



**Sundaram
Medical
Foundation**

DR. RANGARAJAN MEMORIAL HOSPITAL



OCTOBER 2024

COMMUNITY SERVICE DEPARTMENT

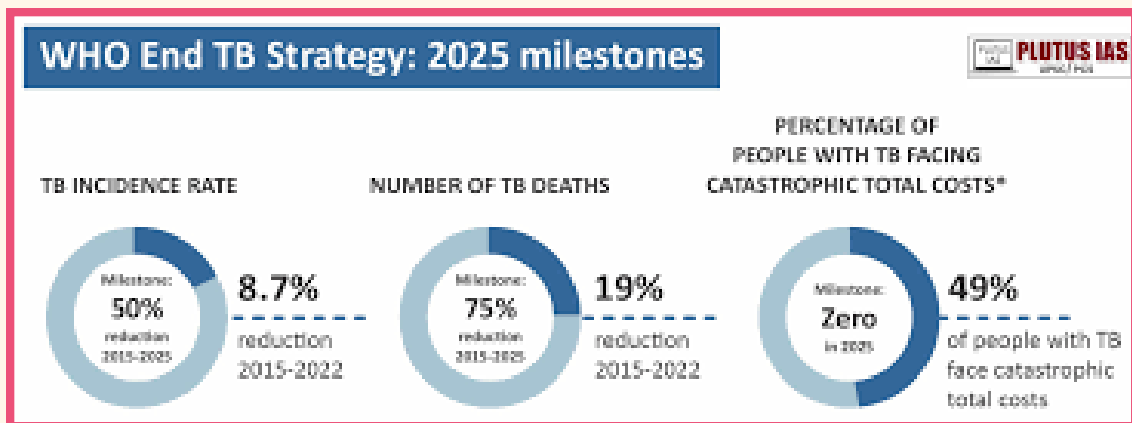


FATP



On October 26th, Rotary District 3234 celebrated World Heart Day at Dr. MGR Janaki College of Arts and Science in Adyar. The event featured a valuable session conducted by the community service team from SMF, focusing on CPR and Basic Life Support (BLS). Over 300 members participated, learning essential life-saving techniques that promote awareness and preparedness within the community.

Reach Foundation



For the month of October 2024, 21 people have utilized the Tuberculosis Intervention Services

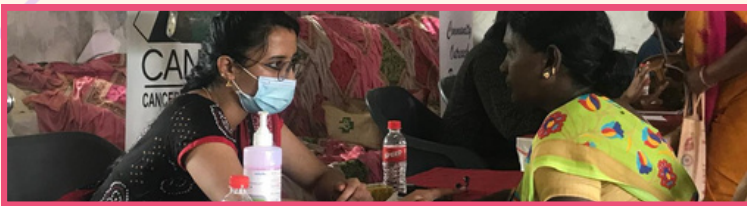


Medical Camp

On October 5th, 2024, the Rotary Club of Chennai Legacy, in collaboration with the Sundaram Medical Foundation, successfully organized a free medical camp at the Community Hall in Attur village, near Karnodai, Chennai. Running from 9 a.m. to 1:30 p.m., the camp aimed to provide essential medical services to the local community.



The event featured a team of dedicated medical professionals who offered health checkups and counselling. Services included dental and gynecological screenings, along with assessments for CBG, blood pressure, and hemoglobin levels. In total, 169 individuals received medical attention, and medicines valued at Rs. 5,000 were distributed to those in need.



Key contributors included Rtn. Dr. Viswanathan, Rtn. Dr. Ravi Varma, Rtn. Dhanasekar, and the Rotary Club of Chennai Legacy & Team. Medical support was provided by the Sundaram Medical Foundation in Anna Nagar, Chennai.



This initiative underscored the commitment of the Rotary Club to improve health outcomes and support underserved communities



Yoga Session

Every Tuesday and Thursday, the Community Service Department of SMF successfully organized yoga sessions for children at SAP School, targeting those aged 10 to 16. With a total of 52 participants, the sessions fostered improved overall well-being and enhanced mental clarity. Not only did these practices promote physical health, but they also positively impacted the students' educational pursuits, helping them concentrate better and manage stress effectively.



Plastic Waste Management

The TNPCB has also been instructed to conduct awareness programs among students, including those attending professional colleges, about the harmful effects of plastic use on the environment and motivate them to avoid plastic, in coordination with the education department and the state legal services authority.

The Community Service Department has been working on the Plastic Zero Waste Management initiative for recycling plastic waste both on IP and OP buildings in association with the Bisleri CSR team. A total of **85 kg** of plastic waste was collected in the month of October 2024.



Fundraiser concert in aid of CANSTOP



The Madras Guild of Performing Arts (MGPA) hosted a spectacular evening of classical music on October 5, 2024, at the Sir Mutha Venkata Subba Rao Auditorium in Chennai, aimed at supporting CAN-STOP (Cancer Support Therapy to Overcome Pain).



On behalf of CAN-STOP, Dr. PV Jayasankar, Trustee and Medical Director of the Sundaram Medical Foundation, and Dr. Kuruvilla Thomas, Deputy Medical Director, attended the event. Dr. Thomas delivered a brief presentation outlining CAN-STOP's projects and events, emphasizing the organization's mission and its impact on the community. The evening successfully raised a donation of ₹3 lakhs for the organization.



Gift Distribution



On October 8, 2024, CANSTOP, in collaboration with the Giving Matters Foundation, distributed gifts to patients at the ICH & IOG Hospital in Egmore. This initiative aimed to uplift the spirits of the patients and bring some joy to their day.

Volunteer Fair @ Loyola College

CANSTOP proudly participated in the NGO Fair organized by Chennai Volunteers on October 10, 2024, at Loyola College, where a total of 30 organizations showcased their impactful work.

At our stall, we presented information about CANSTOP alongside promotional items such as umbrellas, T-shirts, and other materials. We were honored to welcome the principal of Loyola College and an IAS officer to our booth. Many organizations and visitors expressed interest in our "One Walk One Hope" event, as well as our various projects and initiatives.



A heartfelt thank you to the Chennai Volunteers Team for this opportunity. We gained valuable insights and networking prospects with fellow organizations, which will help us further our mission.



GYNAECOLOGY SCREENING FOR TEACHERS

On October 18, 2024, CANSTOP organized a free medical camp at Shrimathi B S Mootha Girls Higher Secondary School in West Mambalam, Chennai, from 1:30 PM to 5:30 PM. This initiative offered essential healthcare services to both teaching and non-teaching staff.

Medical professionals from Sundaram Medical Foundation Hospital conducted comprehensive health assessments, including blood pressure checks, weight measurements, and gynecological screenings. A total of 82 teachers participated, benefiting from the vital health services provided.



AWARENESS SESSIONS

A key focus of the camp was raising awareness about women's health issues. Smf healthcare team conducted informative sessions on breast cancer and cervical cancer prevention. They also emphasized the importance of self-breast examinations and mammogram screening.

The medical support & Awareness Session was provided by Sundaram Medical Foundation in Anna Nagar, Chennai.



ONE WALK ONE HOPE

ONE WALK ONE HOPE

BREAST CANCER AWARENESS WALK 2024



"Can-Stop (Cancer Support Therapy to Overcome Pain) is a community-based, voluntary organization dedicated to helping people affected with cancer by providing counseling services in a holistic manner to patients, family, and friends, conducting awareness programs, and screening camps through education and advocacy."

"CAN-STOP," in its 26th year of service, extends support to patients of lower socioeconomic backgrounds.

On October 27, 2024, CANSTOP and Rotary District 3234 came together to organize the 15th annual walkathon for Breast Cancer Awareness, titled "One Walk One Hope," held at Island Grounds, Chennai, at 6:00 AM.



Padma Shri Ms. Joshna Chinnapa, an international squash player and special invitee, flagged off the event. Guests included Rtn N S Saravanan, District Governor; Rtn Vinod Saraogi, District Governor Elect; Rtn Suresh D Jain, District Governor Nominee; Rtn J Sridhar, Past District Governor; and Rtn Dr. Vijaya Bharathi Rangarajan, Founder of CANSTOP and Trustee & Director of SMF.





With the powerful message **"Hope Starts with ME,"** the walk emphasized the importance of breast cancer prevention, early diagnosis, and self-breast examination. Over 3,000 participants, including women survivors and supportive men—fathers, husbands, brothers, and friends—joined the cause. Students from various schools and universities, along with members of the general public, also took part.



Apart from the awareness walk at Island Grounds, this event also organised Free medical camp, Zumba and multiple stalls.



MEDICAL CAMP



ZUMBA



FACE PAINTING



CANSTOP STALL



SF STALL



DJ

PUBLISHED - NEWS CHANNELS & NEWS PAPERS



SPONSORS

Event Sponsor



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Participating clubs

Rotary Club of Chennai Premier
Rotary Club of Chennai Green City
Rotary Club Of Organ Donation
Rotary Club of Chennai Kotturpuram
Rotary Club of Chennai Madhavaram
Rotary Club of Chennai Legacy
Rotary Club of Chennai Harmony
Rotary Club Of E-Club of Chennai Shakthi
Rotary Club Of Chennai Sarvam
Rotary Club of Anna Nagar Madras
Rotary Club Of Chennai Vikas
Rotary Club Of Chennai Classic
Rotary Club Of Chennai Renaissance
Rotary Club Of Gummidipoondi Industrial City

Rotary Club Of Madras Heritage
Rotary Club of Chennai Mitra
Rotary Club Of Madras Gold Coast
Rotary Club Of Chennai Warriors
Rotary Club of Madras Marina
Rotary Club of Ambattur
Rotary Club of Chennai Nadi
Rotary Club of Madras
Rotary Club of Chennai Coastal
Rotaract Club of Dr. MGR Janaki College
Rotaract Club of Tamil Nadu Dr. Ambedkar Law University
Rotaract Club of Chennai Legends
Rotaract Club of Chennai Bliss

Supported By



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 coconuts worth Rs.13,796/- were distributed at IOG.
- A Pediasure worth Rs.4280 was distributed at ICH .



Art & Play Therapy

Regular sessions of Art and Play therapy were conducted for pediatric cancer patients and their families at the Institute of Child Health.

These sessions included a variety of art and craft activities, along with enjoyable games, designed to engage and entertain patients during their stay in the hematology ward.

The aim was to promote active involvement and provide a supportive environment, helping to alleviate stress and enhance the overall experience for both the children and their families.



Can-Nest Home



In the month of October 2024, a total of 360 families stayed at Can-Nest Home, where the children in the home were engaged through various activities and games with the help of volunteers and social workers .

Hope Chest



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

Note: Make sure the items are in good condition

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

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 October 2024, a total of 4 families got help from the Hope Chest.

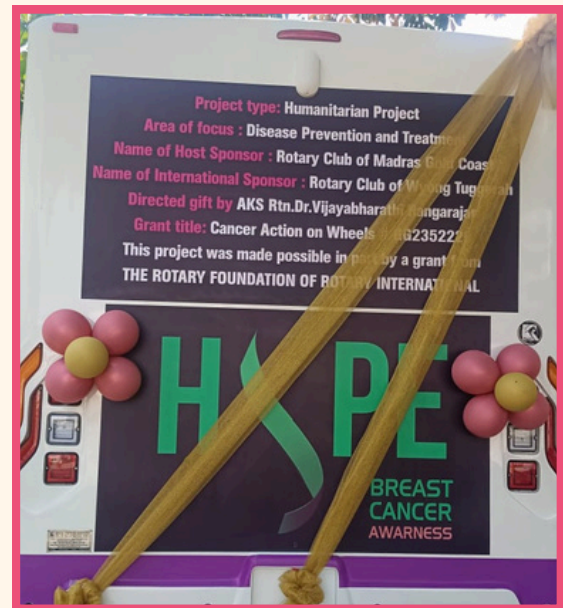


Mobile Mammogram



The inauguration ceremony was held on October 23, 2024. This mobile unit will serve the local community by facilitating early breast cancer detection, which is vital for saving lives and promoting awareness about breast health.

Dr. Vijaya Bharathi Rangarajan, Trustee and Director of SMF, was a key sponsor of a mobile mammography machine for ACS Medical College & Hospital in Chennai, as part of a Rotary Global Grant Project.



Sponsors Details

S.No	Sponsors	Project	Amount
1	Sundaram Finance Group	One Walk One Hope	600000
2	Rotary Club of kilpauk	One Walk One Hope	50000
3	Rotaract Club of Chennai Bliss	One Walk One Hope	2500
4	Rotary Club of Chennai Premier	One Walk One Hope	2500
5	Rotaract Club of Chennai Legends	One Walk One Hope	2500
6	Rotaract Club of Dr. MGR Janaki College	One Walk One Hope	2500
7	Rotaract Club of Tamil Nadu Dr. Ambedkar Law University	One Walk One Hope	2500
8	Rotary Club of Chennai Green City	One Walk One Hope	2500
9	Rotary Club of Chennai Kotturpuram	One Walk One Hope	2500
10	Rotary Club of Chennai Madhavaram	One Walk One Hope	2500
11	Rotaract Club of Chennai Legacy	One Walk One Hope	2500
12	Rotary Club Of E-Club of Chennai Shakthi	One Walk One Hope	2500
13	Rotary Club Of Chennai Sarvam	One Walk One Hope	2500
14	Rotary Club of Anna Nagar Madras	One Walk One Hope	2500
15	Rotary Club Of Chennai Classic	One Walk One Hope	2500
16	Rotary Club Of Chennai Renaissance	One Walk One Hope	2500
17	RC Gummidipoondi Industrial City	One Walk One Hope	2500
18	Rotary club of Chennai Coastal	One Walk One Hope	2500
19	Rotary Club Of Madras Gold Coast	One Walk One Hope	2500
20	Rotary Club of Madras Marina	One Walk One Hope	2500
21	Rotary Club of Chennai Nadi	One Walk One Hope	2500
22	Rotary club of Madras	One Walk One Hope	2500
23	Rotary Club Of Madras Heritage	One Walk One Hope	2500
24	Rotary Club of Ambattur	One Walk One Hope	2500
25	Rotary Club Of Chennai Vikas	One Walk One Hope	2500
26	Rotary Club Of Organ Donation	One Walk One Hope	2500
27	Rotary Club of Chennai Mitra	One Walk One Hope	2500
28	Rotary Club Of Chennai Warriors	One Walk One Hope	2500
29	Rotary Club of Chennai Harmony	One Walk One Hope	2500
30	Mrs. Vijaya Mahendran	CANNEST	1000
31	Nirmala Jayaraj	CANNEST	25000
32	Dayachandh Malhothra	CANNEST	20000
		Total	7,63,500



In Kind Sponsors

IN - KIND SPONSORS			
S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Mrs.Usha	Sugar	200
2	Century Flour Mill	Soji 20 packets , Wheat Flour 20 packets	4440
3	Chennai Food Bank	Boiled rice 70kg, Ragi 5kg	3500
4	Mrs.Darsahana	Oil -20ltr, Moongdal -10kg, Sambardhal-10kg,Boiled rice- 25kg,White urad gram-10kg	8500
5	Mrs.Latha	Boiled rice	3000
		Total	19640



Volunteer's Contribution

The CANSTOP team gratefully acknowledges each and every volunteer for their time and commitment to all of the events.

Volunteers - Mrs.Origanti, Mrs.Selvam, Mrs Vijaya Mahendran, Dr. Senthil

Helpline Service

Totally 437 calls were received in the CAN-STOP Help line number.

25 Calls for STEP Program.

02 Calls for Counseling

04 Calls for Blood request at Government Hospital.

388 One Walk One Hope



For more information contact
us through: 044-26284256 /
+91-9941007688



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

Connect with us through: www.canstop.org    

