

October 2023

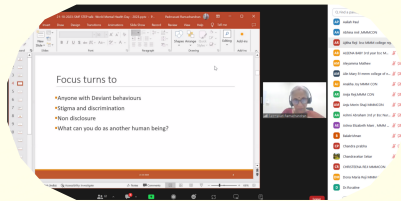
# COMMUNITY SERVICE DEPARTMENT



**ONE WALK ONE HOPE 2023 @ Olcott School, Besant Nagar**



**Medical camp  
@His/Her place,T.Nagar**



**STEP Programme**



**Free Breast cancer  
Screening**



**Rose day celebration  
@ICH**



**Nutrition Project**



**Art & Play Therapy**



**Giving Matters,2023  
@Loyola college**



**CAN-NEST**



**Drug Bank**



# MEDICAL CAMP

@ His/Her Place, T.Nagar



Sundaram Medical Foundation, in association with the Rotary club of Madras, organised a free medical camp conducted on 26th of October 2023, 2.45 Pm to 6 Pm at His /Her place T.Nagar.

Checkup: CBG, HB, BP, General screening & were done.

The 83 beneficiaries were benefited by this camp.

We dispensed medicine worth Rs. 2100/- to needy people.

President Rtn.Ravi.s, PP.Rtn.Dr.Vijaya Bharathi Rangarajan & Rtn.Jagatheesh Bhai visited the camp.

Thank you to all the Rotarians who visited and supported the medical camp.

Medical Team:

Dr.Jibin (Family Medicine)

Dr. Uma Maheswari (General Medicine)

Ms.Sridevi & Ms.Swetha (Nurse)

Mr.karthikeyan (Social Worker)



# YOGA SESSION

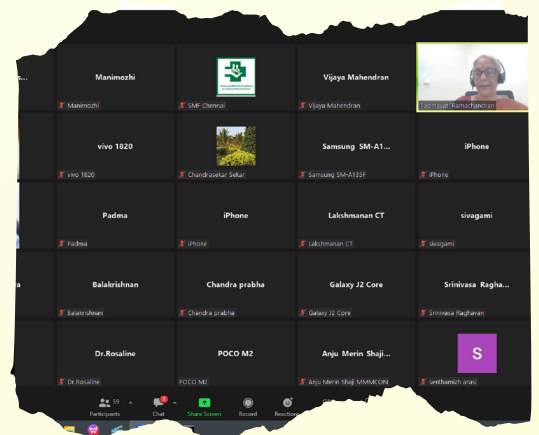
The Community Service Department of SMF organized yoga sessions for children at SAP School, with focus on instructing younger individuals aged 10 to 16 years in the various aspects of yoga practices. A total of 68 children actively participated in these sessions, The session enhance the overall well-being of the students but also provide them with improved mental clarity, thereby positively impacting their educational pursuits.



# STEP PROGRAMME

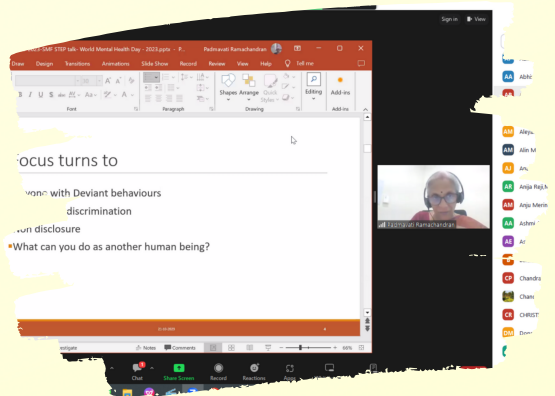
A Support Therapy to Educate People (STEP) Programme was arranged with the aim of addressing the subject "Mental Health is a Universal Human Right" on 21.10.2023 at 3.00PM to 4.30PM

Dr. Padmavati (Head of the Department of Psychiatry), SMF, was the speaker of this awareness session.



Around 82 individuals participated in this program. In this session, the speaker clarified the inquiries posed by the participants.

Finally, the participants expressed their satisfaction with the session by providing positive feedback.



# 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.

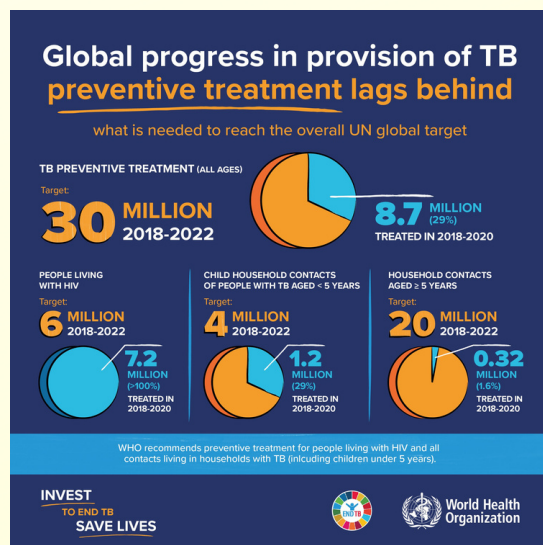


The Community Service Department has been working on the Plastic Zero Waste Management initiative for recycling plastic waste both on IP and OP buildings in association with the Bisleri CSR team.



A total of 75 kg of plastic waste was collected this month.

## REACH FOUNDATION



For the month of October 2023,  
23 people have utilized the  
Tuberculosis Intervention Services.



# GIVING MATTERS 2023 NGO FAIR

@Loyola College,Nungambakkam.

"Giving Matters 2023" NGO Fair and volunteer meetup organized by Chennai volunteers on October 6, 2023, from 9 a.m. to 2.40 p.m. at LIBA Campus,Loyola College,Nungambakkam There were 15 NGOs that participated. We informed them about the CANSTOP Projects and the upcoming Walkathon event to the people who visited the stall and sold umbrellas. We collected pamphlets and details of other NGO's and individuals from the event. This opportunity benefits getting connected with other NGOs. Chief Guest, Dr. J. Radhakrishnan, IAS, encouraged all the NGOs for their work and support in all the sectors, including the disaster period. Social workers took part in this event.



## FREE BREAST CANCER SCREENING CAMP

@OPD,SMF.

To commemorate International Breast Cancer Awareness Month, CANSTOP, in association with Sundaram Medical Foundation, organized a "Free Breast Cancer Screening," which happened on October 24 and 25, 2023, between 2 p.m. and 5 p.m. at OPD,SMF.



Around 65 women benefited from this camp.

CANSTOP distributed pink ribbon stickers to all the women present at the camp. Dr.Fathima and Dr.Ramya screened the patients, and Mrs.Vijaya Mahendran & Mrs. Selvam educated them about the importance of early detection and self-examination.



# ROSE DAY CELEBRATION

@ICH,Egmore



To commemorate "International Rose Day" on September 22nd, the ICH organized a rose day celebration on October 7, 2023, at the ICH Auditorium in Egmore.

They organized the cultural event for children with cancer, cancer survivors, and their parents. The participants also shared their experiences during the event.

Social workers and volunteers from CANSTOP also took part in the Rose Day celebration.

At the end of the event, CANSTOP received an appreciation award from ICH.



# WORLD HEART DAY

@Olcott School, Besant Nagar

On October 22, 2023, the Rotary Club 3232 organized an event for World Heart Day at Olcott School, Besant Nagar. The chief guest of the event was Mr. Subramaniyam. Around 400 individuals participated in this event.

During this event, the Rotary 3232 arranged for the formation of a human heart. Members of CANSTOP also took part in the event. Rotary 3232 was awarded the Guinness World record for successfully synchronizing the formation of a hand heart shape.



# ONE WALK ONE HOPE

@Olcott School, Besant nagar

**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.

To commemorate the international Breast Cancer Awareness month, **CANSTOP** and **Rotary District 3232** have organized an awareness walkathon, "**One Walk One Hope**" on October 29th, 2023, at Olcott Memorial School, Besant Nagar.



# ONE WALK ONE HOPE

@Olcott School, Besant nagar

Dr. Thamizhachi Thangapandian, MP South Chennai and Member of the Lok Sabha, was the chief guest for the event, and she flagged off the walkathon. Rtn. Ravi Raman District Governor, RID 3232; Rtn. N. S Saravanan District Governor Elect, RID 3232; Rtn. Vinod Saraogi District Governor Nominee, RID 3232; Rtn. Shobana Ravi, District First Lady, RID 3232; Dr. Vijaya Bharathi Rangarajan, Founder of CANSTOP, Trustee & Director- SMF and other Rotarians , were invited as guests of honor.

The walk stresses the importance of Breast cancer—early detection, prevention, and self-breast examination—with the strong message “Hope Starts with ME” Organizing for the 14th year, more than 3000 people participated as a part of this event. The walk not only involves the participation of survivors—women—but also men who care for the women in their lives—their mother, wife, sister, aunt, and friends. School and college students and the general public also participated. Many stalls were there to educate the participants about the importance of Breast cancer, early detection, & prevention.



# ONE WALK ONE HOPE

@Olcott School, Besant nagar



Apart from the awareness walk at Olcott School, this event also organized a Human Pink Ribbon Formation, Blood Donation Camp, Free Medical camp and Zumba.

Event Sponsor :  
**Sundaram Finance Group.**



Media Partner :  
**The New Indian Express**

Healthcare Partner :  
**Sundaram Medical Foundation.**

In-kind sponsors :  
**Hot Breads & Rtn Seshasai**



Published - News Channel & Newspaper



# NUTRITION PROJECT

CANSTOP 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.

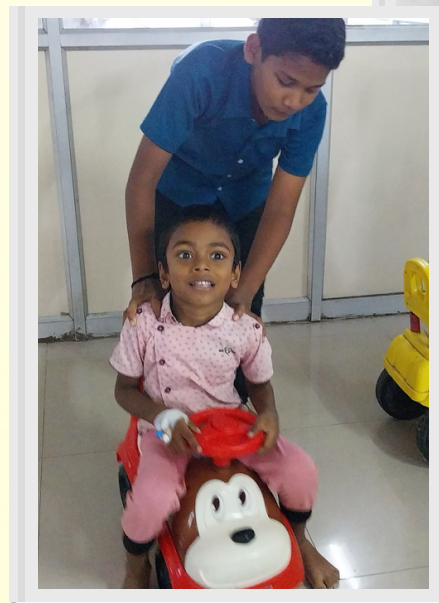
Tender coconuts worth Rs. 8750 were distributed at IOG.

A pension worth Rs. 4320 was distributed at ICH.



# ART & PLAY THERAPY

Regular sessions of Art and Play therapy were conducted for pediatric cancer patients and their family members at the Institute of Child Health. These sessions encompassed the facilitation of diverse art and craft activities, as well as enjoyable games, with the aim of ensuring their active involvement and entertainment during their stay in the hematology ward.



# CANNEST HOME

In the month of October 2023, a total of 410 families stayed at CANNEST Home, where the children in the home were engaged through various activities and games with the help of volunteers and social workers. One family came from Andaman and used the CANNEST home.



In the month of October 2023, Can Nesthome observed the Ayudha Pooja celebration, wherein the mothers and children participated in a devotional manner.



# HOPE CHEST

CANSTOP's Hopechest provides essential things for the cancer patients & their parents at IOG & ICH to lead their regular lives happily.

In the month of October 2023, a total of 7 families got help from the Hope Chest.



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



**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**

# DRUG BANK



CANSTOP supported Baby Akshaya, a 13-year-old, for the human papilloma virus vaccine (Gardasil-4) costing Rs.2991/- on October 26, 2023.



## SPONSORSHIP DETAILS

Sponsorship details			
S.No	Sponsors	PROJECTS	AMOUNT
1	Mrs. Vijaya Mahendran	CANNEST	1000
2	Dayachand Malhotra	CANNEST	10000
Total			11000

## IN-KIND SPONSORS

In-Kind Sponsors			
S.No	Sponsors	Particulars	Worth in Rupees
1	Mr. T. K. Srinivasan	Vegetables	4,000
2	Chennai Food bank	Rice bag & Ragi	3716
3	Ms.Latha.B	Rice bags	3000
4	Ms.Indumathy Vasudevan	Food	6600
5	Ms.Himani	Nutrition Project	3000
Total			20316



# 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.Indhumathy, Mrs.Grishma,  
Mr.Tk Srinivasan, Mr.Soundarrajan & Dr.Senthil**

## HELP LINE SERVICE

Totally 137 calls were received in the CAN-STOP Help line number.

33 calls for STEP Program.

2 calls for Counseling

3 calls for Blood request at Government Hospital.

98 One Walk One Hope



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



For more information contact us through:

044-26284256 / +91-9941007688

Connect with us through:



[www.canstop.org](http://www.canstop.org)

