

June 2023

# COMMUNITY SERVICE DEPARTMENT

**Awareness  
Programme**



**International day  
against Drug Abuse**



**Medical Camp**



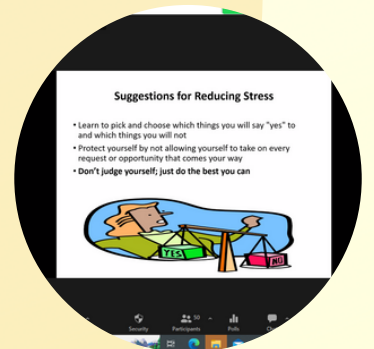
**Drug Bank**



**World Yoga Day Celebration**



**CAN-NEST  
Home**



**STEP  
Programme**



**Hope Chest**



**Nutrition Project &  
Play therapy**



# FIRST AID TRAINING PROGRAMME

@ Brakes India, Lucas

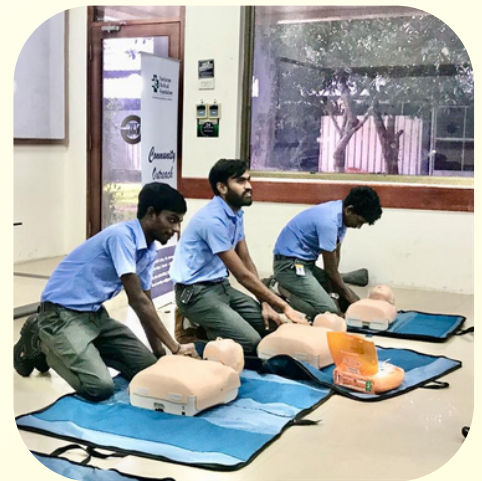
The Community Service Department of Sundaram Medical Foundation conducted a First Aid Training Program on Saturday, June 24, 2023, from 9:00 a.m. to 1:00 p.m. at Brakes India, Lucas.

A total of 20 members participated in the session.

Dr. Sanjay (ER Department) and Mr. Balakumaran (paramedic staff) led the session.

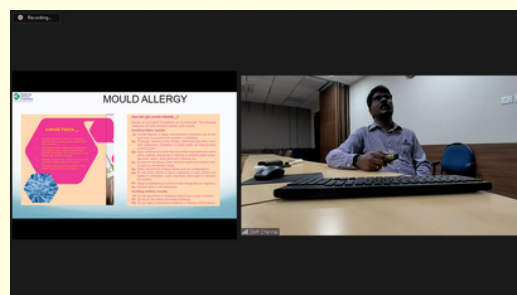
The feedback from the attendees suggested that the workshop's theory and practical sessions were both interactive.

Also, a few more attendees gave a very positive response, mentioning that the session was very interesting and useful.



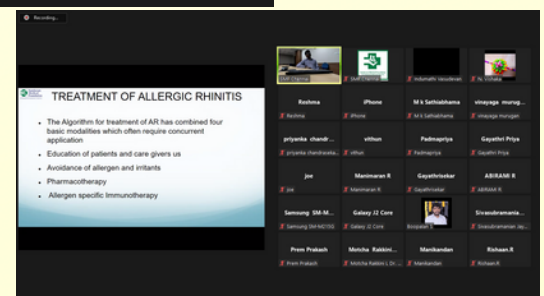
## STEP PROGRAMME

A STEP (Support Therapy to Educate People) Programme was conducted for the people about "A Practical Approach to Allergic Rhinitis Management" on 24th June, 2023



Speaker - Dr.D.Ramesh (Senior Consultant, dept of ENT , SMF)

Around 40 members joined the session.





# WORLD YOGA DAY

@ SAP School

To commemorate World Yoga Day, SMF's Community Service Department organised a yoga session in Adi Dravidar Tribal Welfare Primary School, Thirumangalam, for both primary and high school students on June 21, 2023 (Wednesday).

A total of 103 students participated in the yoga session.

Different Asanas & meditations were taught to the students.

To encourage the best performance, we shared prizes with the six students and distributed gifts to all the students who participated in the yoga session.

The students gave positive feedback, saying that the session gave relaxation to the mind and helped improve concentration on studies.





# INTERNATIONAL DAY AGAINST DRUG ABUSE

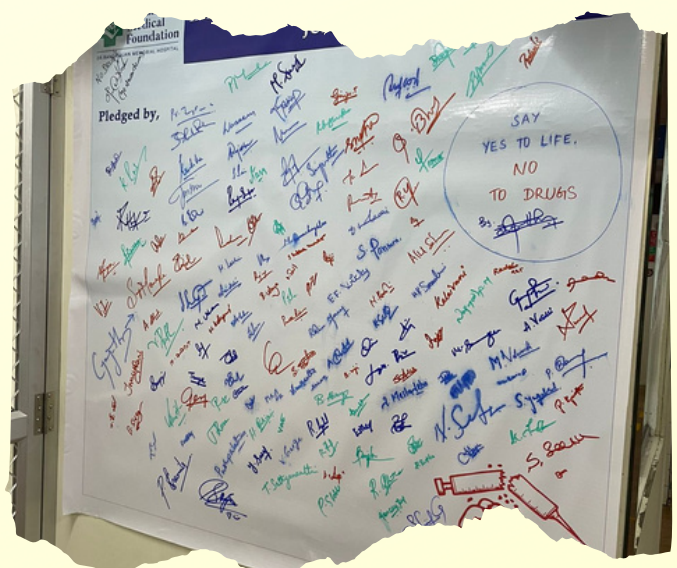
SMF's Community Service Department, along with the Clinical Pharmacist Team, spread awareness on the occasion of "International Day against Drug Abuse" on June 26, 2023, at SMF Main and OPD premises.

Medical Health professionals and others took a pledge that,

"I pledge to treat people who use drugs with respect and empathy.

I pledge to provide voluntary services for all people who use drugs, prioritizing prevention.

I pledge to combat stigma and discrimination against people who use drugs by promoting language and attitudes that are respectful and non-judgmental."





# MEDICAL CAMP

@ His/Her Place, T.Nagar

The Rotary Club of Madras, in association with the Sundaram Medical Foundation, organised a free medical camp conducted on 29 June 2023 , 3 to 6 Pm at his /her place T.Nagar.

Checkup: CBG, HB, BP, General screening & Pulmonary Function Test were done.

No. of Beneficiaries - 104

We distributed medicine worth Rs. 4500/- to needy people and refreshment to every patient.

Totally for 32 patients, Pulmonary Function Test was done in which 3 patients were diagnosed with Asthma.

Thank you to all the Rotarians who visited and supported the medical camp..

Medical Team:

Dr.Preethi(Family Medicine)

Dr. Tejas (General Medicine)

PFT Medical Representatives from CIPLA Company

Ms.Sreedevi & Ms.Selvakumari (Nurse)

Ms.Selvam -Volunteer

Mr.karthick & Ms. Swetha (Social Worker)





# MEDICAL CAMP

@ Madhavaram

NADI - SMF Medical Centre, conducted a free medical camp on 22nd June, 2023

Time: 3.00 pm to 6.00 pm

Venue: Near Madhavaram bus terminus  
, GNT Road

Checkups - BP, HB, CBG, general & Dental screening were done.

No. of Beneficiaries - 45

Medical Team:

Dr. Sugani (General Medicine-Smf)

Dr. Puviarasu (General Medicine-Nadi)

Dr. Jagatheeswari (Dental dept-Smf)

Mr. Karthikeyan (social worker)





# 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.

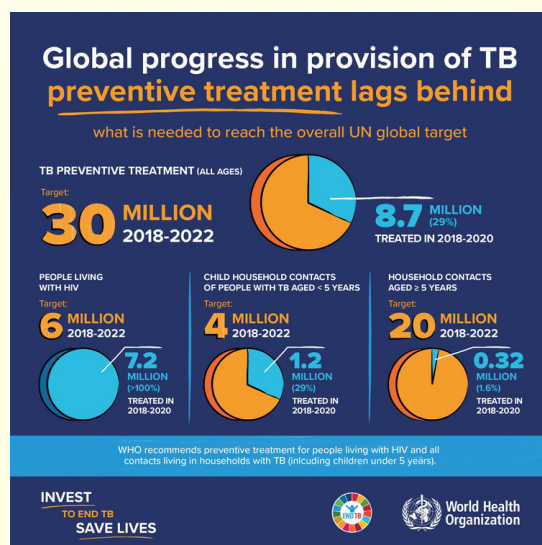


The Community Service Department has been working on the Plastic Zero Waste Management initiative for recycling plastic waste both on IP and OP buildings in association with the Bisleri CSR team.



A total of 93 kg of plastic waste was collected this month.

# REACH FOUNDATION



For the month of June 2023,  
27 people have utilized the  
Tuberculosis Intervention Services.





# CANCER AWARENESS PROGRAMME

CANSTOP organized a cancer and drug awareness program for the Kendriya Vidyalaya higher Secondary Students. The presentation was given to the students by Dr.Chrishi, and a question-and-answer session followed.

Date: 28.06.2023

Time: 10.30 a.m. to 12 p.m.

No. of participants: 110

The students were very interactive and gave very good feedback about the session.



## DRUG BANK

CANSTOP supported Baby Asmina, a 8 year old, for a Human Papilloma Virus Vaccine (Gardasil) costing Rs.2945/- & for Baby Akshaya, a 10 year old, for a Enteroshield costing Rs.840/-





# NUTRITION PROJECT

CANSTOP visits Institute of Obstetrics and Gynecology and Government hospital for Women (IOG) and the Institute of Child Health and Hospital (ICH) frequently to provide nutrition support and regular counseling for the patients.

Tender Coconut of worth Rs. 11600 was distributed at IOG.

Pediasure of worth RS. 4320 was distributed at ICH



## ART & PLAY THERAPY

Regular Art & Play therapy sessions were provided for the cancer patients and their family members at Institute of Child Health by providing various art & craft activities and fun games to keep them engaged in the hematology ward.



# HOPE CHEST

CANSTOP's Hopechest provides essential things for the cancer patients & their parents at IOG & ICH.

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

In the month of June, a total of 5 families got help from the 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**

# CANNEST HOME

Totally 242 families stayed at CANNEST Home in the month of June, where the children in the home are engaged through various activities and games with the help of volunteers and social workers.





## SPONSORSHIP DETAILS

Sponsorship details			
S.No	Sponsors	PROJECTS	AMOUNT
1	Mrs. Vijaya Mahendran	CANNEST	1000
2	Dayachand Malhotra	CANNEST	10000
3	Ms.Indumathy Vasudevan	CANNEST	3000
4	Ms. A.S.A. Yamuna	CANNEST	1,00,000
5	Mr.Madhusudan	CANNEST	50,000
6	Mr.Pathangi Narasimhan Janardhanan	CANNEST	1,00,000
Total			2,64,000

## IN-KIND SPONSORS

In-Kind Sponsors			
S.No	Sponsors	Particulars	Worth in Rupees
1	Mr. T. K. Srinivasan	Vegetables	4,000
2	Chennai Food bank	Rice bag & Ragi	3,300
3	Ms.Darshana	Brown sugar, Toor dal, Moong dal, Urad dal, Boiled rice	9000
4	Ms.Latha	Rice bag	1500



# VOLUNTEER'S CONTRIBUTION

The CANSTOP team gratefully acknowledges each and every volunteer for their time and commitment to all of the events.

**Volunteers-Mrs.Origanti,Mrs.Selvam,Mrs.Indhumathy**

## HELP LINE SERVICE

Totally 29 calls were received in the CAN-STOP Help line number.  
24 calls for STEP Program.  
3 calls for Counseling  
2 calls for Blood request at Government Hospital.



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](http://www.canstop.org)

