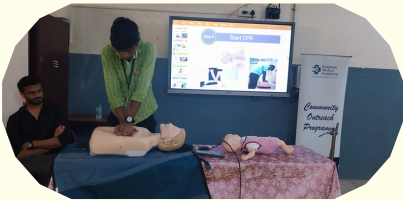


November 2023

# COMMUNITY SERVICE DEPARTMENT



**CAMP HE HO HA 2023 @ Dakshinachitra**



**FATP @ Sri Kalalaya School**



**STEP Programme**



**Free Diabetic Screening camp**



**Yoga session @ SAP School**



**Diwali celebration @ ICH**



**Nutrition Project**



**Art & Play therapy**



**CAN-NEST**



**Hope Chest**



# FIRST AID TRAINING PROGRAMME

@ Sivaswami Kalalaya Higher Secondary School, Mylapore



Sundaram Medical Foundation's Community Service Department organised a First Aid Training Program for the Higher Secondary students from Sri Sivaswami Kalalaya Higher Secondary School, Mylapore on November 7th & 8th, 2023 (Two Days training programme) from 2.00Pm to 4.00Pm

A total of 224 students participated in the session.

Venue : Conference Hall, Sri Sivaswami Kalalaya Higher Secondary School, Mylapore

The session was led by participants was that the theoretical and practical sessions of the workshop were highly interactive and practically oriented.

Also, a few more participants gave a very positive response, mentioning that the session was very fascinating and useful for them.





# FREE DIABETIC SCREENING CAMP

@ OPD,Wavin

To commemorate “World Diabetic Day”, Sundaram Medical Foundation organized a Free Diabetic Screening campaign on November 14, 2023 (Tuesday) at OPD, Wavin, from 10 am to 1Pm.

Around 32 beneficiaries have participated in the camp.

Medical chekups: HB,BP,Height,Weight & Diabetic screening were done. Along with that, dieticians from SMF also gave diet counselling to beneficiaries regarding diabetic diet control.

Medical Team:

Dr.Madhumitha (General Medicine)

Ms.Eswari (Nursing Department)

Ms.Rama, Ms.Aarthy & Ms.Geetha (Dietician Department)

Ms.Maya (Medical Social worker)



# YOGA SESSION

The Community Service Department of SMF organized yoga sessions for children at SAP School, with a focus on instructing younger individuals aged 10 to 16 years in the various aspects of yoga practices. A total of 64 children actively participated in these sessions. The sessions not only enhanced the overall well-being of the students but also provided them with improved mental clarity, thereby positively impacting their educational pursuits.



## STEP PROGRAMME

A Support Therapy to Educate People (STEP) Program was arranged with the aim of addressing the subject "Access to Diabetes Care, Know Your Risk, Know Your Response" on November 18, 2023, from 3.00 PM to 4.30 PM.

Dr.V.Seshadri (Senior Consultant Physician Medicine & Diabetes), SMF, was the speaker of this awareness session.

Around 52 individuals participated in this program. In this session, the speaker clarified the inquiries posed by the participants.

Finally, the participants expressed their satisfaction with the session by providing positive feedback.





# PLASTIC WASTE MANAGEMENT

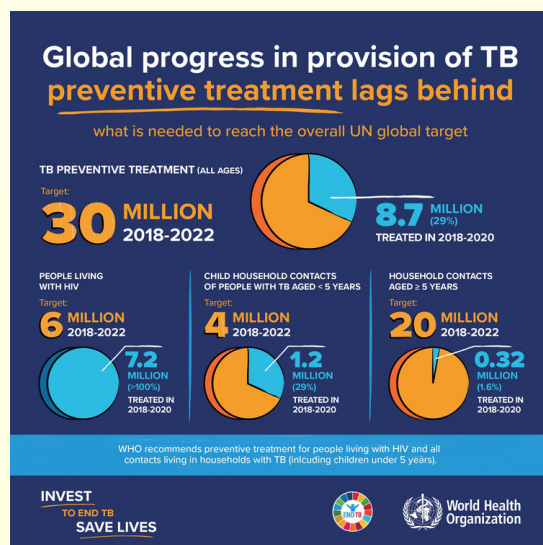
The TNPCB has also been instructed to conduct awareness programs among students, including those attending professional colleges, about the harmful effects of plastic use on the environment and motivate them to avoid plastic, in coordination with the education department and the state legal services 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 82 kg of plastic waste was collected in the month of November 2023.



## REACH FOUNDATION



For the month of November 2023,  
25 people have utilized the  
Tuberculosis Intervention Services.



# CAMP HE HO HA

@Dakshina Chitra,Muttukadu

CANSTOP organized its 15th annual Camp He.. Ho.. Ha.. (Health, Hope and Happiness) on November 25-26, 2023, at Dakshinachitra.

Camp He.. Ho.. Ha.. includes fun and game activities, yoga sessions, a Dakshinachitra visit, pot breaking, Pot making & Painting for CA children and their families.

During these two days of residential camp, children and their families forgot their sorrows and blossomed with beautiful smiles on their faces. Everyone returned with wonderful memories and experiences to cherish for the rest of their lives.

A total of 35 families and 140 members participated in this Camp.

Guest of Honor:

Mr. Erode Mahesh (Actor)

Dr. Vijaya Bharathi Rangarajan (Founder- CANSTOP & Trustee and Director SMF)

Dr. Arjun Rangarajan(Trustee SMF)

Vishwa Master & Team





# CAMP HE HO HA

Dakshinachita, Muttukadu



**We sincerely thank our Sponsors,**

**Event sponsor:**

Ms. Janet, Depenning & Depenning

**Venue sponsor:**

Ms. Debora Thiagarajan, Dakshinachithra

**Health Partner:**

Sundaram Medical Foundation

**In-kind sponsors:**

CPCL & Ms. Geetha

And volunteers for making it such a success,  
and we hope for the same in the upcoming  
years.

**Together We Can Make a Difference !**





# DIWALI CELEBRATION

@IOG & ICH,Egmore

"Canstop, in collaboration with the Overseas Women's Club (OWC), recently commemorated the "Diwali Festival" at the Women's and Children's Hospital on Thursday, November 9, 2023.

During the event, we distributed gifts to 50 women at IOG and 50 children at ICH Hospital. CANSTOP also organized a magic show for the children at ICH with the participation of OWC members, volunteers, and social workers.

They also provided nighties and toiletry kits to patients at IOG and gifted toys to Children's ICH, along with OWC members.

The total value of the gifts and magic show was Rs. 33,200, sponsored by OWC.

At the end of the day, the patients expressed their gratitude and enjoyed the festivities.





# NUTRITION PROJECT

CANSTOP visits the Institute of Obstetrics and Gynecology, the Government Hospital for Women (IOG), and the Institute of Child Health and Hospital (ICH) regularly to boost their nutrition and provide regular counseling for the patients.



Tender coconuts worth Rs.11920 were distributed at IOG.



A Pediasure worth Rs. 4320 was distributed at ICH.

# ART & PLAY THERAPY

Regular sessions of Art and Play therapy were conducted for pediatric cancer patients and their family members at the Institute of Child Health. These sessions encompassed the facilitation of diverse art and craft activities, as well as enjoyable games, with the aim of ensuring their active involvement and entertainment during their stay in the hematology ward.



# CANNEST HOME

In the month of November 2023, a total of 373 families stayed at CANNEST Home, where the children in the home were engaged through various activities and games with the help of volunteers and social workers.



# HOPE CHEST

CANSTOP's Hopechest provides essential things for the cancer patients & their parents at IOG & ICH to lead their regular lives happily.

In the month of November 2023, a total of 4 families got help from the 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.**





# SPONSORSHIP DETAILS

Sponsorship details			
S.No	Sponsors	PROJECTS	AMOUNT
1	Mrs. Vijaya Mahendran	CANNEST	1000
2	Dayachand Malhotra	CANNEST	10000
3	Ms.Renu Ayani	CANNEST	7000
4	Ms.Indumathy Vasudevan	CANNEST	3000
5	Ms.Janet Depenning	CAMP HE HO HA	5,30,000
6	Ms.Geetha	CAMP HE HO HA	5250
Total			5,56,250

# 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	3500
3	Ms.Latha.B	Rice bag	1500
5	Ms.Darshana	Provisions	8500
6	Mr.Santhosh	Utensils	1020
Total			18520



# 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.Indhumathy, Mrs.Selvam  
Mr.Soundarrajan,Mr.Tk Srinivasan & Dr.Senthil**

## HELP LINE SERVICE

Totally 101 calls were received in the CAN-STOP Help line number.

34 calls for STEP Program.

4 calls for Counseling

2 calls for Blood request at Government Hospital.

61 calls for Camp He Ho Ha



For your kind contribution:

CAN-STOP is eligible for 50% Tax  
Exemptions under Section 80C  
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)

