



Sundaram
Medical
Foundation

DR. RANGARAJAN MEMORIAL HOSPITAL



MAY 2026



COMMUNITY SERVICE

— DEPARTMENT —

MONTHLY  REPORT



WORLD NO TOBACCO DAY 2026

Protect
Your **Health**.
Protect
Your **Future**.



Community Awareness & Screening Initiatives



AWARENESS TALK

On May 15th & 19th, 2026, an awareness talk was conducted at Apex Covantage, Guindy, and Vcare, Ambattur, for employees. The event offered free health check-ups, screenings, and medical consultations, helping employees better understand their health and take proactive steps toward maintaining their well-being.



Say No
to Tobacco,
Say Yes
to Life.

“

Together, let's build a
Tobacco-Free and
Healthier Tomorrow.

”

SCREENING CAMP

CANSTOP organized several free medical camps offering oral and general health screenings, specifically targeting slum communities, truck drivers, and corporate workers. These camps provided essential health services, including free check-ups, screenings, and medical advice from a team of dedicated healthcare professionals.

To enhance access to oral healthcare, a mobile dental van was utilized to deliver services directly within the community. Services included scaling, fillings, and uncomplicated tooth extractions that could be safely carried out in a community-based setting, thereby improving access to essential oral healthcare for beneficiaries.



<p>554 Beneficiaries Reached</p>	<p>7 Locations Covered</p>	<p>5 Pre-Cancerous Cases Identified & Referred for Further Treatment</p>	<p>Dental Screening Services Conducted</p>
---	---------------------------------------	---	--

- A total of 554 people were reached across Seven locations, with 5 pre-cancerous cases identified and referred for further treatment.
- The initiative was an important step in promoting health awareness and helping the community make informed choices about their well-being.
- Due to the overwhelming number of requests, we could not cover all the intended camps within the month.



CANSTOP will continue the screening and awareness camps throughout June to ensure wider community outreach and support



WORLD NO TOBACCO DAY



Brush Tobacco Out

PAINTING COMPETITION FOR CHILDREN

For Children Aged 5 to 15

Creativity Against Tobacco



As part of the World No Tobacco Day awareness campaign, a Painting competition titled "Brush Tobacco Out" was organized on May 23, 2026, at SMF OPD, Mogappair.

The event witnessed enthusiastic participation from 40 school students, aimed at fostering awareness about the harmful effects of tobacco through creative expression.



OBJECTIVE

The primary objective of the competition was to educate young students about the dangers of tobacco use and encourage a healthy, tobacco-free lifestyle through art.



COMPETITION CATEGORIES & WINNERS



GROUP A: AGES 5-10 YEARS

- 1st Prize:** Baby Dhvani Gokul
- 2nd Prize:** Master Dharshanth Vishwa
- 3rd Prize:** Baby Pragya
- Consolation Prize:** Master Shrivatsa, Master Eniyan Jayasankar



GROUP B: AGES 11-15 YEARS

- 1st Prize:** Ms Kayal Hasanthika
- 2nd Prize:** Ms Kovardhini
- 3rd Prize:** Mr Moheesh
- Consolation Prizes:** Ms Divyadharshini, Ms Sashini, Ms Tharagai

GLIMPSES FROM THE EVENT



2. PRIZE DISTRIBUTION



3. CHILDREN PAINTING



4. CHILDREN WITH THEIR PAINTINGS



5. AWARENESS SESSION (PARENTS)



APPRECIATION

All participants Received certificates of appreciation for their involvement in the competition the winners were formally presented with certificate, trophies, and gift vouchers as tokens of recognition for their outstanding artwork and commitment to the anti-tobacco theme.



AWARENESS SESSIONS

In addition to the competition, awareness sessions were conducted for parents focusing on cancer prevention, health education, and tobacco-free living.



Sticker Campaign

On May 28, 2026, a sticker campaign was held at the Chennai Central Auto Stand & Egmore Station to mark World No Tobacco Day. More than 300 stickers were placed on autos & Bikes to spread awareness about the dangers of tobacco use.



As we reflect on the successful observance of World No Tobacco Day this year, we extend our sincere appreciation to all organizations, partners, and individuals whose unwavering support made our initiatives meaningful and impactful.

We gratefully acknowledge the valuable contributions, collaboration, and expertise provided by our Sundaram Medical Foundation, Savitha Dental College, ACS Medical College, Arunodhaya Trust, Apex Covantage, Turning Point, Vcare, M S Swaminathan Research Foundation and The New Leed Trust. Their partnership played a significant role in strengthening awareness initiatives and community outreach activities.

We also express our heartfelt appreciation to our dedicated CANSTOP volunteers and team members, including Ms Origanti, Ms. Selvam, Ms. Vijaya Mahendran, Dr. Senthil Desingh, and many others whose commitment, enthusiasm, and tireless efforts contributed immensely to the success of the campaign.

Together, these collective efforts have strengthened our mission to educate communities, inspire healthier choices, and create greater awareness about the harmful effects of tobacco use. We remain grateful for the continued support and shared commitment toward building a tobacco-free future.

Together,
We Choose Health.
We Choose **Life.**



-  Raise Awareness
-  Inspire Change
-  Protect Communities
-  Build a Tobacco-Free Future

Thank you for standing with us in the movement for a healthier, tobacco-free world.

Together, we can make a difference!

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 53.8kg of plastic waste in May 2026."



REACH FOUNDATION

World TB Day 2026
24 March

Yes! We can End TB!
Led by countries. Powered by people.

83 million lives saved since 2000	10.7 million people fell ill with TB in 2023	1.23 million people died of TB in 2023
--	---	---

In the month of May 2026, 18 beneficiaries received tuberculosis intervention services.



DRUG BANK

In the month of May, 2026. We provided emergency vaccine support to 13-year-old Girl Keerthika at ICH, covering the total cost of Rs. 830. By providing vaccine support, we aim to protect the health and well-being of vulnerable individuals, especially children.



EDUCATION SPONSOR



Merlina, a 15-year-old brave cancer survivor, continues to inspire everyone with her determination and resilience. Supported by Canstop with an education sponsorship of Rs 25,000 towards her 11th standard school fees, she comes from a humble background where her father works as a Laundry man and the only breadwinner of the family her mother is a Homemaker. Despite facing numerous challenges, Merlina has shown remarkable academic progress, improving from 72% in 9th standard to scoring an impressive 80% in her 10th standard board examinations. We are proud to continue supporting her as she steps into 11th standard, pursuing her dreams with confidence and courage.



NUTRITION PROJECT

CAN-STOP visits the Institute of Obstetrics and Gynecology, the Government Hospital for Women (IOG), and the Institute of Child Health and Hospital (ICH) regularly to boost their nutrition and provide regular counseling for the patients .

- Tender Coconut Worth of Rs 36,400/- were distributed in the month of May, Totally 520 People Benefited
- Pediasure Worth of Rs 9500/- were distributed in the month of May, Totally 460 People benefited



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 220 families in May 2026, providing a supportive environment and engaging activities for children through volunteer and social worker efforts.



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 provides essential things for the cancer patients & their parents at IOG & ICH to lead their regular lives happily . In the month of May 2026, a total of 6 families got help from the Hope Chest.



SPONSOR DETAILS

S.No	Sponsors	Project	Amount
1	Dayachand Malhotra	CANNEST	20000
2	Ms Sundari	CANNEST	5000
3	Nur	CANNEST	1500
4	Ms Indumathi Vasudevan	CANNEST	1000
	Total		27500

INKIND 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
5	Century Flour mill	Rava 25kg, Wheatflour 25kg	6925
6	Chennai Food Bank	Boiled rice 75kg	3500
	Total		23425



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, Dr. Senthil
Kumar Desingh, Mrs. Selvam, Mrs Vijaya
Mahendran*

HELPLINE SERVICE

Totally **108** calls were received in the CAN-STOP Help line number

100 Calls for Painting Competition

04 Calls for Counseling

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**

