



January 2025 COMMUNITY SERVICE DEPARTMENT MONTHLY REPORT



PONGAL CELEBRATION @ IOG



MEDICAL CAMP



SAP SCHOOL



**JOY OF GIVING @ KALAISELVI
KARUNALAYA**



STEP PROGRAMME



NUTRITION PROJECT



FREE MEDICAL CAMP

The Rotary Club of Madras in Collaboration with Sundaram Medical Foundation, successfully conducted a free medical camp on January 30, 2025, at T. Nagar, Chennai.

A total of 114 beneficiaries received comprehensive medical services, including free examinations, consultations, and prescription medications, at the camp.

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.



114
A TOTAL OF
PEOPLE WERE
BENEFITED



**Total of
Rs.6,400**
Worth of
medicine distributed

DGND DR. VIJAYA BHARATHI RANGARAJAN VISITED THE CAMP

The camp offered a range of medical services, including blood pressure checks, blood glucose tests, hemoglobin tests, and general screening tests.



STEP PROGRAM



Date: January 18, 2025

Time: 3:00 PM - 4:00 PM

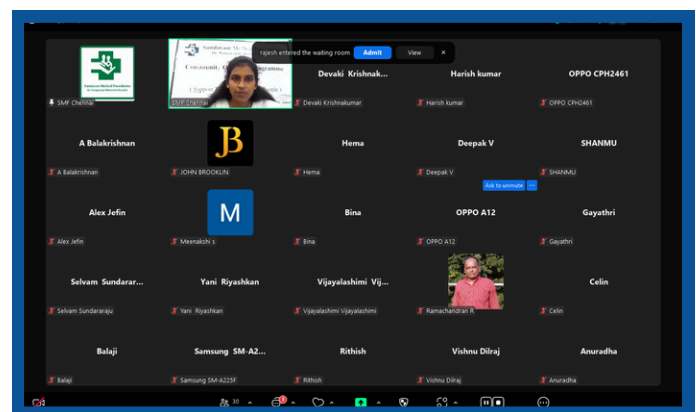
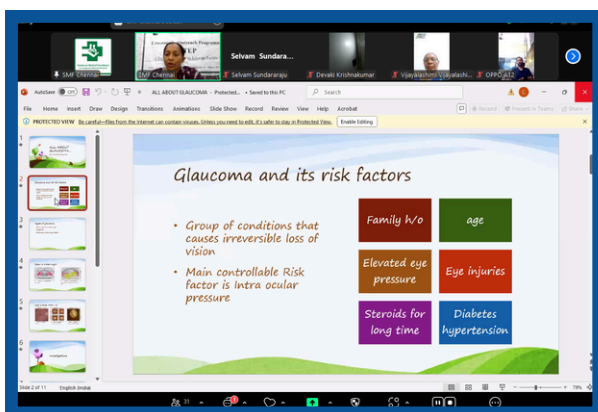
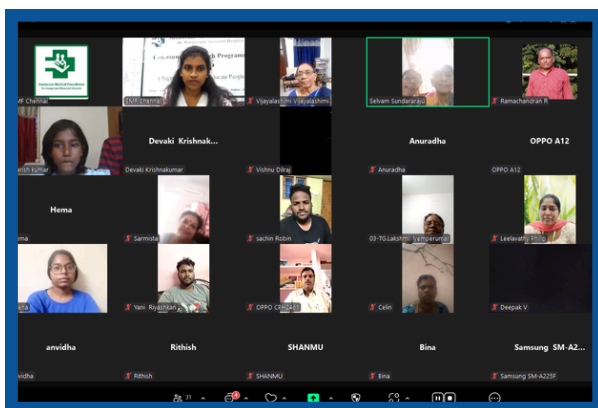
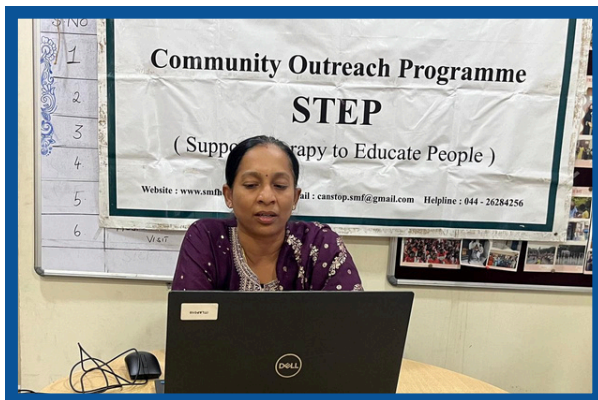
Platform: Online

Topic: "All About Glaucoma"

Support Therapy To Educate People

Sundaram Medical Foundation's Community Service Department commemorated Glaucoma Awareness Month with a successful awareness session, "All About Glaucoma," on January 18, 2025. The event drew 61 enthusiastic attendees who benefited from a comprehensive presentation by renowned expert Dr. Aruna Gurusamy.

The interactive session covered various aspects of Glaucoma, including its definition, types, causes, symptoms, diagnosis, treatment options, and management strategies. Doctor addressed attendees' queries, providing valuable insights and promoting awareness about the disease.



YOGA SESSION & DIET TALK

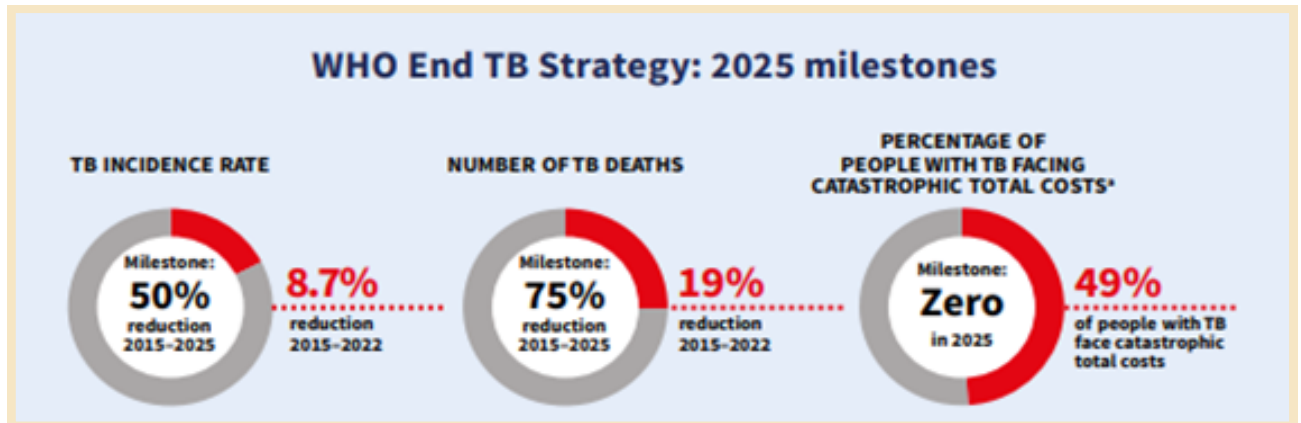


On January 21st, 2025, Sundaram Medical Foundation's Community Service Department conducted a yoga session and diet talk at SAP School (Adi Dravida Tribal Welfare School) for 50 students from 6th to 9th standard.

The yoga session, led by Mrs. Selvam, volunteer of CANSTOP, aimed to promote physical and mental well-being. The diet talk, delivered by Ms. Divya Darshini, SMF staff from the Nutrition Service Department, covered essential topics such as types of minerals, healthy snack options, and identifying vitamins and nutrients in fruits. An interactive game reinforced the students' understanding of healthy eating habits.



REACH FOUNDATION



In January 2025, 25 people availed tuberculosis intervention services.

PLASTIC WASTE MANAGEMENT

The Tamil Nadu Pollution Control Board (TNPCB) has initiated an awareness program to educate students, including those in professional colleges, about the detrimental effects of plastic use on the environment. In a related effort, the Community Service Department has partnered with the Bisleri CSR team to implement the Plastic Zero Waste Management initiative, focusing on recycling plastic waste generated in both in-patient and out-patient buildings. Notably, this initiative has already yielded significant results, with a total of 324 kg of plastic waste collected in January 2025.



PONGAL CELEBRATION @IOG



CANSTOP celebrated the joyous Pongal festival on January 9th, 2025, at the Institute of Obstetrics and Gynecology (IOG) in Egmore. Cancer patients and their attendants enthusiastically participated in traditional activities like Pongal making, Rangoli competition, pot-breaking game, and captivating traditional dance performances. Esteemed guests, including District First Lady Bharati Saravanan, Rtn Punitha Sridhar, and Dr. Sumathi, Director of Women's Hospital, Egmore, joined the celebration.



The event was made possible by the tireless efforts of CANSTOP volunteers, including Mrs. Selvam, who generously sponsored sarees for the patients. Other dedicated volunteers also contributed to the event's success. Dr. Vijaya Bharathi Rangarajan, Founder and Director of CANSTOP, distributed gifts to the winners, including nighties and sarees, spreading joy and cheer among the participants. The festivities concluded with a delicious Pongal meal served to all attendees, bringing joy and a sense of community to cancer patients and their families.



NUTRITION PROJECT



CANSTOP conducts regular visits to the Institute of Obstetrics and Gynecology (IOG) and the Institute of Child Health and Hospital (ICH) every Tuesday, Thursday, and Saturday, providing essential support to patients. These visits focus on boosting nutrition and offering regular counseling sessions

**Tender coconuts worth Rs.24,300/- were distributed at IOG.
A Pediasure worth Rs.8800 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.



JOY OF GIVING

On January 13th, Sundaram Medical Foundation's Community Service Department organized a "Give a Gift" initiative to express gratitude to deserving communities. Our doctors and staff collectively donated essential items worth ₹1,50,000 to

- Kalaiselvi Karunalaya (orphanage and old age home)
- Adi Dravida Tribal Welfare School (SAP school), where tables, chairs, coloring books, crayons, and snacks were distributed to children
- Cancer patients at IOG, who received bed sheets and nighties

SAP SCHOOL



KALAISELVI KARUNALAYA



IOG, EGMORE



CANNEST HOME



CANNEST Home accommodated 290 families in January 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 January 2025, a total of 5 families got help from the Hope Chest.



SPONSOR DETAILS

S.No	Sponsors	Project	Amount
1	Dayachandh Malhothra	Cannest	20000
2	Dharmamurthi Bahadur Calavala Cunnan	Cannest	25000
3	Mrs. Vijaya Mahendran	Cannest	1000
	Total		46000

INKIND SPONSORS

IN - KIND SPONSORS			
S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Mrs Darshana	Oil - 20 ltr, Moon dhal - 10kg, Boiled rice - 25kg, White urad gram - 10kg	8500
2	T K Srinivasan	Vegetable	4000
3	Mrs Latha	Boiled Rice	3000
4	Century Flour Mill	Soji - 20packets, Wheat flour - 20 packets	5550
5	Mrs Selvam	Garlic 1kg	600
	Total		21,650



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 Srinivasan & Mr Ramesh**

HELPLINE SERVICE

Totally 218 calls were received in the CAN-STOP Help line number

100 Calls for STEP Program

04 Calls for Counseling

110 calls for canswap event

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

