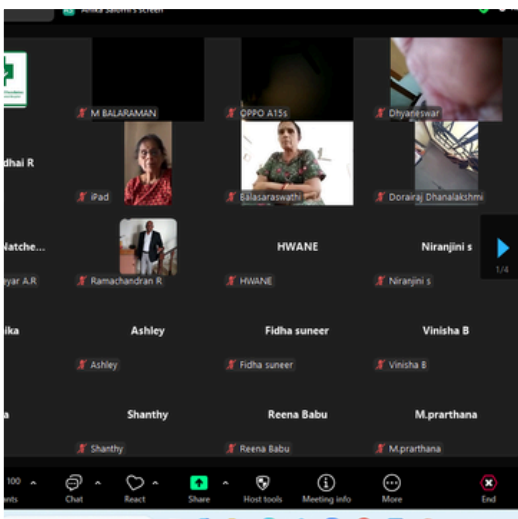


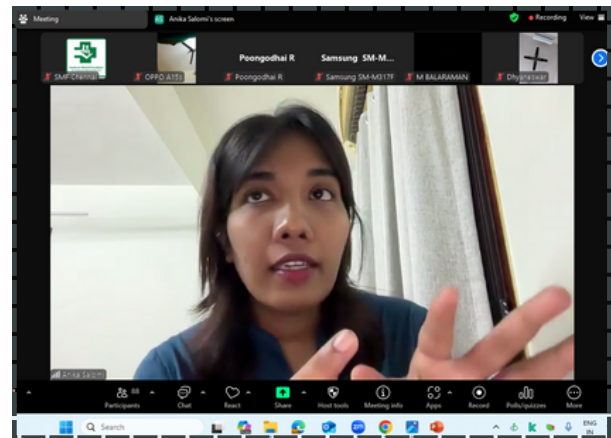


April 2025 COMMUNITY SERVICE DEPARTMENT MONTHLY REPORT



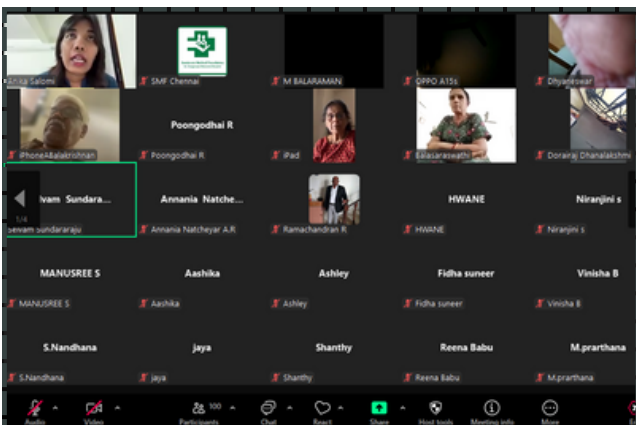
Support Therapy to Educate People

On Saturday 26th April, 2025, the Community Service Department of Sundaram Medical Foundation organized a STEP program session on stress management, commemorating Stress Awareness Month. Dr. Anika Salomi, Clinical Psychologist at Sundaram Medical Foundation, led the session, which took place from 3:30 pm to 4:30 pm, engaging 100 participants from diverse backgrounds.



Dr. Anika Salomi

The session, titled "Self Help Tools for Stress, Anxiety & Low Mood," provided valuable insights and practical tools for managing stress, anxiety, and low mood. Dr. Anika Salomi's expert guidance and interactive approach enabled participants to gain a better understanding of stress management techniques, including relaxation methods, cognitive-behavioral strategies, and self-care practices.



Plastic Waste Management

Tamil Nadu Pollution Control Board (TNPCB) launched an awareness program to educate students about plastic's environmental impact. In support, Sundaram Medical Foundation's Community Service Department partnered with Bisleri CSR to implement Plastic Zero Waste Management, collecting 120 kg of plastic waste in April 2025."

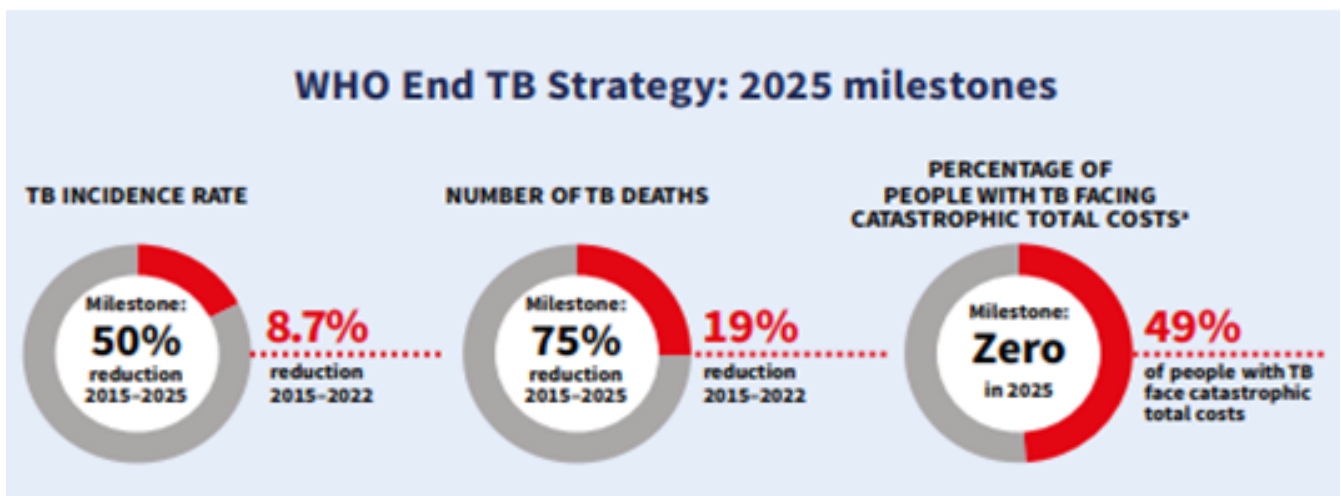


Yoga Session



The Community Service Department of Sundaram Medical Foundation conducted yoga sessions at the Adi Dravida Tribal Welfare School (SAP School), benefiting students from 6th to 9th standard. Led by Mrs. Selvam, a volunteer from CANSTOP, the sessions were held every Tuesday and Thursday, aiming to promote physical and mental well-being among the students, and fostering a healthy and balanced lifestyle.

Reach Foundation



In April 2025, 28 people availed tuberculosis intervention services.



OWC Gift Distribution



CANSTOP in collaboration with Overseas Women of Chennai Club, successfully hosted a gift distribution event, bringing together the spirit of compassion and community service. The event aimed to enhance patient care and comfort by providing essential items to various healthcare institutions.

The event featured the distribution of the following items:



1. Institute of Child Health: Bedsheets were donated to improve patient accommodations and maintain hygiene standards.

2. Institute of Obstetrics and Gynaecology: A water dispenser was provided to the Radiation Ward, ensuring convenient access to clean drinking water for patients and staff.



3. CANNEST Home: A refrigerator was donated to facilitate food storage and enhance daily operations.

The total value of these donations amounts to Rs. 73,000/-, showcasing the commitment of CANSTOP and Overseas Women of Chennai Club to supporting healthcare institutions



Nutrition Project

CANSTOP regularly visits the Institute of Obstetrics and Gynecology (IOG) and the Institute of Child Health and Hospital (ICH) on Tuesdays, Thursdays, and Saturdays. provides vital support to patients, emphasizing nutritional guidance and ongoing counseling services



Tender coconuts worth Rs.21,200/- were distributed at IOG.
A Pediasure worth Rs.8360/- was distributed at ICH

Art & Play Therapy



CANSTOP's play art and play therapy sessions at ICH bring joy to children undergoing treatment, as they engage in creative craft work and playful activities.



Cannest Home



CANNEST Home accommodated 280 families in April 2025, providing a supportive environment and engaging activities for children through volunteer and social worker efforts.



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 April 2025, a total of 5 families got help from the Hope Chest.



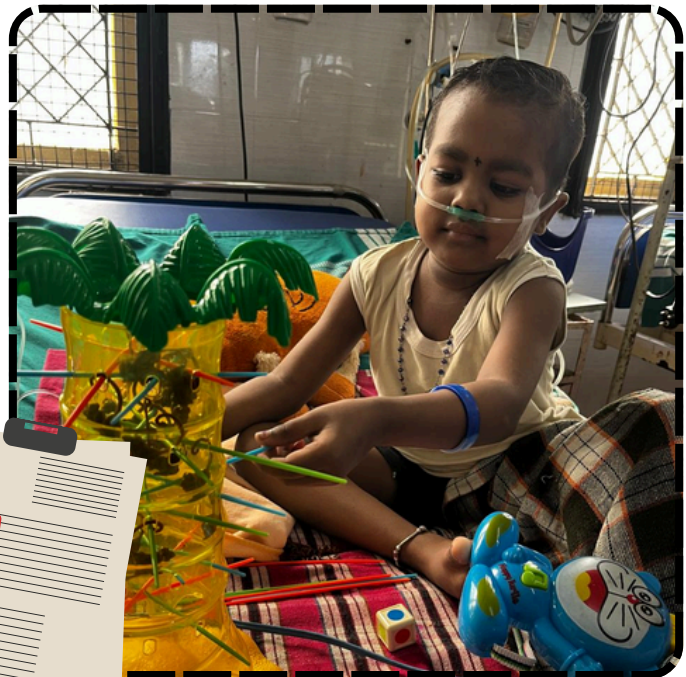
Drug Bank



In the month of April, 2025. We provided emergency vaccine support to 6-year-old baby Bhavadharani at ICH, covering the total cost of Rs. 3,349. By providing critical vaccine support, we aim to protect the health and well-being of vulnerable individuals, especially children.

Lab Test

We provided emergency lab test (NT pro-BNP) support to 3-year-old baby Thanshika at ICH, covering the total cost of Rs. 3,000.



Volunteer Meeting



On April 15, 2025, a productive volunteer meeting was held at Sundaram Medical Foundation, Outpatient Service, Mogappair, from 3:00 pm to 5:00 pm. The meeting, attended by Dr. Vijaya Bharathi Rangarajan (Founder and Director of CANSTOP), CANSTOP volunteers, and social workers, discussed key topics including a new rental property for CANSTOP, plans for a permanent CANSTOP home and its facilities, and a review of ongoing projects. The attendees included Ms. Origanti, Ms. Vijaya Mahendran, Ms. Dharshana Patel, Ms. Himani, Mr. Ragunath, Mr. Ramesh, Dr. Senthil, Dr. Jayesh, Ms. Girishma, new volunteer Mr. Saravanan, and others, contributing to CANSTOP's growth and development.

Cannest Pooja

On April 30, 2025, a sacred pooja ceremony was held at the new rental CanNest Home, graced by Dr. Vijaya Bharathi Rangarajan, Founder & Director, and Dr. Arjun Rangarajan, Trustee, SMF, along with CANSTOP volunteers Dr. Senthil and Ms. Origanti. The event was made truly special by the active participation of the families residing at the CanNest Home, adding warmth and joy to the occasion.



Sponsor Details

S.No	Sponsors	Project	Amount
1	Dayachandh Malhothra	Cannest	20000
2	Mrs. Vijaya Mahendran	Cannest	1000
	Total		21000

Inkind Sponsors

IN - KIND SPONSORS			
S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Mrs Selvam	Garlic 1kg Health Mix 1 Kg	900
2	T K Srinivasan	Vegetables	4000
3	Mrs Darshana	Oil 20 ltr, Moondal 10kg, Sambardal 10kg, Rawrice 25kg, Whiteurad gram 10kg, Idly rice 25kg	9000
4	Mrs Usha Kumari	Sugar 7Kg	350
5	Century Flour Mill	Soji - 25packets, Wheat flour - 25 packets	6925
6	Mrs Latha	Boiled rice	3000
7	Mrs Himani	Boiled rice 25kg, Toovar dal 10kg	2160
8	Chennai food Bank	Boiled rice 75kg	3500
Total			29835



Volunteer Contribution

The CANSTOP team expresses sincere appreciation to our volunteers, whose selfless commitment, energy, and enthusiasm have been instrumental in driving the success of our initiatives.

**Volunteers - Mrs.Origanti, Mrs.Selvam, Mrs Vijaya Mahendran,
Mrs Grishma, Dr. Senthil, Mr Ramesh, Mrs.Indhumathi**

Helpline Service

Totally 108 calls were received in the CAN-STOP Help line number

100 Calls for STEP Program

04 Calls for Counseling

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

