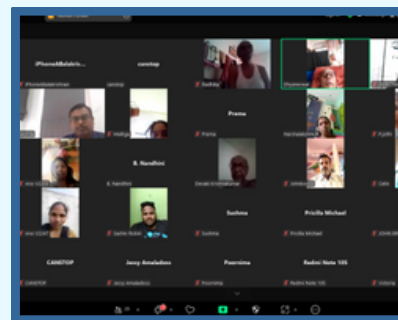


# DECEMBER - 2024

# COMMUNITY SERVICE

# DEPARTMENT

## MONTHLY REPORT



## MEDICAL CAMP



Rotary International District 3234 organized a free medical camp on December 18, 2024, from 10 am to 2 pm at Navy Nagar, as part of its ongoing efforts to enhance community health. The event was inaugurated by Rtn. N.S. Saravanan, the District Governor; Rtn. Vinod Saraogi, the District Governor Elect; and Rear Admiral RK Dhingra, VSM, Flag Officer Commanding, Tamil Nadu & Pondicherry Naval Area.



Several hospitals contributed to the success of the camp, offering essential healthcare services to the community.



The Sundaram Medical Foundation Hospital played a vital role by providing doctors for general screenings, assisted by two nurses and two social workers. In total, 92 members from families of Navy officers received medical screenings, with medicines worth Rs. 8,500 distributed to patients. This initiative, generously sponsored by RID 3234, underscores Rotary district's continued commitment to improving public health and well-being.





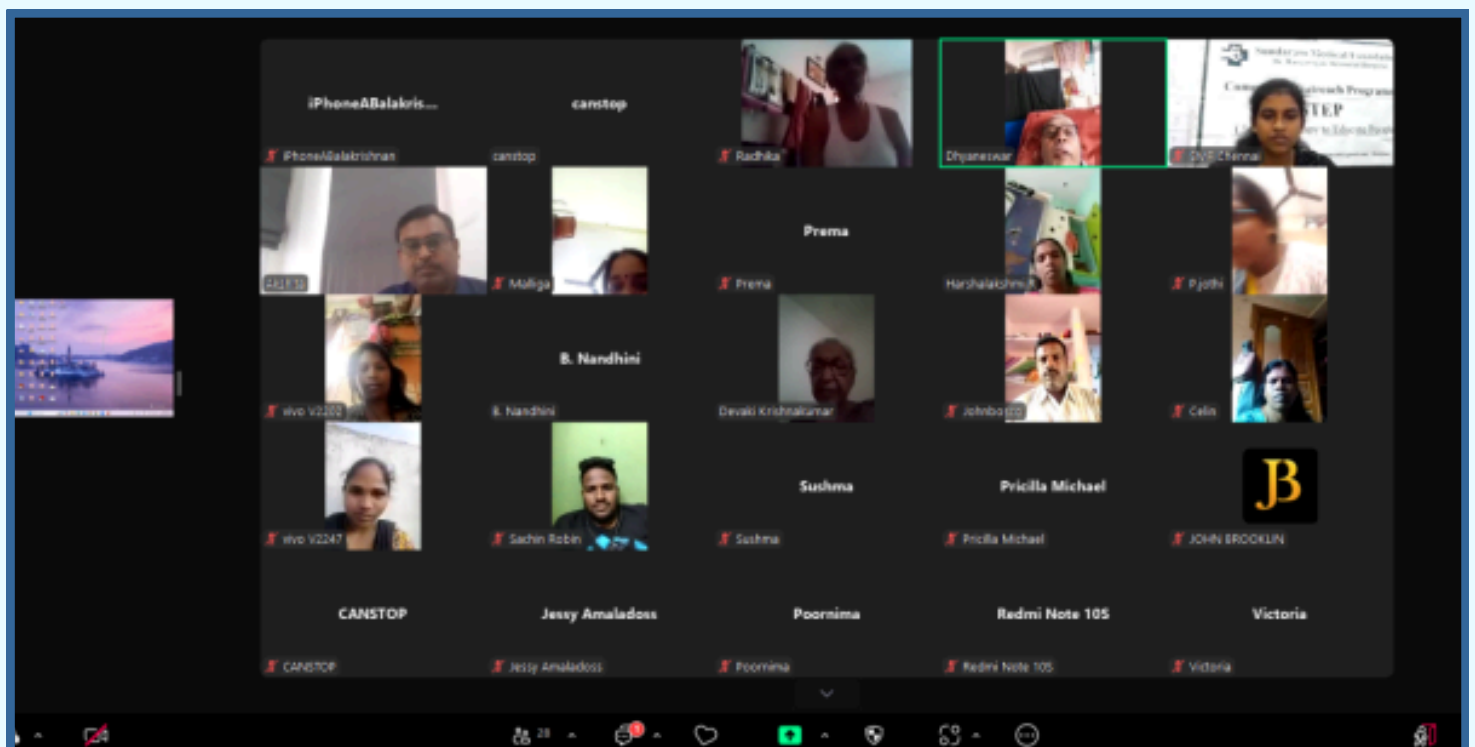
## STEP PROGRAM

As part of its community service initiative, "STEP" (Support Therapy to Educate People), Sundaram Medical Foundation (SMF) successfully conducted an online session titled "Chronic Idiopathic Constipation and Abdominal Gas" on Saturday, December 28, 2024. The session aimed to raise awareness about constipation during Constipation Awareness Month.

**Dr. Rajan Babu, a distinguished Gastroenterologist**, delivered a comprehensive presentation that covered a wide range of topics, including Causes of Constipation, Types of Constipation, Dietary Recommendations, Medications and their role in treating constipation, Types of medications, mechanisms of action, and potential side effects

The online session was well-received by the audience, with 55 participants actively engaging throughout the presentation. Dr. Rajan Babu's informative talk provided valuable insights into constipation and its management, addressing a common yet often overlooked health concern.

The "Chronic Idiopathic Constipation and Abdominal Gas" online session was a valuable contribution to community health education, raising awareness about constipation and offering practical guidance on its management. Participants expressed gratitude for the opportunity to learn from Dr. Rajan Babu's expertise, highlighting the importance of such initiatives in promoting community well-being



## YOGA SESSION



The Community Service Department of Sundaram Medical Foundation (SMF) recently organized yoga sessions at IOG and ICH hospitals, as part of its ongoing efforts to promote holistic wellness and relaxation among the community. The sessions, led by experienced instructors, covered a range of asanas, breathing techniques, and meditation, and were well-received by the attendees.

A total of 30 participants attended the session at IOG Hospital, while 25 participants joined in at ICH Hospital. The participants, comprising hospital staff, patients, and community members, reported feeling relaxed, energized, and rejuvenated after the sessions. The feedback was overwhelmingly positive, with many expressing appreciation for the opportunity to learn and practice yoga in a supportive environment.

We are grateful to the management of both IOG and ICH hospitals for their support in making these sessions a success. Their collaboration and commitment to promoting community health are invaluable, and we look forward to continuing our partnership in the future.





## REACH FOUNDATION

### WHO End TB Strategy: 2025 milestones



In December 2024, 22 people availed tuberculosis intervention services.

## 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 **180 kg** of plastic waste was collected in the month of December 2024.



## FREE MEDICAL CAMP



The Rotary Club of Madras, in collaboration with Sundaram Medical Foundation, successfully conducted a free medical camp on December 26, 2024, in T. Nagar, Chennai. This initiative provided comprehensive healthcare services to 106 beneficiaries, including free examinations, consultations, and medications. The camp focused on addressing common health issues like diabetes and anemia, while also emphasizing the importance of preventive healthcare and regular check-ups.

Notably, many beneficiaries have continued to utilize the camp's services on a monthly basis, demonstrating the significant impact of this initiative on improving community health. **Rtn Dr. Vijaya Bharathi and Rtn KK Raman** visited the camp, which offered a range of medical services, including blood pressure checks, blood glucose tests, hemoglobin tests, and general screening tests. Medicines worth Rs. 5,600 were distributed among the beneficiaries.





## CHRISTMAS CELEBRATION@ICH



CANSTOP, in collaboration with Chennai Volunteers, organized a joyous Christmas gift distribution event for the children at the Institute of Child Health (ICH), Egmore on 19th December 2024 at 3:00 pm. The event aimed to spread festive cheer and bring smiles to the faces of the young patients. The event commenced with an entertaining clowning show. Following the show, the clowns distributed the gifts, where 55 children received thoughtful presents, including toys, bedsheets, and delicious cakes. Following the gift distribution, a special guest made an appearance - Santa Claus visited each bed, spreading cheer and handing out biscuits to the delighted children. We extend our gratitude to the Chennai Volunteers team and Institute of Child Health (ICH), Egmore, for providing us with the opportunity to spread joy and cheer among the children.



## NUTRITION PROJECT



- Tender coconuts worth Rs.18,650/- were distributed at IOG.
- A Pediasure worth Rs.4800 was distributed at ICH .



CANSTOP visits the Institute of Obstetrics and Gynecology (IOG) and the Institute of Child Health and Hospital (ICH) every Tuesday, Thursday, and Saturday to boost nutrition and provide regular counseling to patients.



## ART & PLAY THERAPY



Regular sessions of Art and Play therapy were conducted for pediatric cancer patients and their families at the Institute of Child Health. These sessions featured a variety of engaging art and craft activities, along with fun games, carefully designed to entertain and distract the children during their hospital stay in the hematology ward. The ultimate goal was to create a supportive and stress-free atmosphere, promoting active involvement and enhancing the overall experience for both the children and their loved ones.





## CHRISTMAS CELEBRATION@CANNEST



The highlight of the program was a special dance performance by the talented young ones, which left the audience mesmerized! As part of the celebration, 20 families received thoughtful gifts, delicious cakes, biscuits, chocolates, and Santa caps, distributed by our volunteers and social workers. The evening was made even more magical with a special appearance by Santa Claus himself, who delighted the children with his jolly presence and generous spirit!

On December 21st, 2024, CANSTOP spread love and cheer at its Christmas celebration held at Can-nest, Egmore. The evening was a memorable one, filled with laughter, games, and activities that brought smiles to the faces of children and mothers at Cannest Home.



We extend our heartfelt gratitude to Mrs. Origanti for her generous sponsorship of the scrumptious walnut cake and to Mrs. Indumati for her kindness in sponsoring chocolates and gifts. The evening concluded with heartfelt expressions of joy and gratitude from the kids and their families, filling our hearts with warmth and love.





## CANNEST HOME



In the month of December 2024, a total of 380 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.

## 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 2024, a total of 4 families got help from the Hope Chest.





## DRUG BANK



In the month of December, we provided support for Baby Gayathri and Master Bharath by covering the cost of their influenza vaccine, amounting to Rs. 4800. This initiative was part of our ongoing efforts to ensure their well-being and health.

## SPONSORS DETAILS

S.No	Sponsors	Project	Amount
1	Dayachandh Malhotra	Cannest	20000
2	Mr.Rajgopal	Cannest	10000
3	Mrs.Indumathi	Cannest	2000
4	Mrs. Poonkodi	Cannest	1000
5	Mrs. Vijaya Mahendran	Cannest	1000
	<b>Total</b>		<b>34000</b>



## INKIND SPONSORS

IN - KIND SPONSORS			
S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Mrs. Selvam	1kg Garlic	400
2	Chennai food bank	Boiled rice - 70kg Ragi - 5kg	3500
3	Mrs. Darshana	Oil - 20 ltr, Moon dhal - 10kg, Boiled rice - 25kg, White urad gram - 10kg	8500
4	Century flour mill	Soji - 20packets, Wheat flour - 20 packets	4440
		<b>Total</b>	<b>16840</b>

## VOLUNTEER CONTRIBUTION

The CANSTOP team extends heartfelt gratitude to all volunteers for their invaluable time, dedication, and tireless efforts in making our events a success.

**Volunteers - Mrs.Origanti, Mrs. Indhumathi, Mrs.Selvam,  
Mrs Vijaya Mahendran, Dr. Senthil & Mr Srinivasan**





## HELPLINE SERVICE

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

**125** Calls for STEP Program.

**04** Calls for Counseling

**04** Calls for Blood request at Government Hospital.



For more information  
contact us through: 044-  
26284256 / +91-9941007688



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

Connect with us through: [www.canstop.org](http://www.canstop.org)    

