

June 2022



Sundaram Medical Foundation
Dr. Rangarajan Memorial Hospital

COMMUNITY SERVICE DEPARTMENT



MONTHLY REPORT



National Cancer Survivors Day @ IOG Hospital

MONTHLY HIGHLIGHTS



Medical Camp at
His/Her Place



STEP Program



First Aid Training Program



International Yoga Day



National Cancer Survivors
Day @ ICH and IOG



Nutrition Project &
Play Therapy



Emergency Medical
Essentials @ ICH



HOPE CHEST



CANNEST Home

STEP PROGRAM

- ▶ Sundaram Medical Foundation conducted a STEP PROGRAM on the topic "Parenting Styles on 21.06.2022 by Dr. Subhashini, Psychologist SMF".
- ▶ The session covered the aspects of Parenting Style, where the Doctor highlighted the importance of choosing the type of parenting while dealing with children and also the effects of parenting style on the children. The Doctor also gave lots of examples of how the parenting style affects the child's behaviour.
- ▶ The session was elaborate, also the participants were able to clarify their doubts and understand the effectiveness of Parenting Styles.



Sundaram Medical Foundation
Dr. Rangarajan Memorial Hospital
Shanthi Colony, Anna Nagar, Chennai - 600040.

STEP
(Support Therapy to Educate People)

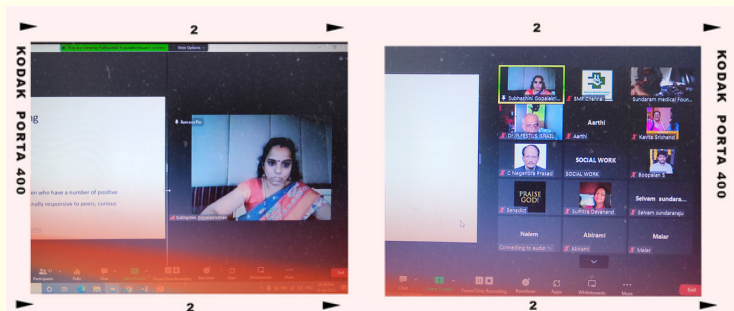
Parenting Styles

Speaker:
Dr. Subhashini,
Psychologist, SMF

21.06.2022 (Tuesday)
3 - 4 pm

Zoom Link: <https://us06web.zoom.us/j/84437999877>
No Passcode required

For More Details: 9941007688/044-26144569/
canstop.smf@gmail.com



Parents and children

The unique and special relationship between a parent and child is paramount for the development of children:

Social



Emotional



Educational



MEDICAL CAMP @ HIS/HER PLACE

Sundaram Medical Foundation in association with Rotary club of Madras organized a free medical camp at His/Her place, T. Nagar on 23rd June from 3.00 pm to 6.00 pm.



- ▶ BP, Sugar, Anemia, Cynec and General screening was done.
- ▶ Total No. of Beneficiaries - 86
- ▶ Medicine & Refreshment worth Rs. 3900/- was distributed to the needy people.

INTERNATIONAL YOGA DAY @ SAP SCHOOL

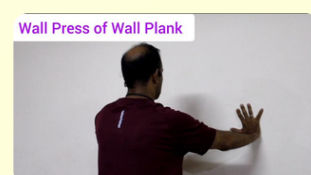
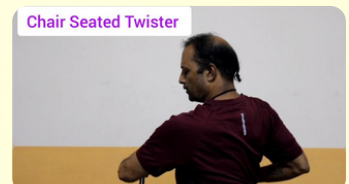
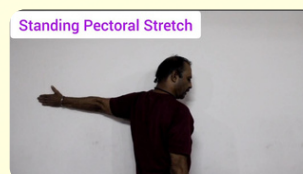
▶ To observe International Yoga Day 2022, The Community Service Department of Sundaram Medical Foundation has organised Yoga sessions with the children in SAP School.

▶ The children of age 11 to 15 were engaged in the program which mainly focused on helping the children understand the importance of doing Yoga to have a healthy lifestyle.

▶ Total no.of Beneficiaries - 120

▶ Date of events- 14.06.2022, 21.06.2022 & 28.06.2022.

▶ Video on "Yoga poses for a healthy body and mind" was prepared to create a message to the general public on Usefulness of Yoga on 21.08.2022 (International Yoga Day).



FIRST AID TRAINING @ ASE STRUCTURE

► The Community Service Dept. of Sundaram Medical Foundation conducted a First aid training program on 18.06.2022 between 9:30 am to 1:00 pm at ASE Structure Pvt. Ltd.

► A total of 50 participated in this session.

► Participants felt that the session was very useful to know about First aid & Basic Life support and ways to handle it.



FIRST AID TRAINING @ BRAKES INDIA

► The Community Service Dept. of Sundaram Medical Foundation conducted a First aid training program on 04.06.2022 between 9:30 am to 1:00 pm.

► A total of 58 participated in this session.

► Participants were able to understand the importance of basic First Aid and also expressed that it would be helpful in their future.

► The participants were also able to do demo sessions with mannequin, which helped them gain practical experience of First Aid.





PLASTIC WASTE MANAGEMENT

Multi-layer plastic constituted 32% of the total plastic collected. The biggest contributors of multi-layer plastics in this data set were HUL (29%), Britannia (18%), and Nestle (10%).

The plastic accumulated at large quantities is directly from the households as per reports.



- ▶ Community Service Dept in association with Bisleri CSR team has been working on Plastic Zero Waste Management initiative for recycling the plastic wastes both in IP and OP premises.
- ▶ This month a total of 69 Kgs of plastics waste was collected.

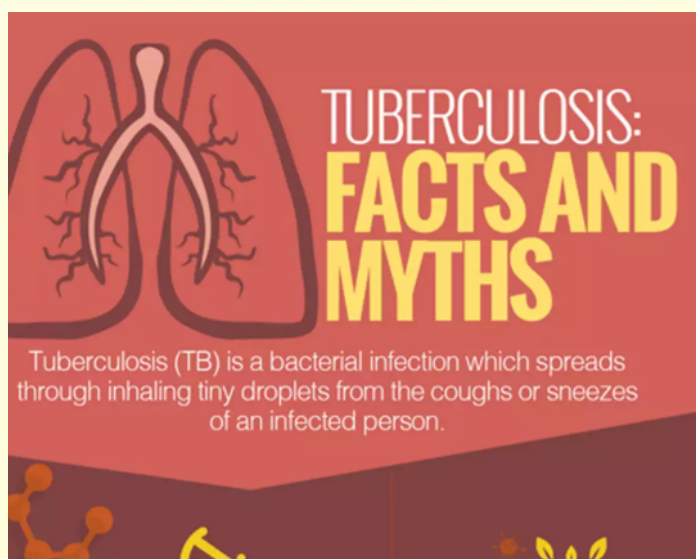
TOWARDS ZERO PLASTIC!

Everyone supports this initiative and makes plastic free at SMF hospital.

REACH FOUNDATION

FACTS! FACTS!

- ▶ For the month of June 2022,
- ▶ Total of 20 people have utilized the Tuberculosis Intervention Services.



NATIONAL CANCER SURVIVORS DAY @ ICH

- ▶ CANSTOP organised a program for National Cancer Survivors Day at ICH for the children in the Hematology ward on 10th June, through hospital clowning followed by cancer survivor interaction with the children.
- ▶ The program continued with gift sharing for the children.
- ▶ The interaction with the children and their caregivers by the cancer survivor Mr. Tharun, who shared his story about his cancer treatment and his journey till date, the hope he had and the support he received from his family during his cancer treatment created a huge impact.
- ▶ The children and the caregivers were able to connect with the cancer survivor. They were very much motivated and expressed that they gained hope after interacting with the cancer survivor.
- ▶ CANSTOP Volunteer also shared a few words about healthy lifestyles and the things which the parents can give importance during the treatment of the child.
- ▶ The event ended with a note on healthy lifestyle and how not to give up hope on the treatments and medications.
- ▶ The kids received a juice container from CANSTOP which was sponsored by Mr. Premchand.



NATIONAL CANCER SURVIVORS DAY @ IOG

- ▶ CANSTOP organised a program at IOG for the women in cancer ward on June 11th, by hospital clowning followed by cancer survivor interaction with the women.
- ▶ The event started with hospital clowning, followed by Cancer Survivor (Mrs. Ashwini) interaction with the women in the ward, she shared about her life journey and how she was able to take care of herself during her cancer treatment and how positive she was towards her treatment.
- ▶ The women and the caregivers were able to empathize with the cancer survivor and were very much motivated and expressed that they gained hope after interacting with the cancer survivor.
- ▶ The session also covered the benefits of eating a healthy diet and the positive mindset she had throughout her treatment.
- ▶ The session gave hope to many women patients who attended the program.
- ▶ The total no. of Women and caregivers who participated in the event - 54
- ▶ The women in the ward received Saree from CANSTOP which was supported by Chennai Volunteers.



EMERGENCY MEDICAL ESSENTIALS @ ICH

Canstop has given 3 PICC Line for children in the Hematology ward at ICH Egmore for Chemotherapy treatment. PICC Line of Worth 12,000/- each was distributed to three children which cost around Rs. 36,000/- sponsored by Prerna Charity Trust, Chennai.



HOPE CHEST

As a part of the CANSTOP initiative, "HOPE CHEST" which has been running to support people who are under treatment for cancer in terms of providing them with dresses, regular use items etc.

This month total of **five families** were benefited through "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.

NUTRITION PROJECT

- ▶ CANSTOP organises nutrition visits to two hospitals to support patients in the nutrition aspect by providing them with nutrition supplements at Institute of Obstetrics and Gynecology and at Institute of Child Health Hospital for Children, Egmore .
- ▶ Tender Coconut worth Rs.23600 was distributed.



PLAY THERAPY

- ▶ Regular counseling and Play therapy sessions are provided to the cancer patients and their families at Institute of Obstetrics and Gynecology and at Institute of Child Health.
- ▶ Nutrition supplements (Pediasure) worth Rs.4860 were distributed.



CANNEST HOME

▶ In the Month of June a total of 97 families stayed in CANNEST Home.

▶ Children in the CANNEST are engaged through games with the help of Volunteers and social workers. Kids enjoy playing ludo, chess and riding bicycles during their stay at CANNEST.



IN-KIND SPONSORS

S.No	Sponsor Name	Particulars	Amount	Donated to
1	Chennai food Bank	Raw rice - 75kg	4200/-	CANNEST Home
2	Mr. Ragunathan	Vegetables	1500/-	CANNEST Home
3	Chennai Volunteers	Sarees & Bedsheet	8050/-	IOG, Women's Cancer Ward
4	Mr. Premchand	Tupperware Bottles	5000/-	ICH, Hematology ward
5	Mr. T.K. Srinivasan	Vegetables	4000/-	CANNEST Home

VOLUNTEER'S CONTRIBUTION

S.No	Volunteer Name	Duration - hours	Activities
1	Mrs. Selvam	12 hrs	Cancer Survivor day, Yoga sessions, Medical Camp
2	Mrs. Vijayamahendran	9 hrs	Cancer Survivor Day, Nutritional Visits
3	Mrs. Girishma	2 hrs	Cancer Survivors Day
4	Mrs. Indumathi	3 hrs	Step Program

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**TOGETHER WE CAN MAKE A
DIFFERENCE!**



HELP LINE SERVICE

- Totally 42 calls were received in the CAN-STOP Help line number.
- 19 calls for Medical Camp.
- 10 calls for STEP Program.
- 11 calls for SMF Apoinment.
- 2 calls for Blood requirement.



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**TOGETHER WE CAN MAKE A
DIFFERENCE!**

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



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

Connect with us through:
www.canstop.org

