

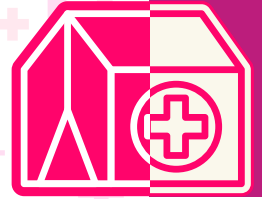
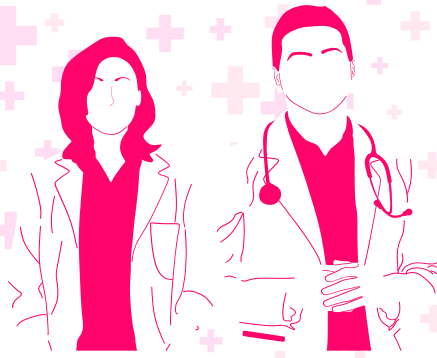
COMMUNITY SERVICE DEPARTMENT



**OCTOBER 2025
MONTHLY REPORT**



MEDICAL CAMP



@SMF OP, Wavin



Community Service Department, SMF successfully conducted a series of free medical camps at the Sundaram Medical Foundation Outpatient Hospital in Mogappair on every tuesdays throughout the entire month of October.

BENEFICIARIES
75

MAMMOGRAM SCREENING

Significantly reduced price of ₹1000/-.
Valid for the entire month of October
72 beneficiaries of the community availed the special offer.



YOGA SESSION



The Community Service Department of Sundaram Medical Foundation organized yoga sessions at the Adi Dravidar Tribal Welfare School (SAP School) for students from 6th to 9th standard. Led by Mrs. Selvam, a volunteer from CANSTOP, the sessions were conducted every Tuesday and Thursday. The initiative aimed to promote physical and mental well-being among the students.

It fostered a healthy and balanced lifestyle, benefiting the young participants. The sessions were designed to support the holistic development of the students. Regular yoga practice helped students develop discipline and focus.

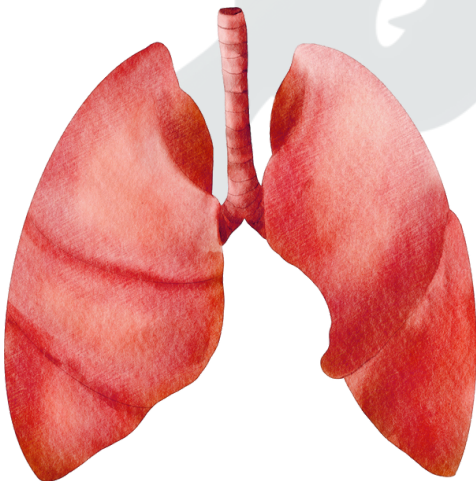
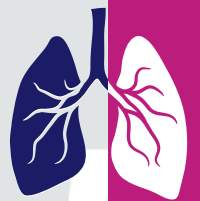


PLASTIC WASTE MANAGEMENT



The Tamil Nadu Pollution Control Board (TNPCB) launched an awareness program to educate students about plastic's environmental impact, and Sundaram Medical Foundation's Community Service Department partnered with Bisleri CSR to implement the Plastic Zero Waste Management initiative. Through this joint effort, 117 kg of plastic waste was collected in October 2025, promoting environmental responsibility and reducing plastic waste in the community.

REACH FOUNDATION



WHO End TB Strategy: 2025 milestones

TB INCIDENCE RATE



8.7% reduction 2015-2022

NUMBER OF TB DEATHS



19% reduction 2015-2022

PERCENTAGE OF PEOPLE WITH TB FACING CATASTROPHIC TOTAL COSTS*



49% of people with TB face catastrophic total costs

In the month of October,
24 people have utilized the tuberculosis intervention service.



One
Walk
One
Hope

hope starts
with me



Sundaram
Medical
Foundation
DR. RANGARAJAN MEMORIAL HOSPITAL

Rotary
District 3234



ONE WALK ONE HOPE

26TH OCTOBER
2025



On 26th October 2025, Canstop and Rotary District 3234 joined together to organized a walkathon event on breast cancer awareness named "One Walk One Hope" in Island grounds, Park Town, Chennai at 6.00am.



CANSTOP (Cancer Support Therapy to Overcome Pain), founded by Dr. Vijaya Bharathi Rangarajan, is a community-based, voluntary organization dedicated to helping people affected by cancer through holistic counseling for patients, families, and friends. The organization also conducts awareness programs and screening camps through education and advocacy.

Now in its 27th year of service, CANSTOP continues to serve the community by providing free counseling, screening, medicines, and emotional support to cancer patients from underprivileged backgrounds through its initiatives in government hospitals.





The event began at 6:00 AM with registration, followed by an energetic Zumba session to warm up the participants. Participants including students, Rotarians, Rotaractors, NGOs, corporates, and the general public joined the cause.





DGN Dr. Vijaya Bharathi Rangarajan, Founder of CANSTOP, Trustee, and Director - SMF, delivered the Welcome Address, setting the tone for the event with her inspiring message on the importance of breast cancer awareness and community support.

The Chief Guest, Hon. Thiru Ma. Subramanian

Minister for Health and Family Welfare, Government of Tamil Nadu, praised the organization's contribution to cancer awareness and highlighted the government's commitment to improving healthcare access for women.



Special Invitee, Ms. Sanchita Shetty

Actress joined as the Special Invitee and commended CANSTOP's dedicated efforts in promoting breast cancer awareness. She urged women to prioritize regular health check-ups and early detection, inspiring participants to support the cause with commitment and hope.



Guests of Honour



**Rtn Vinod Saraogi,
District Governor**



**Rtn J.B. Kamdar,
Past District Governor**



**Rtn J. Sridhar,
Past District Governor**



**Rtn N.S. Saravanan,
Immediate Past District Governor**



**Rtn Suresh D. Jain,
District Governor Elect**

Other Dignitaries

- **Rtn Suriyanarayana Rao, District Chairman – Community Service (Health)**
- **Rtn M.S. Ravi Varma, District Chairman – Youth Service**
- **Rtn Rajasekaran, Chairman – Govt. Interface**
- **Dr. P.V. Jayasankar, Trustee & Medical Director – SMF**
- **Dr. Arjun Rangarajan, Trustee – SMF**
- **Mr. Durai, Trustee & Director – Admin, SMF**







The walk's powerful message, "Hope Starts with ME," emphasizes the significance of breast cancer prevention, early diagnosis, and self-breast inspection. More than 3,500 individuals took part in the event, which was organized for the 16th year. In addition to women survivors, men who look after the women in their lives—their mother, wife, sister, aunt, and friends—also take part in the walk. Students from schools and universities along with members of the general public took part. There were multiple stalls to inform participants on the significance of breast cancer prevention, early detection, and awareness.



#Events



TREE OF HOPE





PUBLISHED - NEWS CHANNELS & MAGAZINES

CAN-STOP's 16th annual walkathon held in city

TO mark International Breast Cancer Awareness Month, CAN-STOP (Cancer Support Therapy to Overcome Pain), in collaboration with Rotary District 3234, organised its 16th Annual Breast Cancer Awareness Walkathon, 'One Walk One Hope', on October 26 at Island Grounds. The event was flagged off by Ma Subramanian, Minister for Health and Family Welfare, Govern-

With the theme 'Hope Starts with ME', the event aimed to raise public awareness about breast cancer prevention, early detection, and the importance of regular self-examination. It drew over 5,000 participants, including cancer survivors, men supporting women in their lives, students, and general public.

Adding to the awareness initiative, several information and screening stalls were set up at



The New Indian Express

Dinakaran

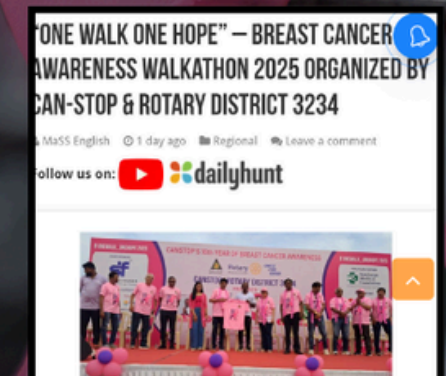
Dina Kural



Dina Bhoomi

Dakshan Newspaper

Dakshin Bharat



Chennai Vision

Sakshi Telugu Paper

Matribhoomi



PUBLISHED - NEWS CHANNELS & MAGAZINES



Arasiyal today



Captain News



Makkal Tv



Polimer News



Vasanth News



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Vismayam



SMT Screen



Malai Arasu



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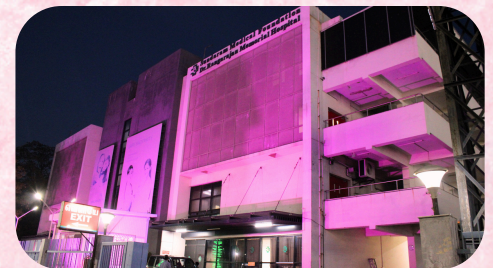
MERCHANDISE BRANDING

CANSTOP utilized a strategic Merchandise Branding initiative, placing its Breast Cancer Awareness Walkathon invite and registration QR code in nearly 10 local retail shops to effectively attract and register the general public.



PINK LIGHTS

In honor of Breast Cancer Awareness Month, CANSTOP illuminated the entire Sundaram Medical Foundation (SMF) campus—including the Main Hospital, Outpatient Hospital, and Annex Block—with pink lights throughout October. This initiative was undertaken to show solidarity with breast cancer fighters and survivors and to raise awareness about the importance of early detection and screening. The glowing pink lights served as a powerful reminder of hope, strength, and the ongoing fight against breast cancer.



WHATSAPP PROFILE

To express their support for Breast Cancer Awareness Month, SMF staff and doctors changed their WhatsApp profile pictures to a single, unified image for the last three weeks of October. This simple yet meaningful gesture symbolized their collective commitment to spreading awareness about breast cancer and promoting the importance of early detection and regular screening.



“DEAR AKKA”

“Dear Akka” – Breast Self-Examination Video

As part of the initiative, CANSTOP and SMF released a breast self-examination video titled “Dear Akka.” The video is available in both Tamil and English, providing step-by-step guidance on how women can perform self-examinations confidently and correctly.

This educational video aims to empower women with knowledge, encourage regular self-checks, and promote the early detection of breast cancer through accessible and practical awareness tools.

Empower yourself with “Dear AKKA”



Scan to Do Self-Examination



NUTRITION PROJECT



CANSTOP consistently visited the Institute of Obstetrics and Gynecology (IOG) and the Institute of Child Health and Hospital (ICH) on Tuesdays, Thursdays & Saturdays.

Distributed Tender Coconuts at IOG, with a total value of Rs.28120/- in the month of October



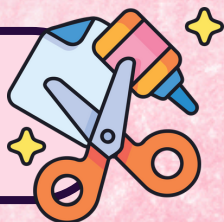
Our dedicated team offers crucial support, focusing on nutrition education and continuous counseling to empower patients.

Provided Pediasure at ICH, With a total value of Rs.8800/- in the month of October

Protein



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



Drug Bank



In the month of October, we provided emergency vaccine support to Baby Yaasini with a total value of Rs. 870/-



In October, CANSTOP supported Master Shaik Rihan for an HLA test at Anderson Diagnostics & Labs, while he was receiving treatment at the Institute of Child Health (ICH) in Egmore. The cost of the test was Rs 10,000

Hope Chest



Sarees,	Toys,
Bedsheets,	Books,
Nighties,	Pillows,
Petticoats,	Tiffen 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 2025, a total of 7 families got help from the Hope Chest.



SPONSORS DETAIL



S.No	Sponsors	Project	Amount
1	Dayachandh Malhothra	Cannest	20000
3	Mrs Indhumadhi Vasudevan	Cannest	1000
4	Mr Anatharaman	Cannest	281
Total			21281

IN-KIND SPONSORS



IN - KIND SPONSORS			
S.N O	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Mrs Selvam	Garlic 1kg	350
3	Mrs Darshana	Oil 20 ltr, Moondal 10kg, Sambardal 10kg, Rawrice 25kg, Whiteurad gram 10kg, Idly rice 25kg	9000
4	Chennai food Bank	Boiled Rice 70kg	3500
5	Mrs Latha	Boiled rice 25kg	1400
Total			14250



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 - Ms.Origanti, Ms.Selvam, Dr. Senthil

HELPLINE SERVICE

Totally 548 calls were received in the CAN-STOP Help line n
04 Calls for Counseling
540 Calls for One Walk One Hope - Walkathon
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

