

**FEBRUARY 2026**

*Community Service Department  
Monthly Report*



# FREE MEDICAL CAMPS



The Rotary Club of Madras, in collaboration with Sundaram Medical Foundation, organized a Free Medical Camps on Thursday, 12<sup>th</sup> and 26<sup>th</sup> February 2026, at His/Her Place, T. Nagar, Chennai, from 3:00 PM to 6:00PM.

The camp provided essential healthcare services including BP, CBG, HB tests, and general health screening. The medical team addressed common health concerns such as diabetes, anemia, body pain, and seasonal ailments, while also emphasizing the importance of routine health check-ups and preventive care.



DGN. Dr. Vijaya Bharathi Rangarajan and PDG Aruna Kaushik, RID 66400 along with Rtn. Nikhil - RCM President, Rtn. Ganesan, Rtn. Sendhil, Rtn. Bobby, Rtn. Rakesh Jaiswal and Rtn. Ravishankar visited during the camp.

Total of **243**

People Benefitted

Total of **Rs.11,380**

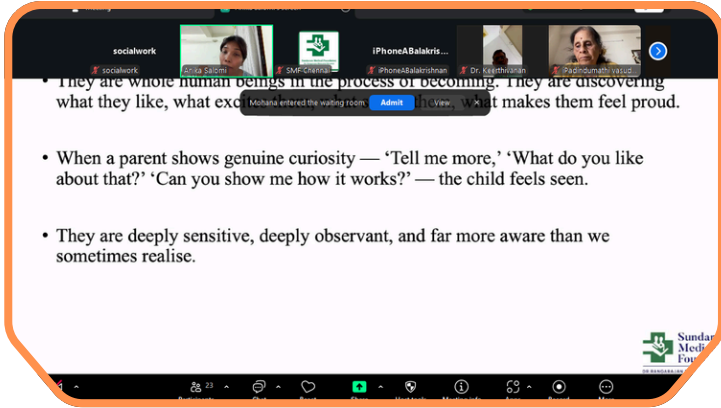
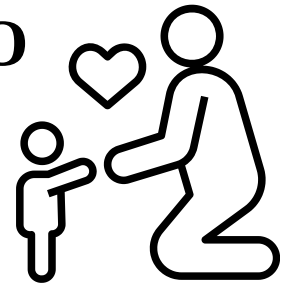
Worth of free medicines distributed

This medical camp is being supported by

**SUNDARAM FINANCE LIMITED**

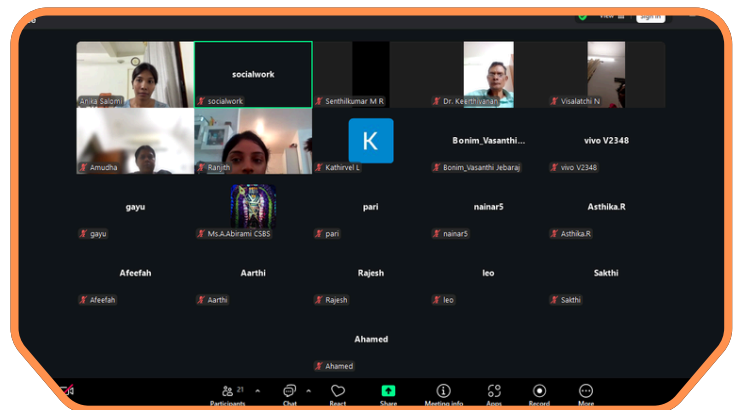


# SUPPORT THERAPY TO EDUCATE PEOPLE



On 28th February 2026, Ms. Anika Salomi, Clinical Psychologist from Sundaram Medical Foundation, conducted a session on “Parenting Style – Connection Over Correction.” She discussed practical parenting approaches, validating children’s feelings over behavior, offering supportive reality checks, and addressing common mistakes frequently made by Indian parents.

A total of 45 participants attended the session. The session saw active engagement, with several attendees coming forward to ask questions and clarify doubts, particularly regarding how to handle children when they throw tantrums, child behaviour, comparison that occurs between siblings.



## PLASTIC WASTE MANAGEMENT

The Tamil Nadu Pollution Control Board (TNPCB) recently launched an initiative to educate students about the environmental impact of plastic. In support of this, Sundaram Medical Foundation's Community Service Department, in partnership with Bisleri's CSR initiative, implemented the Plastic Zero Waste Management Program. The program has already collected 94 kg of plastic waste in February 2026, marking a promising start to the campaign.



# YOGA SESSION

Regular yoga classes were organised for Grades 6 to 9 at Adi Dravidar Tribal Welfare School (SAP School) as part of a wellness drive. CANSTOP volunteer Mrs. Selvam led the sessions, held every Tuesday and Thursday. The initiative promoted a balanced lifestyle, boosting students' focus, self-control, and mental clarity, and contributed to their overall development.



# REACH FOUNDATION



In the month of February 2026, 24 beneficiaries received tuberculosis intervention services.



# ROSE GARDEN INAGURATION @IOG (Institute of Obstetrics and Gynaecology)



On February 2, 2026, The Rose Garden at The Institute of Obstetrics and Gynaecology and Government Hospital, Egmore, Chennai, continued to provide a calming environment for women cancer patients. Created by CANSTOP, a community-driven initiative of Sundaram Medical Foundation, this serene garden offers a peaceful escape for patients to relax and recharge during treatment. Featuring vibrant rose plants, cozy seating areas, and a soothing swing, the garden brings comfort and hope to many, showcasing the importance of holistic care in healthcare settings.



# CANSWAP

## Cancer Survivors Workshop for Adolescent Paediatrics

To mark World Cancer Day, CANSTOP hosted the 9th Annual CANSWAP Workshop on February 7, 2026, at Radha Regent, Chennai. The event brought together around 120 participants, including cancer survivors, their family members, and college students from various institutions.



The workshop began with a prayer song, setting a serene tone for the event, followed by a lamp-lighting ceremony performed by the guests.

Dr. Arjun Rangarajan, Trustee, SMF, delivered the welcome address, highlighting the significance of the workshop. The special address was delivered by the esteemed guest, Mr. Vidyut Sivaramakrishnan, Indian Cricketer, who shared his valuable insights and inspired the audience. Mr. Srinivasan, Managing Director, Radha Regent, was also present on the occasion.



The keynote address titled “After the War: Journey of Hope!” was delivered by Dr. Julius Xavier Scott, MBBS, DCH, MD (Paediatrics), Fellowship in Paediatric Haemato-Oncology.

The workshop featured informative sessions on various topics, including well-being after treatment.

Ms. Kinaja Janardhanan, Clinical Psychologist, spoke on “Building Resilience to Survive and Progress Towards Self-Sufficiency.”

The session titled “From Survival to Strength: Immunity and Mental Well-being in Adolescent Cancer Survivors” was presented by Ms. Nisha, Assistant Professor at Dr. MGR Educational and Research Institute and Clinical Nutritionist (Freelancer).



The session on “Understanding Strengths, Interests, and Opportunities in Career Decision-Making” was conducted by Mr. Mahesh Krishnan, Consultant Corporate Trainer and Transformational Coach. Another session on endocrine hormones was delivered by Dr. Shriram Mahadevan, Consultant at SMF.

The afternoon workshop on Emotional Intelligence and Decision-Making was highly engaging, enjoyable, and enriching for the participants. The session effectively combined theory with interactive activities and real-life learning experiences, making it both practical and insightful.

The workshop concluded with an interactive session on Emotional Intelligence led by Mr. Padmanabhan. Through energetic activities such as the Chocolate Game, Newspaper Hunt, and a chart drawing activity, he highlighted the importance of observation, teamwork, and seizing opportunities for success. These activities actively engaged the participants and reinforced key learnings on emotional intelligence, making the session both impactful and memorable.



# NUTRITION PROJECT

## Beneficiaries:

- *Tender Coconut: 296 beneficiaries*
- *Pediasure: 265 beneficiaries*

Regular visits were made to the Institute of Obstetrics and Gynaecology (IOG) and the Institute of Child Health (ICH) on Tuesdays, Thursdays, and Saturdays by CANSTOP volunteers, ensuring consistent support for patients and families.



*Tender coconuts were distributed at IOG, with a total value of Rs. 27,380/- in the month of February. Pediasure was provided at ICH, with a total value of Rs.5,200/- in February.*

# ART & PLAY THERAPY

At ICH, CANSTOP brings smiles to young faces through fun-filled art and play therapy sessions. Guided by empathetic social workers and dedicated volunteers, these engaging activities help children cope with treatment, spark creativity, and create happy memories



# CANNEST HOME



In February 2026, CANNEST Home supported 220 families by creating a safe environment and involving children in activities organized by volunteers and social workers.

# HOPE CHEST



Things that are available at  
HOPE CHEST

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

CANSTOP's Hope Chest initiative eased the burden on 8 families at IOG and ICH in February 2026, offering vital support and comfort to cancer patients and caregivers

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

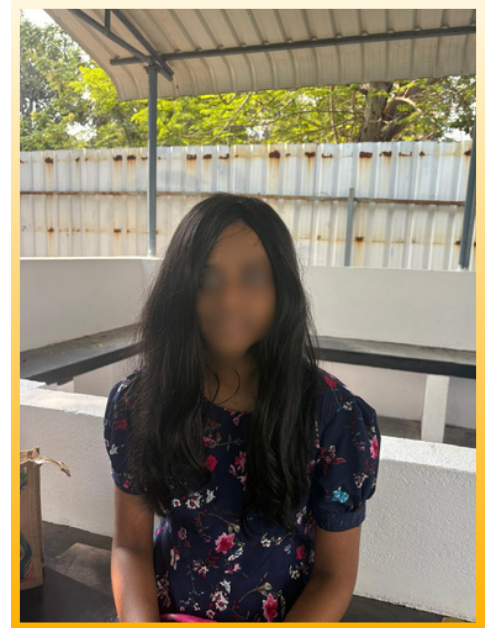


## DRUG BANK



During the month of February 2026, we provided emergency vaccine support to 2 Children, A total amount of Rs.5,010/- was utilized to support the beneficiaries.

## WIG ARRANGED



During the month of February 2026, a hair wig was provided to Ms. Charumathi, aged 24 years, a cancer survivor, at the Institute of Obstetrics and Gynaecology. The wig was handed over after ensuring proper fit and comfort.

This support was extended as part of our initiative to assist cancer survivors in coping with the physical and emotional effects of treatment, helping restore confidence and promote psychological well-being.



# CANNEST INCOME & EXPENSES

INCOME		EXPENSES	
PARTICULARS	AMOUNT	PARTICULARS	AMOUNT
Dayachandh Malhotra	20,000	Rent	53,000
Mr B Rajan	10,000	Matron Salary	15,000
Ms Rekha	5,000	Water Can	2700
Ms Vijaya Mahendran	1,000	Cylinder	3900
Ms Indumathi Vasudevan	1,000	Milk	2480
		Provisions	13260
		Vegetables	9216
<b>TOTAL</b>	<b>37,000</b>	<b>TOTAL</b>	<b>99,556</b>



## IN-KIND SPONSORS

IN - KIND SPONSORS			
S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Ms Darshana	Oil 20 ltr, Moondal 10kg, Sambardal 10kg, Rawrice 25kg, Whiteurad gram 10kg, Idly rice 25kg	9000
2	Mr TK Srinivasan	Vegetables	4000
3	Mrs Latha	Boiled rice 25kg	1300
5	Century Flour mill	Rava 25kg, Wheatflour 25kg	6925
6	Chennai Food Bank	Boiled rice 75kg	3500
7	Ms Selvam	Garlic - 1kg	
Total			24725

## SPONSOR DETAIL

S.No	Sponsors	Project	Amount
1	Dayachand Malhotra	CANNEST	20000
2	Ms Thiruma Mangai	CANNEST	10000
3	Ms Rekha	CANNEST	5000
4	Ms Indumathi Vasudevan	CANNEST	1000
5	Ms Vijaya Mahendran	CANNEST	1000
6	Mr Anatharaman	CANNEST	49
Total			37,049

# VOLUNTEER CONTRIBUTION

The CANSTOP Team extends heartfelt gratitude to our devoted volunteers. Your unwavering commitment, resolute spirit, and uplifting energy have been the driving force behind the success of our initiatives.

**Volunteers - Ms Origanti, Ms Selvam, Ms.Indhumathi, Ms Girishma,  
Ms Vijaya Mahendran & Mr Ragunath**

## HELPLINE SERVICES

Totally 218 calls were received in the CAN-STOP Help line number  
128 Calls for STEP Program  
05 Calls for Counseling  
75 Calls for Camp He Ho Ha  
10 Calls for Blood request at Government Hospital



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



**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**

