

April 2024

COMMUNITY SERVICE DEPARTMENT



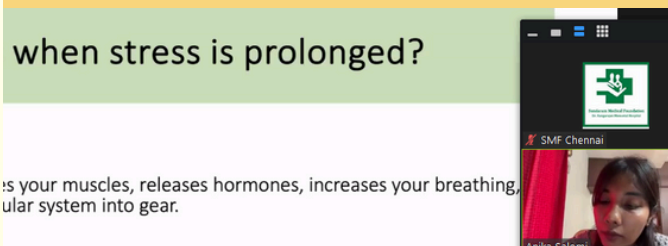
Tower Twister Neighbourhood Run @ Kandaswamy naidu college



Medical Camp @ His/Her Place T.Nagar



Yoga Session @ SAP School



STEP Programme



Nutrition Project



Art & Play Therapy



CAN-NEST Home



MEDICAL CAMP

@ His/Her Place, T.Nagar

Sundaram Medical Foundation, in association with the Rotary Club of Madras, organised a Free medical camp on April 25th, 2024 from 3.00 PM to 6.00PM at His/Her Place, T.Nagar, Chennai.

Checkup: CBG,BP & General Screening were done

A total 107 beneficiaries access the Medical service & We provided medicines valued at Rs.4300/- to individuals in need.

PP. Rtn. Dr. Vijaya Bharathi Rangarajan, Rtn.Bharath Pujara,Rtn. Dr. Cururaj Rao, Rtn Ravi Ravindran, Rtn Ashish Ahuja, Rtn. Nimish C Tolia, Rtn. Abdul Kareem Sait, Rtn. PP Indra Subramaniam, Rtn. Nidhi Phathani visited the camp.

We extend our heartfelt gratitude to all the Rotarians for their visit and support in uplifting the medical camp.

Medical Team:

Dr.samyuktha (Family Medicine)

Dr.swaran (General Medicine)

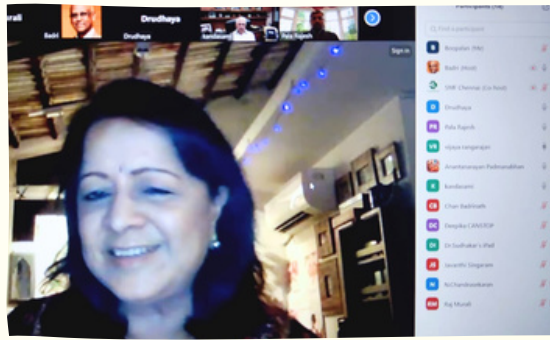
Ms. Thenmozhi & Ms. Selva Kumari (Nursing Department)

Ms.Deepika & Mr.Karthikeyan- (Social Worker)



ONLINE PRESENTATION

Dr. Vijaya Bharathi Rangarajan, Trustee & Director SMF, Founder of CANSTOP gave a presentation to the Madras Redfort Foundation's members (Doctors) about the SMF Hospital and Community Service Program on April 28, 2024, on the Zoom platform.



A total of 27 members has been participated in this session.



YOGA SESSION

The Community Service Department of SMF organized yoga sessions for children at SAP School, with a focus on instructing younger individuals aged 10 to 16 years in the various aspects of yoga practices. A total of 50 children actively participated in these sessions. The sessions not only enhanced the overall well-being of the students but also provided them with improved mental clarity, thereby positively impacting their educational pursuits.



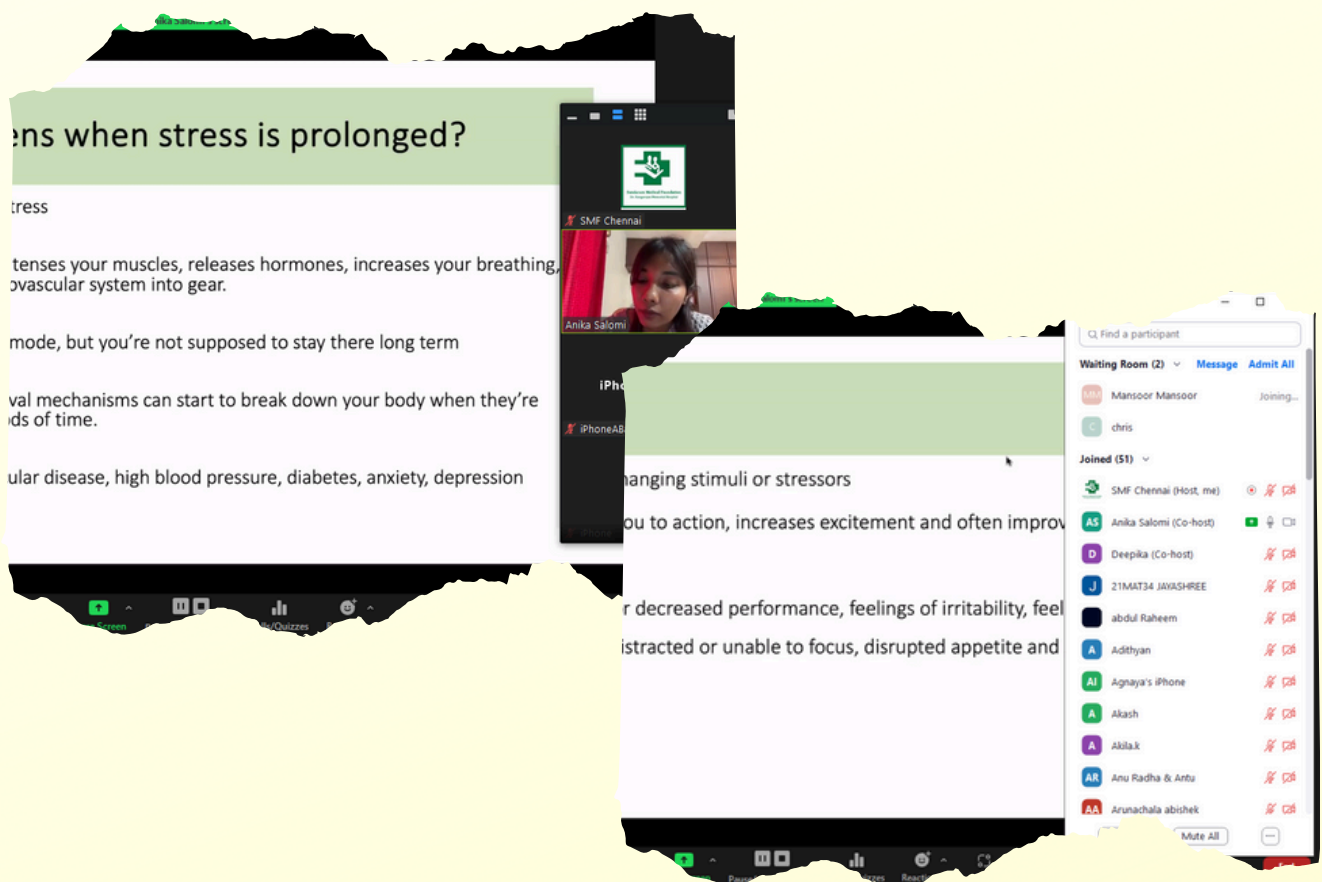
STEP PROGRAMME

A Support Therapy to Educate People (STEP) Program was arranged with the aim of addressing the subject "Stress Awareness Month" on April 27th, 2024, from 3.00 PM to 4.00 PM.

Ms. Anika Salomi, a clinical psychologist at SMF, is oriented toward the impact of stress among youth, and she was educated on managing stress during studies and college life.

Around 72 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

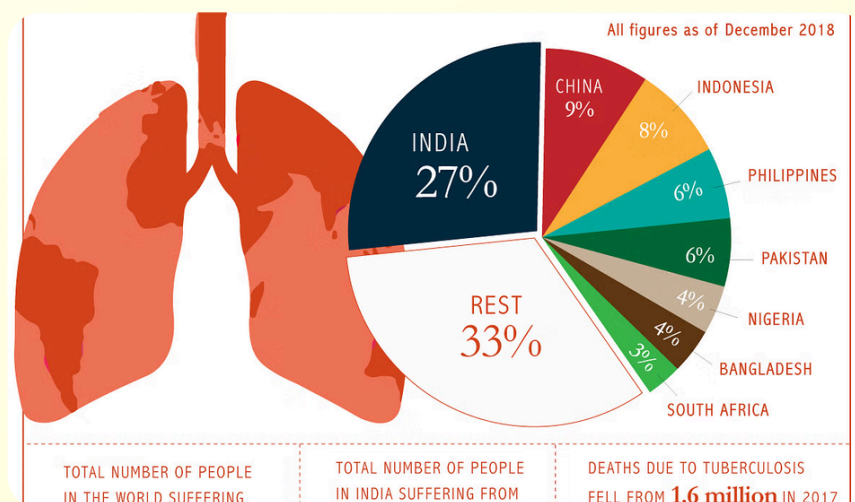
The TNPCB has also been instructed to conduct awareness programs among students, including those attending professional colleges, about the harmful effects of plastic use on the environment and motivate them to avoid plastic, in coordination with the education department and the state legal services 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 80kg of plastic waste was collected in the month of April 2024.



REACH FOUNDATION



For the month of April 2024,
20 people have utilized the Tuberculosis Intervention Services.



TOWER TWISTER NEIGHBOURHOOD RUN

@ Kandasamy Naidu College, Anna nagar



Sundaram Medical Foundation & CANSTOP were supported as health partners in the Neighbourhood Run, which was organised by Tower Twisters on April 7th, 2024 (Sunday) on the occasion of their 10th anniversary. On March 31st, 2024 Tower Twister released their T- Shirt for the event at Anna Nagar Tower Park from 7.30 AM to 8.30 AM. The Special Guest of the Programme was Dr.Vijaya Bharathi Rangarajan, Founder of CANSTOP, Trustee & Director of SMF

The Run started at 5.30AM from Kandasamy Naidu College with designated distances of 3km, 5 km, and 10 km, and overall, 600 people participated and medals were given. Dr. Radhakrishnan, IAS, was the special guest of the event.

We provided an ambulance along with the emergency team and conducted a free medical camp for the participants. Check-ups: CBG, BP, and general screening were done.

On behalf of SMF, Dr. Vijaya Bharathi Rangarajan, Founder of CANSTOP, Trustee & Director of SMF, sponsored 1 lakh rupees for the event.



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) on Tuesdays & Thursdays regularly to enhance the nutrition of patients and offer consistent counseling services.

Tender coconuts worth Rs.17000 were distributed at IOG & A Pediasure worth Rs. 4860 was distributed at ICH.



ART & PLAY THERAPY

Art and Play therapy sessions were regularly held 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 fun games, to engage and entertain them while they were in the hematology ward.



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 April 2024, a total of 6 families got help from the Hope Chest.



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

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



SPONSORSHIP DETAILS

CAN-STOP expresses its sincere gratitude to sponsors for their generous contributions towards the CANSTOP project, and the donation details are provided below:

Sponsorship details			
S.No	Sponsors	PROJECTS	AMOUNT
1	Dayachand Malhotra	CANNEST	Rs. 20,000
2	Mrs.Indumathy Vasudevan	CANNEST	Rs. 1000
3	Mrs.Vijaya Mahendran	CANNEST	Rs. 1000
Total			Rs. 22,000

CANNEST HOME

In the month of April 2024, a total of 220 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.



IN-KIND SPONSORS

In-Kind Sponsors			
S.No	Sponsors	Particulars	Worth in Rupees
1	Mr. T. K. Srinivasan	Vegetables	Rs. 4,000
2	Chennai Food Bank	Rice bag	Rs.3,500
3	Ms.Latha.B	Rice bag	Rs. 1,500
5	Century Flour Mill	Soji & Wheat Flour	Rs. 4,440
Total			Rs. 13,440

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.Indhumathy, Mrs.Selvam, Dr.Sendil

HELP LINE SERVICE

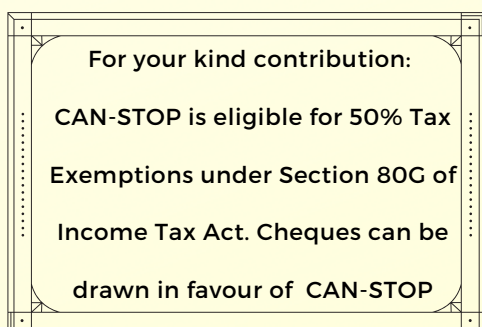
Totally 133 calls were received in the CAN-STOP Help line number.

48 calls for STEP Program.

80 calls for BTO (Online Painting Competition).

3 calls for Counseling

2 calls for Blood request at Government Hospital.



For more information contact us through:

044-26284256 / +91-9941007688

Connect with us through:



www.canstop.org

