BREAST CANCER
Let's Fight together

Sundaram Medical Foundation
DR.RANGARAJAN MEMORIAL HOSPITAL

CAN-STOP
CANCER - SUPPORT THERAPY

COMMUNITY SERVICE DEPARTMENT

October 2026











Free Medical Camp

Thursday,
29th October, 2026

His/Her Place,
T. Nagar, Chennai

3:00 PM to 6:00 PM







ABOUT THE CAMP

The camp offered BP, CBG, general health screening, and breast cancer consultations with a gynaecologist.

Common health issues such as diabetes, anaemia, body pain, and seasonal ailments were addressed. Women were also provided with gynaecological check-ups and guidance, highlighting the importance of regular health check-ups and preventive care.

BP

CBG

GENERAL HEALTH SCREENING

GYNACOLOGIST CONSULTATION

Total **99** Beneficiaries

Medicine worth of **Rs 3600/-** were distributed

Supported By

SUNDARAM FINANCE®
Enduring values. New age thinking.

SAP SCHOOL



The Sundaram Arockiyam Plan (SAP) supports students of the Aadi Dravidar Tribal Welfare School through regular health check-ups, hygiene and nutrition education, and early detection of health issues.

In **October 2026**, regular yoga sessions were conducted by Mrs. Selvam, a CAN-STOP volunteer, to promote physical fitness and mental well-being.





A ***Nutrition awareness session*** was also conducted by **Ms. Praveena, Dietician** at SMF, highlighting the importance of proteins and a balanced diet.

A ***Dengue awareness session*** was conducted by **Dr. Keerthana from General Medicine**, covering symptoms and preventive measures. Visual pamphlets were also distributed to create awareness.





These activities reflect SMF's continued commitment to children's health and well-being.

PLASTIC WASTE MANAGEMENT



The TNPCB, in collaboration with Bisleri's CSR initiative, supported Sundaram Medical Foundation's Community Service Department in implementing the Plastic Zero Waste Management Programme to promote environmental awareness. In **October 2026, 90 kg** of plastic waste was collected and sent for recycling with the support of SMF staff, marking a positive step towards responsible waste management and a cleaner environment.

REACH FOUNDATION

In October 2026, **24 beneficiaries** accessed the Tuberculosis Intervention Services and received essential support, guidance, and care to help manage their health and improve their well-being.



FREE PSORIASIS MEDICAL CAMP

A Free Psoriasis Medical Camp was organized at SMF OPD WAVIN on Thursday, 29th October, from 11:00 AM to 1:00 PM.

The camp provided dermatology consultations and free medicines to beneficiaries. General health checks, including height, weight, BMI, CBG, and BP measurements, were also conducted to assess their overall health and promote awareness about psoriasis and skin health.



A total of 45 people benefited from the medical camp.

The medical camp was supported by **CAN-STOP.**





STEP - SUPPORT THERAPY TO EDUCATE PEOPLE @ SMF OPD WAVIN



As part of the STEP (Support Therapy to Educate People) initiative, an awareness programme was conducted on Thursday, 29th October 2026, at SMF OPD from 11:00 AM to 12:00 PM.

Around **70 participants,** including college students, general public, SMF staff, and nursing trainees, attended the offline sessions.



The first session on ***Breast Cancer Awareness*** was led by **Dr. Aishwarya, Gynaecologist**, covering self-breast examination and early identification of symptoms.



The second session on ***Dengue Awareness*** was led by **Dr. Harini, General Medicine,** highlighting symptoms, mosquito identification, and preventive measures.



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MEDICAL CAMP @ SMF OPD





The Community Service Department, SMF, successfully conducted free medical camps at the Sundaram Medical Foundation Outpatient Hospital in Mogappair every Tuesday throughout the month of October.

TOTAL 75 PEOPLE BENEFITTED

MAMMOGRAM SCREENING



A special discounted offer of ₹1,000 was provided throughout October to make healthcare services more affordable. ***A total of 60 community*** **beneficiaries** availed themselves of this offer, helping them access essential healthcare services at a reduced cost. This initiative reflects SMF's commitment to promoting affordable healthcare and community well-being.

BREAST CANCER AWARENESS TALKS

Breast cancer awareness sessions were conducted at various locations to educate employees, college students, and community members about early detection and preventive care. The sessions were held at

- VCare, Ambattur,
- Guild of Service, Egmore,
- Korukkupet Slum community, and
- Bhaktavatsalam Memorial College for Women, Korattur.
- At Siruvanur village, local community members attended sessions on breast cancer and dengue awareness.



Vcare, Ambathur



Guild of Service, Egnore



Korukpet, Slum community

Gynaecologists conducted the sessions, explaining the importance of self-breast examination, early identification of symptoms, and timely medical consultation.

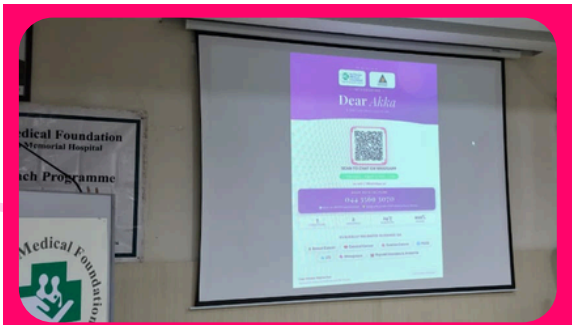


BMC, Korattur



Siruvanur Village

MORE THAN 520 PEOPLE GOT BENEFITTED



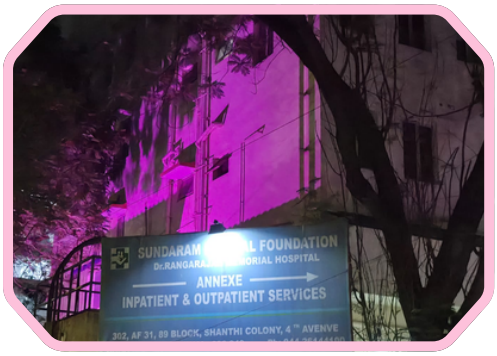
Dear Akka

All beneficiaries were encouraged to scan and log in to the **"Dear Akka" chatbot** for preliminary screening and further guidance.

SMF SUPPORTS BREAST CANCER AWARENESS



SMF MAIN HOSPITAL



SMF ANNEXE



SMF OPD

SMF illuminated its Main Hospital, Annexe, and OPD in pink to mark **Breast Cancer Awareness Month (Pink October),** demonstrating its support for breast cancer awareness, early detection, and timely screening.

FREE MEDICAL CAMP & BREAST CANCER AWARENESS @ PERUNGUDI

A Free Medical Camp and Breast Cancer Awareness Programme was held at Perungudi on Saturday, 31st October 2026, from 9:00 AM to 1:30 PM. The programme was organized by MSSRF and The New LEED Trust, in collaboration with Sundaram Medical Foundation.





Around **70 people benefited** from general health check-ups, BP and blood glucose testing, and gynaecological consultations.







Nine women underwent mammogram screening, with **one identified with a pre-cancerous condition** and referred for further evaluation. The ACS Mammogram Screening Vehicle, gifted under the direction of DGE Dr. Vijaya Bharathi Rangarajan (RID 3234) and partly funded by The Rotary Foundation, supported the screening initiative and promoted breast cancer awareness and early detection.

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 37,800/- were distributed in the month of October, Totally 540 People Benefited

Pediasure Worth of Rs 17,650/- were distributed in the month of October, Totally 340 Children Benefitted.



ART AND PLAY THERAPY

CRAFT









Art and Play Therapy sessions were regularly conducted for paediatric cancer patients and their families at the Institute of Child Health, Egmore. The sessions featured creative art, craft activities, and fun games, helping children reduce stress, express creativity, stay engaged, and enjoy a cheerful and supportive environment during their hospital stay.

DIWALI CELEBRATION @ CANNEST HOME, IOG & ICH









As part of the **Diwali celebrations**, the **IT team from Sorim Technology** generously distributed gifts to Cannest Home families and patients at IOG and ICH. The gifts included tiffin boxes, thermos flasks, sarees, toys, travel bags, dry fruits, and fresh fruits, bringing joy and festive cheer to the beneficiaries.

The team also expressed interest in extending their support by volunteering and sponsoring Cannest Home. Their thoughtful gesture helped make the festival special for the families and patients, reflecting the spirit of sharing, kindness, and community service.

CAN - NEST HOME

In the month of **October 2026,** a **total of 580 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 .



580
FAMILIES

HOPE CHEST

CANSTOP's Hope Chest initiative provides essential supplies to cancer patients and their caregivers at IOG and ICH, helping them manage their daily needs with greater ease and comfort. In **October 2026, a total of 10 families** benefited from this support.





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

DONATE ♥





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

IN-KIND 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
3	**Mrs Latha**	Boiled rice 25kg	1500
4	**Century Flour mill**	Rava 25kg, Wheatflour 25kg	6925
5	**Chennai Food Bank**	Boiled rice 75kg	3500
6	**Ms Selvam**	Garlic - 2kg	400
7	**Ms Komala**	Tender Coconut	3220
8	**Dr Amith**	Toys Dresses Shirts Clothes	5000
9	**Sorim Technology**	Tiffin Carriers, Dry Fruits & Nuts, Thermos Flasks, Colouring Kits, Notebooks, Travel Bags, Sarees, Nighties, Thermometers, Fruits, Toys	1,60,000/-
Total			**1,93,545/-**

SPONSOR DETAIL

S.No	Sponsors	Project	Amount
1	**Dayachand Malhotra**	CANNEST	20000
2	**Ms Vijaya Mahendran**	CANNEST	1000
3	**Ms Indumathi**	CANNEST	1000
	Total		**22,000/-**

VOLUNTEER CONTRIBUTION

The CANSTOP Team extends heartfelt gratitude to our devoted volunteers. Your unwavering commitment, resolute spirit, and uplifting energy have been the driving force behind the success of our initiatives.

Volunteers - Ms Origanti, Ms Selvam, Ms Vijaya Mahendran

HELPLINE SERVICES

Totally 80 calls were received in the CAN-STOP Help line number
100 Calls for STEP Program
05 Calls for Counseling
05 Calls for Blood request at Government Hospital

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

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FOR MORE INFORMATION
044-26284256 /9941007688