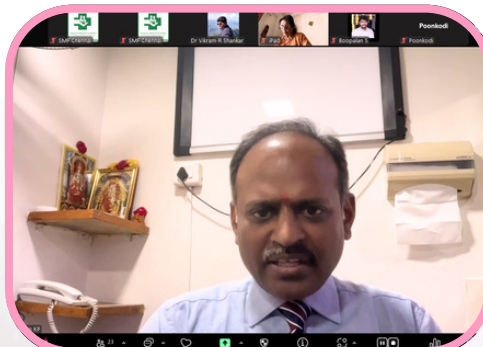


MAY 2025

COMMUNITY SERVICE DEPARTMENT

MONTHLY REPORT





Rotary
District 3234



CANSTOP & ROTARY DISTRICT 3234

PRESENTS

WORLD

NO TOBACCO

AWARENESS

REPORT

MAY 1 - 31, 2025

Events: Screening Camps, Painting Competition, Sticker Campaign & Awareness Programs



Together we CAN make a difference

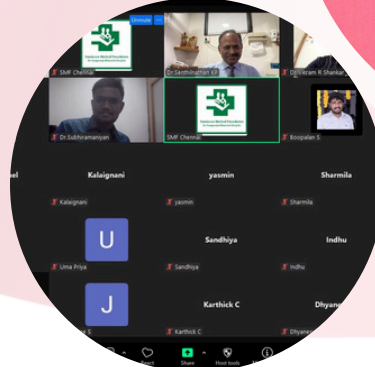
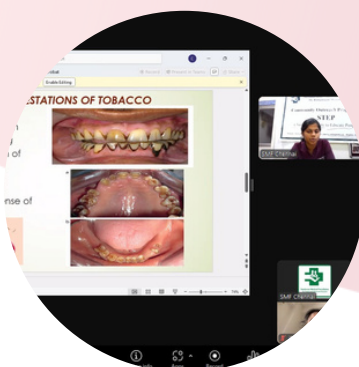
CANSTOP, Sundaram Medical Foundation, Shanthi Colony, Anna Nagar, Chennai 40. Ph: 04426284256/9941007688 Email canstop.smf@gmail.com

CANSTOP

CANSTOP (Cancer- Support Therapy to Overcome Pain) is an out-reach program of Sundaram Medical Foundation, Dr. Rangarajan Memorial Hospital. Dr. Vijaya Bharathi Rangarajan is the founder of CANSTOP. She is the Trustee & Director of Sundaram Medical Foundation. It is a charitable organization, now entering its 27th year of service, extending its services to patients of lower socio-economic background in government hospitals totally free of cost. It is involved in helping cancer patients and their families by providing counselling, awareness programmes, free screening camps, medicines for deserving patients, etc.

In commemoration of World No Tobacco Day, CANSTOP is organizing a series of impactful events throughout the month of May 2025 to raise awareness about the dangers of tobacco.

AWARENESS TALK



On May 23, 2025, a free medical camp and health talk were held at Apex Covantage, Guindy, for employees. The event offered free health check-ups, screenings, and advice from doctors, helping employees understand and take better care of their health. The next day, on May 24, 2025, a program called STEP (Support Therapy to Educate People) was organized to spread awareness about oral cancer and the dangers of using tobacco. Dr. Jagadeeshwari and Dr. Senthilnathan led the session, explaining how tobacco can lead to dental problems, gum disease, and oral cancer. The dental department organized the event, and 54 people attended, showing strong interest in learning about oral health. Both events helped raise awareness and encouraged people to take better care of their health.



SCREENING CAMPS

CANSTOP organized several free medical camps offering oral and general health screenings, specifically targeting slum areas, gypsy communities, and metro workers. These camps provided essential health services, including free check-ups, screenings, and medical advice from a team of dedicated professionals. The initiative was an important step in promoting health awareness and helping the community make informed choices about their well-being. Dental kits containing a toothbrush, toothpaste, and tongue cleaner were also distributed to encourage good oral hygiene practices.

Due to the overwhelming number of requests, we were not able to cover all the intended camps within the month. In response, CANSTOP is committed to continuing these health camps into the month of June, ensuring that more communities receive the care and support they need.

A total of **1,053** people were reached across eight locations, with **54 pre-cancerous** cases identified and referred for further treatment.



STICKER CAMPAIGN

On May 31, 2025, a sticker campaign was held at the Chennai Central Auto Stand to mark World No Tobacco Day. A total of 300 stickers were placed on autos to spread awareness about the dangers of tobacco use. The campaign had a strong impact. Thanks to the involvement of cancer survivors and mothers of children affected by cancer, who volunteered for the event. Their participation added a personal and emotional touch, helping highlight the real-life effects of tobacco and encouraging a tobacco-free lifestyle.



BRUSH TOBACCO OUT

A painting competition titled "Brush Tobacco Out" was held on May 24, 2025, at SMF OPD, Mogappair, as part of the World No Tobacco Day awareness campaign. The event saw enthusiastic participation from 56 school students aged 5 to 15, using art to raise awareness about the harmful effects of tobacco.



All participants received certificates of appreciation. Awareness sessions were also conducted for parents, focusing on cancer dangers and health education tips to promote family wellness and a tobacco-free lifestyle.

WINNERS

Group A (Ages 5–10 years):

1st Prize: Baby Spoorthi

2nd Prize: Baby Mithra

3rd Prize: Baby Tharagai

Consolation Prize: Baby Pragya

Group B (Ages 11–15 years):

1st Prize: Ms Jay Harini

2nd Prize: Ms Sharon Dathina

3rd Prize: Ms Divya Dharshini

Consolation Prizes: Ms Jeevasri,
Ms Mary Anto Lia



TOBACCO AWARENESS CAMPAIGN



World No Tobacco Day was celebrated with vibrant energy and strong community spirit on May 30, 2025, at Anna Nagar Tower Park from 4:00 to 5:30 PM. Despite heavy summer showers earlier in the afternoon, the skies cleared just in time, as if nature itself supported this important cause. The event, a collaborative effort by Rotary International District 3234 and CANSTOP (an initiative of Sundaram Medical Foundation), was a great success.

The program featured a variety of engaging activities, including an informative awareness talk by Dr. Senthilnathan, a paraiattam performance, street theatre, mime acts, and a flash mob—all highlighting the risks of tobacco use. The awareness event, held from 4:00 to 5:00 PM, attracted a large and enthusiastic crowd, sparking meaningful conversations about tobacco control.



Dr. Senthilnathan



Mob Dance



Face Painting



Mime



Street Play





Rtn. N S Saravanan



Dr. Arjun Rangarajan

More than 300 participants engaged actively in the event, which also recognized the winners of a painting competition held on May 24, 2025, at Sundaram Medical Foundation's OPD, with trophies, certificates, and prize coupons. The success of the event was made possible through the support of several Rotary clubs, including Chennai Mitra, Nanganallur Elite, and Centennial Madras, along with the Rotaractors. Social activist Mr. Prabhu skillfully served as the Master of Ceremonies.

Thanks to the combined efforts of CANSTOP, Rotary District 3234, and the participating clubs, the event made a lasting impact, inspiring the community to make informed choices and adopt healthier lifestyles.

A special thanks to the dedicated CANSTOP volunteers whose hard work and commitment were key to the success of this impactful event.

Distinguished guests such as Rtn. N.S. Saravanan, District Governor of Rotary District 3234; Dr. Arjun Rangarajan, Trustee of Sundaram Medical Foundation; Mr. Sachin Siva, Captain of the Indian Cricket Team for the Physically Challenged; ACP Mr. Thirupathi; and Circle Inspector Mr. Saravanan of Anna Nagar, offered their support and shared valuable insights.



Mr. Sachin Siva

APPRECIATION FOR WORLD NO TOBACCO DAY SUPPORTERS

We extend our heartfelt gratitude to the following organizations and individuals for their invaluable support in commemorating World No Tobacco Day in May. Our sincere thanks go to Rotary District 3234, Rotary Club of Madras, Rotaract, The New Indian Express, Sundaram Medical Foundation, Savitha Dental College, Thai Moogambigai Dental College, Arunodhaya Trust, Action Aid, and Turning Point for their collaboration, expertise, and contributions to the success of our events. We also deeply appreciate the dedication and hard work of our CANSTOP volunteers, including Ms. Origanti, Ms. Selvam, Ms. Vijaya Mahendran, Dr. Senthil Desingh, and Ms. Indumathi Vasudevan. Their collective efforts have been instrumental in raising awareness about the dangers of tobacco use.



THE NEW INDIAN EXPRESS - JUNE 2, 2025



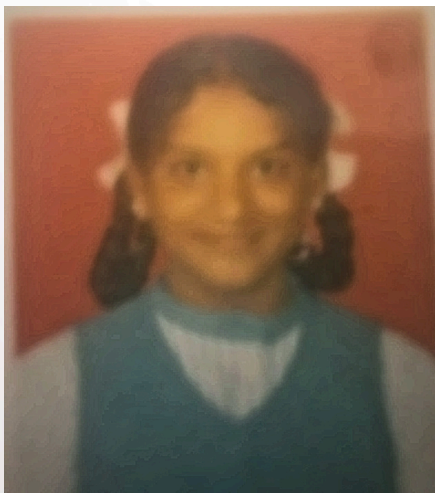
OWC CLOTHES & TOYS DISTRIBUTION

On May 27th 2025, The Overseas Women's Club of Chennai visited Cannest Home, donated old good clothes, toys, and snacks to the children. They interacted with the kids, creating joyful memories, and met with the matron to understand the home's initiatives. The club also expressed willingness to donate stationery items and clothes for teenagers, showcasing their ongoing support .



DRUG BANK & EDUCATION SPONSOR

In the month of May, 2025. We provided emergency vaccine support to 6-year-old baby Harish Raj at ICH, covering the total cost of Rs. 830. By providing critical vaccine support, we aim to protect the health and well-being of vulnerable individuals, especially children.



Merlina, a 14-year-old brave cancer survivor, has been supported by Canstop with an education sponsorship of ₹20,000 to cover her 10th standard school fees. Coming from a humble background, her father works as a welder and her mother as a daily wage worker. Despite facing numerous challenges, Merlina has excelled academically, scoring 72%. We are proud to support her as she steps into 10th standard.



NUTRITION PROJECT

"CANSTOP actively engages with patients at the Institute of Obstetrics and Gynecology (IOG) and the Institute of Child Health and Hospital (ICH) every Tuesday, Thursday, and Saturday. Our dedicated team offers crucial support, focusing on nutrition education and continuous counseling to empower patients."



Tender coconuts worth Rs.20,198/- were distributed at IOG.

A Pediasure worth Rs.7600/- was distributed at ICH



ART & PLAY THERPAY

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 367 families in May 2025, providing a supportive environment and engaging activities for children through volunteer and social worker efforts.



HOPE CHEST



Sarees,
Bedsheets,
Nighties,
Petticoats,
Sandals,
Slippers,
Towels,
Toiletries,

Toys,
Books,
Pillows,
Tiffen Boxes,
Kettles,
Flasks,
Water bottles,
Kitchen utensils &
appliances

Note: Make sure the items are in good condition

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 May 2025, a total of 6 families got help from the Hope Chest.



SPONSOR DETAILS

S.No	Sponsors	Project	Amount
1	Dayachandh Malhothra	Cannest	20000
2	Mrs. Vijaya Mahendran	Cannest	1000
3	Mr Anatharaman	Cannest	526
	Total		21526

INKIND SPONSORS

IN - KIND SPONSORS

S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Mrs Selvam	Garlic 1kg	900
2	T K Srinivasan	Vegetables	4000
3	Mrs Darshana	Oil 20 ltr, Moondal 10kg, Sambardal 10kg, Rawrice 25kg, Whiteurad gram 10kg, Idly rice 25kg	9000
4	Mrs Usha Kumari	Sugar 7Kg	350
5	Century Flour Mill	Soji - 25packets, Wheat flour - 25 packets	6925
6	Mrs Latha	Boiled rice	1500
7	Chennai food Bank	Boiled rice 75kg	3500
	Total		27175

REACH FOUNDATION

WHO End TB Strategy: 2025 milestones



In May 2025, 18 people availed tuberculosis intervention services.

PLASTIC WASTE MANAGEMENT

"In collaboration with Bisleri's CSR initiative, Sundaram Medical Foundation's Community Service Department joined hands with the Tamil Nadu Pollution Control Board's (TNPCB) awareness campaign to educate students about plastic's harm to the environment. Together, they implemented a Plastic Zero Waste Management program, successfully collecting 101.7 kg of plastic waste in May 2025."



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, Mrs.Indhumathi, Mrs Grishma

HELPLINE SERVICE

Totally **178** calls were received in the CAN-STOP Help line number

100 Calls for STEP Program

04 Calls for Counseling

70 Calls for Painting Competition

04 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**

