



# December 2025

## COMMUNITY SERVICE DEPARTMENT

### MONTHLY REPORT



# SUPPORT THERAPY TO EDUCATE PEOPLE

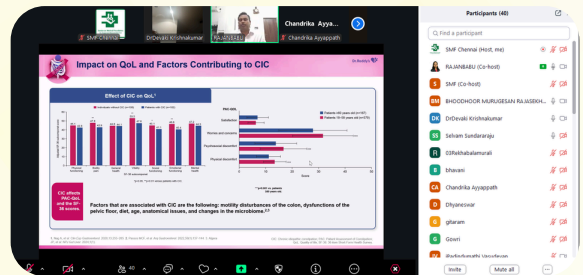
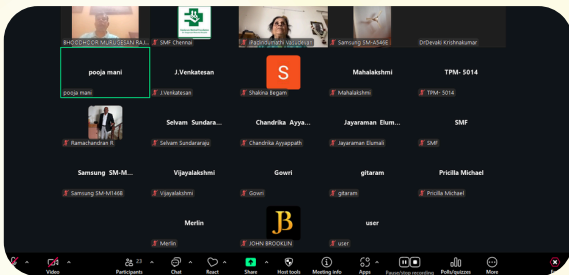


As part of its community service initiative “STEP” (Support Therapy to Educate People), Sundaram Medical Foundation (SMF) conducted an online session on “Chronic Idiopathic Constipation and Abdominal Gas” on Saturday, December 28, 2025, aimed at raising awareness during Constipation Awareness Month.

Dr. Rajan Babu, a distinguished Gastroenterologist, delivered a comprehensive presentation covering the causes and types of constipation, dietary recommendations, medications and their mechanisms, and potential side effects.

The session engaged 55 participants, providing valuable insights into this common yet often overlooked health concern and practical guidance on its management.

The session was a significant contribution to community health education, with participants expressing gratitude for the opportunity to learn from Dr. Babu’s expertise, underscoring the importance of such initiatives in promoting community well-being.



## PLASTIC WASTE MANAGEMENT



The Tamil Nadu Pollution Control Board (TNPCB) initiated an awareness campaign to sensitize students to the adverse effects of plastic on the environment. In support of this effort, the Community Service Department of Sundaram Medical Foundation, in collaboration with Bisleri’s CSR initiative, carried out the Plastic Zero Waste Management Program. As part of this program, 36 kg of plastic waste was collected in December 2025.



# FREE MEDICAL CAMP

The Rotary Club of Madras in Collaboration with Sundaram Medical Foundation conducted a Free Medical Camp on December 11, 2025, at His/Her Place T.Nagar, Chennai.



The camp offered a range of medical services, including BP Check, CBG and general screening.



The medical team identified and treated common health issues such as diabetes, anemia, body pain, and seasonal diseases. Additionally, the importance of routine health screenings and preventive healthcare measures was emphasized during the camp.

**Rs.5,400**

*Total of Worth of  
free medicines distributed*

**Totally 141  
Benefitted**

This medical camp is being supported by  
**SUNDARAM FINANCE LIMITED**



# YOGA SESSION

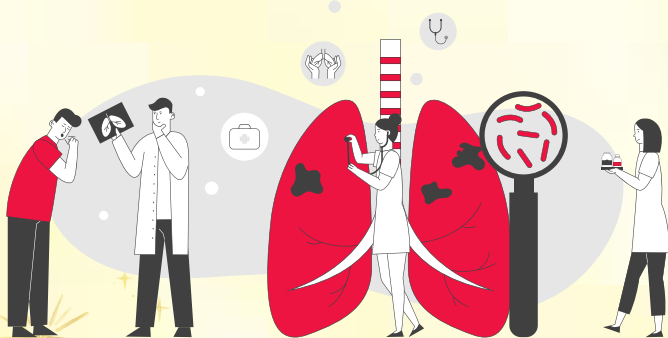


Yoga classes were organized on a regular basis for students from Grades 6 to 9 at the Adi Dravidar Tribal Welfare School (SAP School). Conducted by Mrs. Selvam, a volunteer from CANSTOP, the sessions were held every Tuesday and Thursday to promote both physical health and mental well-being among the students.

The initiative played an important role in encouraging a wholesome lifestyle and positively impacted the students. With a focus on overall development, consistent yoga practice helped strengthen their self-discipline, attention, and mental clarity.



# REACH FOUNDATION



In the month of December 2025, 20 beneficiaries received tuberculosis intervention services.



# Christmas Celebration @ICH (Institute of Child Health)



On 19 December, CAN-STOP organized a Christmas Gift Distribution program at the Institute of Child Health (ICH) in collaboration with an organization known as Chennai Volunteers.



As part of this initiative, the volunteers generously sponsored 50 Christmas gifts for the children at ICH. Each child received a magic slate, which brought joy and excitement to them.

The celebration was further enlivened by the presence of Dr. Vijaya Bharathi Rangarajan founder of CANSTOP, who participated in the program. In addition, a clown and Santa Claus joined the event, entertaining the children and creating a cheerful and festive atmosphere.

Volunteers and social workers were present throughout the program, supporting the activities and engaging warmly with the children. Their collective efforts helped ensure the smooth conduct of the event and made the Christmas celebration a memorable and joyful experience for the young patients.



# CANNEST HOME

## CHRISTMAS & NEW YEAR CELEBRATION



On December 30, 2025, CANSTOP celebrated Christmas and New Year at CANNEST Home, Egmore, spreading love, laughter, and togetherness. The event brought smiles and cheer to 20 families, making the day truly special.

The program featured ice-breaker games and interactive activities, creating joyful moments of bonding among children, parents, and caregivers. A highlight of the celebration was a dance performance by cancer survivors, inspiring everyone with their courage and positivity.

Families received gifts, cake, and coloring books, thoughtfully distributed by our volunteers and social workers. The arrival of Santa Claus added extra magic, as he danced with children and shared gifts, bringing laughter and delight.

We sincerely thank Mrs. Origanti for sponsoring the walnut cake and Mrs. Vijaya Mahendran for supporting the coloring books and crayons.

The celebration ended with happy faces, grateful hearts, and cherished memories, leaving everyone hopeful that the joy and warmth of the day will continue into the New Year.



# NUTRITION PROJECT

Every Tuesday, Thursday, and Saturday, CANSTOP made regular visits to the Institute of Obstetrics and Gynaecology (IOG) and the Institute of Child Health (ICH).



*Tender coconuts were distributed at IOG, with a total value of Rs. 21,790/- in the month of December.*

*Pediasure was provided at ICH, with a total value of Rs. 8,400/- in December.*



## Beneficiaries:

- **Tender Coconut: 348 beneficiaries**
- **Pediasure: 210 beneficiaries**

# ART & PLAY THERAPY

At ICH, CANSTOP brightens the journey of young patients through lively art and play sessions. Led by compassionate social workers and enthusiastic volunteers, these interactive activities include games, crafts, and creative fun. The sessions help children relax, express themselves, and experience moments of joy, laughter, and normalcy while undergoing treatment.



THIS IS A  
**SAFE  
SPACE**

# CANNEST HOME

In December 2025, CANNEST Home supported 356 families by creating a safe environment and involving children in activities organized by volunteers and social workers.



## HOPE CHEST



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**



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 December 2025, a total of 5 families benefited from this support.

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



# DRUG BANK



DRUG BANK: During the month of December 2025, we provided emergency vaccine support to Ms. Yamini, Master Moushith, Master Kanna, Ms. Gayathri, Baby Nivetha, and Baby Shalini. A total amount of **Rs.14,348/-** was utilized to support the beneficiaries.



## 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	Century Flour Mill	Rava - 25 kg, Wheat Flour - 25kg	6925
3	Mr TK Srinivasan	Vegetables	4000
4	Chennai food Bank	Boiled rice 70kg & Provision	3500
5	Ms Girishma	Oil - 5Ltr	
6	Ms Selvam	Garlic 1kg & Black Sundal	450
Total			24650



# SPONSOR DETAIL

S.No	Sponsors	Project	Amount
1	Sundaram Finance Pvt Ltd	Rose Garden @ IOG	7,16,000
2	Depenning & Depenning	Camp He Ho Ha	6,50,000
3	Inner Wheel Club	Play Room @ ICH (Toys)	31,500
4	Dayachandh Malhothra	Cannest	20,000
5	Ms Vijaya Mahendran	Cannest	1,000
6	Mr Suresh	Cannest	500
	<b>Total</b>		<b>14,19,000</b>

# 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.Indhumathi, Mr Girishma  
& Mr Ramesh**



# HELPLINE SERVICES

Totally 136 calls were received in the CAN-STOP Help line number

120 Calls for STEP Program

10 Calls for Counseling

06 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**

