



# News Bulletin

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## DOCS ALARMED AS ANTIBIOTICS LOSE STING

'Drug Resistance Could Make Treatment Of Severe Infections A Challenge'

### OUR BEST BET TO BEAT DISEASE & DEATH

Have we entered the 'end of antibiotics' period? A statement made by the US' supreme body on health policies, Centre for Disease Control and Prevention, has sent shockwaves among the medical community. Here's why India must worry, and act:

- The **bacterial disease** burden in India is among the highest in the world
- Lack of **clean drinking water & sanitation** causes infections
- Diabetes, heart diseases and cancer—diseases that **cause low immunity**—are common
- New drug-resistant bacteria, such as New Delhi metallo-B-lactamase-1 (NDM1), found in the past **10 years**
- Fungi, known to cause infection in critically-ill patients, are turning drug-resistant, too, studies show



#### DISEASES AND CONDITIONS AFFECTED BY DRUG - RESISTANCE

- Tuberculosis
- Typhoid
- Staph infection in wounds and bloodstream, pneumonia cases
- Pseudomonas infection in urinary tract, abdomen and bloodstream
- Infections caused by E-Coli bacteria
- Hospital acquired infections

#### WHAT NEEDS TO BE DONE

**Patients:** Take antibiotics as prescribed by doctors, avoid self-medication.

**Physicians:** Prescribing antibiotics only when needed, surveillance of antimicrobial resistance and use, and practising infection control to prevent spread of drug-resistant pathogens

**Government:** Strong policy measures, such as a ban on over-the-counter sale of high-end antibiotics

#### Cancer patients

People receiving chemotherapy can quickly become serious due to infections; effective antibiotics are critical to save them

#### Surgery cases

Risk of infection at the surgical site is high in operations like cardiac bypass. In some cases, antibiotics are given to prevent infection

#### Rheumatoid arthritis

Inflammatory arthritis affects the immune system; antibiotics are vital to check infections in patients

#### Patients undergoing dialysis for end-stage renal disease

Infections are the second leading cause of death in dialysis patients

#### Organ and bone marrow transplants

Recipients are vulnerable to infections. Antibiotics make organ transplants possible

New Delhi: Are we approaching the end of the antibiotic era? A statement to this effect by none other than the US's Center for Disease Control and Prevention has sent shock waves within the medical community here. The bacterial disease burden in India is among the highest in the world. Also, a significantly large population is at risk of secondary infections through non-communicable diseases necessitating antibiotics. This is almost a doomsday scenario.

Antibiotic resistance is a resistance of bacteria, such as E Coli, which causes gastroenteritis or urinary tract infections, to a drug to which it was originally sensitive. "The end is nearing. We are forced to use older drugs with known side-effects to save lives because the current high-end antibiotics have become ineffective in some infections. The microorganisms have evolved at a higher speed than drug development," said Dr Sumit Ray, vice-chairman, critical care medicine at Sir Ganga Ram Hospital. He added, "Colistin, a fourth-generation antibiotic developed in the 1960s, used to be forbidden in hospital-acquired infections as it damaged the kidney. But now we have to use it routinely." Health experts say no new groups of antibiotics have been developed since the 1990s. "Carbapenem is the last group of antibiotics developed worldwide. There have been modifications to the available antibiotics but no new drug has come up. This is despite an increase in drug-resistant microorganisms. The New Delhi superbug or New Delhi Metallo-BLactamase 1 (NDMI) is just one example," said Dr Ray. Ramanan Laxminarayan, the vice-president for research and policy at the Public Health Foundation of India said antibiotic resistance is seen across the world. "But unlike the developed countries, our preventive measures are not as robust. Unavailability of clean drinking water and poor sanitation cause widespread infection, necessitating antibiotics," he said. Drug resistance is found in community and hospital acquired infections. Dr Anoop Misra, chairman, Fortis C-Doc Centre for Diabetes, Obesity, Metabolic Diseases and Endocrinology, said drug resistance is common in bacterial diseases like typhoid, pneumonia, wound infections, etc. "There is no government control on the sale and purchase of even high-end antibiotics. People get it over the counter for common fever or diarrhoea," he said. He conceded that many private practitioners prescribe advanced antibiotics where it is not required.



## Thoughts Of.....

**Dr Suhail I Sayed**

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(HBNI, Tata Memorial Hospital)  
Consultant Head Neck Oncosurgeon  
Saifee Hospital,  
Masina Hospital, Noor Hospital

**Post laryngectomy voice rehabilitation**

The human larynx (voice box) is a complex organ that functions as a sphincter at the junction of the digestive tract and respiratory tract and participates in the diverse physiologic aspects of airway protection, respiration, and phonation. Cancer of the larynx is 14th most common cancer in the world. 60% of the global incidence of laryngeal cancer is found in developing countries. In India, the incidence of laryngeal cancer has been reported to be 1.3 to 8.8 per 1, 00,000 population (ICMR, 1992). Smoking and tobacco chewing are risk factors for cancer and diets high in vegetables and fruits, may prevent between 33-50 % of all cases of laryngeal cancer. In the current era, total laryngectomy / laryngopharyngectomy is still considered the treatment of choice for advanced (T3/T4) carcinoma; either as a primary procedure or as salvage following irradiation (RT) / chemoradiation (CTRT) therapy. This procedure is however associated with important consequences apart from the loss of normal voice viz; loss of olfaction, altered cough reflex, swallowing difficulties, pulmonary function changes which have lifelong functional, psychological and social consequences. The last three decades have seen a tremendous improvement in the rehabilitation of these patients with a major impetus being on technological improvements leading to a better overall health related quality of life. The ultimate aim being to provide the laryngectomee a voice which is easy to acquire and easy to maintain. Today the laryngectomy patients can be offered different forms of voice rehabilitation methods viz; oesophageal speech, electrolarynx and tracheoesophageal (TE) speech using the voice prosthesis. Amongst them, voice rehabilitation using voice prosthesis is considered the "gold standard" with success rates achieved in upto 90-95% patients.

**Resveratrol could treat cancers**

A recent study by a University of Missouri researcher shows that resveratrol, a compound found in grape skins and red wine, can make certain tumour cells more susceptible to radiation treatment. This research, which studied melanoma cells, follows a previous study that found similar results in the treatment of prostate cancer. The next step is for researchers to develop a successful method to deliver the compound to tumour sites and potentially treat many types of cancers. The researcher found that when the cancer was treated with resveratrol alone, 44 per cent of the tumour cells were killed. When the cancer cells were treated with a combination of both resveratrol and radiation, 65 per cent of the tumour cells died.

- Mumbai Mirror, October 15, 2013

**Now, a nipple jab that treats breast cancer**

Researchers have developed a new technique for breast cancer treatment injection of drugs via the nipple. The method offers direct access to the most common origin of breast cancer, the milk ducts, and could be used to develop therapy the spares healthy parts of the body. "This may reduce side effects seen in systemic chemotherapy, where the drugs pass through the whole body," said the researcher.

- Times of India, October 7, 2013

**Walking can reduce breast cancer risk**

Women who engaged in at least an hour of vigorous physical activity every day had a 25 per cent lower risk for breast cancer, and those who walked for at least seven hours a week had a 14 per cent lower risk, a study of 73,615 post menopausal women has found.

- Mumbai Mirror, October 5, 2013



## Coming soon : Drugs with fewer or no side effects

Scientists have used cutting edge computer modelling to learn how the body reacts to different drug treatments, paving way for drugs with fewer or no side effects. Researchers from the Monash Institute of Pharmaceutical Sciences (MIPS) investigated alternative drug recognition sites on G protein coupled receptors (GPCRs) — the largest and most important family of receptor proteins in the human body. GPCRs play a role in virtually every biological process and most diseases, including neuropsychiatric disorders, cardiovascular disease, obesity and diabetes, inflammation and cancer. Almost half of all current medications available use GPCRs to achieve their therapeutic effect. The new research into how GPCRs work at the molecular level has unlocked vital insights into how drugs interact with this therapeutically relevant receptor family. Professor Arthur Christopoulos from MIPS hopes the research would lead to the creation of drugs that are more targeted, and with fewer side effects. "This study has cracked the secret of how a new class of drug molecule, which we have been studying for some time now, actually binds to a GPCR and changes the protein's structure to achieve its unique molecular effect," Christopoulos said.

—Times of India, October 15, 2013

## Call them Crusaders, not Survivors



### Manisha and Yuvraj shared their stories of recovery from the big C during an interactive session

On Tuesday, Manisha Koirala and Yuvraj Singh spoke out about their battle with cancer during an event to promote awareness about the disease held in Kolkata. Manisha who shuns the word cancer survivor and prefers to be called a cancer crusader, said in an inspiring speech, "A crusader has the attitude which gives you strength, because that is what you need when you are fighting a disease." Stressing the importance of spreading awareness and imparting right information about the disease, she said that the misconception, that being diagnosed with cancer invariably means the end of the road, needs to be erased from the mind of the people. "Cancer doesn't necessarily mean death. I know lot of people who got cancer, got treated and are fine now," the actress said while advocating for a healthy lifestyle and organic food. The actress used slides tracing her evolution from a chirpy girl to a gorgeous actress to a gritty 'crusader'. "I want to tell people how fragile life is. We should value our life, our health. I did not take care of health. I understood how precious and important life is, when I was struggling with cancer," she said. Manisha has launched an organisation 'B Mad' to spread awareness about cancer and other non-communicable diseases. For Yuvi too this 'comeback' has different connotations. The disease has changed the meaning of many things in his life. "It is wonderful to comeback to form and it is passion for the game that brought me back. For me the disease was a life changing experience" Yuvraj said.

Yuvraj acknowledged that both he and Manisha have become

role models of sort for cancer patients. Recollecting his experience after cancer detection, the left-handed batsman said, "It took me a while to understand the disease and go to the right doctors and go through the whole process. If you have will to fight, you can fight the disease. Early detection is the key. But no matter what stages of the disease you are in, pick up the courage and fight it. If Yuvi can, you also can."

—Mumbai Mirror, October 3, 2013

## Govt okays Rs 450 crore cancer therapy centre

The specialised therapy facility will be set up at the city-based Tata Memorial Centre

In a move that would come as a boon for cancer patients government has given its nod for the setting up of a Rs 450 crore specialised therapy facility at the Tata Memorial Centre (TMC) in Mumbai. The state-of-the-art Hadron Beam Therapy Centre in the country, to be developed by the Department of Atomic Energy, recently received the go ahead from the Cabinet Committee on Security. Apart from the Hadron Therapy Centre, a cancer hospital for children and women would be developed as part of the project. Maharashtra government has already given five acres of land on the Haffkine Institute premises, close to the TMC hospital in Parel in south-central Mumbai, for the new centre. "Although the money has also been allocated for the hospital for women and children, 80 per cent of it would be spent on setting up the therapy centre," a DAE official said. Radiotherapy (RT) is an integral component in the management of cancers. However, conventional RT practices are faced with several limitations, experts said. While there have been tremendous advancements in the RT planning and delivery technology over the last couple of decades, there are still several clinical situations with significant scope for improvement. "Local control, survival and quality of life following even modern RT techniques in several sites, such as some head and neck and skull base cancers, several pelvic malignancies and some childhood cancers, still pose formidable challenges and do mandate a continued quest to find suitable solutions," said Dr Rakesh Jalali, Professor of Radiation Oncology at the TMC hospital in Mumbai. - Mumbai Mirror, November 16, 2013



## INDIA, CHINA PRONE TO CANCER FROM OUTDOOR POLLUTION !



Outdoor air pollution is a leading cause of cancer in humans, the WHO warned on Thursday.

There is "sufficient evidence" that exposure to outdoor air pollution causes lung cancer, leading experts convened by the WHO's International Agency for Research on Cancer (IARC) Monographs Programme have concluded.

The air we breathe is laced with cancer-causing substances. What was long suspected has finally been scientifically validated: air pollution causes lung cancer. And there's more bad news for the people of the India. The cancer agency also said that the most polluted metropolises were in China and India, where people have to don masks on streets to protect themselves.

The WHO cancer agency – the IARC – declared on Thursday that air pollution is a carcinogen, alongside known dangers, such as asbestos, tobacco and ultraviolet radiation. The decision came after a consultation by an expert panel organized by IARC, based in Lyon, France. The experts, who reviewed the latest available scientific literature, also found that exposure to outdoor air pollution increased the risk of bladder cancer. "The air we breathe has become polluted with a mixture of cancer-causing substances," said Dr. Kurt Straif, Head of the IARC Monographs Section.

"We now know that outdoor air pollution is not only a major risk to health in general, but also a leading environmental cause of cancer deaths," Straif said in a statement. Particulate matter, a major component of outdoor air pollution, was evaluated separately by the scientists and was also classified as carcinogenic to humans.

The IARC scientists found a higher risk of lung cancer was associated with increasing levels of exposure to particulate matter and air pollution. While the composition of air pollution and levels of exposure can vary dramatically between locations, the conclusions apply to all regions of the world, the agency said. According to most recent data from 2010, around 223,000 deaths from lung cancer worldwide resulted from air pollution. In the past, many individual chemicals and specific mixtures that occur in outdoor air pollution have been evaluated. These included diesel engine exhaust, solvents, metals, and dust. But this is the first time that experts have classified outdoor air pollution as a cause of cancer. "Our task was to evaluate the air everyone breathes, rather than focus on specific air pollutants," said Dr. Dana Loomis, Deputy Head of the Monographs Section. "The results from the reviewed studies point in the same direction: the risk of developing lung cancer is significantly increased in people exposed to air pollution," Loomis said. The evaluation is driven by findings from large epidemiologic studies that included millions of people living in Europe, North and South America, and Asia. The predominant sources of outdoor air pollution are transportation, stationary power generation, industrial and agricultural emissions, and residential heating and cooking. Some air pollutants have natural sources, as well.

-The Free Press Journal, October 18, 2013

## CADILA LAUNCHES LOW-COST DRUG FOR LUNG CANCER

Ahmedabad-based Cadila Pharmaceuticals introduced the first novel product for cancer management which it claims is a significant breakthrough in the treatment of lung cancer. Mycidac-C is an innovative research product for patients suffering from a cancer sub-type - non-small cell lung cancer - and will be priced at Rs 4,000 for 10 injections. The total cost of therapy to patients is estimated at Rs 40,000 - which the company claims is affordable as cancer treatment is generally exorbitant. Cadila CMD Dr Rajiv Modi said on Thursday, "Our drug is a significant breakthrough in the management of squamous non-small cell lung cancer (NSCLC), since the introduction of first line cancer drugs nearly 30 years ago."

As per World Health Organisation, approximately 1.25 million people are diagnosed with lung cancer every year worldwide. Lung cancer kills more people than the three next commonest cancers combined. The drug has already been approved by the country's drug controller general. According to Dr Modi, the drug is the world's first targeted active immunotherapy, and is to be used in conjunction with other cancer medication. Final trials on the drug suggest that it improves median survival by over 40% in patients suffering from squamous NSCLC.

"It has taken us over a decade, a huge investment and a dedicated research and development team to develop this unique drug. We expect it to be available in the Indian market by December 2013. Thereafter, we will introduce it in other regions like SAARC countries and European markets over the next five years," Modi said.

- Times of India, November 22, 2013



# Healthy Foods

## **Pomegranates help burn fat and increase blood flow**



A new study has found that pomegranates can help you unclog your arteries by burning fat and increasing your blood flow. According to the study, the superfruit contains antioxidants, called polyphenols, that keep arteries free of fat. Polyphenols also help arteries expand and contract to maintain blood flow and keep them from hardening, which is the leading cause of heart attacks. Other benefits of pomegranates include..

Some studies say that pomegranate juice is known to kill breast cancer cells while leaving healthy cells alone. The fruit is also known to prevent plaque from building up in the arteries as well reversing previous plaque buildup. Pomegranate can significantly lower LDL (bad cholesterol) and increase HDL (good cholesterol).

It is beneficial for those suffering from high blood pressure because it is known to lower blood pressure levels. Pomegranate juice is good for your teeth because it prevents dental plaque. The fruit also prevents cartilage deterioration.

- Times of India, October 15, 2013

## **5 reasons why apples make for a great breakfast**



Lifestyle pressures can have you skipping your breakfast most mornings. And then as midmorning hunger pangs start to hit, you wished you'd have had something! Although fruits make up for a great, quick breakfast there is nothing to beat the humble apple. Apples are a great source of fibres and antioxidants, and certain types of fibres found only in apples are said to leave you feeling fuller for longer than other fruits. Also, since Apples contain high amount of fructose which is a slow digesting sugar, they help keep your hunger satiated for longer as the fructose takes longer to break down. Apples are also a great source of vitamin C which helps fight free radicals and saves you from chronic diseases. While pectin is a great natural way to prevent cancer, reduce stress and lower cholesterol levels in your blood. Apple peels too are found to contain quercetin which helps regulate blood sugar and fight Type II Diabetes Mellitus, a more prevalent diabetes type in adults.

-Times of India, October 19, 2013

## **Cancer-causing mineral oils found in pepper at Kochi warehouses**

The Food Safety & Standards Authority of India (FSSAI), which reports to the Health & Family Welfare Ministry, said that in June it found traces of cancer-causing mineral oils such as liquid paraffin and burnt diesel oil, in 90 per cent of the samples of the 6,500 tonnes of black pepper seized from the Kochi warehouses of National Commodity and Derivatives Exchange (NCDEX), a leading agri-bourse.



On August 19, the NCDEX issued a statement, denying any liabilities, and sought permission to remove the harmful mineral oil coating from the spice stock. Meanwhile, the traders, under the banner of Kalimirchi Vyapari Association, moved the Madhya Pradesh High Court, which is scheduled to hear the matter on September 17. Sources in spice trading said farmers add small quantity of mineral oil to preserve black pepper stock. The oil coating is later removed. According to the Prevention of Food Adulteration Act, use of any mineral oil in pepper is prohibited. Mineral oil is made of burnt diesel, paraffin oil, white petroleum and other insoluble petroleum products. Black pepper coated with mineral oil is considered carcinogenic, and even otherwise harmful for human consumption. The Kalimirchi Vyapari Association vice-president, Pradeep Acharya, said the traders were undergoing "grave mental harassment and anxiety in view of the delay in investigation". He said, "The NCDEX cannot deny responsibility. As per bylaws of the Exchange and as stated by the regulator Forward Markets Commission, the NCDEX must compensate every buyer." Another trader said the NCDEX argument that it only provides a trading platform, hence is not liable to compensate the traders was "illogical". He said, "Most traders have paid the full amount to NCDEX for the stocks. How can they refuse to compensate us?"

- Mumbai Mirror, September 2, 2013



## Talks at the Foundation



Dr. Dharav Shah MD (NIMHANS), DPM, Consultant Psychiatrist, gave a talk on 'Protecting the next generation from the tentacles of Cancer'. This talk was designed to create awareness among the youth about the emotional, physical, psychological and economical implications of indulging in tobacco and alcohol.



Dr. Mrs. Shamim Dalvi gave information on the benefits of Aloe Vera to the staff of CARF.

## CARF DRIVE



Students of K. C. College volunteered to help CARF in its cancer awareness drives which were held in various parts of Mumbai.

## Cancer Survivor



Abdul Wahab A. Wahid was 11 yrs old studying in class 7 when he started complaining of severe stomach pain. When even after two months of treatment with the family doctor he did not get any relief, the doctor suggested some tests. On seeing the tests report the doctor asked the family to immediately go to Tata Hospital where, he was diagnosed with ALL (A type of blood cancer)

On hearing this little Abdul thought he was now going to die. The family too was shattered. But they kept hope. To finance his treatment they sold their house. Chemotherapy and Radiation helped tremendously. For further treatment they approached CARF for financial and medical help. Now Abdul is a 21 yr old young man who is cancer free. He needs to do routine check up once a year.

We at CARF are really grateful to all you donors for your generous donations which help save precious life.

## X'mas Party



Craft Bakery students of Sophia Polytechnic College brought in the festive season of Christmas by inviting cancer afflicted children supported by CARF to a morning of laughter, cheer and joy to their college on 3rd December 2013. Staff of CARF was very happy accompanying the children to the venue. The children had a great time playing games and enjoyed the treats served to them. They left for home with loads of gifts and happiness.



**Lifetime Achievement Award  
in the field of Cancer**



**Dr. I. S. Balakrishnan**  
Consultant Medical Physics Dept.  
Cancer Institute, Chennai

**Award of Excellence  
in the field of Cancer**



**Dr. Priyadarshini Kulkarni**  
Medical Director, Cipla Palliative  
Care & Training Centre, Pune

**Award for Outstanding  
Contribution in the field of Cancer**



**Ms. Lissi P. Joseph**  
Register nurse and Register in  
midwifery, Specialization  
in Operation theater and  
management from CMC Vellore.

# ORATION AND AWARDS 2013

CARF Oration and Awards 2013 was held on 16th November at Rangswar, Y. B. Chavan Centre. The hon'ble speaker Balakrishnan shared information on "Experiences of a Physicist in Cancer Institute, Adyar, Chennai." The event was presided over by Fr. Rev. Joe Pereria, Founder Krupa Foundation. Mr. Balchandra K. S. Rao, General Manager, Mumbai Region, Canara Bank was the Chief Guest. CARF thanks Canara Bank for supporting the event.



Orator : Dr. I. S. Balakrishnan



Audience



The attentive dignitaries



Fr. Joe Pereira, Trustee CARF



Prof. Dr. Rehan Kazi felicitating the  
Chief Guest Mr. Balchandra K. S. Rao



Guest of Honor : Mr. Suresh Sharma



## CHILDREN'S DAY

On Children's Day children afflicted with cancer were taken to Parle - G factory where they saw how biscuits and chocolates were made. They were given a hamper containing Parle products.





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- E-mail: cancerarfoundation@yahoo.com | carf@cancerarfoundation.org
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  - ✓ 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.



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If you wish to avail of these leaflets and posters, please call us at the numbers given below and we will be glad to send them to you.

**Contact : Mrs. Tabassum Khan  
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