

Chocolate dry-fruit laddoo

- ◆ Roast the cashews and almonds and butter in a pan. Lower the flame.
- ◆ Add Powder Sugar, Chocolate + Cocoa Powder Mix & Milkmaid. Medium the flame.
- ◆ Mix the mixture well and let it

cook for 5 to 7 mins. Add all the other nuts and roll them into laddoos and refrigerate for 5 to 6 hours.

Dr. Nidhi Ahuja

Clinical Dietician

At Jeevandhara Hospital,
Ahmednagar

Thoughts of



Dr. Dipika Velkar

MD (Homeopathy), CCYE

(Certificate course in yoga education)



INTEGRATING YOGA INTO CANCER REHABILITATION

Cancer is defined as a group of diseases that occur in which there is uncontrolled and cell growth. There are over 100 types of cancers depending on the types of cells involved, though all may not require treatment. Cancer affects millions, and as per the WHO, there are over 14 million cases of cancer which have been diagnosed and have led to deaths in over 8 million people (WHO, 2012).

Cancer is treated with chemotherapy, radiation therapy or a combination of both which can lead to plenty of side effects. Pain management and palliative care for cancer patients as well as cancer survivors have often been neglected due to lack of awareness as well as emotional unresponsiveness of patients from overwhelming and extended duration of treatment. Palliative care should be given prime importance in patients with advanced cancer under treatment. Even after patients have been completely cured or under remission, they can still be dealing with the emotional repercussions from the illness.

Several research studies have shown the benefits of including physical exercise for cancer patients as well as survivors. It is strongly advised that cancer patients perform some sort of

physical exercise equivalent to that of older adults. Exercise helps in releasing specific hormones called endorphins that can help in reducing stress and improving mental health. Within types of physical activities, there have been several discussions amongst experts as to which type of activity would benefit patients the most. One such form of physical activity that can help patients and cancer survivors is yoga.

Yoga is an ancient Indian science discovered over 5000 years ago. Derived from a Sanskrit word Yuj, it is defined as the union of mind, body and spirit which culminates into individual consciousness. Many perceive yoga as only a form of exercise which consists of twisted body movements and complex breathing activities, but practitioners, advocates and researchers of yoga have often cited the profundity of this gentle science that possesses the power to unfold the untapped potential of the human mind and lead one to the highest level of emotional and spiritual elevation.

Several studies today have proven the positive effects of yoga in maintaining health and its uses to alleviate symptoms of various chronic illnesses and allied co-morbidities. A Harvard study has also cited that it can help in reducing stress and anxiety levels that can help in normalizing the heart and respiratory rate. Emotional strain from dealing with cancer diagnosis and treatment can be extremely distressing for a majority of patients. Yoga can reach beyond the physical barriers and can help in relieving symptoms of depression, insomnia, fear and make a person 'emotionally fit'.

Breathing exercises or Pranayamas, manipulate breathing movements that is scientifically known to improve immune responses, aligning the autonomic nervous system and balancing psychological and emotional stressful states. Yogic breathing as well as guided meditation practices help in improving circulation and ease symptoms of fear, grief, depression, anxiety, and foreboding and restore one's sleeping pattern which are commonly seen in cancer patients.

2018

**CANCER AID & RESEARCH
FOUNDATION**

Regd. No. E-1928(Mem)
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Jan. 2018

02 - FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <small>World's Day</small>	5	6	7	8	9	10
11	12	13 <small>Valentine's Day</small>	14	15	16	17
18	19 <small>International Day of the Girl</small>	20	21	22	23	24
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Besides the psychological and emotional effects, cancer can also lead to physical pain, not only from the disease, but also from its treatment. Yoga asanas are gentle exercises that can help in alleviating pain and research has revealed that patients who practice yoga during chemotherapy and radiation cycles have shown reduced levels of pain and stress. Along with managing pain, yoga asanas also help in relieving muscle tension that can speed up recovery in patients.

Along with reliving the body from harmful toxins, regular yoga practice can dissipate anxiety and tension and enable cancer patients and survivors to transcend into a greater sense of wellbeing. Enduring chemotherapy and radiation is particularly difficult in patients with advanced stages of cancer. Here, yoga can be beneficial in offering much sought after support in keeping the mind healthy in a gentle and balanced manner.

Yoga offers an emotional anchor and a sense of calmness. Practicing yoga regularly can provide a higher level of self-awareness, tranquility and superior sense of wellbeing and unity. Thus yoga is quickly emerging as a superior and subtle form of mind-body exercise and it is not surprising that many doctors have begun to advise patients into joining a yoga as a complementary intervention for a swifter recovery.

- **Dr. Dipika Velkar,**
MD (Homeopathy), CCYE
(Certificate course in yoga education)

Free cancer Information Leaflets & Posters

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

Tel.: 022-2300 7000/2301 6000 / 2305 3602/3607 /
2306 4443/0088 / 2307 0088

2018



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03 - MARCH

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Tomatoes can fight stomach cancer



Tomato extracts can inhibit the growth and malignant cloning of stomach cancer cells, according to a new study that paves the way for novel therapies to treat the deadly disease. Researchers analysed whole tomato extracts for their ability to tackle gastric cancer cell lines.

"Their antitumoral effect seem not related to specific components, such as lycopene, but rather suggest that tomatoes should be considered in their entirety," said Daniela Barone, researcher at the Oncology Research Centre of Mercogliano (CROM) in Italy.

Extracts of San Marzano and Corbarino tomato varieties were able to inhibit the growth and cloning behaviour of malignant cells. Treatment with the whole tomato extracts affected key processes within the cells hindering their migration ability, arresting cell cycle through the modulation of retinoblastoma family proteins and specific cell cycle inhibitors, and ultimately inducing cancer cell death through apoptosis.

"Our results prompt further assessment of the potential use of specific nutrients not only in the cancer prevention setting but also as a supportive strategy along with conventional therapies," said Antonio Giordano, professor at the University of Siena in Italy.

"Distinct species may exert different effects, in different stages of a certain neoplasm," said Barone. Gastric cancer is the fourth most common type of cancer worldwide and has been associated with genetic causes, *Helicobacter pylori* infection, and eating habits such as consumption of smoked and salted food.

Tomatoes are consumed worldwide and are a staple of the Mediterranean diet, which is popularly thought to lower cancer risk.

Various tomato components have also been analysed for their ability to counteract tumour growth in experimental systems, although few studies have analysed the effects of tomatoes in their entirety.

The research was published in the 'Journal of Cellular Physiology'.

Times of India - May 15, 2017

Eating red onions may help combat cancer

Dark red onions, the richest source of dietary flavonoids, may help fight off cancer of the colon and breast, researchers have suggested.

"We found that onions are excellent at killing cancer cells," said Abdulmonem Murayyan, a doctoral student part of the research team.

"Onions activate pathways that encourage cancer cells to undergo cell death. They promote an unfavourable environment for cancer cells and disrupt communication between them, which inhibits growth," Murayyan added.

The findings reveal that red onions contain high levels of



quercetin -a plant polyphenol from the flavonoid group -and has benefits such as lowering inflammation and fighting allergies.

Red onions were also found to have high amounts of anthocyanin, which enriches the scavenging properties of quercetin molecules. "Anthocyanin is instrumental in providing colour to fruits and vegetables, so it makes sense

that the red onions, which are darkest in colour, have the most cancer fighting power" said Murayyan.

The team tested five onion types and discovered that the Ruby Ring onion variety -that has hard, firm, tall globe shaped bulbs with dark red colour features -came out on top.

When cells of the colon and breast cancer were placed in direct contact with quercetin extracted from the five different onion varieties, the team found them effective at killing the cancerous cells.

"The next step will be to test the vegetable's cancer-fighting powers in human trials," said Murayyan.

Researchers expect onion extract will eventually be added to food products such as juice or baked goods and be sold in pill form as a type of natural cancer treatment too.

Times of India - June 8, 2017

Even light drinking can increase risk of breast cancer



Unhealthy Practice

The American Society of Clinical Oncology, which represents many of the nation's top cancer doctors, is calling attention to the ties between alcohol and cancer. In a statement published on Tuesday in the Journal of Clinical Oncology, the group cites evidence that even light drinking can slightly raise a woman's risk of breast cancer

and increase a common type of esophageal cancer.

Heavy drinkers face much higher risks of mouth and throat cancer, cancer of the voice box, liver cancer and, to a lesser extent, colorectal cancers, the group cautions.

"The message is not, 'Don't drink.' It's, 'If you want to reduce your cancer risk, drink less. And if you don't drink, don't start,'" said Dr Noelle LoConte, an associate professor at the University of Wisconsin-Madison and the lead author of the ASCO statement. "It's different than tobacco where we say, 'Never smoke. Don't start.' This is a little more subtle."

Other medical groups have cited the risks of alcohol as a possible cause of cancer. But this is the first time that ASCO has taken a stand.

The doctor's group is also calling for new public health

initiatives to curb alcohol use, from taxes to restrictions on ads targeting minors, like the new ban on alcohol advertising on New York City's subways and buses slated to go into effect in January. The group likewise opposes "pink washing," in which alcohol companies drape their products in pink ribbon to enhance sales.

For women, just one alcoholic drink a day can increase breast cancer risk, according to a report released in May from the American Institute for Cancer Research and the World Cancer Research Fund that was cited by ASCO.

The report analysed 119 studies and concluded there was strong evidence that alcohol consumption increases the risk of both pre and postmenopausal cancer, and that drinking a small glass of wine or beer every day increases premenopausal breast cancer risk by 5% and postmenopausal risk by 9%.

Times of India - November 9, 2017

An Optical Method To Detect Cancer

A computer-based optical method can pinpoint precancerous cervical cells and healthy cells, thereby providing early indications of cervical cancer. The method, devised by scientists from the Indian Institute of Science Education and Research, Kolkata, and IIT-Kanpur, taps into machine-learning algorithms to classify healthy and abnormal tissue

Hindustan Times, Mumbai - December 29, 2017

Health Tip

Amla is rich in antioxidants that reduce cell damage and lower the risk of cancer and inflammation.

Mumbai Mirror - December 27, 2017

2018

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Est. 2004

04 - APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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CARF MAILBOX

Dear friends,

Warmly regards to all the members of "CARF". My family is happy to have a letter from "CARF" after a long silence.

My health condition is better than before. I'll feel great pain in my leg heart back. You all will be happy.

Sincerely,
Dr. Sushil



to know, now I have appeared my +2 Board Examination in science stream. I hope to achieve a first class in it with good marks. Due to your past help and God's blessing today I am here. Please keep contact with us.

I am very well here. Please inform us after getting the letter at least by a phone call, looking forward to your's (CARF's) next letter.

Yours Sincerely,
BABY Ricky Sahu

॥ श्री ॥

मी लक्ष्मी राजेश भावरा गवळी, मांजाकुन (पूर्व) भाद्री भागू भावराई कीदर भावरा हिला अंजलिनी बाह किमी देव्यास हांगीनले होते. पंत भाद्री परिशिली कमकुवत असल्यामुळे तिचे किम्वे बांधवा नी बाह वस्तु नव्हते तरी सोपला Cancer Aid & Research Foundation कडेन भावराय मदत मिहाली म्हणून मी त्यांचे आभार साधारी आहे.

आपली विश्वासू
भावरा
गवळी राजेश भावरा

2018

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05 - MAY

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Mr. Farid Rasud Khan

Cancer Survivor

"My name is Farid Khan and I reside in the small village called as Datia. I was getting small ulcers in my mouth that went unnoticed during multiple oral checkups at the medical camp. Later, it was progressed to a level where I was diagnosed with Oral cancer (Ca Alveolus) at Mumbai and was asked for immediate surgery in 2014. I approached Cancer Aid & Research Foundation for help and received financial help for my surgery.

My first surgery had failed and within 8 hours, a second surgery was performed using a bone graft from my right leg. But the graft donor site on my leg did not heal well leading to a third surgery on my leg. Gradually my leg wound healed and by Nov. 2016 I was completely cured from Cancer as well.

I visited Carf during my yearly followup and received continuous support during the treatment and the recovery stage. I am very thankful to Carf for helping me financially and also supporting me during this difficult time. I also pray and wish CARF best wishes in their noble cause"

CARF

BIRTHDAY WISHES TO :



Mr. Hamid M. Ansari	1st April
Mr. Narayan Rane	10th April
Mr. Aziz Mulla	10th April
Mr. Aslam M. Faikh	7th May
Mr. Shams Dean	7th May
Mr. Jayant Tipnis	13th June
Mrs. Wardha S. Nadiadwala	6th July
Mrs. Geeta Gawali	20th July
Mr. Anup Jalota	27th July
Mr. Bhaskar Jadhav	1st Aug.
Prof. Dr. Rehan Kazi	24th Aug.
Adv. Aziz H. Visram	31st Aug.
Rev. Fr. Joe Pereira	6th Sept.
Mr. Mahesh Bhatt	20th Sept.
Justice (Retd.) Shafi S Parkar	1st Oct.
Mr. Khan Mohammed Arif Nasim	21st Oct.
Mrs. Savita Nathani	2nd Nov.
Mr. Usman Kazi	6th Nov.
Dr.(Mrs.) Irfana-Rehan Kazi	24th Nov.

Announcement

We are proud to announce that due to our remarkable growth in the area, soon we are moving to a new location. We will continue to offer the same friendly service at our new Head Office in Vikhroli, which will allow us to offer an even larger selection of services. However, the Admn. Office and Patients Service Dept. will continue to function at its present location i.e. at BMC School, Byculla west, Mumbai. Our new address and telephone nos. are listed below. Please update your records. All other information remains unchanged i.e. email addresses, web address, etc.

New Address (Head Office)

Unit No. 103, Shivkripa Ind. Estate, Vikhroli west,
Mumbai - 400083

Tel. : 022-23007000/2301 6000/ 2305 3602/3607
2306 4443/0088 / 2307 0088 Telefax 2300 8000

Lets join hands to celebrate the big move!

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06 - JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10	11	12	13	14	15	16 <small>Monday 16</small>
17	18	19	20 <small>Tuesday 20</small>	21	22	23
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World Earth Day



World Earth Day is celebrated on 22nd April every year to make the human race aware about the importance of conserving our planet. In today's world when we are busy with our lives and we care less for our natural environment, World Earth Day is a right opportunity to understand the need of preserving our environment. CARF with this initiative organized a small activity of planting small saplings at Palghar as a beginning to make our planet a pollution free world. All the staff and management of CARF participated in the activity.

Rehabilitation Activity



Rehabilitation is one of the important missions of CARF which enables cancer patients and their relatives to lead a respectable life in the society. CARF organized Rehabilitation Activity for cancer patients and their relatives to enable them to make various handmade products and earn a livelihood. The activity was well supported by the patients and their relatives, as around 10 to 15 patients attended the same. Three patients showed their willingness to meet the Chairman – Mr. Shamshi Mulla and CEO – Mrs. Savita Nathani for expressing their gratitude for the help and care they received from CARF during their troubled times.

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Rehabilitation is one of the important missions of CARF which enables cancer patients and their relatives to lead a respectable life in the society. CARF organized Rehabilitation Activity for cancer patients and

Doctor's Talk



CARF organized a doctor's talk on 5th May 2017 for the cancer patients and their relatives. The main topic of the talk was 'Yoga management in Cancer'. The session was conducted by Dr. Dipika P. Velkar (Cert. Course for Yoga). The talk was conducted at CARF office and had a great response as many patients and relatives attended the session.

Anti Tobacco Day



World Anti Tobacco Day is celebrated every year on 31st May. The main agenda of the Anti tobacco day is to advocate the ill effects of using tobacco and helping with its preventive measures. To commemorate the Anti Tobacco day, CARF organized a free medical camp and blood test for people at Mayur Nagar, Array Milk colony, Goregaon East. The camp was supported by the Rotary Club of Mumbai; Western Elite Division and received great response from the general public. The event was graced by Mr. Sunil Prabhu, MLA for Dindhoshi constituency and Mrs. Rekhatrai Ramvamshi, Corporator of Mayur Nagar.

Blood Donation Camp



World Blood Donors Day is celebrated every year on 14th June. The event, established in 2004, serves to raise awareness of the need for safe blood and blood products, and to thank blood donors for their volunteering, life-saving gifts of blood. To celebrate this day, CARF organized a blood donation camp on 29th June 2017 at Vruksh Vatika, Nair Hospital in association with Pragati Pratishthan. Mr. Shamshi Mulla, Chairman & CEO Mrs. Savita Nathani actively participated in the camp and complimented all the donors for their volunteering support. Corporator of ward 207 Mrs. Surekha Lokhande, BJP leader Mr. Rohidas Lokhande and Mr. Ramesh N. Bharmal Dean of Nair hospital and Mrs. Pankaja Agal, Asst Dean of Nair hospital graced the occasion. The camp motivated regular blood donors to continue giving blood.

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07 - JULY

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Foundation Day



20th June is celebrated every year as the Foundation day of CARF. This day is celebrated by keeping in mind the history and tradition of CARF and its journey in emerging as one of the leading NGO's

in the country. On this day CARF celebrates the birthday of its founder Late Prof. A. A. Kazi who with his visionary thinking and leadership guided CARF to great heights. CARF organized food distribution program at Noori Musafir Khana, Parel where food packets were distributed to poor and needy cancer patients and their families living there.

International Yoga Day



International Yoga Day has been celebrated annually on 21st June since its inception from 2015. Yoga is a physical, mental and spiritual practice to ensure a healthy living. CARF supported the prime

minister of India Mr. Narendra Modi by commemorating Yoga day at the CARF office in Byculla for Cancer patients and their relatives. Staff and management of CARF also participated in the yoga day activity. CEO Mrs. Savita Nathani inaugurated the function by welcoming Dr. Dipika Velkar, Homeopathy Consultant & Therapeutic Yoga Educator. Various Yoga asanas were taught and also explained the benefits of performing Yoga in daily life.

Medical Camp



As part of the awareness activities of CARF, CARF organized Free Medical Camp at Rustomjee Ozone CHS Ltd., Goregaon on Saturday 22nd July, 2017. This Camp was in association with the

Rotary Club of Mumbai Western Elite, for Class IV Employees. CBC, PAP, PSA Test & Smear tests were also conducted along with an oral check up during the Camp. The Camp had an overwhelming response as around 178 people participated.

Doctor's Talk



The Doctor's talk was conducted on 29th July at CARF office for educating cancer patients and their relatives. The session was conducted by Dr. Sagar Gayakwad, MD Radiation Oncologist. The main topic of the evening was

Radiotherapy in Cancer treatment. The session received good response as the doctor explained in detail about the need of radiotherapy in cancer treatment.

Cherished Moments With Cancer Patients

In Loving memory of Late Prof. A. A. Kazi, CARF organized a cultural event for cancer patients on 19th August 2017 at the Y. B. Chavan Center, Mantralaya. Mr. Javed G Dalvi (Mayor of Bhiwandi) was the chief



guest for the function. The function was also graced by Mr. Shueb Khan, President - Bhiwandi Congress, Mr. Arun Bakshi, Renowned Actor and Singer and Mr. Deepak Thanvi from Neon pharmaceuticals. Cheques were also distributed to cancer patients during the function. The cultural program started with patriotic song by Shano musical and followed by theatrical play 'Natak ka Chakkar' by the Kirdaar Art Academy. Students and volunteers from Jai Hind and Wilson College were also being present for the function. To appreciate the good works of staff and motivate them to do

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more good works, CARF Staff Awards were declared. Chairman Mr. Shamshi Mulla and CEO Mrs. Savita Nathani thanked everyone for their support and ensured that the event was a great success.

Doctor's Talk



During the month of September, which is the Lymphoma and leukemia awareness month doctors talk was conducted on 13th September at CARF office. The Session was conducted by Dr. Vrinda Kulkarni, M. D.

Hematology who is a leading doctor from Nair Hospital. The topic for the session was Blood Cancer Awareness. The session was very informative and patients and their relatives inquired about various questions related to blood cancer awareness.

the importance of being cautious about cancer.

As part of CARF's Rose day celebration, Museum on Wheels was organized for cancer patients in CARF office. Various activities were conducted for the patients like coin stamping, seal making & block printing. Museum on wheels was a learning experience for all the kids present. All the activities inside the bus were explained in detail to the children. The activities were followed by some entertainment program and lunch. Mr. Shamshi Mulla - Chairman and Mrs. Savita Nathani - CEO distributed gifts to these little children and spent some light moments with them.

Rehabilitation By Adveka Foundation

Cancer is a dreaded disease and the shock and trouble one has to go through during this phase is beyond imagination. This shock and trouble is not only for patients but also for their relatives. To overcome this trauma and



channelize their focus, CARF in association with Adveka foundation organized a 3 day counselling session for Cancer patient relatives in CARF office between 18th and 22nd September. The 3 sessions were divided into 1) Self Care 2) Assertiveness and Anger Management 3) Emotional Management. Overall the entire session was very informative and everyone was really very interactive during the session. CARF would like to thank Mrs. Maitrayee Nagvekar and Mr. Krish for conducting the wonderful session.

Rose Day



Rose Day is celebrated worldwide as an inspiration for all patients suffering from cancer. It is observed every year on September 22. Alertness about cancer is important not only for supporting the patients, but also for

preventing it. Rose day also makes normal people aware of

Lymphoma & Leukemia Awareness Month

Lymphoma & Leukemia Awareness is observed during September each year. CARF initiated this movement 2 years ago to educate the public about lymphoma & leukemia. This initiative was started as an online campaign wherein people would be made aware about the dreaded disease of cancer and its preventive measures. During the entire month, posters are posted on all social media platforms and awareness is raised about lymphoma and leukemia. During this entire month various activities were conducted to raise awareness like screening of cancer films at YWCA centers across Mumbai, Rehabilitation activities for patients and their relatives.

Stoptober

Stoptober is the month-long online campaign to raise awareness about the ill effects of tobacco and avoid using it. Stoptober - the month-long campaign to get people to quit smoking - is exactly what CARF supported during the month of October. Every day anti-smoking posters were posted online to encourage people to quit smoking. Quitting smoking will ensure more years to one's life. The campaign

2018
09 - SEPTEMBER

CANCER AID & RESEARCH FOUNDATION
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13 Cancer Awareness	14	15
16	17	18	19	20 Stoptober	21	22
23	24	25	26	27	28	29

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focused on the seriousness of smoking, which accounts for many health issues and even death among the masses. As part of the campaign, we requested daily smokers to try and quit smoking at least for the month of October and join this movement. This year, thousands of people supported the campaign and earned the benefits of it. Thanks to all who supported the campaign by encouraging each other to quit, thereby potentially adding years to their life.

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

Breast Cancer Awareness Drive



October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the breast cancer among women. CARF has organized Breast Cancer Awareness Drive for women by distributing

pamphlets at the Byculla station on Tuesday, 17th October, 2017. Our mission is to save lives through early detection, quality education, and trusted information provided to patients, individuals and the public in general.

Breast cancer is one of the most common cancers among women worldwide, both in the developed and developing countries. The best way to fight breast cancer is to have a plan that helps you to detect the disease in its early stages. Currently there is not 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 is to help in increasing the attention and to support towards the awareness, early detection and treatment. The drive was a great success. CARF also distributed brochures & pamphlets specially printed on Breast Cancer Awareness with Pink Ribbons to provide guidelines and health tips amongst the women.

World Food Day



World Food Day is celebrated on 16th October every year, and Cancer Aid & Research Foundation spares no opportunity in participating in this special day. World Food Day is a day of action

against hunger. Hundreds of poor people who are suffering from cancer or, their near and dear ones who are admitted in the hospital, they have no place to stay while the treatment is going on and hence are scattered around the Tata Memorial Hospital (TMH) premises. These poor people can barely afford two square meals a day, whereby they go hungry for days together. To celebrate this occasion, CARF distributed food on 16th October, 2017 for poor people living on the streets near Tata, KEM and Wadia Hospitals. The smile on the face of these cancer patients was a true motivation for CARF to work more towards the welfare of cancer patients.

MOVEMBER

The movement, known as "Movember" challenges people around the world to earn money for the cancer-fighting cause by getting sponsored to grow a moustache throughout the month. CARF started the campaign three years ago and has been raising awareness with full vigor and excitement.



Male CARFIANS participated in Movember with full gusto by growing moustaches for the entire month. The winner of the campaign was chosen via voting. The program ended with a celebration selecting the "Man of Movember" whose moustache was well grown and well groomed as the winner. Mr. Yakub Khoker was the winner of Man of Movember 2017. Bros participated by growing a moustache for 30 days of Movember, whereas MoSistas committed to support the men in their lives while helping to promote men's health. A special thank you to all the Movember lovers who actively participated and supported this noble cause.

2018

**CANCER AID & RESEARCH
FOUNDATION**

Head Office: Unit No. 102, Shivajinagar Industrial Estate, Shivajinagar, Mumbai - 400 005
Tel: (022) 2608 7600/10001/10002/10003/10004/10005/10006/10007/10008/10009/10010/10011/10012/10013/10014/10015/10016/10017/10018/10019/10020/10021/10022/10023/10024/10025/10026/10027/10028/10029/10030/10031/10032/10033/10034/10035/10036/10037/10038/10039/10040/10041/10042/10043/10044/10045/10046/10047/10048/10049/10050/10051/10052/10053/10054/10055/10056/10057/10058/10059/10060/10061/10062/10063/10064/10065/10066/10067/10068/10069/10070/10071/10072/10073/10074/10075/10076/10077/10078/10079/10080/10081/10082/10083/10084/10085/10086/10087/10088/10089/10090/10091/10092/10093/10094/10095/10096/10097/10098/10099/10100/10101/10102/10103/10104/10105/10106/10107/10108/10109/10110/10111/10112/10113/10114/10115/10116/10117/10118/10119/10120/10121/10122/10123/10124/10125/10126/10127/10128/10129/10130/10131/10132/10133/10134/10135/10136/10137/10138/10139/10140/10141/10142/10143/10144/10145/10146/10147/10148/10149/10150/10151/10152/10153/10154/10155/10156/10157/10158/10159/10160/10161/10162/10163/10164/10165/10166/10167/10168/10169/10170/10171/10172/10173/10174/10175/10176/10177/10178/10179/10180/10181/10182/10183/10184/10185/10186/10187/10188/10189/10190/10191/10192/10193/10194/10195/10196/10197/10198/10199/10200/10201/10202/10203/10204/10205/10206/10207/10208/10209/10210/10211/10212/10213/10214/10215/10216/10217/10218/10219/10220/10221/10222/10223/10224/10225/10226/10227/10228/10229/10230/10231/10232/10233/10234/10235/10236/10237/10238/10239/10240/10241/10242/10243/10244/10245/10246/10247/10248/10249/10250/10251/10252/10253/10254/10255/10256/10257/10258/10259/10260/10261/10262/10263/10264/10265/10266/10267/10268/10269/10270/10271/10272/10273/10274/10275/10276/10277/10278/10279/10280/10281/10282/10283/10284/10285/10286/10287/10288/10289/10290/10291/10292/10293/10294/10295/10296/10297/10298/10299/10300/10301/10302/10303/10304/10305/10306/10307/10308/10309/10310/10311/10312/10313/10314/10315/10316/10317/10318/10319/10320/10321/10322/10323/10324/10325/10326/10327/10328/10329/10330/10331/10332/10333/10334/10335/10336/10337/10338/10339/10340/10341/10342/10343/10344/10345/10346/10347/10348/10349/10350/10351/10352/10353/10354/10355/10356/10357/10358/10359/10360/10361/10362/10363/10364/10365/10366/10367/10368/10369/10370/10371/10372/10373/10374/10375/10376/10377/10378/10379/10380/10381/10382/10383/10384/10385/10386/10387/10388/10389/10390/10391/10392/10393/10394/10395/10396/10397/10398/10399/10400/10401/10402/10403/10404/10405/10406/10407/10408/10409/10410/10411/10412/10413/10414/10415/10416/10417/10418/10419/10420/10421/10422/10423/10424/10425/10426/10427/10428/10429/10430/10431/10432/10433/10434/10435/10436/10437/10438/10439/10440/10441/10442/10443/10444/10445/10446/10447/10448/10449/10450/10451/10452/10453/10454/10455/10456/10457/10458/10459/10460/10461/10462/10463/10464/10465/10466/10467/10468/10469/10470/10471/10472/10473/10474/10475/10476/10477/10478/10479/10480/10481/10482/10483/10484/10485/10486/10487/10488/10489/10490/10491/10492/10493/10494/10495/10496/10497/10498/10499/10500/10501/10502/10503/10504/10505/10506/10507/10508/10509/10510/10511/10512/10513/10514/10515/10516/10517/10518/10519/10520/10521/10522/10523/10524/10525/10526/10527/10528/10529/10530/10531/10532/10533/10534/10535/10536/10537/10538/10539/10540/10541/10542/10543/10544/10545/10546/10547/10548/10549/10550/10551/10552/10553/10554/10555/10556/10557/10558/10559/10560/10561/10562/10563/10564/10565/10566/10567/10568/10569/10570/10571/10572/10573/10574/10575/10576/10577/10578/10579/10580/10581/10582/10583/10584/10585/10586/10587/10588/10589/10590/10591/10592/10593/10594/10595/10596/10597/10598/10599/10600/10601/10602/10603/10604/10605/10606/10607/10608/10609/10610/10611/10612/10613/10614/10615/10616/10617/10618/10619/10620/10621/10622/10623/10624/10625/10626/10627/10628/10629/10630/10631/10632/10633/10634/10635/10636/10637/10638/10639/10640/10641/10642/10643/10644/10645/10646/10647/10648/10649/10650/10651/10652/10653/10654/10655/10656/10657/10658/10659/10660/10661/10662/10663/10664/10665/10666/10667/10668/10669/10670/10671/10672/10673/10674/10675/10676/10677/10678/10679/10680/10681/10682/10683/10684/10685/10686/10687/10688/10689/10690/10691/10692/10693/10694/10695/10696/10697/10698/10699/10700/10701/10702/10703/10704/10705/10706/10707/10708/10709/10710/10711/10712/10713/10714/10715/10716/10717/10718/10719/10720/10721/10722/10723/10724/10725/10726/10727/10728/10729/10730/10731/10732/10733/10734/10735/10736/10737/10738/10739/10740/10741/10742/10743/10744/10745/10746/10747/10748/10749/10750/10751/10752/10753/10754/10755/10756/10757/10758/10759/10760/10761/10762/10763/10764/10765/10766/10767/10768/10769/10770/10771/10772/10773/10774/10775/10776/10777/10778/10779/10780/10781/10782/10783/10784/10785/10786/10787/10788/10789/10790/10791/10792/10793/10794/10795/10796/10797/10798/10799/10800/10801/10802/10803/10804/10805/10806/10807/10808/10809/10810/10811/10812/10813/10814/10815/10816/10817/10818/10819/10820/10821/10822/10823/10824/10825/10826/10827/10828/10829/10830/10831/10832/108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Children Day Program



Children's Day is celebrated in India every year on 14th November to mark the birthday of Jawaharlal Nehru, the first prime minister of India. It is celebrated with great enthusiasm by the kids around the world. On this special occasion, CARF organised 'Children's Day Out' for kids suffering with cancer at Babycell office, Andheri, Mumbai. CARF in co-ordination with Babycell team arranged a get-to-gather/drawing competition for these children and spent some quality time. The main purpose was to entertain these kids suffering from cancer and make them happy. The program commenced at noon with lunch and followed by light entertainment program. CARF is really happy to see the smile on the faces of these young kids affected by cancer.

Doctor's Talk



CARF organized a Doctor's talk on 6th December at the CARF office. The topic for the session was Lung Cancer. Dr. Aditya Agrawal, MD Pulmonologist was the main speaker for the day. Mrs. Tabassum Khan welcomed the doctor and introduced him to the patients. The talk was well attended by 75 patients. Dr. Agrawal explained the patients about lung cancer, how to prevent them & what

care should be taken in simple language. The talk was informative and knowledgeable which benefitted the patients as well as the people in general. At the end doctor interacted with the patient and answered all the queries related to lung cancer with an example. Mrs. Tabassum Khan appreciated the doctor's efforts & thanked for his valuable contribution.

Christmas and New Year Celebration 2017



Cancer is a dreaded disease which affects the life of not only the patients but also their families. Cancer Aid & Research Foundation have been striving hard for the past 16 years to bring smiles in the life of these patients. As part of this mission, CARF have been conducting various activities for the patients and their relatives. To mark the festive season of Christmas and New year, CARF organised a celebration with cancer kids at the CARF office in Byculla. Various celebrations and activities were arranged for the kids. Santa Claus distributed gifts and chocolates to the children. Children enjoyed the celebration to the core and finished the day with a sumptuous meal. As the year ends, CARF thanks all the donors & well wishers for their tremendous support for the poor and needy cancer patients and wish everyone a Happy New Year.

Want to Be Happier? Give More. Give Better.

This reward or pleasure response to giving is the physiological reason behind the 'warm glow' or that good feeling you get when you give and why you may choose to spend money on others or charity compared to yourself. It does make one happy in one's life and even their soul is blessed.



'Will Giving' is leaving a gift in your will in the name of CARF. This is a lasting and effective way to be happier and support the noble cause. This special bequest made to CARF should be done provided proper provisions for your family is taken care of. **Late Shri. Homi Piroshaw Karani made a special bequest to CARF in the form of Will Giving. CARF is thankful to Late Shri. Homi Piroshaw Karani for his good deed and his family for supporting him in this act of kindness. He left a huge sum of Rs.10 Lakhs in his will in the name of Cancer Aid & Research Foundation.** His act of kindness is a true inspiration for CARF and all its supporters in their united fight against cancer.

Even after the sad demise of Late Shri. Homi Piroshaw Karani, he will always be remembered by CARF and all the cancer patients who are helped. We pray that his soul rests in peace.

2018

CANCER AID & RESEARCH FOUNDATION

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Unit No. 101, Bhandarkar Industrial Estate, Andheri West, Mumbai - 400 057

11 - NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 <small>Children's Day</small>	8 <small>Children's Day</small>	9	10
11	12	13	14	15	16	17
18	19	20	21 <small>Children's Day</small>	22	23 <small>Children's Day</small>	24
25	26	27	28	29	30	

Andheri office : Bhandarkar Industrial Estate, Unit No. 101, Andheri West, Mumbai - 400 057
Byculla (MC) Mumbai 400 057 : Tel : 022-2606 7888 / 2606 7889 / 2606 7890 / 2606 7891 / 2606 7892 / 2606 7893 / 2606 7894 / 2606 7895 / 2606 7896 / 2606 7897 / 2606 7898 / 2606 7899 / 2606 7900 / 2606 7901 / 2606 7902 / 2606 7903 / 2606 7904 / 2606 7905 / 2606 7906 / 2606 7907 / 2606 7908 / 2606 7909 / 2606 7910 / 2606 7911 / 2606 7912 / 2606 7913 / 2606 7914 / 2606 7915 / 2606 7916 / 2606 7917 / 2606 7918 / 2606 7919 / 2606 7920 / 2606 7921 / 2606 7922 / 2606 7923 / 2606 7924 / 2606 7925 / 2606 7926 / 2606 7927 / 2606 7928 / 2606 7929 / 2606 7930 / 2606 7931 / 2606 7932 / 2606 7933 / 2606 7934 / 2606 7935 / 2606 7936 / 2606 7937 / 2606 7938 / 2606 7939 / 2606 7940 / 2606 7941 / 2606 7942 / 2606 7943 / 2606 7944 / 2606 7945 / 2606 7946 / 2606 7947 / 2606 7948 / 2606 7949 / 2606 7950 / 2606 7951 / 2606 7952 / 2606 7953 / 2606 7954 / 2606 7955 / 2606 7956 / 2606 7957 / 2606 7958 / 2606 7959 / 2606 7960 / 2606 7961 / 2606 7962 / 2606 7963 / 2606 7964 / 2606 7965 / 2606 7966 / 2606 7967 / 2606 7968 / 2606 7969 / 2606 7970 / 2606 7971 / 2606 7972 / 2606 7973 / 2606 7974 / 2606 7975 / 2606 7976 / 2606 7977 / 2606 7978 / 2606 7979 / 2606 7980 / 2606 7981 / 2606 7982 / 2606 7983 / 2606 7984 / 2606 7985 / 2606 7986 / 2606 7987 / 2606 7988 / 2606 7989 / 2606 7990 / 2606 7991 / 2606 7992 / 2606 7993 / 2606 7994 / 2606 7995 / 2606 7996 / 2606 7997 / 2606 7998 / 2606 7999 / 2606 8000

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CARF wishes all it's readers and well wishers



- Est. 2001 : Regd. No. E - 19625 (Mum.)
- 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 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 cancer guidance and Rehabilitation to cancer patients and their relatives

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 favour of **Cancer Aid & Research Foundation** and send it to its

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