

My daughter, Miss Payal Varkhade who is a 11 yr old innocent girl was attacked by this life threatening disease called Blood Cancer. In 2013, Payal started getting on and off fever, which was subsequently treated with antipyretic medicines temporarily. She also used to get Epistaxis (Bleeding from the nose) and bleeding from the mouth. This recurrent Pyrex made the doctors go in for thorough investigations her doctor suggested to get certain tests done and the test came positive which was diagnosed as Blood Cancer. She was just 9 yrs. of age, then, when the children of her age play and enjoy life; Payal started with vigorous treatments at Tata Memorial Hospital.

She underwent 6 cycles of chemotherapy and finished the treatments in June 2015. Now she is not taking any medicine, but undergoes regular follow up courses. She is remitted from the disease.

During those trying times we went through a lot of turmoil, emotionally & financially. We are extremely thankful to CARF for helping us not only financially, but with moral support and guidance.

Today Payal goes for yoga and Kathak dance classes just to stay fit and increase her stamina. She is in STD 7th and leading a healthy life.



## 2) Wasim Bari

My name is Wasim Bari, 37 years old from U.P. I was a regular consumer of pan & Gutka. I often started getting pain in my teeth and after taking medicine from the chemist, the pain used to subside temporarily. This went on for some time, when one day I finally decided to see a dentist. After checking my teeth, he immediately advised for x-ray, biopsy and further investigations. In February 2014, it was diagnosed as Carcinoma (L) Loner Alnolus (a type of cancer). I was dumb stricken that very moment and did not know what to do.

I am a farmer by profession. My parents are illiterate and they did not understand anything about the disease and its prognosis. Hailing from a poor farmer's family, we have no means of income and had no money to undergo this treatment. We came to know about CARF from the hospital sources. We immediately approached CARF and I was given financial help to start the treatment. Money was the major hurdle during my cancer treatment as I come from a very humble background but it was because of CARF that I am completely fine today. I go to the hospital after every 6 months for follow-up. I am grateful to CARF and my good wishes are with them to grow further and support more and more poor cancer patients



## Testimonials Of The Patients Who Got Help From Carf

## 1) Ritesh Bhatankar Age=15 yrs.

I was diagnosed with large B Cell Lymphoma a type of Blood Cancer in 2013 and thereafter underwent radiotherapy and targeted therapy at Bombay Hospital. After facing financial challenges my parents approached CARF for medical help. CARF showed a lot of concern and helped me and my family strive through this dreadful disease. Today I am pleased to say that I am completely cured. Even today after 3 years, CARF still contacts to know about my health. I along with my parents am thankful to CARF for their kind and timely help. We really appreciate them from the bottom of our heart because now I am able to live happily a normal life and have started going to Jr. College.



## 2) Fahmida Shaikh Age = 35

I Mrs. Fahmida Shaikh was diagnosed with Carcinoma a type of Breast Cancer in 2012. I was under the treatment of Dr. Sultan Pradhan, underwent chemotherapy and radiation treatment. After going through such an emotional draining and physically devastated life changing event, I survived, but faced financial challenges as we are from a financially poor background and my husband is the only earning member. As the resources got scanty till April 2012, surprisingly we came in touch with CARF and we got medical help. We are so privileged to get continuous help from CARF, we are happy and content with the unshakable support of CARF. I am grateful to CARF and wish them all the very best for this great cause.





Leaving a gift in your Will to Cancer Aid & Research Foundation is a lasting and effective way to support us. We understand that when it comes to your Will, the first consideration in your mind would be to make proper provision for your family's future. Once you are confident about that, you might want to share a special bequest towards charity. So in this case kindly consider CARF for your bequest.

### Memorial Donations:

Honor a friend/ family member by donating to charity in their memory. You can pay your tribute and show how they still live in your heart.

### How Does Memorial Donations Work?

You choose the charity and donate on our secure website using any major credit card. Select the amount you want to give and add the name of the person whose memory you are honoring as well as the individual to inform about the gift. We will email you a receipt; all contributions made are 50% tax deductible.

Depending on the value of your gift e.g. (the form of money, property, or other assets), it could significantly reduce the tax liability of your estate.

The five standard types of legacy are described below:

- Residuary Legacy
- Pecuniary Legacy
- · Specific Bequest
- Conditional Legacy
- Reversionary Legacy

Your legacy, however great or small, will always be highly valued.



## Individual Membership: -

Members are entitled to collect donations, advertisements, sponsorships, etc. for the Foundation. They also work to create awareness about the dreaded disease cancer among the people of the area in which they are expected to be functioning. Members also visit, study and submit reports about other NGOs working in the field of cancer.

## Life Membership:-

If you desire to become a Life time Member of CARF here is the right opportunity coming your way.

•You can remit a onetime donation of Rs. 10,000.00 amount which will get credited to our Corpus Fund of the Foundation. A "Life Membership" form needs to be duly filled & submitted in order to join us. You need to attach the following documents with the membership form: ID Proof • Address Proof • 2 Copies of Passport size Photographs

Once you become a member of CARF you are authorised to collect donations, advertisements, sponsorships etc. for the Foundation. From time to time you will be entitled to receive all the publications/ notices of our Foundation Area Unit, published/ issued. You will have to collectively work with the CARF team to create cancer awareness. Members also visit, study and submit report about other NGOs working in the field of cancer. They get an opportunity to give suggestions in writing for the improvement & working of the Foundation activities.



Movember is also known as 'No-Shave November'. It's an annual event involving the growing of moustaches to raise awareness of various cancers. This year CARF was a part of this event wherein CARF Mo Bros grow moustaches during the month of November & on the last day there was a celebration & the winner was announced with the title "Man of Movember". The winner Mr.Kamran Siddique had well grown & groomed moustaches.

The goal of Movember is to "Change the face of men's health". By encouraging Mo Bros to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Mo Bros grow a moustache for 30 days of November, whereas Mo Sis commits to support the Mo Bro in their lives while helping to promote men's health.



CARF besides doing annual check-ups encourages men to be aware of family history of cancer and to adopt a healthier lifestyle and in turn to create & spread awareness regarding Prostate Cancer and Testicular Cancer in Men.

A public health initiative supported by the Cancer Aid & Research Foundation.





Stoptober is a nationwide one month long initiative with its main objective to help smokers stop smoking for the whole month of October. Life is very precious and priceless, Stoptober is one step towards showing your involvement in supporting & encouraging each other to quit smoking in return adding more potential years to your life.

Smoking accounts for one in four cancer deaths and nearly one fifth of all cancer cases, so it's vital that work continues to support smokers to quit. Research has proved that if you can give up smoking for four weeks, you are five times more likely to quit smoking for good. By organizing Stoptober, CARF

is backing the campaign and urges smokers to give up cigarettes for the whole month of October - increasing their chances of staying smoke-free for life and also joining the thousands of people who are feeling the benefits from stopping smoking last year.

An initiative by Cancer Aid & Research Foundation in support of public health.

## Volunteer Feedback

I've attended a few CARF Drives during the past year and from my experience, I can tell that the entire Foundation has lots of hardworking and driven employees, and is in good hands. The instructor we were working with was sweet, kind and handled us with utmost care and guidance. All in all it was a good experience and for a great cause-Treating Cancer. Cancer has changed millions of lives, and I'm sure that CARF has surely helped change countless lives for the better. I hope it continues to grow even more and I am more than happy to have been a part of it.



## Somya Bothra



Working with CARF was a great experience. I felt absolutely delighted to work with the CARF team. The cause that they are working for is really appreciable, and looking at their devotion I could really feel the change within me, to put myself forward for social work.

## Yukti Kukekar

It was a very good experience. CARF is doing a fabulous job to create awareness about cancer among people.

It has used a very innovative way to create awareness and it was a really good experience to meet and interact with different people and explaining them about cancer. This has to reach to most of the people

Thank You CARF for giving such a good opportunity



## Mohan Sagar



CARF drive is a really good way to create awareness amongst people by placing stickers on their vehicles. It has been great to know that people take it in a positive way and motivate to do better. The experience has been great and totally worth our time.

### Urvashi Lalwani

## Documentary launch

On the occasion of **Oration & Awards**, **CARF** launched Second edition of documentary film on cancer awareness on **Feb 29 2016**. The 18 minute video mentions in detail about the harmful effects of tobacco use in daily life and how it may cause cancer. It also shows how CARF is involved in helping cancer patients in the past and their ideas for the future. Many Celebrities namely Shreyas Talpade, Sharib Azmi and Wardha Nadiadwala showed their support in CARF's mission and also appealed to avoid using tobacco

### Testimonials



Very impressed with the lack of bureaucratic hurdles faced by patients seeking access to help. Congratulation for the good work you are doing and may you go from strength to strength.

- Shabana Azmi

## Testimonials



Some people live and some people leave a Mark. It was my pleasure to be part of the foundation which has made such big impact.

- Irfan Khan

## Testimonials



No words can match the efforts you'll put in. God bless!!!

- Wardha S. Nadiadwala



## Testimonials



I will be happy to be a part of this great social activity and being a singer returning back all the love that society has given me with a very good social activity.

Vaishali Samant

## Social Media Channels





9

CARF'S WhatsApp No: 7506006655







06 ADC CLASSIFIEDS

D



**CARF ORATION & AWARDS** 



Kindad Sandadi







## **Oration Awards Function**

CARF celebrated **Oration and Awards 2015- 16** this year on Saturday, **27th February 2016** with great vigour and enthusiasm. The function was from 3.00Pm to 6.00 Pm at **Rangswar**, 4th Floor, Yashwantrao Chawan Pratishthan, Gen. Jagannath Bhosle Marg, Opp. Mantralaya, Mumbai.

Neon Laboratories Ltd was the Associate Sponsor for the event. The Chief Guest for the evening was Mr. S. JayaKumar (DCP), IPS, Zone III, Mumbai. Prin. Mrs. Rashida Kazi, CEO - Mr. Shamshi Mulla, COO - Mrs. Savita Nathani were also present for the function. Mr. Imran Vali Mohd. Khan, Dr. Majeed Momin & Dr. Rajshree Kumar Jha were our other guests.

The Function commenced with the welcoming & presentation of bouquets to all the guests which was thereby followed by the presentation of Awards. The following were the Awardees:

- Dr. Suresh H. Advani, Director Dept. of Medical Oncology, Jaslok Hospital & Research Centre, Mumbai Main Speaker of the Function & Lifetime Achievement Awardee.
- Dr. Vani Parmar, Professor, Surgical Oncology, Officer-in-charge Breast Services, ACTREC Past Convener Breast Cancer DMG, Tata Memorial Center, Mumbai. Excellence in the field of Oncology.
- Mrs. Mary Goretti Xalxo, Medical Social Worker, St. Elizabeth's Hospital, Mumbai Outstanding Contribution in the field of Cancer.

Following were the Highlights of our Function:

- 1) Inauguration of our New CARF Film screened for the first time
- 2) Distribution of Cheques & Gifts to our Cancer Patients.

The event was a great success as there was a good response from all. Many renowned doctors, medical students, patients' relatives and lay people were the attendees. The talk was very beneficial to all.







Prin. Mrs. Rashida Kazi felicitating Dr. Vani Parmar

Mr. S. Jayakumar (D.C.P), IPS felicitating Dr. Suresh H. Advani

Mr. Imran Vali Md. Khan felicitating Mrs. Mary Goretti Xalxo



### 1. Website

Our future plan is to provide our visitors clear and accurate information & extremely user friendly 'website'. This site will offer easier direction-finding with more in-depth information about cancer which will enable our patients, general public & donors, not only how we do, perhaps more importantly, WHY we do, how we do? How you can? Whats in, etc.

One of the most key additions on our new website will be 'Refer a Patient' so that one can just fill the form and our CARF team will reach out to them immediately.

Soon you will get more information on this site that we probably can't mention everything here.



## 2. State Bank Collect Facility:

A one click away to make donation to poor & needy cancer patients through State Bank Collect facility, the State Bank Collect tab available on CARF website: www.cancerarfoundation.org, with the help of this donors can make donations / transfer funds to the account of CARF by using the various modes of payment for donation like net banking, debit card & credit card which enable it more easier to connect to us or join hands with our noble cause by contributing via this payment portal. Donors through State Bank Collect facility under Corporate Internet banking can generate online receipt immediately for funds transferred by them to CARF.









## Our Aim: - "CANCER FREE WORLD"

## Hence 'LET US JOIN HANDS TOGETHER TO FIGHT CANCER'

The unbelievable amount of Rs. 15.96 Cr disbursed by CARF to help Cancer Patients in last 15 years.

In the year 2015-16 CARF has made many implementations on his day to day work e.g. Launched new website, Tie up with State Bank of India for State Bank I – Collect and started sending E-Appeals to donor, with the help of this the CARF has made more transparent NGO.

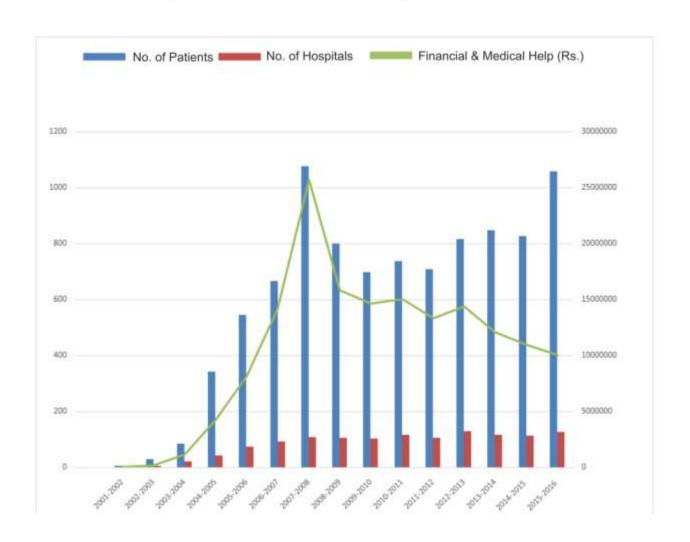
The following table shows the year wise disbursement for poor and needy cancer patients.

Total Help Given To Cancer Patients From 1st April 2001 To 31st March 2016

Year	No. of Patients	No. of Hospitals	Financial & Medical Help ( Rs. )
2001-2002	5	1	17,500.00
2002-2003	29	7	1,29,916.00
2003-2004	83	23	11,34,526.00
2004-2005	342	42	42,55,293.00
2005-2006	546	74	81,12,800.00
2006-2007	665	92	1,41,16,794.00
2007-2008	1077	109	2,56,94,756.00
2008-2009	800	105	1,57,91,123.00
2009-2010	698	103	1,46,30,699.00
2010-2011	738	118	1,50,20,156.00
2011-2012	709	106	1,33,41,961.50
2012-2013	816	129	1,44,02,002.00
2013-2014	847	116	1,20,53,104.00
2014-2015	826	115	1,09,42,560.00
2015-2016	1057	128	1,00,23,615.00
Total	9238	1268	15,96,66,805.50

The following graph shows the year wise disbursement for poor and needy cancer patients.

Total Help Given To Cancer Patients From 1st April 2001 To 31st March 2016





## CANCER AID & RESEARCH FOUNDATION (Regd. No. E - 19625 (Mumbai) BALANCE SHEET AS AT 31ST MARCH, 2016

FUNDS & LIABILITIES	Rs.	Ps.	Rs.	Ps.
TRUST FUND OR CORPUS:				
As per last Balance Sheet	2.74	,30,646	54754167	
Add: Corpus Donations recd during the year		,75,654	2,79	,06,300
OTHER EARMARKED FUNDS:				
CANCER HOSTEL & DIGNOSTIC BUILDING FUND As per last Balance Sheet	4,31	.29,005		
Add: Specific Donation ( Building Fund ) during the	97	3 5		
year		-	4,31	,29,005
Carf Office Fund			0.000	
As per last Balance Sheet		2		
Add: Specific Donation (Building Fund ) during the				
year		88,500		88,500
Capital Reserve Fund	2,42	,59,680	2,42	,59,680
Life Membership fund	1	,30,005		
Add during the year		2	1	,30,005
LIABILITIES:				-
For Statutory Dues		52,464		
For Expenses	29	,31,955	29	,84,419
INCOME & EXPENDITURE A/c:				
Balance as per last Balance Sheet		,62,520	15150007.0	
Add Surplus for the year	78	,12,756	2,96	,75,276
Significant Accounting Policies & Notes to Accounts As per Schedule 'G'				
TOTAL			12,81	,73,186

As per our report of even date M/s. Anand Jain & Associates Firm Registration. No. 105666W Chartered Accountants

(Anand Raj Jain) Partner

M. No. 42051 Place- Mumbai. Date:- 30-09-2016



## CANCER AID & RESEARCH FOUNDATION (Regd. No. E - 19625 (Mumbai) BALANCE SHEET AS AT 31ST MARCH, 2016

PROPERTY & ASSETS	Rs. Ps.	Rs. Ps.
IMMOVABLE PROPERTIES		
Land MIDC Mijrole (Ratnagiri)	75,64,674	75,64,674
OTHER FIXED ASSETS As per Schedule 'A' attached	1,28,42,231	1,28,42,231
Capital Work in Progress (Ratnagiri) Opening Balance	4,80,49,171	
Expenditure Incurred towards Project		4,80,49,171
Investment As per Schedule 'B'		3,24,90,000
ADVANCES & DEPOSITS:		
As per Schedule 'C' attached CASH & BANK BALANCE:		1,11,87,943
As per Schedule 'D' attached		1,60,39,166
TOTAL		12,81,73,186

For & on behalf of the Trust

Trustee

Trustee

## CANCER AID & RESEARCH FOUNDATION (Regd. No. E - 19625 (Mumbai)

## INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH, 2016

EXPENDITURE	Rs. Ps.	Rs. Ps.
EXPENDITURE IN RESPECT OF		
PROPERTIES:		
Security charges	( <del>)</del>	
ESTABLISHMENT EXPENSES:		3.1
As Per details in Schedule 'E' attached		1,06,69,847
Legal / Professional Fees		11,61,142
Audit Fees		1,19,000
Depreciation on Fixed Assets		21,79,299
As per Schedule 'A' attached		
EXPENDITURE ON OBJECT OF THE TRUST		
As per details in Schedule 'F' attached		2,40,29,601
INCOME & EXPENDITURE A/c:		
Balance as per last Balance Sheet	3543-11 1554-409-0557.01	
Add Surplus for the year	78,12,756	78,12,756
Significant Accounting Policies & Notes to		
Accounts As per Schedule 'G'		
TOTAL		4,59,71,645

As per our report of even date M/s. Anand Jain & Associates Firm Registration. No. 105666W Chartered Accountants

Sign

(Anand Raj Jain)
Partner
M. No. 42051
Place- Mumbai.
Date:- 30-09-2016



## CANCER AID & RESEARCH FOUNDATION (Regd. No. E - 19625 (Mumbai) INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH, 2016

INCOME	Rs. Ps.	Rs. Ps.
RENT:		2
INTEREST On Bank Accounts On Fixed Deposit	1,76,103 44,09,637	
	-:	45,85,740
<b>Donation</b> (Including foreign donation of Rs. 6,18,517.24/-)		4,11,60,250
Other Income		2,25,656
TOTAL		4,59,71,645

For & on behalf of the Trust

Trustee

Trustee

## **Bankers**

Bank Name	A/C No.	IFSC Code	Bank Branch
UNION BANK OF INDIA	316202010022650 316202011001357	UBIN0531626	BYCULLA BRANCH, MUMBAI - 400 010
DENA BANK	63610025972	BKDN0450636	LALBAUG BRANCH, MUMBAI – 400 012
AXIS BANK LTD.	0465010100006248	UTIB0000465	GRANT ROAD BRANCH, MUMBAI - 400 007
CENTRAL BANK OF INDIA	3190436376	CBIN0280632	BYCULLA BRANCH, MUMBAI – 400 027
IDBI BANK	026104000080088 026104000229326	IBKL000026	PRABHADEVI BRANCH, MUMBAI – 400 025
STATE BANK OF INDIA	10041949740 30259036802 30003671701	SBIN0001835	JACOB CIRCLE BRANCH, MUMBAI – 400 01
BANK OF BARODA	03880100009711	BARBOBYCULL	BYCULLA BRANCH, MUMBAI - 400 008
ICICI BANK	054601001624	ICIC0000546	MAHALAXMI BRANCH, MUMBAI - 400 034

### Auditor:

Anand Jain & Associates (CA) Chartered Accountant 44/46 Mulji Jetha Building, 2nd Floor, 187, Princess Street, Marine Lines (E), Mumbai – 400 002

## LEGAL ADVISORS:

Advt. Shailesh P. Jadhav (Advocate High Court) 736/4, Mohan Bhavan, 1st Floor, Road No. 4, Parsi Colony, Dadar East, Mumbai – 400 014

## Freelance Advocate:

Advt. Owais Pechkar

## An appeal

We appeal you all to donate generously to support our mission of working towards the welfare of needy & poor cancer patients. Your support will ensure that cancer patients are never left alone in their battle.

- Registered under the Bombay Public Trust Act, 1950.
   Regd. No.-19625(Mum.)
- Donations are exempted under 80G of the Income Tax Act, 1961.
- Please draw your cheque in favour of "Cancer Aid & Research Foundation".
- Please write the patient's name on reverse of your cheque and also your PAN NO. in case donation is more than Rs. 10,000/. The donor should give his/her full postal address and telephone number if any, along with cheque / draft to enable us to send the receipt of donation and 80G Income-Tax Certificate.
- NRI's/ Foreign donors can remit directly through credit card or send DD. The Govt. of India has also permitted us to receive overseas contributions under FCR Act, 1976 vide registration No. 083780936.
- Other donors can donate through their bank directly to
  - 1)IDBI Bank, A/c No.026104000080088, Indu House Veer Savarkar Marg, Prabhadevi, Mumbai-400 025.
  - 2) Kotak Mahindra Bank, A/c. 9712434547, 1, Saifee Park, Mascarenhas Road, Mazgaon, Mumbai 400 010.
  - 3) They can also donate by credit card through our website.
- Any surplus amount collected will be used towards provision of care and services for other deserving CARF patients.

Before we conclude, we express our gratitude to all of you for your unstinted co-operation and hope that with the same co-operation in future we shall be able to realize our cherished dream.

Yours in co-operation

Sd/
Mr. Shamshi Mulla

Chairman

Sd/
Mrs. Savita Nathani

C.E.O.



## CANCER AID & RESEARCH FOUNDATION

Adm. office: Byculla Municipal School Bldg., Grd. Floor, N. M. Joshi Marg, Near 'S' Bridge, Byculla (W), Mumbai-11.