



CARF

News Bulletin

(Official Publication Of The Cancer Aid & Research Foundation)

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HANDING OVER THE BATON

Chairman Emeritus
Prof. A. A. Kazi welcomes the
new chairman
Prof. Dr. Rehan A. Kazi



Chairman's Message

Prof. Dr. Rehan A. Kazi

Let me begin by applauding the magnificent work done by our founder and my father Prof A.A. Kazi in establishing the Cancer Aid and Research Foundation. Under his stewardship, the Foundation has risen through the ranks to be one of the largest medical NGOs in this state. His vision has helped numerous cancer patients and their families in their fight against cancer. After more than 10 years at the helm, he felt he needed to rest and let someone younger fight the battle. I am honoured and humbled that he has chosen me but even more pleased that he will continue to inspire and guide us by agreeing to be the 'Chairman-Emeritus' on the board.

I take this opportunity to reach out to you all, our friends and well-wishers of CARF, old and new, to join me in this journey to make the vision of our 'Chairman-Emeritus' a resounding 'success'. Success to me is a very intriguing concept. To some, success is gathering a pot of money.

While to others, success is simply completing a milestone. To everyone though, success is achieving a goal that in each of your minds, you have strived for and are proud of reaching.

Today we are a successful NGO. We have achieved our objectives with a solid ethos of team-work and self-less service. Through hard work and dedication we have earned the privilege to be described as one of the leading NGOs of the country. CARF is a name that is synonymous with trust, ethics and generosity. We call it the listening NGO and that is exactly what it is. It listens to your ideas, your suggestions and your needs. We hope that we will continue to grow and be able to meet the demands of a burgeoning population afflicted with the dreaded disease of cancer.

To our well-wishers and donors, I thank you for all your support over the years. I understand that there are many strains on your resources for numerous charitable causes, however our poor cancer patients have nowhere to turn to but you for help. Your presence in our lives today is a strong show of encouragement for the work of the CARF in general.

I offer you a quote which I have referred to many times during my education career to keep me on track. It signifies what we've accomplished today and it emphasizes the 'never give up attitude' that signifies our founder Prof A. A. Kazi. "The fine line between success and failure isn't intelligence – it's effort and attitude"!

A new challenge has just begun, let us all rise to this occasion.

Thoughts Of

**Dr. A. V. Lakshmanan**

Advisor II Cancer Institute
Ex Director Cancer Institute, Chennai.
CARF : Life time
Achievement Awardee 2012

"Medical Physics---Then and Now"

"When you can measure what you are speaking about and express it in numbers you know something about it, and when you cannot measure it, when you cannot express it in numbers, your knowledge is of a meagre and unsatisfactory kind"--Lord Kelvin.

Medical Physics or the principles of physics applied to the practice of medicine has come a long way since the invention of the thermometer in 1593 and the stethoscope in 1819. Today the medical physicist is an important and essential member of the team which is involved in the diagnosis and treatment of diseases in general and malignant disease in particular. "Early diagnosis leads to effective treatment" has become the norm of modern medicine. Various imaging modalities have come into use today such as digital x-radiography, fast CT scanners, MR units, digital mammography systems, gamma cameras and PET-CT scanners to detect tumors in the human body.

All these modern gadgets require the services of a medical physicist to get the best possible diagnostic information from these devices by ensuring that these machines are properly installed, calibrated and maintained at their peak efficiency at all times.

Radiotherapy which includes both brachytherapy and teletherapy is a major component in cancer treatment. Remote afterloading brachytherapy units which employ small radioactive sources requires the services of a physicist for calibration and dose calculation to the patient. There are various types of teletherapy units ranging from the simple cobalt-60 units to linear accelerators of high energies of up to 15MV. The most modern linear accelerator is capable of delivering accurately a stated dose to a tumor in order to control and kill the cancer cells with minimal dose to surrounding critical organs to minimise the morbidities; to help the radiation oncologist towards this purpose, a physicist is essential.

There has been steady progress in the development of new equipment for diagnosis and treatment of cancer wherein medical physicists have played an important roll. Techniques and equipments are undergoing continuous change for the better in order to improve the quality of care for patients with cancer.

NEED CONTROL ON ALCOHOL, DIET TO CURB CANCER : DOCS

Two-thirds of the cancer cases in India can be prevented either by making effective policies or better implementation of the existing ones, say experts. What's more, a grip on alcohol consumption and obesity can help prevent a large percentage of cancer.

According to the World Economic Forum, cancer is among one of the three greatest risks to the global economy. This may be due to escalating cost of care, the threat to productivity from death and disability, and the effects of costs on household impoverishment. But this year's theme of World Cancer Day: "Dispel damaging myths and misconceptions about cancer" can help change the situation, say experts.

Last year, representatives from 117 countries converged at the United Nations to address the prevention and control of cancer and non-communicable diseases and declared four key strategies: control tobacco, unsafe use of alcohol, obesity and encourage better nutrition. While improving the nutritional status of a 100-crore population nation is an uphill task, control on tobacco, areca nut, alcohol and junk food is well within the reach of policymakers, say experts. "There is awareness about the cancer-causing properties of tobacco, but most people are still unaware of the harmful effects of alcohol, areca nut and obesity," said Dr Pankaj Chaturvedi, oncosurgeon at Tata Memorial Hospital.

"Alcohol is causally related to cancers of the mouth, oropharynx, liver, oesophagus and breast. The risk becomes much higher when tobacco is consumed along with alcohol," he said.

Another cause of worry for oncologists is obesity. Head of Tata Memorial Hospital, Dr Rajan Badwe said an unhealthy diet is one of the major contributors in cancer among the obese. "Adolescent obesity is known to produce diabetes, hypertension and cancers like those of breast, ovary and uterus among women and stomach, kidney and colon among men in the later years," Dr Badwe said. **WORRYING NUMBERS** There are about 30 lakh new cases of cancer in India at any particular point of time. About 5 lakh deaths a year in the country are due to cancer. 40% of cancer cases are due to the use of tobacco.

The leading sites of cancer are the oral cavity, lungs, oesophagus and stomach among men and cervix, breast and oral cavity among women. Cancer accounts for more deaths worldwide than AIDS, malaria and tuberculosis combined. According to the World Health Organisation Report 2005, the estimated number of cancer deaths in India will increase to 7 lakh by 2015.

- Times of India, February 4, 2013

BOOST FOR CITY'S CANCER FIGHT



Nair to set up 75 dedicated beds for chemotherapy :
The hospital will start admitting cancer patients for the treatment from Feb 1; three doctors undergoing training at Tata Memorial

In a move that will reduce the waiting time for cancer patients needing chemotherapy, the civic body will set up 75 dedicated beds for the crucial treatment at Nair Hospital. Admission of patients will begin on February 1, and three doctors will soon undergo training at Tata Memorial Hospital, the country's premier cancer institute. Currently, KEM is the only BMC-run hospital that admits patients for chemotherapy. It, along Tata Memorial, handles bulk of such cases in the city. With the setting up of new beds at Nair, the burden on the two facilities will decrease.

"There is a huge gap between the demand and supply of cancer treatment. By starting chemotherapy at Nair, we hope to reduce this gap," Additional Municipal Commissioner (health) Manisha Mhaikar told Mirror. She added that apart from Mumbai, KEM and Tata Memorial, especially the latter, also handled patients from the outskirts. "In last year's civic budget, the BMC had announced the plan to develop Nair as a cancer specialty hospital. Starting 75 beds at Nair is the first step in this direction," Mhaikar said. Chemotherapy, also called chemo, is a drug treatment that aims to either kill cancer cells or stop them from dividing. Patients can undergo the treatment before the removal of the malignant tumour or after.

KEM's dean, Dr Sandhya Kamath, said that many patients had to wait for the treatment because of unavailability of beds. "This leads to a scary situation wherein cancer could spread. This disease is such that it needs to be curbed in time," she said. According to Kamath, who is also part of the initiative at Nair, a patient needs a bed for four to five hours for one chemo session. "We will work in two shifts and will be able to do 120 to 150 sessions in a day at Nair," she said. Doctors at Tata Memorial Hospital welcomed the news and said that they would help the civic body expand its cancer programme. "We had suggested the state health department to post at least two trained doctors at every municipal and district hospital so patients don't have to travel too far from their home for chemotherapy. This would also help reduce load on major hospitals," said the hospital's director, Dr Rajendra Badwe. Tata Memorial offers chemo medicines at subsidised rates; Nair, too, will follow this model. "It is an excellent step, and we will extend all possible help," Badwe said. -Mumbai Mirror, January 12, 2013

WHAT IS CHEMOTHERAPY ? Chemotherapy, also called chemo, is a drug treatment that aims to either kill cancer cells or stop them from multiplying. Ways to give chemotherapy regimens include : **Oral** - To be taken by mouth and normally a pill form, although liquids are available, **Intravenous (IV)** - injected into a vein and **Topical** - To be applied to the skin

MILK THISTLE EXTRACT PROTECTS AGAINST SKIN CANCER

A pair of University of Colorado Cancer Center studies show that the milk thistle extract, silibinin, kills skin cells mutated by UVA radiation and protects against damage by UVB radiation – thus protecting against UV-induced skin cancer and photo aging. "When you have a cell affected by UV radiation, you either want to repair it or kill it so that it cannot go on to cause cancer. We show that silibinin does both," says Rajesh Agarwal, co-program leader of Cancer Prevention and Control. The first study, published in the journal *Photochemistry and Photobiology* worked with human skin cells subjected to UVA radiation, which makes up about 95 per cent of the sun's radiation that reaches Earth. They treated these cells with silibinin. With silibinin, the rate at which these damaged cells died increased. Silibinin kills the mutated cells that can cause skin cancer and photo-aging. The second study, published in the journal *Molecular Carcinogenesis* shows that instead of beneficially killing cells damaged by UVA radiation, treatment with silibinin protects human skin cells from damage by UVB radiation, which makes up about 5 per cent of the sun's radiation reaching Earth. Agarwal and team are working toward human trials of silibinin-based therapeutics.

-Mumbai Mirror, February 17, 2013



NO RATION CARD, NO CHEMO FOR CANCER PATIENT

If bureaucratic indifference has its way, Selvi may have to wait for life-saving treatment or not get it at all. The 50-year-old poor patient in Chennai was denied cancer treatment at the Government General Hospital for two days because she had lost her ration card. On Thursday, after much pleading, Selvi was given the life-saving chemotherapy, but was told she should bring a duplicate copy of the card for the next therapy. The state promises free treatment but the hospital often tries to include such patients under the insurance scheme.

State Insurance Targets Are High, Admit Doctors

Cancer patients without a ration card or another proof of address are ineligible under the state insurance scheme, which brings government money to the hospital and the treating doctors. "Doctors told us they would help us secure the insurance card if we bring the ration card," said Selvi's son S Zoyal, who works at a catering unit in Anna Nagar. The hospital refused treatment under the general category, despite Selvi's urgent need for chemotherapy. Her next chemotherapy session is in the first week of February. Getting a duplicate card isn't easy. Zoyal has to get a "not traceable" certificate from the cops. When he went to the police station, he was asked to bring a copy of the old ration card or any other proof of residence. "We keep moving houses and don't have a bank account or an LPG connection in our name. Without any of this, I don't know how we would get a ration card and continue my mother's treatment," he said. Selvi, a widow who was working as a domestic maid, was diagnosed with breast cancer by doctors at Sri Ramachandra Medical Centre in Porur. Her employer funded the surgery for the removal of the breast tumour. Selvi, however, came to the general hospital for further treatment which includes six sessions of chemotherapy as she could not afford a private hospital. But onco logists at the government hospital insisted on the ration card. "We have high targets to admit and treat state health insurance patients. But besides that, rules mandate we ask for an address proof. When a patient comes from another state, the hospital charges them a small amount as consultation and treatment fee. To establish that a patient belongs to this state we ask them to submit their ration card. They did not even have electoral identity cards," said a senior doctor. But hospital dean Dr V Kanagasabai contradicted the doctor's version. "Many patients from other states, including migrant labourers, come here. They can't afford to pay for treatment. We give them free treatment at our hospital," he said. The dean said he would have made arrangements had Zoyal met him.

-Times of India, Jan.12, 2013

DETECTION OF CERVICAL CANCER MAY COST ₹100

The most technologically advanced cancer detection will soon be within the reach of the common man, or woman in this case. The central Food and Drugs Administration is working towards making the optimum cervical cancer screening option available at a low cost. Cervical cancers are associated with persistent infection with onco genichuman papilloma virus (high risk HPV). An HPV DNA test can detect the presence of on cogenic strains of the virus in cervical cells. The government is working to bring down the cost of the test to make it available to poor patients. "This test is now offered for Rs 900. For below poverty line patients, the test is for Rs 300. But the FDA is working towards bringing down the test's cost. Soon, it will be available for less than \$2 (approx Rs 100)," said Dr Surendra Shastri, head of preventive oncology, Tata Memorial Hospital.

The test will not only reveal if a woman is suffering from cancerous lesions, but also if she will get it in future. Projections from Globocan 2008 reveal that 72,825 women died due to cervical cancer. The Globocan software is worked out by the World Health Organization and International Agency for Research on Cancer every few years to help public health officials work out a plan against cancer. Dr Indu Ambulkar, consultant oncologist, Seven Hills Hospital, said it was important for the HPV DNA test to be available for the poor, as more cases of cervical cancer are found in rural areas. With poor genital hygiene, cervical cancer numbers have been going up. "Early detection is the need of the hour," she said. "The main symptoms of cervical cancer are unnatural bleeding, apart from the menstrual cycle and post-coital bleeding (after intercourse). In case of any of these, the woman should rush to a doctor," she said. Tata Memorial Hospital doctors said that using vinegar (4% acetic acid) is the easiest way to detect abnormality in the cervix.

-Times of India, February 5, 2013

THE HPV TEST

A human papillomavirus (HPV) test is done to find high-risk HPV infection in women

HPV is a sexually transmitted disease. An HPV test checks for genetic material (DNA) of virus. Like Pap test, HPV test is done on sample of cells collected from cervix

Projections from Globocan 2008 reveal 72,825 women died due to cervical cancer

More incidences of cervical cancer are seen in rural areas owing to lack of genital hygiene and awareness

Soon, a ₹ 100 test to detect cervical cancer :

A test to detect cervical cancer may soon be available at rates as low as Rs. 100. The food and drug administration is working towards bringing down the cost of the test for poor patients.

-Times of India, February 5, 2013



FOOD FACTS

COLOUR YOUR PLATE RIGHT

The best way to ensure that your diet is balanced is to colour code it. Pigmentation is what lends colour to fruits and vegetables, and also contains healthy nutrients. The deeper the colour, the higher the percentage of a specific nutrient the food item has. Purple coloured foods like plums and aubergines have phytochemicals called anthocyanins and resveratrol that fight ageing, reduce blood pressure and protect the body against liver diseases. Orange-coloured foods such as oranges and carrots contain betacarotene and betacryptoxanthin that keep the skin and eyes healthy, and also protect against arthritis. Yellow foods such as bananas and sweet corn contain carotenoids that boost the immune system and keep the heart healthy. White foods, including garlic, onions, cauliflower and mushrooms, are rich in vitamin C, and antibiotic and antifungal compounds that fight cell damage and keep the fighter white blood cells healthy. Red foods like tomatoes and watermelons contain the powerful antioxidant lycopene which acts as an internal sunscreen and protects you from sunburn, prevents osteoporosis and heart diseases. Greens such as peas, broccoli and spinach are packed with sulforaphane, isothiocyanate, and indoles which stimulate the liver to keep cancer producing chemicals in check.

- Mumbai Mirror, January 17, 2013

EAT, DRINK AND BE HEALTHY

- Times of India, January 17, 2013

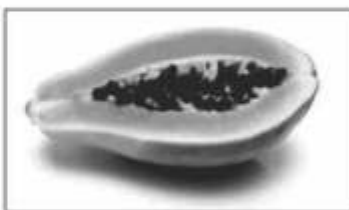
Cleanse your body with some healthy foods

If you've been putting off your New Year resolution to start 2013 on a healthy note, it's still not too late. One of the best things you can do is to eat foods that are kind to your body — foods that are packed with nutrients, vitamins and minerals that give you everything you need and nothing you don't. These foods have little waste. The body can use every scrap of them and get down to a session of cellular spring-cleaning. You'd be wise to include them in your diet throughout the year. They're not just for special occasions...



APPLES

There's a lot of truth in the saying that an apple a day keeps the doctor away. Firstly, they help reduce cholesterol. According to a study, they can lower harmful levels and also, women who eat apples daily lose more weight than those who don't. This is because of a compound in the fruit that suppresses appetite. Apples strengthen bones through a flavonoid called Phlorizin that prevents osteoporosis. Apples may even help ward off Alzheimer's. A study found that they protect brain cells from the kind of free-radical damage that can lead to cognitive decline. It's been found that the Pectin in apples lessens the risk of colon cancer and keeps your digestive tract healthy.



PAPAYA

It's a great source of three powerful antioxidant vitamins: A, C and E. Papayas are also full of fibre, which can help moderate cholesterol levels. They contain enzymes such as papain and chymopapain, which are anti-inflammatory. Papaya is also rich in lycopene, which could reduce a man's risk of developing prostate cancer.



TOMATOES

Tomatoes are packed with vitamins A and C and the red colour is lycopene, a powerful disease-fighting antioxidant thought to have anti-cancer properties. It may protect against prostate cancer, pancreas, bowel and breast cancers. They're good for your heart too — they're high in fibre as well as potassium and the B vitamin, niacin, known to help lower cholesterol.

EAT TOMATO PILL, HEART HEALTHY

Scientists have created a daily 'tomato pill' which they claim boosts blood flow and increases the flexibility of arteries by 50% in heart patients. The Ateronon capsule contains a chemical called lycopene which makes tomatoes red and is known to break down fatty deposits in the arteries. Scientists believe the pill also benefits those with arthritis, diabetes and even slows the progress of cancer.

- Times of India, January 8, 2013

CHARITY SALE !



Ayurvedic Therapy Lamp



Tiffin Bag



Candles



Pen Box



Crocheted Bag

For inquiry call : Mr. Gajendra Sharma
(Officer Rehabilitation CARF)
on **2300 5000**

All proceeds from the sale of articles made by poor cancer patients will go towards their welfare.

Shilpa Shetty and Iosis Spa help CARF's poor cancer patients.



Shilpa Shetty, Kiran Bawa and Wardha Nadiadwala spent a day with children undergoing cancer treatment with the help of CARF. Kids from the Foundation who were present at the venue interacted with celebrities like Pooja Bedi, Ravee Gupta, Mansi Joshi Roy, Deepshika, Sheeba and Rakshanda Khan who also indulged in the treatments. The proceeds generated from the business conducted on that day was donated to CARF.

ATTENTION READERS !

To enable us to communicate with you effectively, we request you to kindly send us your email ID, date of birth and change of address if any, to tabassum.shaikh@cancerarfoundation.org carf@cancerarfoundation.org

Congratulations !



Dr. Neha Pangam was awarded a certificate by Prof. Dr. Rehan A. Kazi, for successfully completing Head & Neck Onco-surgery Research Fellowship 2011-2012



VOLUNTEER SPEAKS

Ms. Surbhi Saxena
KC College
Mumbai.

I am Surbhi Saxena, KC NSS unit volunteer. I had participated in CARF's cancer awareness drive held at a Santacruz petrol pump. It was a great experience working with CARF's very dedicated team.

We pasted CARF's 'smile, don't smoke' smiley on many vehicles to create cancer awareness. I even pasted this smiley on the main door of my house to encourage people who visit us or pass by to read it and give it a thought !



Sad Demise

We regret to announce the sad demise of Dr. Aruna P. Tole CARF awardee for *Outstanding Contribution in the Field of Cancer.*

May her soul rest in peace.



World Cancer Day



■ Cancer awareness programme was held at Hotel Grand Sarovar Premiere, Goregaon for the Hotel staff and their friends. Films on Mouth Cancer and the Psychology of Human regarding smoking were screened.

Dr. Azra gave a lecture on cancer and many misconception were cleared during the question answer session



■ To spread the 'Harms of smoking' various cancer awareness, pamphlets were distributed at Kausar Auto, Agripada. On more than 400 private and commercial vehicles anti smoking stickers were pasted.



■ Mr. S. K. Verma, a generous donor distributed gift hampers to poor cancer patients at the Foundation.

CARF's Charity Sale



CARF held a charity sale at VJTI College, during the Institute's annual celebration - 'Pratibimb' held in the month of January. Cancer awareness films were screened on all three days and viewed by youngsters who thronged to the venue from all parts of Mumbai. Cancer awareness pamphlets, brochures and CARF news bulletin were freely distributed.

Braving Breast Cancer



Mrs. Sulochana Mali

How did you find out you were sick ? Initially, I was suffering from feverish conditions and had pain in my right hand.

What was the diagnosis ? The doctor found a lump in the axilla (under arm) and breast, which I thought could be cured by a simple operation. It was breast cancer.

What were your first thoughts when diagnosed ? I am an uneducated farmer. I was not sure what was happening. My family was in tension, though and it started to bother me soon.

How did your family react ? They were very worried but they did not lose hope. They wanted to expedite the treatment and followed the doctors' orders properly.

How did your friends react ? As it was cancer and I was admitted to the hospital for the operation initially, everyone in the village assumed that I would not come out alive.

What did the treatment consist of ? At Dhoot Hospital, Aurangabad the operation was done following which I was sent home. A biopsy was then done in Mumbai, which confirmed I had cancer. I was then put through six sessions of chemotherapy at Kulkarni Hospital. Out of six, four sessions were sanctioned by CARF, for which I am very grateful. There were no major side effects, hair fall was expected. I later continued chemo at Civil Hospital in Aurangabad along with Letrozole tablets (to be taken for five years).

What is your current medical status ? Now I have only six months left to complete the five-year course of tablets. I have to do a PET scan after I complete the course. As of now, I have no complaints.

How is life different for you now, post diagnosis and with treatment ? I was very scared in the beginning, but now, with the support of my family, I have become stronger and hopeful.

What was the toughest part of your challenge ? Definitely chemo. Also because it's so expensive. Each cycle, inclusive of the bills, stay, travel to and fro, comes to Rs. 25,000.

What lesson have you carried from your experience ? Cancer can be treated if detected at an early stage. My son has seen three cases of breast cancer cured now, and is so happy that I'm another such example.

What are your goals for the future ? Any advice for other survivors who may be where you once were ? I just want to live peacefully, at home with my family. At 48 years, what more can I want. I would just say that don't ignore the signs and be brave. What has to happen will happen.

*Your help can save a precious life
PLEASE DONATE GENEROUSLY*

- Registered under the Bombay Public Trust Act, 1950.
- Donations exempted under 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 Education through CARF News Bulletin, Patients information leaflets and e-news letter.
 - ✓ Cancer screening and Detection Programme.
 - ✓ Anti Tobacco and Cancer Advocacy.
 - ✓ Free ambulance service provided to patients all over Mumbai / Thane
 - ✓ Counselling for Cancer patients their families and cancer hotline.
 - ✓ Providing free Cancer Drugs, Prosthesis & Instruments, to poor cancer patients.



The Govt. of India has also permitted us to receive overseas contributions under FC(R) Act, 1976 vide Registration No. 083780936. The same can be credited to 'Cancer Aid & Research Foundation' S.B A/c. No. 026104000088372. IDBI Bank, Prabhadevi Branch, Mumbai- 400 025. INDIA.

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

Adm. Office: **Cancer Aid & Research Foundation** Municipal School Bldg., Ground Floor, Near 'S' Bridge, N.M. Joshi Marg, Byculla (W), Mumbai - 400 011. Tel. No :091-22-2300 5000 / 2306 4442 / 6455 6300 (32 Lines) TeleFax: 2300 8000

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

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The Chairman and Trustees take immense pleasure in cordially inviting you to the

12th FOUNDATION DAY Celebrations



Laughte Raho

A musical evening with
Comedy Queen **BHARTI**
with 150 voices - **VIP**

on Thursday, 20th June, 2013 at 5.00 p.m. sharp

*at Sri Shanmukhananda Chandrasekarendra Saraswati Auditorium, 292, Conrade Harbanslal Marg, Sion (E), Mumbai - 400 022,
for any enquiry call 2300 5000*

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