CHILDHOOD CANCER DIET

There is a war that goes on between human cells and cancer cells and this fight is more difficult when a child has to fight through it. There are so many questions going through these young minds at that time..... Why do I have to go to hospital every month? ...... Why did I lose my hair but other kids didn’t? ...... Why do I fall sick every time? ....and so on. But one thing a child never loses is HOPE. He always waits for CURE and fights with it. HOPE and CURE are the two words that a cancer patient always sees to.

IMPORTANT FOR GOOD NUTRITION IN CHILDREN

It is important for children to have good nutrition through their meals / supplementation. The reasons for good nutrition are:

1. The children need better nutrition to prevent from opportunistic infections that can occur in cancer patients.

2. The various types of treatments for cancer like chemotherapy, radiation affects appetites of cancer patients. Good nutrition is important to avoid deficiencies and malnutrition.

3. As the appetite of patients is poor and their immunity is compromised, it is necessary for the patients to meet nutrient requirements to ensure proper growth of the child.

Dealing with the problems related to appetite and meeting nutrient needs:

Children can be fussy when it comes to feeding them during the treatment. This causes the parents to worry about their children more. There are some ways which can be used by parents to feed their child and they are:

- Use colourful plates and bowls to make the food more attractive.
- Present the food in very attractive ways like making cheese balls, decorating the plate with different kinds of vegetables and fruits to make the plate colourful.
- Serve the child with more of fluids like juices, milkshakes, smoothies , ice-cream as the child loves all these dishes.
- Use cookie cutters to cut the food to different shapes like cutlets in star shape, sandwiches in circle, etc.
- Use cartoon painted plates and unusual bowls for the children.
- Let the children plan their own meals to ensure their intake of foods.
- Use high calorie foods like dairy products, cheese, sweets, butter, jams and sauces, etc so that even a small amount of food will fulfil the child’s needs.

Nutritive recipes for children:

Here is a description of the 2 recipes that have been liked by the young minds a lot:

Fruit and nut smoothie

- Peel and slice bananas and other fruits and the yogurt.
- Whiz it up and add the oats and nuts.
- Add milk and then whiz again, until nice and smooth
Chocolate dry-fruit ladoo

- 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*

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

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**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.
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 must 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)

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

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 in cervix.

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
Dear friends,

Sincerely,
[Signature]

CANCER AID & RESEARCH FOUNDATION
Bandra Municipal School Bldg., Ground Floor
N. M. Joshi Marg, Near S Bridge
Bandra (West), Mumbai - 400 011
Tel: 2300 7000/8000/5000

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Sincerely,
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Dear friends,

Sincerely,
[Signature]
Cancer Survivor

"My name is Farid Khan and I reside in the small village called 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."
World Earth Day

World Earth Day is celebrated on 22nd April every year to make the human race aware of 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.

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 Prabhakar, MLA for Dindoshi constituency and Mrs. Rekhatai Ramvamshi, Corporator of Mayur Nagar.

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.

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 Vruksa 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. Bhamrul 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.
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.

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.

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.

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. Shoeb 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 Kirta 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

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.
more good works, CARF Staff Awards were declared. Chairman Mr. Shamshi Mullla 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.

**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.

**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
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.

**MOVEMBER**

The movement, known as "Movember" challenges people around the world 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.

**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.
Children's 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-together/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 benefited 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.


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 it's 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.
CARF wishes all its readers and well wishers

2018
HAPPY NEW YEAR

- 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 career 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. 02610400088372, 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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Tel.: 022-2300 7000/2301 6000 / 2305 3602/3607 / 2306 4443/0088 / 2307 0088 • Telefax: 2300 8000
Adm. Office: Municipal School Bldg., Ground Floor, Near ‘S’ Bridge, N.M. Joshi Marg,
Byculla (W), Mumbai - 400 001, Tel.: 022-2300 5000 / 2306 4441 / 4442

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

- Chief Editor : Mr. Shamshi Mulla, Chairman - CARF
- Editor : Mrs. Savita Nathani, CEO - CARF
- GM-Event Management : Mrs. Tabassum Khan

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

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BOOK-POST

To,

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2018

12 - DECEMBER

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