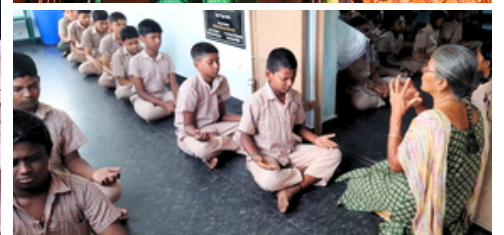




# MARCH 2026

## 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 26th March, 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.

Total of  
**103**

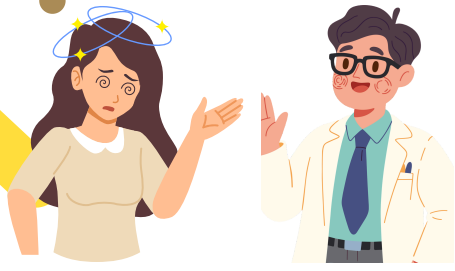
People Benefitted

Total of  
**Rs.6,750**

Worth of free medicines distributed

This medical camp is being supported by  
**Sundaram Finance Limited**

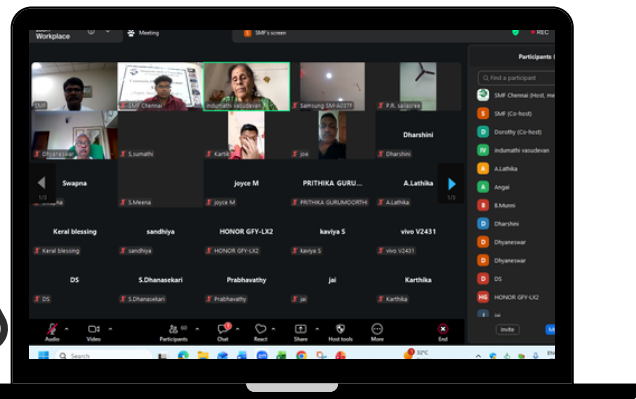
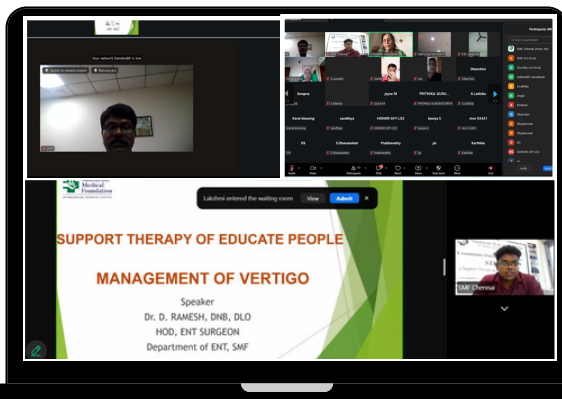




# SUPPORT THERAPY TO EDUCATE PEOPLE

On 28th March 2026, a comprehensive awareness session on “Management Of Vertigo” by Dr. Ramesh, Head of the ENT Department and Consultant at Sundaram Medical Foundation (SMF), highlighting the causes, symptoms, and diagnosis of vertigo as a common balance disorder.

He emphasized effective treatment methods, including repositioning maneuvers and vestibular rehabilitation therapy. The session also stressed early recognition, lifestyle management, and the importance of seeking timely medical care. A total of 69 participants attended the session, with active engagement throughout.



# 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 46.8 kg of plastic waste in March 2026, marking a promising start to the campaign.



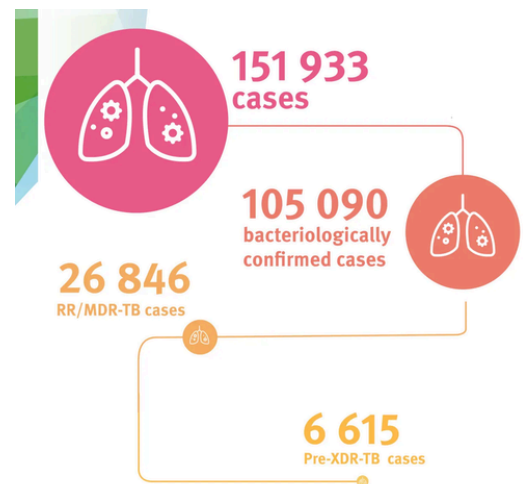
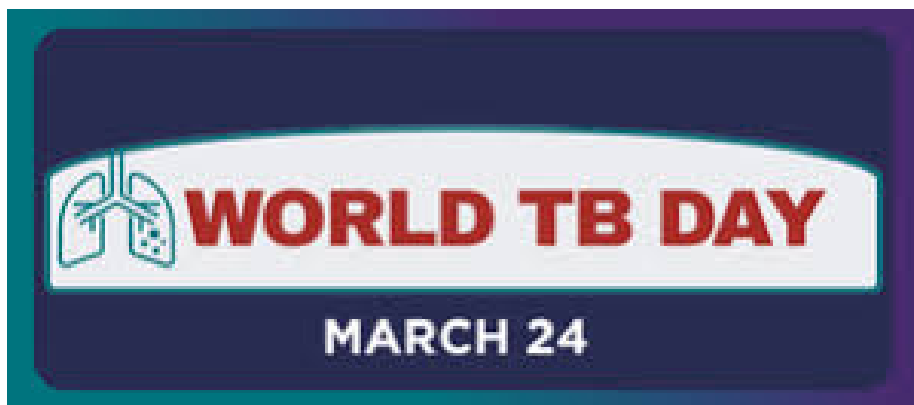
# YOGA SESSION



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. 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 March 2026, 25 beneficiaries received tuberculosis intervention services.

REACH also conducted the “Click & Commit: A Public Pledge to END TB” campaign at OP Wavin, On 25th March 2026. The campaign involved setting up a banner and photo stand where doctors, patients, and caregivers took pledge photos to promote TB awareness, cough hygiene, and discourage public spitting, with the initiative being shared on social media.



# WOMENS DAY CELEBRATION

## @ IOG

### Celebrating Strength, Smiles & Sisterhood

On 5th March 2026, CANSTOP celebrated Women's Day with women undergoing cancer treatment at the Rose Garden, Institute of Obstetrics and Gynaecology. The day began with yoga and meditation, followed by a special lunch for the patients.

The afternoon was filled with fun activities like flower stringing, balloon balancing, games, and a lucky draw. A delightful storytelling session by Mr. Vikram brought smiles and laughter to everyone.

Patients also received thoughtful gifts including nighties, hand towels, and fruits, while game winners received special prizes. The celebration was graced by Dr. Vijaya Bharathi Rangarajan, Founder of CANSTOP, along with Rotary members – First Lady Rtn. Usha Saraogi, Rtn. Mala, Rtn. Usha Ajith, Rtn. Uma Maheswari, and Rtn. Gunavathy, who joined in supporting and celebrating these inspiring women.

It was a heartwarming day reminding us that hope, happiness, and togetherness are powerful medicines.



MARCH 14th & 15th

Health Hope & Happiness

# CAMP HE HO



*A Joyful Retreat for Cancer Survivor Children and their Families*



*Not just a camp...  
A place where  
warriors become  
superheros again*

# CAMP HE. HO. HA.

## HEALTH, HOPE & HAPPINESS

CANSTOP successfully organized its much-awaited two-day recreational camp, Camp He Ho Ha, on March 14th and 15th, 2026, exclusively for cancer survivor children and their families.

This year marked the 17th anniversary of the camp, a significant milestone in its journey of creating a nurturing space for healing, bonding, and celebration. The camp turned out to be a resounding success, filled with joy, laughter, and meaningful connections.



The camp began with an engaging ice-breaking session led by social workers and volunteers, creating a warm and friendly atmosphere among participants. Through lively games and interactive activities, children and families connected with ease and enthusiasm.

In the afternoon, participants enjoyed a vibrant folk dance performance by the Dakshina Chitra dance team, showcasing rich cultural traditions. This was followed by a fun pot-breaking activity, where parents and children participated together, strengthening their bond through laughter and teamwork.

### DAY 1



The evening session featured a delightful storytelling session by Ms. Pratigaya, whose engaging narration kept the children spellbound and actively involved. This was followed by an insightful and cathartic debate led by Mr. Padmanabhan for both children and parents.

Later, the children practiced their dance performances for the valedictory ceremony, while fun activities like Snakes and Ladders for children and Housie for parents added cheer to the evening.

Day two began with a refreshing beach yoga session led by Ms. Selvam, followed by a palm-printing activity. Families also visited Dakshina Chitra to explore South Indian heritage.



## DAY 2

The camp concluded with a vibrant valedictory ceremony featuring performances by Vishva Master and his team, in the presence of distinguished guests including DGE Rtn. Suresh D. Jain, Rtn. Usha Ajit, Ms. Hema, and Dr. Vijaya Bharathi Rangarajan.

Camp He Ho Ha 2026 was a great success, offering joy, relaxation, and emotional healing to cancer survivor children and their families, celebrating resilience, hope, and togetherness.

CanStop extends heartfelt thanks to all volunteers, sponsors, and participants, whose dedication made this event truly meaningful. Special thanks to the Event Sponsor, Ms. Janet Depenning; Venue Sponsor, Ms. Debora Thiagarajan (DakshinaChitra); and Co-sponsor, CPCL, for their valuable support.



# Founder's Day Awareness Initiative

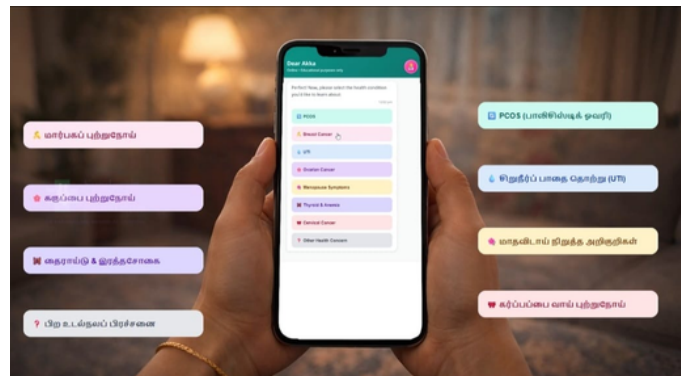
## – Dear Akka Chatbot Launch

On 29th March 2026, during the Founder's Day celebration at Brakes India, as part of a **Community Service Department initiative**, a significant health awareness initiative was carried out with the launch of "Dear Akka", a clinically proven WhatsApp-based chatbot.

**Dear Akka, the brainchild of Dr. Vijaya Bharathi Rangarajan**, is a free and private digital health assistant designed to support women's health. It is available in both \*English and Tamil\*, ensuring accessibility to a wider audience.

The chatbot provides preliminary health assessments and awareness on key health conditions, including:

Breast Cancer, Cervical Cancer, Ovarian Cancer, PCOS (Polycystic Ovary Syndrome), Urinary Tract Infections (UTI) Menopause-related concerns, Thyroid disorders & Anemia



This initiative aims to create awareness and promote early identification of potential health concerns. By using the chatbot, individuals can understand their health status and seek medical consultation if any unusual symptoms are identified.

As part of the awareness campaign, \*informational pamphlets\* were distributed to all attendees during the Founder's Day celebration to promote the usage of the chatbot and educate them about its benefits.

This activity marks an important step toward promoting preventive healthcare and empowering individuals with accessible, confidential, and user-friendly digital health tools.

## Overseas Women's Club of Chennai Supports CANSTOP Projects

The Overseas Women's Club of Chennai extended generous support to healthcare and community care initiatives during the month. The club sponsored two LCD televisions for the women's cancer ward at the Institute of Obstetrics and Gynaecology (IOG), enhancing patient comfort and well-being during their treatment period.

In addition, the club contributed essential household appliances to Cannest Home, including a washing machine, microwave oven, cooker, kettle, and stove. These contributions significantly improve the quality of daily living and support the overall care provided to the residents.



# NUTRITION PROJECT



## **Beneficiaries:**

- **Tender Coconut: 540 beneficiaries**
- **Pediasure: 468 beneficiaries**

*Tender coconuts were distributed at IOG, with a total value of Rs. 32,609/- in the month of March.*

*Pediasure was provided at ICH, with a total value of Rs.9,800/- in the month of March.*

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

# 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



In the month of March , Total of 220 families stayed at Can-Nest Home.  
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 March 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

*A total amount of Rs.7280/- was utilized to support the beneficiaries*

During the month of March 2026, we provided emergency vaccine support to 3 Children.



## NGO FAIR @ LOYOLA COLLEGE



CANSTOP proudly participated in the NGO Fair organized by Chennai Volunteers on March 6, 2026, at Loyola College, alongside 30 organizations. At our stall, we shared information about CANSTOP and displayed promotional items like umbrellas. We were honored to welcome the Principal to our booth. Many students and representatives from other organizations showed keen interest, enquired about joining CANSTOP, and signed up to be part of our initiatives. We thank the Chennai Volunteers team for this opportunity, which enabled meaningful interactions and valuable networking.



# SPONSOR DETAIL

S.No	Sponsors	Project	Amount
1	Ms Vijaya Bharathi Rangarajan	Cancer Awareness & CANNEST	25,00,000
2	Mr Ravishankar Seetharaman	CANNEST	2,00,000
3	Gujarati Bhojannalaya Basa Trust	CANNEST	51,000
4	Dharmamurthi Rao Bahadur Calavala Cunnan	CANNEST	25,000
5	Mr Dayachandh Malhotra	CANNEST	20,000
6	Ms Deborah Thiyagarajan	CANNEST	10,000
7	Praneetha Varadarajan	CANNEST	10,000
8	Ms Indumathi Vasudevan	CANNEST	1,000
9	Volunteer Fair (stall)@ Loyola college	CANSTOP STALL	165
	<b>TOTAL</b>		<b>28,17,165</b>

# IN-KIND SPONSORS

IN - KIND SPONSORS			
S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Ms Darshana	Oil 20 ltr, Moongdal 10kg, Sambar dal 10kg, Rawrice 25kg, White urad gram 10kg, Idly rice 25kg	9000
2	Century Flour Mill	Rava - 25 kg, Wheat Flour - 25kg	6925
3	Mr TK Srinivasan	Vegetables	4000
4	Chennai food Bank	Boiled rice 70kg & Provision	3500
	<b>Total</b>		<b>23,425/-</b>



# 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 and Mr Soundarajan,  
Ms.Indhumathi, Mr Girishma Mr Ramesh &  
Dr Sendhil Desingh**

## HELPLINE SERVICES

**Totally 245 calls were received in the CAN-STOP Help line number**  
**100 Calls for CAMP HE HO HA**  
**130 Calls for STEP Program**  
**10 Calls for Counseling**  
**05 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**

