

January 2026

COMMUNITY SERVICE DEPARTMENT MONTHLY REPORT



FREE MEDICAL CAMP



The Rotary Club of Madras, in collaboration with Sundaram Medical Foundation, organized a Free Medical Camp on Thursday, 08 January 2026, at His/Her Place, T. Nagar, Chennai, from 3:00 PM to 6:30 PM.

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.



Rtn. Dr. Vijaya Bharathi Rangarajan and Rtn. Nikhil - RCM President visited during the camp,.

Total of **117** Total of **Rs.5,480**

People Benefitted

Worth of free medicines distributed

This medical camp is being supported by

SUNDARAM FINANCE LIMITED



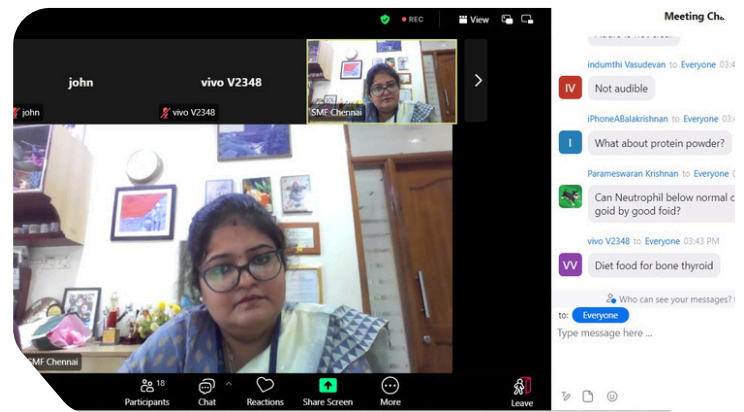
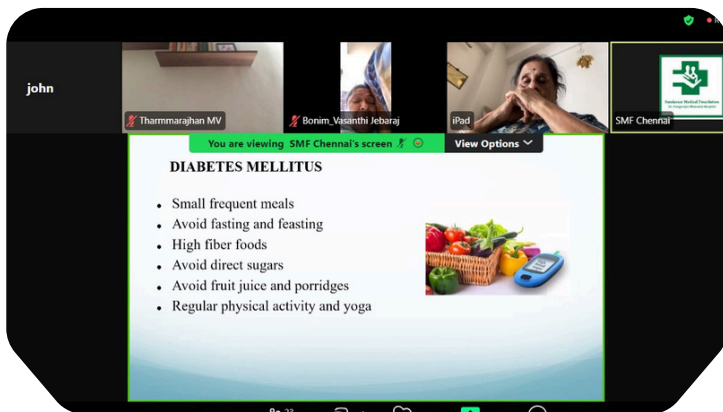
SUPPORT THERAPY TO EDUCATE PEOPLE



mativ session on “Vital Nutrients for a Healthy Life” was conducted on 31 January by Mrs. Rama, Senior Dietitian at Sundaram Medical Foundation.

She explained the role of macronutrients and micronutrients, highlighting essential vitamins and minerals such as iron, magnesium, and sodium. Practical guidance on planning balanced diets, especially for individuals with hypertension and heart conditions, was shared.

Participants appreciated the simple, actionable nutrition tips, recognizing the importance of such awareness programs in supporting healthier communities.



PLASTIC WASTE MANAGEMENT



The Tamil Nadu Pollution Control Board (TNPCB) launched an awareness drive to educate students about the harmful impact of plastic on the environment.

Supporting this initiative, the Community Service Department of Sundaram Medical Foundation, in association with Bisleri’s CSR initiative, implemented the Plastic Zero Waste Management Program, through which 54 kg of plastic waste was collected in January 2026.





YOGA SESSION

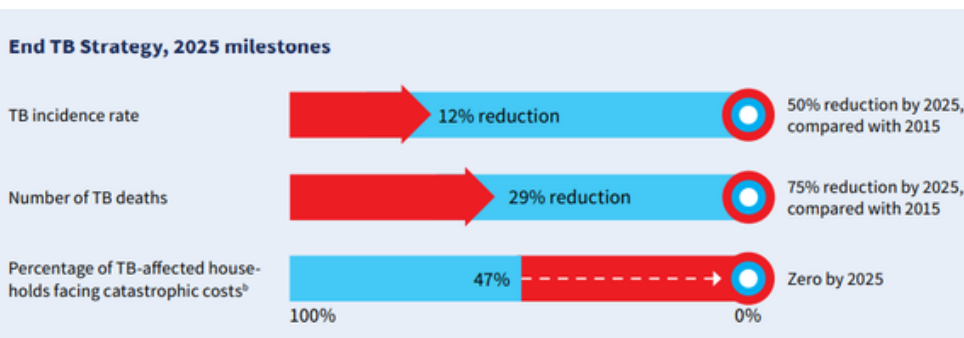
As part of a wellness initiative, regular yoga classes were conducted for Grades 6 to 9 students at the Adi Dravidar Tribal Welfare School (SAP School).

Conducted by Mrs. Selvam, a volunteer from CANSTOP, the sessions took place every Tuesday and Thursday. The program encouraged a balanced lifestyle and proved beneficial for students' holistic growth, helping enhance their focus, self-control, and mental alertness through consistent practice.

The program positively influenced students' overall development by fostering discipline, concentration, and mental clarity.



REACH FOUNDATION



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



PONGAL CELEBRATION

@IOG (INSTITUTE OF OBSTETRICS AND GYNAECOLOGY)



On 20 January, CANSTOP organized a Pongal Celebration at the Institute of Obstetrics and Gynaecology (IOG). The program was supported by Sundaram Medical Foundation (SMF), which sponsored the flasks distributed as gifts to women patients.

The celebration was attended by Dr. Vijaya Bharathi Rangarajan, Founder of CANSTOP and Dr. Sumathi, Director of IOG. Patients and attendants enjoyed traditional games, rangoli, and cultural programs. Prizes were distributed to winners, and the event concluded with a festive Pongal meal, creating a joyful and inclusive atmosphere for all participants.



GIVE A GIFT

@ KALAI SELVI KARUNALAYA HOME

Under the “Give a Gift” initiative, SMF doctors and staff came together to support deserving communities through collective contributions. Essential supplies worth ₹1,80,000 were donated to Kalaiselvi Karunalaya (Orphanage & Old Age Home) and the Cancer Ward at the Women & Children Government Hospital.

A nine-day-old surrendered cradle baby in Chennai was named Baby.Jaya Kumari by Canstop founder, Dr. Vijaya Bharathi Rangarajan.

The effort reflects SMF’s continued commitment to community welfare and inclusive care, reaffirming its dedication to extending meaningful support beyond healthcare and making a positive difference in the lives of those in need.



GIFT DISTRIBUTION

@ ICH CHILDREN HOSPITAL EGMORE

On 27 January 2026, the Inner Wheel Club of Madras sponsored gifts for children undergoing treatment at the Institute of Child Health (ICH), Egmore. The sponsored items included toy cars, games, puzzles, and art and craft materials, bringing joy and encouragement to the children while reflecting the club's continued commitment to supporting child welfare and community care initiatives.



NUTRITION PROJECT

Beneficiaries:

- **Tender Coconut: 284 beneficiaries**
- **Pediasure: 234 beneficiaries**

Every Tuesday, Thursday, and Saturday, CANSTOP made regular visits to the Institute of Obstetrics and Gynaecology (IOG) and the Institute of Child Health (ICH).



Tender coconuts were distributed at IOG, with a total value of Rs. 24,839/- in the month of January. Pediasure was provided at ICH, with a total value of Rs.5,700/- in January.

ART & PLAY THERAPY

At ICH, CANSTOP brightens the journey of young patients through lively art and play sessions. Led by compassionate social workers and enthusiastic volunteers, these interactive activities include games, crafts, and creative fun. The sessions help children relax, express themselves, and experience moments of joy, laughter, and normalcy while undergoing treatment.



CANNEST HOME



HOME
SWEET
HOME

In January 2026, CANNEST Home supported 320 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 provides essential supplies to cancer patients and their caregivers at IOG and ICH, helping them manage their daily needs with greater ease and comfort. In January 2026, a total of 5 families benefited from this support.

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



DRUG BANK



During the month of January 2026, we provided emergency vaccine support to Master Moushik, Baby Shalini. A total amount of **Rs.2,678/-** was utilized to support the beneficiaries.

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	3500
4	Ms Girishma	Oil - 5Ltr	635
5	Century Flour mill	Rava 25kg, Wheatflour 25kg	6925
Total			24,060



SPONSOR DETAIL

S.No	Sponsors	Project	Amount
1	Dr. Sasankh RK	CANNEST	10,000
2	Mrs. Vijaya Mahendran	CANNEST	1,000
3	Dayachandh Malhothra	CANNEST	20,000
4	Ms. Indumathy Vasudevan	CANNEST	1,000
	Total		32,000

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**

HELPLINE SERVICES

Totally 149 calls were received in the CAN-STOP Help line number

135 Calls for STEP Program

08 Calls for Counseling

06 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

