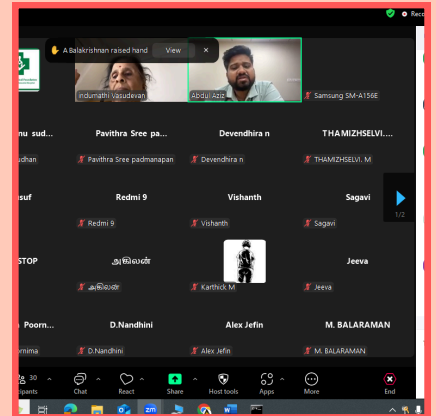


# COMMUNITY SERVICE DEPARTMENT MONTHLY REPORT







# FREE MEDICAL CAMP



The Rotary Club of Madras, in collaboration with Sundaram Medical Foundation, conducted a free medical camp on Thursday, 21st November 2024, at His/Her Place, T. Nagar, from 3:00 PM to 6:00 PM.

The medical camp proved to be an effective endeavor in tackling the escalating health issues within our community.

178 beneficiaries in total received free medical examinations, consultations, and prescription drugs. They identified and treated common conditions like diabetes, anemia, and seasonal diseases. The significance of routine health screenings and preventive healthcare measures was also brought to light by the camp.



The camp provided a range of medical services, including BP, CBG, HB, and general screening tests. Rs 8,600 worth of medicines were distributed among the beneficiaries.



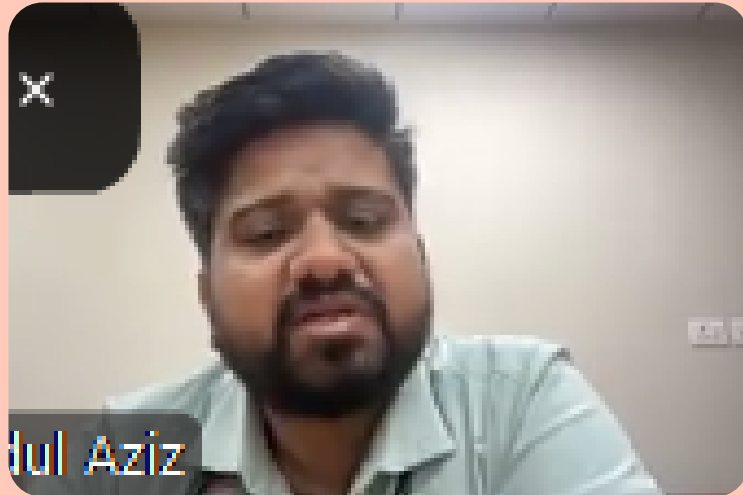
Rtn Dr. Vijaya Bharathi Rangarajan, Rtn Vishwanathan and Rtn Dr. Narasiman visited during the camp.



# STEP PROGRAM

## SUPPORT THERAPY TO EDUCATE PEOPLE

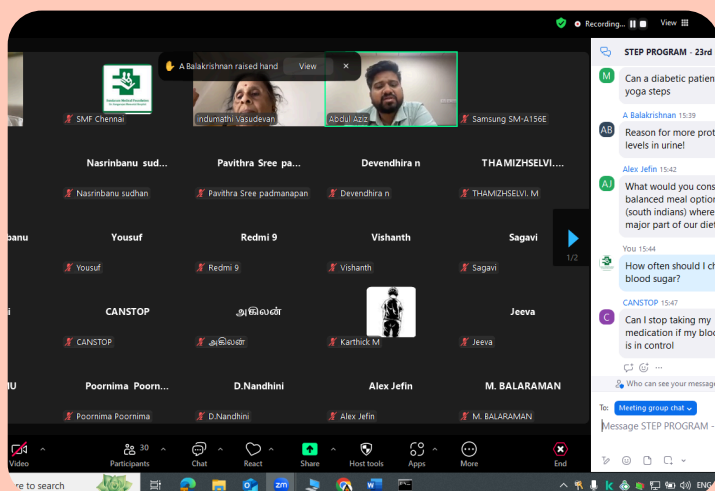
### TOPIC: A GUIDE FOR DIABETES CARE



**Dr. ABDUL AZIZ SALAR**

The session was led by Dr. Abdul Aziz Salar, a general consultant with qualifications including MBBS, DNB (GM), and MRCP (UK). It was an informative and engaging session, offering valuable insights into diabetes prevention, management, and lifestyle modifications

As a part of community Services, SMF had organized the “STEP”(Support Therapy to Educate People) programme. On Saturday, 23rd November 2024, an online session titled "A Guide for Diabetes Care" was conducted from 3:00 PM to 4:00 PM in observance of World Diabetes Day.



#### What is diabetes?

- Diabetes mellitus is a chronic condition marked by high blood sugar levels due to inadequate insulin production or utilization, significantly affecting overall health and requiring ongoing management to prevent serious complications.



Sundaram Medical Foundation  
Dr. Rangarajan Memorial Hospital

Dr. Salar provided detailed guidance on practices to follow and habits to avoid for effective diabetes care. The session witnessed active participation, with 53 attendees engaging in an interactive Q&A segment. Participants raised various queries, which were addressed comprehensively by the speaker, making it a highly enlightening experience for all.







## SAP SCHOOL

Every Tuesday and Thursday, the Community Service Department of SMF successfully organized yoga sessions for children at SAP School, targeting those aged 10 to 16. With a total of 52 participants, the sessions fostered improved overall well-being and enhanced mental clarity. Not only did these practices promote physical health, but they also positively impacted the students' educational pursuits, helping them concentrate better and manage stress effectively.

## YOGA SESSION



## 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.

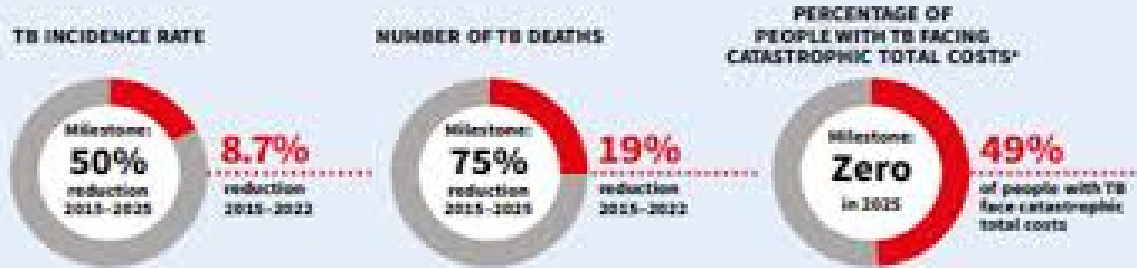
The Community Service Department has been working on the Plastic Zero Waste Management initiative for recycling plastic waste both on IP and OP buildings in association with the Bisleri CSR team. A total of 130 kg of plastic waste was collected in the month of November 2024.





# REACH FOUNDATION

## WHO End TB Strategy: 2025 milestones



In the month of November 2024, 20 people have utilized the tuberculosis intervention service.

## APPRECIATION AWARD



### APPRECIATION AWARD FROM VHS BLOOD CENTER

Canstop received an appreciation award from the VHS Blood Centre for our support of the blood donation camp held last year.

On behalf of Canstop, Mrs. Vijaya Mahendran, a volunteer, and Mr. Boopalan attended the event and were honored with mementos in recognition of our contribution.



# OWC GIFT DISTRIBUTION



On the occasion of Children's Day, CANSTOP and the Overseas Women's Club (OWC) came together to organize a heartwarming gift distribution event at the Children's and Women's Hospitals on November 14, 2024. The initiative was aimed at spreading joy and bringing comfort to those undergoing treatment, with a special focus on women and children at the hospitals.



At the Institute of Obstetrics and Gynecology (IOG), 50 women received thoughtful gifts of nighties and blankets, while 50 children at the Institute of Child Health (ICH) were delighted with toys.

The event was generously sponsored by the Overseas Women's Club (OWC), with a contribution worth Rs. 37,500. The patients and their families expressed deep gratitude for the kind gestures, making the day truly special for all involved.

This initiative highlights the spirit of giving and the importance of supporting those in need, especially on significant occasions like Children's Day.







## NUTRITION PROJECT



Social workers and volunteers visit every Tuesday, Thursday, and Saturday at 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.18,050/- were distributed at IOG.
- A Pediasure worth Rs.4520/- was distributed at ICH .



## ART & PLAY THERAPY

Regular sessions of art and play therapy were conducted for pediatric cancer patients and their families at the Institute of child health. These sessions featured various art and craft activities and fun games to keep the children entertained during their hospital stay. The goal was to create a supportive atmosphere that would reduce stress and improve the overall experience for both the children and their loved ones.





At CAN-NEST, we offer cancer patients and their caregivers free boarding and lodging when they need it most—during their journey toward effective treatment. By removing the worry of accommodation costs, we allow families to focus solely on recovery. Our home-like environment provides comfort, rest, and an opportunity to connect with others facing similar experiences.

In November 2024, **360 families** found respite at CAN-NEST. During their stay, children were engaged in a variety of activities and games, organized with the support of our dedicated social workers. This initiative not only brought joy to the children but also allowed parents and caregivers to focus on their own well-being.



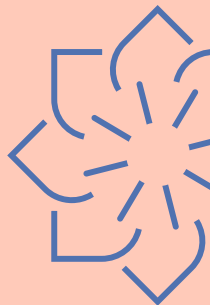


# HOPE CHEST

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 November 2024, a total of 4 families got help from the Hope Chest.




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



## IN-KIND SPONSORS

IN-KIND SPONSORS			
S NO	NAME	PARTICULARS	WORTH IN RUPEES
1	Century flour mill	Soji 20 packets & Wheat 20 Packets	4440
2	Mrs. Darshana	Oil 20 liters, Moongdal 10 kg, Sambar dal 10 kg, Boiled rice 25 kg, White urad gram 10 kg	8500
3	Mrs. Latha	Boiled rice 25 kg	3000
4	Mrs. Rekha	2 Raw rice bag 25 kg, Garlic 1 kg	3202
TOTAL			19,142





## SPONSORS DETAILS

S.No	Sponsors	Project	Amount
1	Depenning & Depenning	CAMP He Ho Ha	6,00,000
2	Madras Guild of Performing Arts	CANNEST	3,00,000
3	Nirmala Jeyaraj	CANNEST	25,000
4	Mrs. Vijaya mahendran	CANNEST	1000
5	Dayachandh Malhotra	CANNEST	20,000
6	Mr. Srinivasan	CANNEST	500
7	Ms. Renu Ayani	CANNEST	2500
	<b>Total</b>		<b>9,53,500</b>



## VOLUNTEER CONTRIBUTION

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

**Volunteers - Mrs.Origanti, Mrs. Indhumathi, Mrs.Selvam,  
Mrs Vijaya Mahendran, Dr. Senthil & Mr Srinivasan**







## HELPLINE SERVICES

**Totally 139 calls were received in the CAN-STOP Help line number.**

**80** Calls for STEP Program.

**05** Calls for Counseling

**04** Calls for Blood request at Government Hospital.

**50** Calls for Camp HE HO HA



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

Connect with us through: [www.canstop.org](http://www.canstop.org)    

