

March 2022



Sundaram Medical Foundation  
Dr. Rangarajan Memorial Hospital

# COMMUNITY SERVICE DEPARTMENT



## MONTHLY REPORT



Medical Camp @ SAP School



Play Therapy @ Baby Hospital

## MONTHLY HIGHLIGHTS



Medical Camp at  
His/Her Place.



STEP Program



Women's Day  
Celebration @ SMF



Women's day  
Celebration  
@ IOG



SAP School Medical  
Camp



Nutrition Project  
&  
Play Therapy



First Aid Training  
Programs



CANNEST Home

# SAP SCHOOL MEDICAL CAMP

- ▶ The Community Services Department of Sundaram Medical Foundation organized Medical Camp for Adi Dravidar and Tribal Welfare school(SAP) students.
- ▶ Date: 03.03.2022  
Time: 9 am to 1 pm  
Venue: SAP School, Annanagar
- ▶ Pediatrics and dental checkups were held for 1std - 10std students.
- ▶ No.of Beneficiaries - 133 students.



## WOMEN'S DAY CELEBRATION @ SMF

- ▶ To honor womanhood, Sundaram Medical Foundation celebrated Women's day on March 9th, 2022. Women from different departments participated in the session.
- ▶ Dr. Vijaya Bharathi Rangarajan, Trustee & Director, addressed the gathering. The session was chaired by Dr. Prithika Chary, who highlighted the importance of the "BALANCE OF LIFE".
- ▶ The session highlighted the importance of self care and self love. It also had hands on the connection between brain, mind and body.
- ▶ Dr. Girija, Deputy Medical Director proposed the vote of thanks.



# FIRST AID TRAINING PROGRAM @ SUNDARAM HEALTH CARE, SHOLINGAR

- ▶ Community Services Dept. of Sundaram Medical Foundation conducted a First aid training program on March 29th, 2022 from 9.30 am to 1.00 pm at Sundaram Health Care for Sundaram Health Care staff.
- ▶ A total of 46 participated in this session.
- ▶ Dr. Moneesh and team from ER Dept of SMF conducted this session.



## MEDICAL CAMP

Sundaram Medical Foundation in association with Rotary club of Madras organized a free medical camp at His/Her place, T. Nagar on 24th March from 3.00 pm to 6.00 pm



- ▶ BP, Sugar, Anemia, gynec and general screening was done.
- ▶ Total No. of Beneficiaries - 75
- ▶ Medicine worth Rs. 1900/- was distributed to the needy people.



# STEP PROGRAM

**FACTS! FACTS!**

Glaucoma affects about **2% of adults** over age 40.



**Sundaram Medical Foundation**  
**Dr. Rangarajan Memorial Hospital**  
Shanthi Colony, Anna Nagar, Chennai - 600 040

**STEP**  
(Support Therapy to Educate People)

**GLAUCOMA,**  
**THE SILENT VISION THIEF**

**SPEAKER**  
Dr. Arthi Dwarakanath  
DNB, FICO, FRCS(IGL)  
Consultant, Ophthalmology, SMF

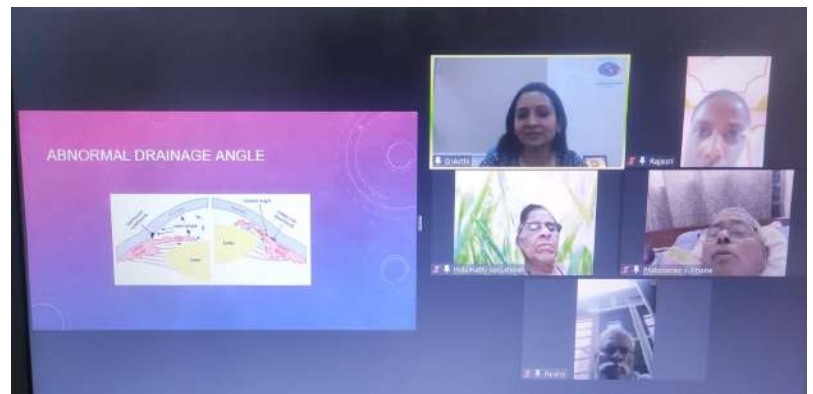
**Saturday**  
March 26,  
2022

**BETWEEN**  
3pm-4pm

**ONLINE**  
ZOOM  
PLATFORM

Zoom link : <https://zoom.us/j/91956443867>  
For Registration : +91-9941007688 / 044-26144569 ~ [canstop.smf@gmail.com](mailto:canstop.smf@gmail.com)

- ▶ Sundaram Medical Foundation conducted STEP PROGRAM on the topic "Glaucoma, the silent vision thief" on 26/03/2022 by Dr Arthi Dwarakanath, Consultant, SMF.
- ▶ The session highlighted the causes, preventive measures and management of Glaucoma.
- ▶ Total no.of participants - 94.
- ▶ The session was elaborate and interactive. The participants clarified all their queries.



# FIRST AID TRAINING PROGRAM

▶ The Community Services Dept. of Sundaram Medical Foundation conducted a First aid training program on March 26th, 2022 from 4.00 pm to 5.30 pm at Hotel Maris for RCM members and their Anns.

▶ A total of 20 participated in this session.

▶ Dr.Siddharath and team from ER Dept of SMF conducted this session.

▶ Participants felt the session was an eye opener to the myths they had been believing so long in handling a few common emergencies.



AROUND 60% OF INDIA'S  
PLASTIC WASTE IS RECYCLED

**Total Plastic Waste  
Generated Every Day**

15,342  
tonnes



## PLASTIC WASTE MANAGEMENT

**"Chennai generates 429 tonnes of plastic waste every day".**

In order to have our environment plastic free,

▶ Community Service Dept in association with Bisleri CSR team has started Plastic Zero Waste Management initiative for recycling the plastic wastes both in IP and OP premises.

▶ This month a total of 98 Kgs of plastic waste was collected.

### **TOWARDS ZERO PLASTIC!**

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



## REACH FOUNDATION

### **FACTS! FACTS!**

**Every year, nine million people get sick with TB. Three million don't get the care they need.**



Healthcare providers are among the three million.

For the month of March 2022, 28 people have utilized the Tuberculosis Intervention Services.



# WOMEN'S DAY CELEBRATION @ IOG HOSPITAL

- ▶ Women are the epitome of courage, hope, and life.
- ▶ CANSTOP celebrated women's day with the cancer affected patients at women's hospital, Egmore.
- ▶ A session on women's health and hygiene was delivered by Dr. Ramya, from Sundaram Medical Foundation along with our volunteer Ms. Selvam. The session had its hands on menstrual hygiene, diet and related issues.
- ▶ An activity was conducted where the patients exhibited their talents and enjoyed the game.
- ▶ The program came to an end with gift sharing. The patients were happy and enjoyed the program.



## HOPE CHEST

As a part of CANSTOP initiative, "HOPE CHEST" was inaugurated at CAN-NEST HOME and total of 15 families were benefitted.

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

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**



# NUTRITION PROJECT

- ▶ CANSTOP conducts its Nutrition Project in Institute of Obstetrics and Gynecology and at Institute of Child Health Hospital for Children, Egmore .
- ▶ Tender Coconut of worth Rs.9502/- was distributed.
- ▶ Dharmamurthi Rao Bahadur Calavala Cunnan Chetty's charity sponsors Rs.25,000 toward the nutrition project for next two months.



# 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.3240/- were distributed.



# CANNEST HOME

In the Month of March 2022 total of 126 families stayed at CANNEST Home. Total of 6 new families stayed in this month.





# IN-KIND SPONSORS

IN - KIND SPONSORS			
S.No	Sponsors	Particulars	Worth in Rupees
1	Chennai Food Bank	Raw Rice-100kgs	4000
2	Rtn. Ravindran	10 kgs of Wheat and 10kgs of Sooji	2500
3	Dr. Sendil & Mr. Suri	Monthly Vegetables	1500
4	Mr.T.K. Srinivasan	vegetables	4000
<b>TOTAL</b>			<b>Rs.12000</b>

66

**TOGETHER WE CAN MAKE A  
DIFFERENCE!**

# VOLUNTEER'S CONTRIBUTION

CANSTOP team acknowledges each and every volunteer for your time and commitment that you provided generously on the following activities. Total Volunteer Hours: 25

S.NO	Volunteer Name	Duration-Hours	Activities
1	Ms.Origanti	12	Nutrition visit, Play therapy and counseling.
2	Ms. Selvam	7	Medical camp, Yoga at SAP School
3	Mrs. Indhumathy	03	STEP Program calls.
4	Mr. Balaraman	3	Yoga at SAP School



# HELP LINE SERVICE

Totally 46 calls were received in the CAN-STOP Help line number.

12 calls for Medical Camp.

9 calls for STEP Program.

21 SMF Appointment calls.

04 calls for Blood request at Government Hospital

“

**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 SUNDARAM  
MEDICAL FOUNDATION – CAN-STOP**



**For More Details visit: [www.canstop.org](http://www.canstop.org)  
Helpline: 044 26284256**

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