DEPARTMENT OF MEDICAL SOCIAL WORK

Monthly Report - September 2021

ROSE DAY CELEBRATION-

CAN-STOP - Sundaram Medical Foundation,

Dr. Rangarajan Memorial Hospital,
IVth Avenue, Shanthi Colony,
Anna Nagar, Chennai – 600 040

KEY IMPACTS IN NUMBERS

52 Nos
Participated in Heartfulness Meditation

Rs.13, 757/-
Worth of Tender coconut water Fruits and Pediasure sponsored.

Rs. 60,000/-
Worth of groceries and cash sponsored to 12 families through Helping Hand.

113 Families
Stayed at CANNEST Home.

100 Nos
Participated in STEP Program on Nutrition.

82 Nos
Attended First aid training program.

84 Kgs
Plastic wastes Recycled

128 Nos.
Benefited through Medical Camp

40 Nos.
Benefited through Menstrual Hygiene Session

70 Nos.
Benefited through Covid vaccination camp

FIRST-AID TRAINING PROGRAMME:

Community services department of SMF conducted three First aid training program on this month.

1. In association with Disaster management team & volunteers of Rotary District 3232, first aid session was organized on September 11th& 25th, 2021 at SMF OPD Building.
2. Another session was organized for the RCM members and Ann's of the Holistic Living group on September 18th, 2021 at Hyatt Residency from 4.00 pm to 5.30 pm.

Total Participants: 82.

The Training was provided by Dr. Waseem Ahmed and team from ER Dept, SMF.

HEARTFULNESS MEDITATION:

The department organized a 3 days' meditation session for 2 different departments (i.e.) Nurses and PR in association with Heartfulness Meditation at SMF OP Building-Auditorium.

Date & Time: 16/09-18/09 & 25/09-28/09, 2.30 pm to 3.30 pm.

Total of 51 staffs were benefited through the session.

Mrs Hemamalini Venkatraman, a meditation teacher for more than 15 years from Heartfulness was the trainer.

As most of them were new to meditation, they never experienced sitting in stillness and hence found it useful.

MEDICAL CAMP:

Sundaram Medical Foundation in association with Rotary club of Madras organised a free medical camp at His/Her Place in T. Nagar on 23rd September, 2021 from 3.00 pm to 6.00 pm.

The camp was inaugurated by District Governor Rtn. J. Sridhar along with PP Rtn. Dr. Vijaya Bharathi Rangarajan and other Rotarians were presented.

Check-up - BP, Anaemia, gynec and general screening was done.

No of Beneficiaries – 128

Medicines worth of Rs.6000/- was sponsored to the needy people by PP Rtn. Dr. Vijaya Bharathi Rangarajan

COVID VACCINATION CAMP:

Sundaram Medical Foundation with support of Rotary Club of Madras, District 3232 and Greater Chennai Corporation jointly organized a free Mega Covid 19 Vaccination camp at SMF OPD centre on September 12th 2021.

Totally 70 people have been vaccinated - Covishield vaccine.

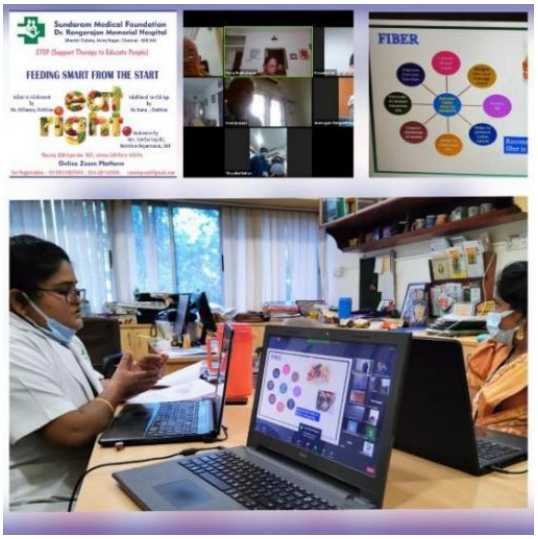
STEP PROGRAM:

The Department conducted an **"ONLINE AWARENESS SESSION ON NUTRITION FOR ALL AGES** on 30th October, 2021 from 4.00 pm to 5.00 pm

Presenter: Ms Rithanya, Dietitian presented on Infant to Adolescent & Ms. Rama, Dietitian presented on Adulthood to old age.

Moderator: Mrs Geetha Nayaki, Nutrition Department, SMF

More than 100 participants took part in the session and was very interactive. The participants appreciated the session handled by Nutrition department, SMF.



PLASTIC WASTE MANAGEMENT:

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 total of 84 Kgs of plastic waste were collected.

REACH FOUNDATION:

For the month of September 2021, 25 people have utilized the tuberculosis intervention services.

CANSTOP's ABC (All a 'Bout Cancer) Exhibition 2021

VALEDICTORY CEREMONY:

CANSTOP's 10th year annual ABC Exhibition (All a 'Bout Cancer) Valedictory Ceremony was held at Sundaram Medical Foundation, OPD on September 3rd, 2021.

The program was graced by Chief Guest Rtn.J.Sridhar, District Governor, RI District 3232 along Dr. Vijaya Bharathi Rangarajan - Founder CANSTOP.

The Prize winners exhibited their talents and impressed the audience with their performance.

The Overall Championship Trophy was presented to SBOA School and Junior College.

ABC Inter- School Competition Winners & Dignitaries

HELPING HAND:

Helping Hand is a CAN-STOP Project for supporting Paediatric Cancer Children and families who are economically impacted due to the pandemic.

On September 7th, 2021 CANSTOP distributed Rs. 60,000/- worth of groceries and cash to 12 needy families through Helping Hand Project, sponsored by Inner Wheel Club of Madras and was distributed by Ms. Javanti Singaram & Team.

The families were really happy and appreciated the service that CAN-STOP has done so far.

ROSE DAY:

To commemorate "International Rose Day" on 22nd September (Observed to Respect and Honour the Cancer Survivors and Patients) CANSTOP organized annual Rose day celebration at Women & Children Hospitals, Egmore on 22nd September 2021.

On this day, puppetry shows were conducted followed by gift sharing to patients by Ms. Javanthi Singaram, President of Inner Wheel Club of Madras along with Dr.Vijaya Bharathi Rangarajan, Founder CANSTOP and CANSTOP volunteers.

- At ICH, gifts were shared to about 45 children. Gifts pack consisted of a Jute Bag, toiletry kit & a toy.
- At the Women's Hospital, gifts were shared with 27 women. Gift pack consisted of a Jute Bag, toiletry kit & Sarees.

The total gifts worth **Rs. 60,000/-** was distributed on the occasion.

APPRECIATION AWARD:

CANSTOP received an appreciation award on 25th September, at Rose Day Celebration in Institute of Child Health & Hospital for children. CAN-STOP was mentioned for the involvement in Health Care(i.e.) Drug bank project, Nutrition Project, Donation of sanitizer machine, Automatic temperature scanner and CANNEST Home.

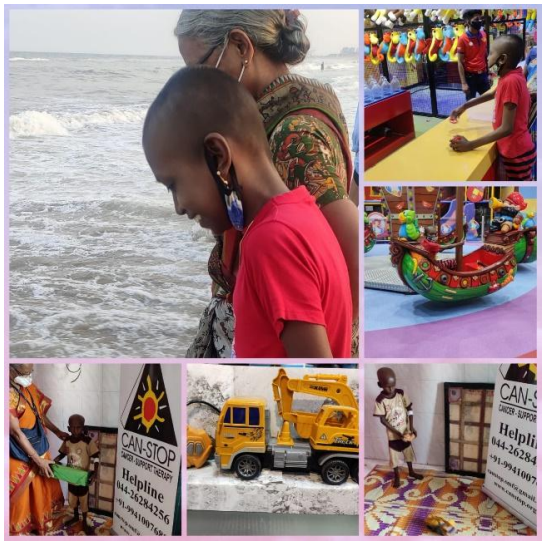
CANSTOP expresses its heartfelt thanks to all the volunteers for all your contribution, support and encouragement throughout our journey.

CANWISH:

It aims at fulfilling the wishes of critically ill children. By interacting with them and their parents, volunteers of CAN-STOP find out what their wishes are and try to fulfill them.
This month 2 children wishes were fulfilled.

Baby Angel, a 10-year-old child was taken to the Marina Beach and Express Avenue Mall. She enjoyed the evening and felt very happy.

Another child Master Mareesh, an 8-year-old was gifted a remote controlled toy. The family expressed their gratitude to CANSTOP.



Education is the most powerful weapon which you can use to change the world" – Nelson Mandela

CANSTOP came across Purushothaman, a 13-year-old child from during the nutrition project visit who had big dreams and a great desire to study despite the financial crisis of the family.

CANSTOP donated a mobile phone which was sponsored by Ms. Prabha Reddy; the child was overwhelmed by the gesture.

MOBILITY AID:

CANSTOP along with volunteers Ms Origanti and Mr. T.K.Srinivasan arranged a wheelchair for a 15 year old child at ICH.

The family appreciated the service done by CANSTOP.

MENSTRUAL HYGIENE SESSION AT IOG:

Education on Menstrual Hygiene is vital to the well- being and empowerment of women.

To create awareness and educate the women at Institute of OBG & GYN, CANSTOP organised an awareness session by Dr.Devibala, Consultant, SMF.

The session focused on hygiene related practices during menstruation, eating right etc.

The session broke the silence among the women and clarified the issues the women were facing. Session was followed by the distribution of refreshments by Volunteer Mr. T.K.Srinivasan.

NUTRITION PROJECT:

CANSTOP conducts its Nutrition Project in Institute of Obstetrics and Gynecology and at ICH- Institute of Child Health Hospital. Pediasure, Fruits and Tender Coconut of worth Rs. 13,757/- were distributed.

COUNSELING AND 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.

FINANCIAL AID PROJECTS

HLA TEST

CANSTOP supported a 12-year-old child, Master. Purushothaman for the HLA Test.

Amount Sponsored: 21,000/-

CANSTOP- SPONSORSHIP DETAILS: CAN-STOP expresses its sincere gratitude to the sponsor's for their generous contributions towards CANSTOP project and the donation details are provided below:

CANSTOP- SPONSORSHIP DETAILS:			
S.No	**Sponsors**	**Projects**	**Worth in Rupees**
1	Inner Wheel Club of Madras	Rose Day	41,000
2	Ms. Indumathi	Rose Day	6,000
3	Mr. Ragunathan	Rose Day	5,000
4	Dr. Senthil	Rose Day	3,000
5	Mr. Keerthivasan & Mr. Aravind	Rose Day	1,000
6	Ms. Vijaya Mahendran	CANNEST	1,000
7	Dayachand Malhotra	CANNEST	10,000
TOTAL			**Rs.67,000**

In-Kind Sponsors for Rose Day(Saree)	
S.No	**Particulars**
1	Ms. Ramani
2	Ms. Sushi Natraj
3	Mr. Ragunathan
4	Ms. Vijaya
5	Dr. Senthil
6	Ms. Lalitha

CANNEST HOME

In the Month of September 2021 total of 113 families stayed at CANNEST Home.

Total of 5 new families stayed in this month.

Statement of Income and Expenditure- CANNEST Home			
Donation		**Expenditure**	
Particulars	**Amount (INR)**	**Particulars**	**Amount (INR)**
Dayachand Malhotra	10,000	Rent	48500
Ms. Vijaya Mahendran	1000	Matron Salary	10000
		Vegetables	600
		Water Can	490
		House Hold Items	856
		LPG Cylinder	1861
		Milk	1020
TOTAL	**Rs. 11,000**	**TOTAL**	**Rs.63,327**

In-Kind Sponsors CANNEST HOME			
S.No	**Sponsors**	**Particulars**	**Worth in Rupees**
1	Chennai Food Bank	Raw Rice-75kgs	3000
2	Rtn. Ravindran	30 kgs of Wheat and 30 kgs of Sooji	3000
3	Dr. Sendil & Mr. Suri	Monthly Vegetables	1500
TOTAL			**Rs 7,500**

HELP LINE SERVICE

Totally 43 calls were received in the CAN-STOP Help line number.

9 calls for Vaccination Camp.

12 calls for STEP Program.

18 calls for Covid 19 Vaccination

04 Calls for CANNEST Home

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: 65

S.NO	Volunteer Name	Duration-Hours	Activities
1	Ms.Origanti	54	Nutrition visit, Play therapy and counseling.
2	Ms. Selvam	05	Nutrition Visit, Play therapy and counseling.
3	Mr. TKS	03	Counseling at Women Hospital
4	Ms. Grishma	03	Rose Day