

APRIL 2022



Sundaram Medical Foundation
Dr. Rangarajan Memorial Hospital

COMMUNITY SERVICE DEPARTMENT



MONTHLY REPORT



First Aid Training @ Century Flour Mills



Tamil New Year Celebration @ IOG,

MONTHLY HIGHLIGHTS



Medical Camp at
His/Her Place



STEP Program



SAP School Medical
Camp



Tamil New Year
Celebration
@ IOG



First Aid Training
Programs



Nutrition Project
&
Play Therapy



CANNEST Home

FIRST AID TRAINING PROGRAM

- ▶ Community Services Dept. of Sundaram Medical Foundation conducted a First aid training program on 09.04.2022 between 9:30 am to 1:00 pm at Century Flour Mills.
- ▶ A total of 20 participated in this session.
- ▶ Dr. Ashok and team from ER Dept of SMF conducted this session.
- ▶ Participants felt that the session was very useful to know about First aid & Basic Life support and ways to handling it.



MEDICAL CAMP

Sundaram Medical Foundation in association with Rotary club of Madras organized a free medical camp at His/Her place, T. Nagar on 28th April, 2022 from 3.00 pm to 6.00 pm.



- ▶ BP, Sugar, Anemia, Gynec and General screening was done.
- ▶ Total No. of Beneficiaries - 92
- ▶ Medicine worth Rs. 2200/- was distributed to the needy people.



STEP PROGRAM



" On the occasion of World Kidney Day, let us promise ourselves that we will be more careful and concerned about our kidneys as they are very important "

- ▶ Sundaram Medical Foundation conducted STEP PROGRAM on the topic "KIDNEY HEALTH FOR ALL" on 30/04/2022 by Dr.M.Sivalingam, Consultant, SMF.
- ▶ The session highlighted about kidney functions and the problems and precautions to the problems.
- ▶ Total no.of participants - 45
- ▶ The session was elaborate and interactive. The participants clarified all their queries.

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

STEP
(Support Therapy to Educate People)

"KIDNEY HEALTH FOR ALL"

SPEAKER
Dr. M. Sivalingam
Consultant Nephrologist, SMF

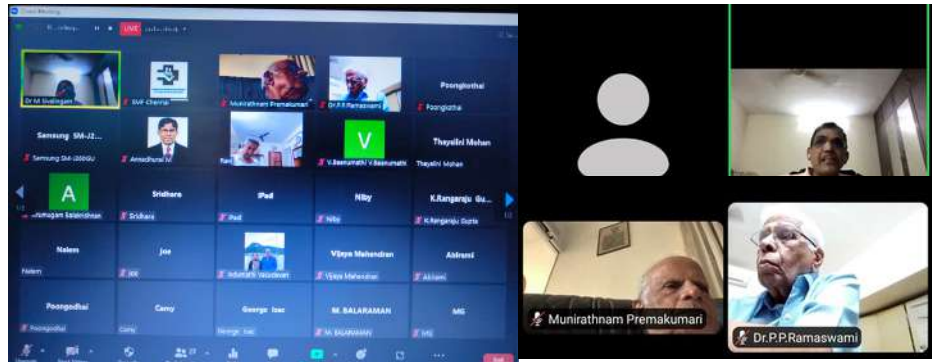
Saturday
April 30,
2022

BETWEEN
4.30pm-5.30pm

ONLINE
ZOOM
PLATFORM

Zoom link : <https://us06web.zoom.us/j/87044510947>

For Registration : +91-9941007688 / 044-26144569 ~ canstop.smf@gmail.com



FIRST AID TRAINING PROGRAM

- ▶ The Community Services Dept. of Sundaram Medical Foundation conducted a First aid training program on April 23, 2022 from 9.30 pm to 1 pm at ASE Structure Design.
- ▶ Totally, 43 members have participated in this session.
- ▶ Dr. Sanjay 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.



YOGA @ SAP SCHOOL

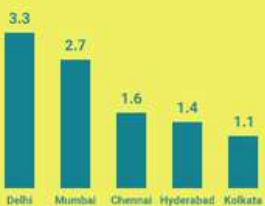
- ▶ TEAM: Volunteer Ms. Selvam and Mr. Balaraman.
- ▶ SMF's Community Services Department is conducting regular Yoga training sessions for 6- 10std students of Adi Dravidar Welfare School located at Thirumangalam.

It is an ongoing project which focuses on practicing Yoga postures, Meditation, diet & hygiene.



PLASTIC WASTE MANAGEMENT

Top 5 cities in India which generate the highest municipal waste



Total Municipal Waste Generated (Million Tonnes Per Year)

Go green, plastic is obscene!

Stop the pollution, Be part of the solution. Let us wipe out plastic before it wipes us out. Change your habits.

Stop using plastic.

- ▶ 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 95 Kgs of plastic waste was collected.

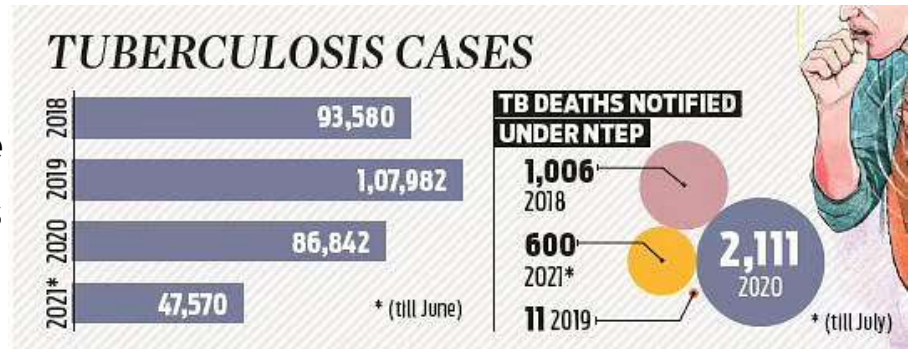
TOWARDS ZERO PLASTIC!

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



REACH FOUNDATION

For the month of April 2022, 25 people have utilized the Tuberculosis Intervention Services.



TAMIL NEW YEAR CELEBRATION @ IOG HOSPITAL



► Canstop donated In-Skirts and nighties to the women's cancer survivors at the Egmore Hospital on April 11, these In-skirts & Nighties were stitched by women from Sembakkam tailoring unit and sponsored by Rtn. Jayshree Sridhar. The women in cancer wards received it with happiness and they were overwhelmed with it.

HOPE CHEST



As a part of CANSTOP initiative, "HOPE CHEST" was inaugurated at CAN-NEST HOME and total of 12 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 12795/- was distributed.



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 3780/- were distributed.



CANNEST HOME

In the Month of April 2022 total of 135 families stayed at CANNEST Home. Total of 5 new families stayed in this month.



IN-KIND SPONSORS

IN - KIND SPONSORS			
S.No	Sponsors	Particulars	Worth in Rupees
2	Rtn. Ravindran	10 kgs of Wheat and 10kgs of Sooji	2500
4	Mr.T.K. Srinivasan	vegetables	4000
TOTAL			Rs.6500



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: 13

S.NO	Volunteer Name	Duration-Hours	Activities
2	Ms. Selvam	8	Medical camp, Yoga at SAP School, Nutrition visit
3	Mrs. Indhumathy	3	STEP Program calls.
4	Mr. Balaraman	2	Yoga at SAP School

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**TOGETHER WE CAN MAKE A
DIFFERENCE!**



HELP LINE SERVICE

Totally 44 calls were received in the CAN-STOP Help line number.

11 calls for Medical Camp.

14 calls for STEP Program.

16 SMF Appointment calls.

03 calls for Blood request at Government Hospital

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**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
Helpline: 044 26284256**

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