Sundaram Medical Foundation
DR.RANGARAJAN MEMORIAL HOSPITAL

CAN-STOP
CANCER - SUPPORT THERAPY

COMMUNITY SERVICE

DEPARTMENT

MONTHLY REPORT AUG 2026











ROTARY CLUB OF MADRAS

in collaboration with

SUNDARAM MEDICAL FOUNDATION

Organized a

FREE MEDICAL CAMP

Thursday,
27th August, 2026

His/Her Place,
T. Nagar, Chennai

3:00 PM to 6:00 PM







ABOUT THE CAMP

The camp provided essential healthcare services including BP, CBG, HB, and general health screening.

The medical team addressed common health concerns while also emphasizing the importance of routine health check-ups and preventive care.

SERVICES PROVIDED

- BP
- CBG
- HB
- GENERAL HEALTH SCREENING

DGE Dr Vijaya Bharathi Rangarajan, Rtn Dr Sharon, Rtn Bharath Pujara, Rtn R Narasimhan, Rtn Jagdish bhatia & Rtn Jagdesh Have Visited the Camp

CAMP IMPACT

Total **109** Beneficiary

Medicine worth of **4500** were distributed

The medical camp is supported by

SUNDARAM FINANCE LIMITED

9941007688 | canstop.smf@gmail.com

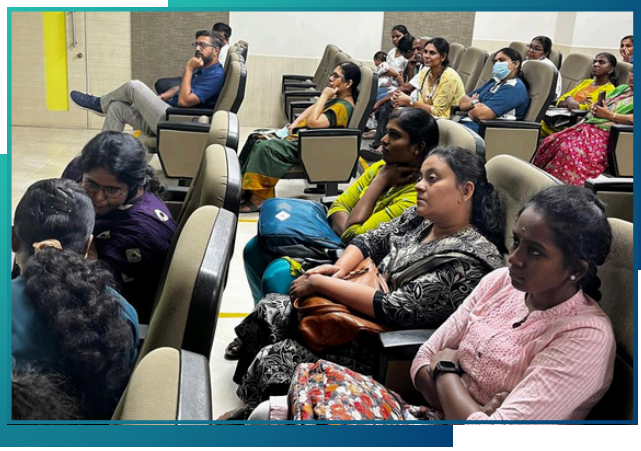
STEP PROGRAME

LACTAFEST 2026 WAS ORGANISED BY THE DEPARTMENT OF PAEDIATRICS & NEONATOLOGY, SUNDARAM MEDICAL FOUNDATION, AS PART OF WORLD BREASTFEEDING WEEK 2026.



The programme focused on the theme "Breastfeeding for a Sustainable Start in Life: Strengthen What Works" and highlighted the importance of a 360° Circle of Support for breastfeeding mothers. The programme emphasised family, emotional, community and healthcare support, along with proper breastfeeding education and guidance. An interactive skit and discussion were conducted to create awareness among new mothers and their families.





Dr. Manisha and Dr. Durga participated in the programme and shared their expertise. The programme concluded by reinforcing the message of building strong families and healthcare teams for better breastfeeding outcomes.

YOGA SESSION



The Community Service Department of Sundaram Medical Foundation organized yoga sessions at the Adi Dravidar Tribal Welfare School (SAP School) for students from 6th to 9th standard. Led by Mrs. Selvam, a volunteer from CANSTOP, the sessions were conducted every Tuesday and Thursday. The initiative aimed to promote physical and mental well-being among the students.

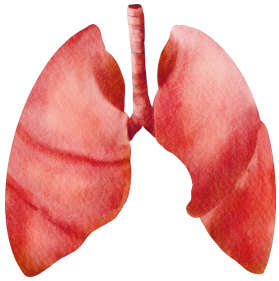
It fostered a healthy and balanced lifestyle, benefiting the young participants. The sessions were designed to support the holistic development of the students. Regular yoga practice helped students develop discipline and focus.

PLASTIC WASTE MANAGEMENT



The Tamil Nadu Pollution Control Board (TNPCB) launched an awareness program to educate students about plastic's environmental impact, and Sundaram Medical Foundation's Community Service Department partnered with Bisleri CSR to implement the Plastic Zero Waste Management initiative. Through this joint effort, 120 kg of plastic waste was collected in August 2026, promoting environmental responsibility and reducing plastic waste in the community.

REACH FOUNDATION



In the month of August, 2026
25 people have utilized the tuberculosis intervention service.

CAN-STOP
CANCER - SUPPORT THERAPY

Sundaram Medical Foundation
DR.RANGARAJAN MEMORIAL HOSPITAL

Rotary District 3234

CREATE LASTING IMPACT










15th Edition

ABC 2026 (All a'Bout Cancer) Interschool Competition







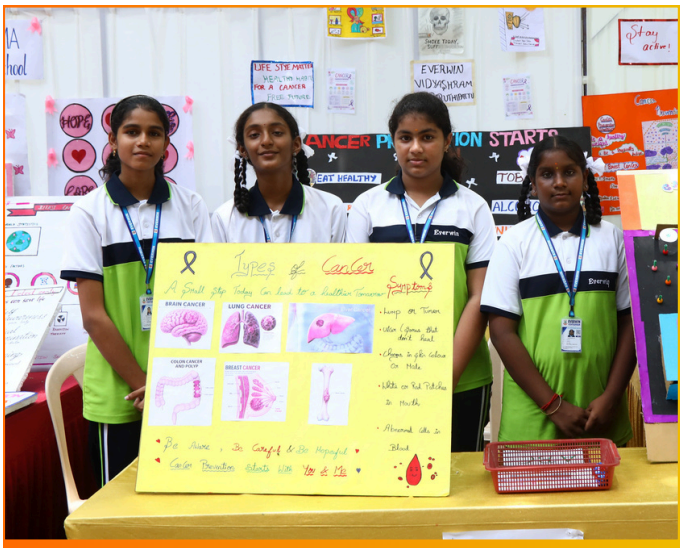


ALL a'BOUT CANCER



Since its launch in 2001, the ABC Exhibition has been conducted for **15 years**, reaching more than **17,900 students** with the support of schools across Chennai. This year's event marked another important milestone in CANSTOP's ongoing efforts to promote cancer awareness and education among young people and the wider community.

The 15th edition of the ABC (All a'Bout Cancer) Exhibition, an annual inter-school competition organized by CANSTOP and Rotary District 3234, was successfully held on 22 August 2026 at Madras Christian College Higher Secondary School, Chetpet. The exhibition focused on creating awareness among students and the general public about cancer prevention, early detection, treatment, and healthy living through informative and educational stalls. A total of 960 students from 76 schools across Chennai participated in the event, making it a meaningful platform for spreading cancer awareness among the younger generation.









INAUGURATION CEREMONY

Inauguration Highlights

- The programme commenced with the ceremonial lighting of the lamp, followed by the **Tamizhthai Vazhthu**.
- Concept by **Rtn Dr Ravi Varma**
- Chief Guest - **Thiru J. C. D. Prabhakar,** Speaker of the Tamil Nadu Legislative Assembly, graced the occasion.
- **Rtn. D. Suresh Jain**, District Governor, RID 3234, was present.
- **AKS DGE Dr. Vijaya Bharathi Rangarajan**, Founder, CANSTOP and Trustee & Director, SMF, honoured the occasion.
- **Dr. Arjun Rangarajan**, Trustee, SMF, was the Guest of Honour.
- Vote of Thanks: **Rtn. Sarada Ramani** delivered the Vote of Thanks, expressing gratitude to the distinguished guests, participants, sponsors, and organizers for their valuable support.







COMPETITIONS

THE ABC "ALL A'BOUT CANCER" EXHIBITION WAS A VIBRANT ONE-DAY EVENT FEATURING A RANGE OF ENGAGING COMPETITIONS.
INFORMATION STALLS, SKIT, PAINTING, ORATORICAL TAMIL AND ENGLISH, PHOTOGRAPHY AND QUIZ






















A vibrant platform to educate young minds and spread cancer awareness.



VALEDICTORY CEREMONY

The valedictory ceremony of the ABC "All a'Bout Cancer" Exhibition commenced with a warmly welcome by **DGE Dr. Vijaya Bharathi Rangarajan**, introducing the event's concept and emphasizing its crucial role in spreading cancer awareness. The program featured a dignified felicitation of guests, impressive performances by the winners of Oratorical competitions in English and Tamil, and thought-provoking addresses by esteemed guests.



Valedictory Ceremony Highlights

- Chief Guest: **Mr. Sanjay Kumar IPS**, Additional Director General of Police.
  - Guests of Honour: **Rtn. D. Suresh Jain,** District Governor
  - **AKS Rtn. Vinod Saraogi**, Immediate Past District Governor
  - **Rtn. J. Sridhar**, Past District Governor
  - **Mr PV Jay shankar**, Trustee & Medical Director, SMF
- Vote of Thanks: **Rtn. Rajasekaran GS** expressed gratitude to participants, sponsors, and organizers.
- **Prize Distribution: Winners received prizes, rolling trophies, and cash awards.**
- Private School Champion: Spartan Exclusive School.
- Government School Champion: Government High School, Kumizhi.
- The event concluded with **refreshments, certificates, and water bottle** distribution, marking the successful culmination of the event.

OVERALL WINNERS









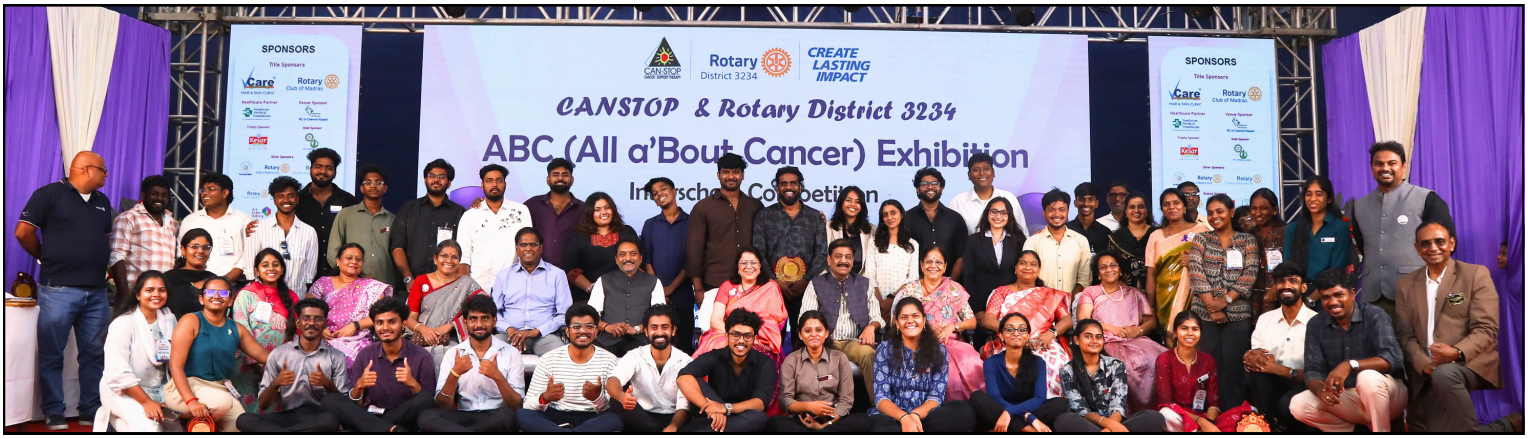






ROTARACTOR VOLUNTEERS

TOGETHER WE CAN MAKE A DIFFERENCE!!



CAN-STOP Sundaram Medical Foundation, Shanthi Colony, Anna Nagar, Chennai
Helpline number: 04426144560 / 9941007688

Our Sponsors

Title Sponsor

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Rotary Club of Madras

Healthcare Partner

Sundaram Medical Foundation
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Rotary Chennai Sapphires

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CI

Rotary Club of Chennai Coastal

Art Cube Gallery

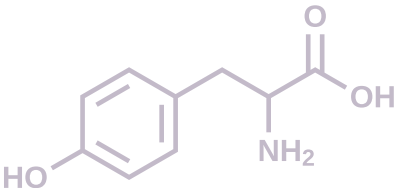
DK SOLAR

Participating Clubs

- Rotary Club of Nanganallur Elite
- Rotary Club of Centennial Madras
- Rotary Club of Madras South West
- Rotary Club of Chennai Green City
- Rotary Club of Madras Metro
- Rotary Club of Chennai Spotlight
- Rotary Club of Chennai Bharathi
- Rotary Club of Madras Besant Nagar
- Rotary Club of Chennai Kotturpuram
- Rotary Club of Chennai Poes Garden

NUTRITION PROJECT







CANSTOP consistently visited the Institute of Obstetrics and Gynacology (IOG) and the Institute of Child Health and Hospital (ICH) on Tuesdays, Thursdays & Saturdays.

Distributed Tender Coconuts at IOG, with a total value of Rs.32500/- in the month of Aug



Our dedicated team offers crucial support, focusing on nutrition education and continuous counseling to empower patients.



Provided Pediasure at ICH, With a total value of Rs.8800/- in the month of August, 2026

Art & Play Therapy





At ICH, CANSTOP's art and play therapy sessions spark smiles on young patients' faces, as they explore creativity through crafts and fun activities, bringing happiness amidst treatment.

Cannest Home



CANNEST Home accommodated 310 families in August 2026, providing a supportive environment and engaging activities for children through volunteer and social worker efforts.





Janmashtami

We celebrated Krishna Janmashtami with the kids dressed up in traditional attire as Krishna and Radha.

Hope Chest

Sarees,	Toys,
Bedsheets,	Books,
Nighties,	Pillows,
Petticoats,	Tiffen Boxes,
Sandals,	Kettles,
Slippers,	Flasks,
Towels,	Water bottles,
Toiletries,	Kitchen utensils & appliances

Note: Make sure the items are in good condition



Join us and make your contributions to the cancer patients at Govt. Hospitals.

CANSTOP's Hope chest provides essential things for the cancer patients & their parents at IOG & ICH to lead their regular lives happily . In the month of August 2026, a total of 5 families got help from the Hope Chest.

IN-KIND SPONSORS

IN - KIND SPONSORS			
S.NO	**SPONSORS**	**PARTICULARS**	**WORTH IN RUPEES**
1	Mrs Darshana	Oil 20 ltr, Moondal 10kg, Sambardal 10kg, Rawrice 25kg, Whiteurad gram 10kg, Idly rice 25kg	9000
2	Century Flour Mill	Soji - 25packets, Wheat flour - 25 packets	6925
3	Chennai food Bank	Boiled rice 75kg	3500
4	Mrs Sofiya Santha	Dinner - Food	2520
5	Mrs Usha Kumari	Sugar - 10Kg	700
6	Mrs Selvam	Garlic 1kg	350
Total			22995

SPONSORS DETAIL

S.No	Sponsor	Project	Amount (₹)
1	PRABA'S VCARE HEALTH CLINIC (P) LTD	ABC EVENT	200,000
2	Rtn. Sridhar Krishnaswamy	ABC EVENT	60,000
3	Precitek Components Private Limited	ABC EVENT	30,000
4	Dayachandh Malhothra	CAN-NEST	20,000
5	R. Venkataraman	ABC EVENT	10,000
6	Mrs Dakshayani Balakrishnan - Art Cube Gallery LLP	ABC EVENT	10,000
7	Rotary Club of Chennai Green City	ABC EVENT	10,000
8	CI Global Technologies	ABC EVENT	10,000
9	Ms. G. Gunavathy	ABC EVENT	5,000
10	Rtn. Sathish Babu	ABC EVENT	5,000
11	Madras Southwest Rotary Projects Charitable Trust	ABC EVENT	5,000
12	Rotary Club of Chennai Spotlight	ABC EVENT	5,000
13	RC Centennial Madras	ABC EVENT	5,000
14	RC of Nanganallur Elite	ABC EVENT	5,000
15	Mrs. Vijaya Mahendran	CAN-NEST	1,000
16	Mrs. Indhumadhi Vasudevan	CAN-NEST	1,000
	Total Amount		₹3,82,000

VOLUNTEER CONTRIBUTION

CANSTOP Team extends heartfelt gratitude to our dedicated volunteers, whose tireless passion, unwavering commitment, and infectious enthusiasm have been the driving force behind the triumph of our programs.

Volunteers - Mrs.Origanti, Mrs.Selvam, Mrs Vijaya Mahendran, Dr. Senthil, Mr Ramesh

HELPLINE SERVICE

Totally 300 calls were received in the CAN-STOP Help line number
100 Calls for STEP Program
02 Calls for Counseling
195 Calls for ABC Interschool Competition
03 Calls for Blood request at Government Hospital

For more information
contact us through:
044-26284256 /9941007688

CAN-STOP
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For your kind contribution:
CAN-STOP is eligible for 50% Tax Exemptions under Section 80G of Income Tax Act. Cheques can be drawn in favour of CAN-STOP