



## **MONTHLY HIGHLIGHTS**

Medical Camp @ his/ her Place, T.Nagar  
Step Programme  
Yoga Session @ SAP School  
Rose Day Celebration @ ICH, Egmore  
Nutrition Project  
CANNEST Home





# MEDICAL CAMP

@ HIS/HER PLACE, T.NAGAR

The Rotary Club of Madras, in association with the Sundaram Medical Foundation, organised a Free medical camp on September 26, 2024 from 2.45 PM to 6.30PM at His/Her Place, T.Nagar, Chennai.

Ensuring that the general public received both medical treatment and necessary medications.

During the camp, the medical professional provided the counselling to patients and conducted health check-ups

Health assessments included CBG, BP and General Screening. A total of **113** beneficiaries access the Medical service.

We provided medicines valued at Rs.4400/- to individuals in need.

Rtn Viswanathan , Rtn. Abdul Kareem sait, Rtn Vummidi Shailesh Raj, Rtn Ravindran, Rtn.Sankari visited the camp.

Medical support was provided by the Sundaram medical foundation , Dr Rangarajan Memorial Hospital, Anna Nagar, Chennai.





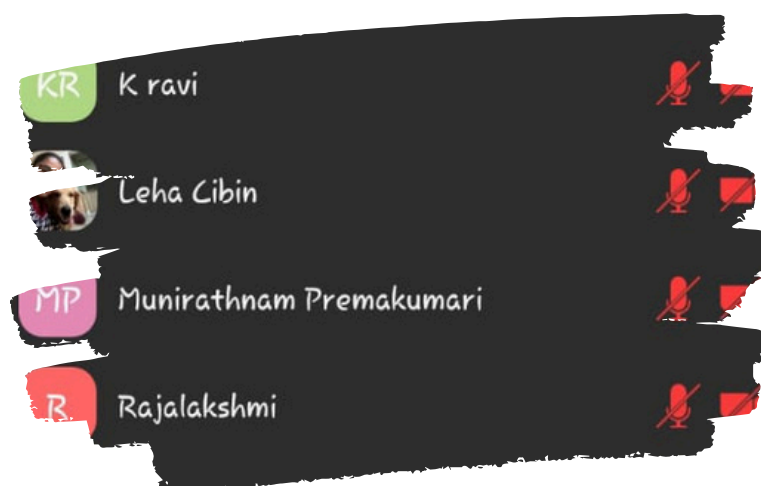
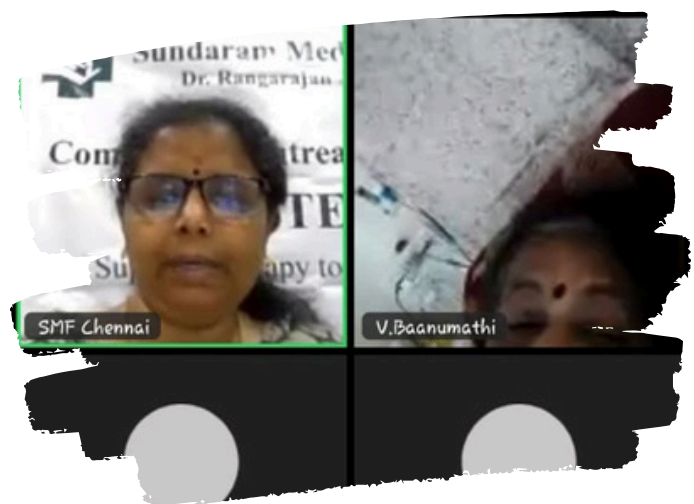
# STEP PROGRAMME

A Support Therapy to Educate People (STEP) Program was arranged with the aim of addressing the subject "Balance Awareness Week 2024: Treatment of Vertigo - Beyond Medication" on 28th September, 2024, from 3.00 PM to 4.00 PM.

Dr. Padmapriya, DLO, DNB (ENT), Consultant, Dept. of ENT, SMF, was the speaker of this awareness session.

Around **58** individuals participated in this program. In this session, the speaker addressed the importance of Breastfeeding and clarified the inquiries posed by the participants.

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



# YOGA SESSION

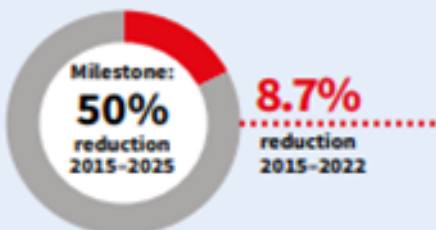
The Community Service Department of SMF organized yoga sessions for children at SAP School, with a focus on instructing younger individuals aged 10 to 16 years in the various aspects of yoga practices. A total of **54** children actively participated in these sessions. The sessions enhanced the overall well-being of the students but also provided them with improved mental clarity, thereby positively impacting their educational pursuits.



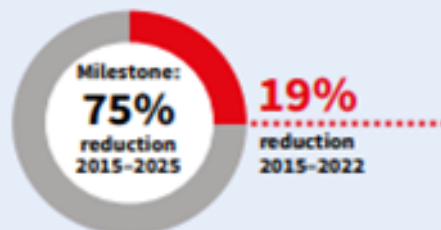
# REACH FOUNDATION

## WHO End TB Strategy: 2025 milestones

### TB INCIDENCE RATE



### NUMBER OF TB DEATHS



### PERCENTAGE OF PEOPLE WITH TB FACING CATASTROPHIC TOTAL COSTS\*



For the month of September 2024,  
**21** people have utilized the Tuberculosis Intervention Services





# 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 **120 kg** of plastic waste was collected in the month of August 2024.





# ROSE DAY CELEBRATION @ ICH & IOG HOSPITALS

To commemorate "International Rose Day" on September 22nd (observed to respect and honour cancer survivors and patients).

CANSTOP and Rotary District 3234 organised a Rose Day celebration at Women's & Children's Hospitals, Egmore on September 21st, 2024 from 4pm.

On this day, we distributed roses to patients (as a symbol of love) at the Hospital. And organized Recreational activities, dance, skit, mime and motivational speech for the patients and their caregivers. We have also shared gifts with the Cancer affected -children's and Women's at ICH & IOG.

Our chief guest PDG J Sridhar and Special Guest Mr Kurinji Nathan (Actor) were present in the event along with Dr. Vijaya Bharathi Rangarajan, founder of CANSTOP, Rtn. Ravi Varma, Rtn. Kumar Rajendra, Rtn. Rajesekar, Dr. Aruna from ICH, Can-stop volunteers, and social workers.

More than 300 patients and their caregivers have participated in this program. At the end, the patients expressed their gratitude for organizing this celebration event.

Together we can make a difference





# ROSE DAY CELEBRATION @ ICH, EGMORE

To Commemorate "International Rose Day" on September 22nd, ICH Hospital organized a Rose Day Celebration on September 23, 2024 at the ICH Auditorium in Egmore.

CANSTOP was honored to receive an appreciation award for the contributions to healthcare, including the Drug Bank Project, Nutrition Project, CANNES Home, and various other initiatives.

Mrs. Showrilu Origanti and Mrs. Selvam CANSTOP Volunteers took part in the event and represented CANSTOP.



## 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. 12,709/- were distributed at IOG.

A Pediasure worth Rs. 4280 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.



## 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 September 2024, a total of 8 families got help from the Hope Chest.



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**





# CAN-NEST HOME

In the month of September 2024, a total of **344** families stayed at Can-Nest Home, where the children in the home were engaged through various activities and games with the help of volunteers and social workers.



## SPONSORSHIP DETAILS

CAN-STOP expresses its sincere gratitude to sponsors for their generous contributions towards the CANSTOP project, and the donation details are provided below:

Sponsorship details		
Sponsors	PROJECTS	AMOUNT
Mrs. Vijaya Mahendran	CANNEST	1000
Dayachandh Malhotra	CANNEST	20,000
Ambattur Charitable Trust	ABC EXHIBITION 2024	10000
Total		31,000



## IN-KIND SPONSORS

In-Kind Sponsors			
S. No	Sponsors	Particulars	Worth in Rupees
1	Mr. T.K. Srinivasan	Vegetables	Rs. 4000
2	Chennai Food Bank	Rice Bag	Rs. 3500
3	Mrs Darshana Patel	Provisions	Rs. 8500
4	Mrs. Latha	Rice Bag	Rs. 3000
Total			Rs. 19,000

## VOLUNTEER'S CONTRIBUTION

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

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

## HELPLINE SERVICES

Totally 58 calls were received in the CAN-STOP Help line number.  
51 calls for STEP Program.  
5 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)

