

COMMUNITY SERVICE DEPARTMENT MONTHLY REPORT

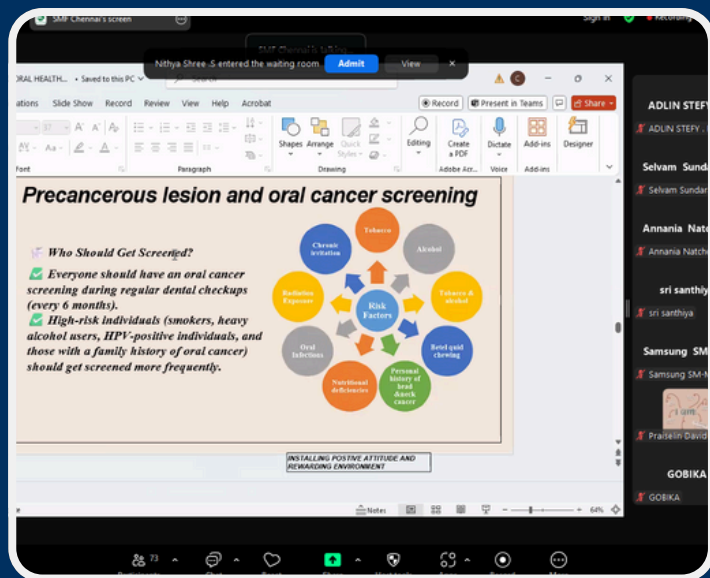


**2025
MARCH**



SUPPORT THERAPY TO EDUCATE PEOPLE

On Saturday, 29th March 2025, from 2 pm to 3 pm, Sundaram Medical Foundation Organised STEP Program to Commemorate World Oral Health Day. The session, titled "Prevention over Cure: The Role of Regular Check-ups in Oral Health," covered crucial topics such as the importance and prevention of oral care, benefits of regular dental check-ups, early detection of dental problems, and the connection between oral health and overall health.



STEP PROGRAM



DR. MEENAKSHI ARUMUGAM

We were honored to have Dr. Meenakshi Arumugam, Junior Resident from the Dental Department, as the speaker for the session. The program saw an overwhelming response with 85 participants attending the session. The session was highly engaging and informative, providing valuable insights into oral health care.

PLASTIC WASTE MANAGEMENT

Tamil Nadu Pollution Control Board (TNPCB) launched an awareness program to educate students about plastic's environmental impact. In support, Sundaram Medical Foundation's Community Service Department partnered with Bisleri CSR to implement Plastic Zero Waste Management, collecting 115 kg of plastic waste in March 2025."



YOGA SESSION



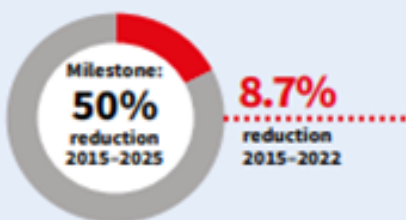
The Community Service Department of Sundaram Medical Foundation conducted yoga sessions at the Adi Dravida Tribal Welfare School (SAP School), benefiting students from 6th to 9th standard. Led by Mrs. Selvam, a volunteer from CANSTOP, the sessions were held every Tuesday and Thursday, aiming to promote physical and mental well-being among the students, and fostering a healthy and balanced lifestyle.

REACH FOUNDATION

In March 2025, 24 people availed tuberculosis intervention services.

WHO End TB Strategy: 2025 milestones

TB INCIDENCE RATE



NUMBER OF TB DEATHS



PERCENTAGE OF PEOPLE WITH TB FACING CATASTROPHIC TOTAL COSTS*



WOMENS DAY @ IOG



WOMENS DAY CELEBRATION WITH THE PATIENTS IN IOG

On March 6, 2025, CanStop organized a Women's Day celebration at IOG, Egmore, spreading joy and hope to 32 courageous cancer patients and their attenders. The event featured an array of engaging activities, including games and a captivating dance performance by children, which brought smiles to everyone's faces. This celebration was part of our ongoing efforts to promote positivity, self-esteem, and confidence among patients and their families, fostering a supportive community that champions their well-being.

The event was honored by the presence of the Director Dr. Sumathi and RMO of IOG, who took the time to visit and interact with the patients and participants. To add to the excitement, prizes were awarded to the winners of the games, acknowledging their spirit and enthusiasm. Furthermore, as a token of appreciation and love, sarees were gifted to all the patients, bringing smiles to their faces and warmth to their hearts.

We extend our heartfelt gratitude to our dedicated Can-Stop volunteers, Mrs. Origanti, Mrs. Selvam, and Mrs. Vijaya Mahendran, who worked tirelessly to make this event possible.



CAMP HE HO HA

CanStop organized a two-day recreational camp, Camp He Ho Ha, on March 15th and 16th, 2025, exclusively for cancer survivor children and their families. This year marked the 16th anniversary of Camp He Ho Ha, a milestone achievement in providing a platform for these brave children and their families to come together, heal, and celebrate life. The camp was a resounding success, with the children thoroughly enjoying the various activities and events.



DAY 1

The camp commenced with an ice-breaking session conducted by Mrs. Prathiba, which helped the participants bond and feel at ease. She also led fun games and activities, keeping the children engaged and entertained throughout the day.

The afternoon saw a mesmerizing folk dance performance by the Dakshina Chitra dance team, which was thoroughly enjoyed by all. A pot-breaking activity was also organized, which allowed parents and children to bond and have fun together.





The evening session featured a captivating storytelling session by Mrs. Ambujavalli, a professional storyteller. The children were enthralled by the stories and participated actively. Later, the children practiced their dance moves for the valedictory ceremony, which was to take place the following day.

To ensure that everyone had a great time, a snake and ladder game was organized for children, while their parents enjoyed a game of Housie Housie.



DAY 2



The second day of Camp He Ho Ha began with a refreshing morning yoga session on the beach, led by Volunteer Ms Selvam & Mr Soundarajan. This was followed by a palm printing activity for the children, which allowed them to express their creativity.



A diet talk was then conducted by Ms. Divyadharshini, a dietitian from Sundaram Medical Foundation, which provided valuable insights on healthy eating habits. After breakfast, the families visited Dakshini Chitra, exploring its rich cultural heritage.

After the visit, the participants returned to the campsite to prepare for the valedictory ceremony, which was a grand finale to the camp. The ceremony marked a memorable conclusion to the camp, celebrating the joy, love, and resilience of the cancer survivor children and their families.



VALEDICTORY



The valedictory ceremony was a vibrant and colorful event, featuring a prayer song, a dance performance by the children, and a special dance performance by Vishva Master and his team. The special guests Mrs. Lakshmi Ramakrishnan, Actress & Dr. Vijaya Bharathi Rangarajan, Founder of CANSTOP, joined the valedictory ceremony and distributed gifts to each family, marking a memorable end to the camp.

The Camp He Ho Ha was a huge success, providing a much-needed break for cancer survivor children and their families. We are grateful to all the volunteers, sponsors, and participants who made this camp a reality.

PHOTO GALLERY



NUTRITION PROJECT



CANSTOP provides consistent support to patients at the Institute of Obstetrics and Gynecology (IOG) and the Institute of Child Health and Hospital (ICH) through regular visits on Tuesdays, Thursdays, and Saturdays, focusing on enhanced nutrition and counseling.

Tender coconuts worth Rs.22,478/- were distributed at IOG.
A Pediasure worth Rs.8800 was distributed at ICH

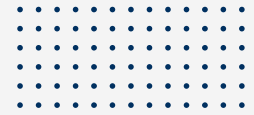
ART & PLAY THERAPY



CANSTOP's art and play therapy initiatives at ICH bring smiles to the faces of children in treatment, using creative expression and playful interaction to alleviate stress and promote well-being. Through regular sessions, children are encouraged to express their emotions, develop social skills, and build resilience. This holistic approach complements medical treatment, fostering a supportive environment that nurtures the overall health and happiness of young patients



CANNEST



CANNEST Home is more than just a temporary residence for families in need. It serves as a vibrant community hub where people can connect, share experiences, and support one another. This sense of community is invaluable, especially during challenging times. By providing a warm, welcoming, and non-judgmental space, CANNEST Home helps families find comfort and solace. In March 2025 alone, CANNEST Home accommodated an impressive 370 families.

The impact of this Home extends far beyond providing basic necessities. It empowers families by offering emotional support, practical assistance, and access to resources and guidance. By fostering a sense of community and connection, CANNEST Home helps families realize they are not alone in their struggles. This realization provides a sense of strength and solace, enabling families to face the future with renewed hope and determination.



HOPE CHEST



Sarees,
Bedsheets,
Nighties,
Petticoats,
Sandals,
Slippers,
Towels,
Toiletries,
Toys,
Books,
Pillows,
Tiffin Boxes,
Kettles,
Flasks,
Water bottles,
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 March 2025, a total of 4 families got help from the Hope Chest.

DRUG BANK



In the month of March, we provided support for Baby Gayathri 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.

HLA TEST

CANSTOP generously sponsored the HLA tests for Master Santhosh and Master Akil's parents at the Institute of Child Health (ICH), covering the total cost of Rs. 15,000/- for the month of March.



SPONSOR DETAILS

S No	Sponsors	Project	Amount
1	Dayachandh Malhothra	CANNEST	20,000
2	Mrs. Vijaya Mahendran	CANNEST	1000
3	Dr. Ayesha Hameed	CANNEST	5,00,000
4	Mrs. Indhumathi	CANNEST	2000
5	Mrs. Praneetha varadharajan	CANNEST	10,000
6	Dr Alfred Arulraj	CANNEST	30,000
7	Mr Rajan	CANNEST	4000
8	The Lions Club	CANNEST	5000
9	Mr. Ravishankar Seethraman	CANNEST	1,00,000
	Total		6,72,000

INKIND SPONSORS

S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Mrs Darshana	Oil - 20 ltr, Moon dhal - 10kg, White urad gram - 10kg, sambar dal - 10kg, Idly rice - 25kg	9000
2	Century Flour Mill	Soji - 25 packets, Wheat flour - 25 packets	6500
3	Mrs Selvam	Garlic 1kg	350
4	Mrs. Latha	Boiled Rice	1500
5	Mrs. Rekha	Oil - 10ltr, Raw Rice - 25kg, Idlt Rice - 25kg, Garlic - 3 kg	5750
6	Mr. Srinivasan	vegetables	4000
Total			27,100/-

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 , MRS. INDHUMATHI

HELPLINE SERVICE

Totally 169 calls were received in the CAN-STOP Help line number
100 Calls for STEP Program
60 CALLS FOR CAMP HE HO HA
05 calls for counselling
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