Cancer is a broad term for a class of diseases characterized by abnormal growth of cells that invades other healthy cells of the body. Breast cancer is a disease in which cells of breast grow out of control. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized. There are different types of breast cancer depending upon the site of origin. Men can also develop breast cancer, but this disease is more common among women than men. When you’re told that you have breast cancer, it’s natural to wonder what may have caused the disease. No one knows the exact causes of breast cancer, but there are things you can do that might lower your risk.

Who is at risk?
Women with certain risk factors are more likely than others to develop breast cancer.
- **Gender:**
- **Age**
- **Obesity**
- **Family History and Genetic Factors:**
- **Personal Health History**
- **Menstrual and Reproductive History:**
- **Certain Genome Changes**
- **Dense Breast Tissue**

Some of the signs and symptoms are:
- **Lump in the breast or underarm (armpit)**
- **Thickening or swelling**
- **Irritation or dimpling**
- **Redness or flaky skin in the nipple area or the breast**
- **Pulling in of the nipple or pain in the nipple area**
- **Nipple discharge other than breast milk, including blood**
- **Any change in the size or the shape of the breast**
- **Pain in any area of the breast**

Most people who have signs and symptoms will initially notice only one or two, but the presence of these symptoms and signs do not automatically mean that you have breast cancer.

Breast cancer can’t usually be prevented, but you can take preventive steps to help detect it earlier.
- **Breast self-exams**
- **Clinical Breast Exam**
- **Mammography**
- **Ultrasound**

**Recommendation:**
- **Women 40 and older should undergo mammography every 1 or 2 years.**
- **Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammography is advisable and how often.**

In general, there are five treatment options, and most treatment plans include a combination of the following:
- **Surgery**
- **Radiation**
- **Hormone therapy**
- **Chemotherapy**
- **Targeted therapies**

Cancer prevention is an action taken to lower the chance of getting cancer. Research shows that lifestyle changes can decrease the risk of breast cancer, even in women at high risk. So, to lower your risk.

Eat Healthy: Maintain a Healthy Weight: Being overweight can increase the risk of many different cancers, including breast cancer, especially after menopause. "Eating healthy and eating mindfully helps in controlling weight and reducing the risk in turn. A healthy diet can help lower the risk of breast cancer. Try to eat a lot of fruits and vegetables and keep alcohol at moderate levels or lower (a drink a day or under)."

Limit Your Alcohol Consumption: The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to no more than one drink a day, as even small amounts increase risk.

Breast-feed: Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect. Breastfeeding for a total of one year or more (combined for all children) lowers the risk of breast cancer. It also has great health benefits for the child.

Limit postmenopausal hormone therapy: Combination hormone therapy may increase the risk of breast cancer. Talk with your doctor about the risks and benefits of hormone therapy. You might be able to manage your symptoms with non- hormonal therapies and medications. If the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have your doctor monitor the length of time you’re taking hormones.

Above mentioned preventive measures and lifestyle modifications will help in reducing the risk of breast cancer to a large extent.

To improve survival rates and treatment outcomes, it is important to be fully aware of disease and signs and symptoms pertaining to breast cancer. In turn this will help in conquering the disease.
In a country where basic medical intervention is a luxury, the idea of palliative care for long-term degenerative illness scarcely finds space. To bridge that gap, a national helpline, Saath-Saath, was launched last month to offer respite to patients and their care-givers. In just two weeks, it has received 200-odd anguished calls from across the country, with queries ranging from “Where can I find a wig?” to “Can I leave my Alzheimer's-afflicted father at home when I go to work?” to “I just cannot cope…”

The helpline (1-800-202-7777) first reassures the callers that they are not alone, hears them out, and then connects them to the relevant palliative organisation in their area. A man who was feeling isolated after being diagnosed with Parkinson's was referred to a support group in Hyderabad; a poor, uneducated cancer patient camping in a gurudwara in Mumbai, was suddenly surrounded by loving volunteers who helped alleviate her acute pain. Some call seeking information on home care, some are in financial distress. Many just want to hear a kind voice. “We have seen broken families come together because they suddenly have that additional layer of support,” says Rumana Hamied, managing trustee of the Cipla Foundation, which runs the helpline.

Palliative care, which was originally associated with end-stage cancer, is now increasingly being viewed as a much-needed integrated approach to any chronic and progressive illness, right from the point of diagnosis. It takes care of the physical comfort, as well as the psycho-social and spiritual support, that patients and their families crave as they come to terms with near-certain mortality. And care-givers often need more support than patients.

“When you are suffering, you need the comfort of people, not only the beeps of machines around you,” says Dr M R Rajagopal, who pioneered palliative care in India and has been an inspiration backing Saath-Saath. “When people feel that no one cares, which can happen even within a family, we are able to convey that we do care. Such a helpline will be able to say, you are clearly depressed, let's set a time to talk every week. It could direct people to existing support programmes which they may not know of.”

The helpline essentially connects the caller to the already existing free support groups for pediatrics or geriatrics, home care services and hospices that are working miracles across the country. One such, Romila Palliative Care started in 2017 by Armida and Rui Fernandez, a doctor couple who lost their daughter Romila to cancer offers free home care across Mumbai's slums, chawls and high-rises with a small army of nutritionists, counsellors and occupational therapists. “Sometimes the patient might need assistance on something as simple as how to prevent bed sores, other times they might need diapers,” says Dr Armida. “Sometimes, the patient or a family member just needs to talk and be counselled.”

Another organisation on the helpline network, Sukoon Nilaya, also in Mumbai, supports families with geriatric neuro-degenerative disorders like dementia and Parkinson's. “When patients and families are given any distressing diagnosis, they initially just need hand-holding, because it draws up so many complex emotions from decisions to be made, to making sense of the financial costs,” says Dr Leena Gangolli of Sukoon Nilaya.

Nair Hospital is the first Mumbai municipal hospital to start an integrated paediatric palliative care out-patient department. Oncologists point out that the drop-out rate for treatment in paediatric cancer tends to be very high, but it falls significantly as soon as a palliative support group comes in to give explanations, answer doubts and offer support. Now, Chennai has started its first paediatric palliative care centre; and Cipla Foundation has been asked to set up something in Lucknow, Srinagar, and at NIMHANS, Bangalore, which will help those with chronic neurological issues.

“Our directory of palliative and home care services across the country is fast growing,” says Prakash Fernandes, who runs the helpline out of Pune. He adds, “Everyone has a realised that together we can make a far bigger impact.”

Former school teacher Aban Mukherji recently heard about the Saath-Saath helpline. “For ten years, I suffered from chronic stress, wondering whether my domestic helper would turn up to look after my bed-ridden mother who was afflicted with Alzheimer's. I would not know whether or not I could leave for work and the fate of my students if I didn't show up. If I had access to a helpline like this, and could find a home care service on stand-by, I would have been in a better place.”

Saath-Saath can be reached on 1-800-202-7777, from Monday to Saturday, between 10am and 6pm.
The evolution of corporate social responsibility (CSR) refers to changes over time of the cultural norms of corporations' engagement in CSR, with CSR referring to way that businesses are managed to bring about an overall positive impact on the communities, cultures, societies and environments in which they operate. CSR policies, practices and programs are being comprehensively integrated by an increasing number of companies throughout their business operations and processes. During the year 2021, Cancer Aid & Research Foundation (CARF) has utilized the CSR funds on providing financial support to countless cancer patients, different healthcare campaigns and hunger eradication programmes. A growing number of corporates feel that CSR is not just another form of indirect expense but is important for protecting the goodwill and reputation, defending attacks and increasing business competitiveness. We hereby request many more corporate companies to get associated with us by supporting us through CSR registration, as this can build a great impact to our collective purpose of saving many lives and recreating the hopes for the needy diseased people.

THANK YOU ! FOR DONATING AS OUR CSR PARTNERS!

CANCER SURVIVOR

"Our son Sarthak was always an active and healthy child brimming with energy. But when he was unwell and the moment he was diagnosed of "Acute Lymphoblastic Leukemia (a type of cancer)" this brought an uncertainty in our life. We faced tremendous financial crisis during his treatment. Then we approached CARF, who led us to a new spark of confidence & positivity by supporting us financially during his treatment plan. Our son completed all his chemotherapy cycles with maintenance phase and we visit hospital for follow up once in six months. Now our child is studying in Standard IV through online coaching. We are thankful to CARF and its team for all their financial support and care given to us."

- Mr. Bharat Bhadad (Sarthak's father)

"The year 2019 gave me the most devastating news of my life, when I was diagnosed with Oral Cancer (Right Lower Alveolus). Also, the prescribed treatment costed a hefty sum which was impossible for me to afford, as I was just a driver by profession and had no other financial support. Then, CARF entered my life as a blessing and with their support I successfully completed my surgery. Now I visit hospital only for follow ups. I express my gratitude to thank CARF and its management who determined me to stay strong in my worst times and also supported me financially during my treatment."

- Mr. Mohd. Abid Shaikh

CARF WISHES HAPPY BIRTHDAY TO:

| Mrs. Muzdant Mulla | 3rd Feb. |
| Mr. Jayant Patil | 16th Feb. |
| Mr. Sajid Nadiadwala | 18th Feb. |
| Mr. Ali Khan | 9th Mar. |
| Mr. Vaseem A. Shaikh | 10th Mar. |
| Mrs. Rashida Kazi | 20th Mar. |
| Mr. Shamshi Bulla | 21st Mar. |
| Mr. Hamid M. Ansari | 1st Apr. |
| Mr. Narayan Rane | 10th Apr. |
| Mr. Aziz Bull | 10th Apr. |
| Mr. Aslam M. Fakih | 7th May. |
| Mr. Shams Ahmad Dean | 7th May. |
| Mrs. Geeta Gawli | 20th July |
| Mr. Anup Jalota | 29th July |
| Shri. Jadhav Bhaskarao B. | 1st August |
| Mr. Uttam Prakash Agarwal | 11th August |
| Prof. Dr. Rehan A. Kazi | 24th August |
| Adv. Aziz H. Visram | 31st August |
| Rev. Fr. Joe Pereira | 6th September |
| Mr. Mahesh Bhatt | 20th September |
| Justice (Retd.) Shafi S Parker | 1st October |
| Mr. Khan Mohammed Arif Nasim | 21st October |
| Mrs. Savita Nathani | 2nd November |
| Mr. Usman Kazi | 6th November |
| Mr. Usman Kazi | 24th November |
| Mrs. Surekha Lokhande | 18th December |

Happy New Year 2022
"World Konkani Day," also known as "Vishwa Konkani Dis," is celebrated in remembrance of noted Konkani activist, Shri. Shenoi Goembab Waman Ragunath Shenoi Valaulikar all over. On 24th January, 2021, during the 2nd World Kokani Day, organized by Kokan community, Mr. Shamshi Mullu, Chairman and Mrs. Savita Nathani, CEO, CARF was invited as the honorable guest and jointly awarded by the Kokan Community Forum presented by Dr. Zahir Kazi – President-Anjuman-E-Islam in presence of renowned dignitaries Dr. Aziz Sawant – Chairman and Mr Abdul Matin Khan –President of Kokan Community Forum respectively.

On 14th February, 2021, Mrs. Savita Nathani, CEO, CARF was invited as the Chief guest of honour for the A n n a p u r n a programme, the event which was well-organised by Being Sevak Charitable trust and Borivali Malayali samajam respectively, for their mission to extend helping hands to the different low income groups of people like blind, needy and underprivileged children of the society in India. This programme began with a prayer well sung by three blind people, later followed by a health camp, which was conducted for the blind persons wherein basic blood tests were done. This successful event ended with distribution of food kit to the needy people. CARF also supported the team for their noble cause by contributing a cheque to them and thus enhancing the motivation of such good works.

CARF has been always very keen in supporting the cancer patients and others suffering from life threatening diseases. On 25th March, 2021 a cheque distribution programme was organized for all cancer patients at CARF office in Byculla, in which more than 65 cancer patients were distributed cheques for their treatment. Also, all the cancer patients were provided with nutritious meals during this event. This passionately dedicated event by CARF was graced by various dignitaries including Mr. Naeem Dalvi, Mr. Talha Fakih, Mr. Manoj Gage, Mr. Mohan Valal, Dr. Ravish Hani and many other guests, in the presence of Mr. Shamshi Mullu, Chairman and Mrs. Savita Nathani, CEO, CARF. All dignitaries vowed to support cancer patients and be actively involved in the works of CARF. This event was also supported by M/s. Nadiadwala Grandsons Entertainment Pvt. Ltd.

On 4th February is marked as "World Cancer Day" across the world, the purpose of which is to raise awareness about cancer and to encourage its prevention, detection, and treatment at right time. CARF has been organizing several activities since from past many years to support this awareness drive. On this day, CARF organized a pledge drive called "I Support Cancer patients", through an online video on social media wherein people from different fields pledged their support for cancer awareness. Also, many people supported the campaign and pledges through online videos on our Facebook page. As a part of the awareness, even many staff members also supported this noble cause organized by CARF to achieve its mission.

Starvation is one of the major problems of our country and poverty is the root cause of every hungry stomach. With a purpose to eradicate hunger, CARF also contributed its part of role by organizing the food distribution on 12th May’2021, in association with Peace Foundation, Mumbra, for more than 550 people during SEHRI. Also food was distributed to the staffs and workers of the hospital, patients and their relatives at hospital along with door to door food distribution done to the under privileged families.
As the onset of the second wave of the pandemic Covid-19 was hitting our country and the whole world with a rapid rate of diseased cases, CARF struggled to its best in supporting the people at their worst times. On 21st May 2021, CARF in association with Unity and Dignity Foundation (UDF), Malad distributed oxygen cylinders free of cost to the patients across in need. Due to the increasing record of COVID positive patients and fatalities per day, lack of life-saving equipment was crippling our healthcare infrastructure, for supporting our country, with our well-planned team work, it was possible for us to organize together several other activities, to help as many people in need. During this second wave of ongoing pandemic Covid-19, many people had lost their lives while many of them lost their jobs, which has terribly hit the economy of our country and moreover it has badly impacted to the lives of people who belong from poor socio-economic background. Also, it has adversely affected the lives of cancer patients, as they had to undergo a flood of toughest times for their daily survival along with their medical treatment. Considering all the hardships being undergone by all the cancer patients, the CARF organized a cheque distribution on 24th May 2021 for the needy patients at its Byculla office by the hands of Mr. Shamshi Mulla, Chairman of CARF. The cheques were distributed to many cancer patients, with a prime motive to continue their treatment, thus ensuring to safeguard their lives.

CARF is passionately dedicated in helping the needy people over the past 21 years quite successfully. During the outbreak of second phase of the pandemic Covid-19, in our country when hospitals were facing a dire urgency for shortage of oxygen cylinders, despite of the lockdown, considering all the safety measures, on 27th May’2021, CARF in association with Kharghar Gurudwara and their team, has been tirelessly working with best efforts in record time to distribute oxygen cylinders for the people in need. Together it was possible to meet the requirement of oxygen cylinders to the patients in need on right time and save many lives, which was struggling for oxygen to breathe. It was possible for us to organize together several other activities timely, to help as many people in need and we ensure to keep giving our best efforts in our journey ahead.

“Anti – Tobacco Day" is also known as "No Tobacco day," which is celebrated world over on 31st May. On this day across the world, several campaigns are conducted to raise the awareness on the harmful and deadly effects of tobacco use. During this day, CARF also conducted its annual online campaign for a week, to create the awareness among public and highlight the risk associated with the use of tobacco. Many people actively took their participation in this activity and in making of development kit for generating awareness on same. In additional to it, to commemorate this day, CARF has also organized a food distribution for the people staying near Tata, KEM & Wadia hospitals. The activities conducted had successful impact and encouragement on the future young generation too.

Every year on 20th June, CARF celebrates its foundation day. Due to the prevailing situation of Covid-19, considering all the safety protocols it was not possible to conduct major activities. As there was a complete lockdown during the months of April and May 2021, many cancer patients could not get helped on time for their treatment. So CARF organized a cheque distribution programme followed by food distribution for all the cancer patients at Vikhroli Office on this day.
CARF has been working efficiently to support the needy cancer patients for their treatment and welfare. To enhance and support this vision, a cheque distribution programme with lunch for cancer patients was organized in the head office at Vikhroli on 09th July 2021, in which Shri. Nawab Malik, Cabinet Minister, Government of Maharashtra was the chief guest of the function. During this function, cheque distribution programme was performed at the hands of Shri Nawab Malik to all the needy cancer patients. Mr. Shamshi Mulla – Chairman and Mrs. Savita Nathani - CEO of CARF also graced this function respectively.

CARF celebrated the "World Rose Day" on September 22nd in dedication to the welfare of all cancer patients, by organizing several activities that included cheques, gifts and roses distribution for bringing cheer and hopes into the lives of all cancer patients. This event was hosted by our Guests of honour – Mr. Sikandar Sayyad, Film Producer, Writer and Director. Mr Shamshi Mulla – Chairman of CARF also graced this occasion. All the functions were smoothly organized, following all the safety protocols of the ongoing pandemic Covid-19. The purpose behind organizing this event is supporting the cancer patients and their care givers, in their battle against cancer.

October 22nd is celebrated world-over as "World Breast cancer day." Also, the October month is known as "Breast cancer awareness month" which is a month full of campaigns to create awareness among people about breast cancer and its impacts. As usual like every year, CARF also organized several activities to create awareness about breast cancer among the people, such as the live doctor sessions on the topic of breast cancer by Dr. Nikhil Borkar and also during this entire October month, social awareness about the disease was generated among common public through our several informative social media posts about the same. The prime motive behind this activity is to make people aware that, early detection helps in better understanding of the disease and it also helps in getting the timely treatment with best cure which can save the life of many.

CARF organized a blood donation camp on 20th October 2021, at CST railway station in collaboration with Nair Hospital blood bank, strictly following all the safety protocols of the Covid-19 pandemic. Basic health check up facilities was smoothly arranged for the general public for donating the blood safely. Our purpose behind this event was to generate awareness for donating blood, which can save many lives during critical and emergency need of blood. The camp was also attended by our Chairman - Mr. Shamshi Mulla & CEO - Mrs. Savita Nathani, who also involved in this camp, by encouraging the donors and appreciating them for their valued time and participation in this event. CARFIANS also participated in this event, making it a quite successful one.

World Breast Cancer Day

World Food Day

at Sant Gadge Maharaj Dharamshala trust; which was a great opportunity to participate and support this global problem of starvation and hunger which is due to poverty across us. It gave us the pleasant feeling and utmost satisfaction, as we could successfully arrange this event by distributing nutritious meal for cancer patients residing at Dharamshala in appropriate manner and the happiness on their face was a true blessing which we felt on the verge of this event.

World Food Day "is celebrated annually on 16th October across the world with an objective to raise awareness of the issues surrounding poverty and hunger. This year World Food Day 2021 theme is, "Grow, nourish, sustain together. Our actions are our future". With an initiative to support this great theme, on this auspicious and great day of 16th October 2021, CARF also celebrated "World food day," by organizing food distribution for around 500-600 poor and needy cancer patients.
The month of November is known as “Movember” month. This entire month stands for men’s health awareness activities. It is an annual event involving the growing of moustaches during this entire month to raise awareness on different men’s mental and physical health issue which includes the different types of cancers in men. November is also known as No-Shave November. CARF had introduced this Movember movement five years ago to raise awareness of the health issues faced by men majorly prostate cancer and testicular cancer and from since then we have been always receiving active support from many people in this event. As usual just like every year this year too, we organized Movember movement, in which men (Mo-Bros) has been growing moustache for this whole November month, supported and encouraged by the women (Mo-sistas). At the end of the month, we celebrated the event by announcing and honoring the winner as Mr. Vasudev Patil, holding the title, “Man of Movember.” Also our Chairman – Mr. Shamshi Mulla and Co-Founder – Dr. Rehan Kazi actively participated and supported this Movember event.

CARF believes in doing unique activities in a unique manner every time for the well-being of human care. Therefore, as usual this year too, different live sessions of the doctor’s talk were arranged on different topics such as Bone marrow transplant in cancer, Oral cancer, men’s mental health issues.

**Briefing about the doctor’s live talk sessions as below:-**

**Dr. Venkatesh Ekbote – 18th August**

Blood cancer has become one of the most common cancers nowadays as over the past few years’ right from new-born babies to aged people have become the victims of this deadly disease in highest numbers. Several types of cancers including multiple myeloma, leukemia and lymphoma can develop in the bone marrow. Therefore, with a prime motive to provide the general information on this topic of Bone marrow transplant in cancer –present and future to the public, CARF organized a live facebook session with famous oncologist – Dr Venkatesh Ekbote on 18th August’2021.

**Dr. Khuzema Fatehi – 16th September**

Cancer has become one of the most dreadful diseases in our country, out of which Oral cancer is now seem to be fast spreading across to many people and the incidence of oral cancer is closely tied to alcohol and tobacco use. So with a purpose to provide information about the topic of Oral cancer and common myths, a facebook live doctor’s session with Dr Khuzema Fatehi was organized by CARF on 16th September’2021.

**Dr. Nishant Das – 27th November**

We all know that nowadays depression is experienced more commonly in both men and women, but the symptoms are very different. But depression has affected a large number of men’s mental health into a miserable condition. Therefore, CARF organized a live doctor’s talk session by Dr. Nishant Das through the face book page on 27th November’2021, with an initiative to provide the information on different types of men’s mental health issues, its early recognition, prevention and management of mental illness at early stage, treatment and outlook.

**Dr. Deepanjali Adulkar – 22nd December**

Breast cancer is one of the dreadful diseases found now very commonly in both men and women. Early detection of the disease helps to have a better understanding of the disease and also it helps in curbing the growth of cancer cells. For imparting more knowledge about the disease with better understanding and advance treatment available, CARF conducted an informative live talk session presented by Dr. Deepanjali Adulkar on 22nd December’2021 on the topic of ‘Breast Cancer- myths and facts” through the facebook page.

All these doctor’s live talk sessions were actively participated by many people. Also, the sessions have been very informative and beneficial in resolving the queries of many people who attended this online live talk.

**Mission Sahay**

CARF organized several free medical health check up camps known as “Mission Sahay” at different locations during this month of November. The sacred aims behind these camps are to facilitate the health care benefits and awareness among the under-privileged people. All these camps were successfully hosted by a team of doctors, assistants and CARFIANS along with appropriately arranged health care tools and facilities for facilitating the general health check up with appropriate guidance on the general health related issues. Our Chairman – Mr. Shamshi Mulla and CEO-Mrs. Savita Nathani also supported all these camps.

- Ramabai Ambedkar Nagar, Ghatkopar East on 5.11.2021 - Female Hygiene Kit
- Sant Ghadge Maharaj Dharamshala, Dadar on 15.11.2021 - Food Grain Kit
- Mission Hospital, Govandi on 23.11.2021 - Male Hygiene Kit
- Limbuni Budhivihar, Kannamwar Nagar 1, Vikhroli East on 30.11.21 - General Kit
- Tulshet Pada, Bhandup on - 07.12.21 - General Kit
- Ambedkar Nagar, Mankhurd on - 14.12.21 - Food Grain Kit
- Near South Avenue, Hiranandani Gardens, Powai, Mumbai on 29.12.2021 - Female Hygiene Kit
SPONSORSHIP TOWARDS VARIOUS KITS

There are many people who are the poorest of the poor, deprived of their basic general health care and primary necessities like food. Due to this condition they are having a very adverse effect on their physical and mental health. Therefore CARF is involved in doing best to provide for such population by giving access to the basic general health care services and ration products at their door-steps. These Kits are distributed during the Mission Sahay camps so that more and more people get access to this support. You can also be a part of our sacred aim by sponsoring for our Mission Sahay camp with basic health care and general kits respectively.

**Female Hygiene Kit**
- Stayfree
- Nirma
- Dettol
- Oxydol
- Colgate

**Food Grain Kit**
- Basmati Rice
- Makhana
- Sugar
- Chawali

**Male Hygiene Kit**
- Sanitizer
- Earez
- Chandi
- Aryan
- Searc
- Gold

**General Kit**
- 266.75
- 1213.10
- 323.50
- 409.10

DONATE NOW!
To support our mission!
Please click on [https://www.cancerarfoundation.org/danamojo-payment.php](https://www.cancerarfoundation.org/danamojo-payment.php) or [https://pages.razorpay.com/pl_INS1gBaJsIlt6/view](https://pages.razorpay.com/pl_INS1gBaJsIlt6/view)

SUPPORT TO CARF

We at Cancer Aid & Research Foundation (CARF) have been always passionately supporting the cancer patients and other diseased people, hailing from poor socio-economic background. Nadiadwala Grandson Entertainment Pvt Ltd. has been supporting CARF in this mission from the past many years. This year Nadiadwala Grandson Entertainment Pvt Ltd has supported CARF with a huge contribution towards the well-being of cancer patients.

CARF is pleased to inform all our donor’s about new 80g unique re-registration number **AAA1C3013BF20215**

- Donations exempted U/S 80G of the Income-Tax Act, 1961 • E-mail: cancerarfoundation@yahoo.com | carf@cancerarfoundation.org
- Website: www.cancerarfoundation.org

- Funding and services for cancer treatment including Surgery, Radiotherapy and Chemotherapy.
- Cancer Research.
- Cancer Awareness and Education through CARF News Bulletin, Patients information leaflets and e-news letters.
- Cancer screening and Detection Programme.
- Anti Tobacco and Anti Cancer advocacy • Free Ambulance Service provided to cancer patients all over Mumbai • Counseling for cancer patients and their families • Cancer hotline. • Recreational activities for cancer patients • Providing free Anti Cancer Drugs, Prosthesis and Instruments to needy patients • Providing career guidance and Rehabilitation to cancer patients and their relatives

Please draw your cheque in favour of Cancer Aid & Research Foundation and send it to its

**Head Office**: Unit No. 103, Shivkripa Industrial Estate, Vikhroli West, Mumbai - 400 083 Tel.: 022-2300 7000/2301 6000 / 2305 3602/3607 / 2306 4443/0088 / 2307 0088

**Adm. Office**: Municipal School Bldg., Ground Floor, Near ‘S’ Bridge, N.M. Joshi Marg, Byculla (W), Mumbai - 400 011. Tel.: 022-2300 5000 / 2306 4441 / 4442

All views expressed in the CARF News Bulletin belong to the author. The Foundation need not necessarily subscribe to them.

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- **GM-Event Management**: Mrs. Tabassum Khan

PLEASE DONATE GENEROUSLY and help CARF save lives of the poor and needy cancer patients

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