



# COMMUNITY SERVICE DEPARTMENT FEBRUARY 2025 MONTHLY REPORT





# MEDICAL CAMP



The Rotary Club of Madras in Collaboration with Sundaram Medical Foundation conducted a free medical camp on February 27, 2025, at T.Nagar, Chennai. along with DGND Dr. Vijaya Bharathi Rangarajan , Rtn Kamala, Rtn NK Gopinath, Rtn Nimesh C Tolia, Rtn Bharat M Pujara, Rtn Srikanth, Rtn Vishwanathan. **Special Guest Rtn Ijeoma Pearl Okoro, Trustee & Rtn Kingsley E Okoro, RI Visited the camp**



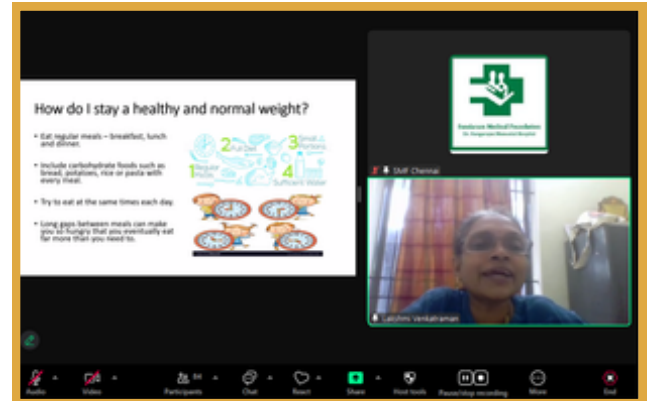
The camp offered a range of medical services, including BP Check, CBG & hemoglobin tests, and general screening. The event benefited 134 people and distributed medicines worth ₹8,000, demonstrating the Rotary Club of Madras' commitment to promoting community health and wellness.



## STEP PROGRAM

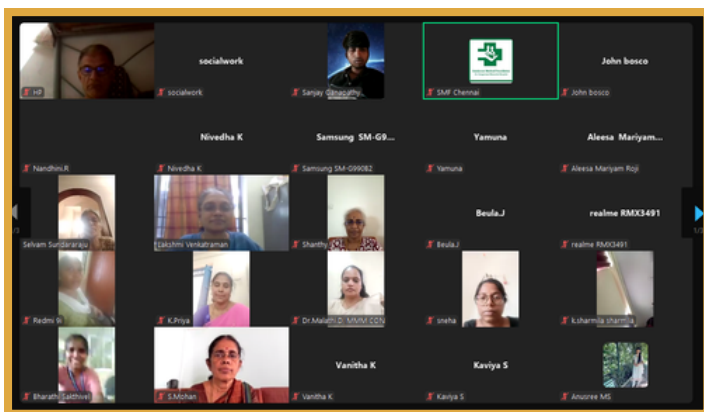
### SUPPORT THERAPY TO EDUCATE PEOPLE

The Community Service Department of Sundaram Medical Foundation organized a STEP Program titled "Break the Silence: Understanding & Overcoming Eating Disorders in India" to commemorate Eating Disorder Awareness Week, held online on February 22, 2025 from 2:00 PM - 3:00 PM. The program aimed to raise awareness about eating disorders, promote understanding, and provide support for individuals struggling with these conditions.



**DR. LAKSHMI VENKATRAMAN**

A STEP Program titled "Break the Silence: Understanding and Overcoming Eating Disorders in India" was led by Dr. Lakshmi Venkatraman, Consultant Psychiatrist. The engaging session, attended by 84 participants, raised awareness about eating disorders, emphasizing recognition, seeking help, and support.



## PLASTIC WASTE MANAGEMENT

"Tamil Nadu Pollution Control Board (TNPCB) launched an awareness program to educate students about plastic's environmental impact. In support, Sundaram Medical Foundation's Community Service Department partnered with Bisleri CSR to implement Plastic Zero Waste Management, collecting 324 kg of plastic waste in February 2025."





## YOGA SESSION

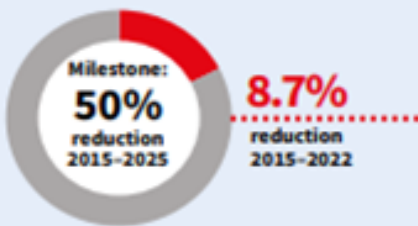


A wellness program was organized for the students from 6th to 9th standard, featuring a yoga session led by Mrs. Selvam and a diet talk. 58 students participated, learning about yoga's benefits for reduced stress, improved flexibility, and enhanced concentration. The diet talk emphasized the importance of nutritious eating habits for optimal health, covering practical tips for making healthy food choices. The program, hosted by Sundaram Medical Foundation's Community Service Department, aimed to promote healthy lifestyles and support students' overall well-being."

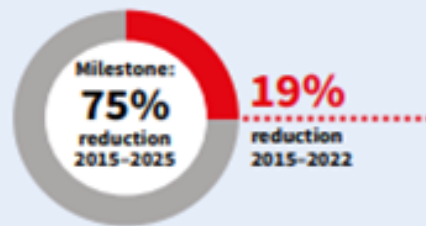
## REACH FOUNDATION

### WHO End TB Strategy: 2025 milestones

#### TB INCIDENCE RATE



#### NUMBER OF TB DEATHS



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



In February 2025, 32 people availed tuberculosis intervention services.





# CANSWAP



To commemorate World Cancer Day, CANSTOP, in association with Rotary District 3234, organized the 8th Annual CANSWAP (Cancer Survivor Workshop for Adolescent & Pediatrics) workshop on February 8, 2025, at Radha Regent, Chennai. Around 130 members participated in the workshop, including cancer survivors, their families, and college students from various institutions.

The workshop began with a prayer song, setting a serene tone for the event, followed by a lamp-lighting ceremony performed by the guests and Mr Jaya Shankar Gupta, GM of Radha Regent Hotel.

The event was graced by esteemed special guest Rtn. N. S. Saravanan, District Governor of Rotary District 3234 and guests Rtn. Ravi Varma, and Rtn. Subramanian.



Dr. Vijaya Bharathi Rangarajan, the founder of CANSTOP, was unable to attend the event due to her spiritual visit to the Kumbh Mela for prayer and blessings. She expressed her wishes for continued success in the mission of CANSTOP and the hope to do even more projects and events in the future. Her dedication to supporting cancer survivors and the cause remains unwavering.



Dr. Girija, Deputy Medical Director, Sundaram Medical Foundation, delivered the welcome address, highlighting the significance of the workshop. Special Address DG N S Saravanan then shared his valuable insights, inspiring the audience. The keynote address, titled "Embracing the Journey: A Life Beyond Childhood Cancer," was delivered by Dr. Irudhayaraj, HR, ZF Hero Chassis Ltd., Chennai.





**DR. EZHILARASI**

The workshop featured informative sessions on various topics, including Well-being After Treatment. Dr. Ezhilarasi, Senior Consultant Paediatrics & Paediatric Haematologist at Rainbow Children's Hospital, spoke about the importance of holistic care and self-care for cancer survivors. Dr. S. Meena, Senior Consultant, FNB Pediatric Hemato-Oncology at Child Trust Hospital, then presented on "Endocrine changes in Children during & after Chemotherapy".

Life After Cancer Treatment was presented by Dr. Poongodi Bala, Child & Adolescent Psychiatrist at Kaizen Mind Care, who delivered an engaging talk on the challenges and opportunities faced by cancer survivors.

A brief session on How to Turn Around Your Life with Determination and Self-confidence was conducted by Mr. Mahesh Krishnan, Consultant Corporate Trainer & Transformational Coach, and Mr. Suresh Ramakrishnan, Founder & Creative Director of Leverage Advertising.



**DR. S. MEENA**



**DR. POONGODI BALA**



**MR. MAHESH  
KRISHNAN**



**MR. SURESH  
RAMAKRISHNAN**







In conclusion, the 8th Annual CANSWAP workshop successfully achieved its goal of raising awareness and providing valuable insights into the challenges faced by cancer survivors, especially children. Through informative sessions, expert talks, and motivational speeches, the event not only educated attendees but also inspired them to embrace the journey of recovery with hope, resilience, and determination. The positive feedback reflects the event's impact, highlighting its importance in fostering a deeper understanding of life after cancer treatment. As the workshop concluded, it left a lasting impression, encouraging participants to continue supporting cancer survivors in their journey towards holistic well-being.

**Special thanks to Mr. Srinivasan, MD, Radha Regent, for supporting this event for the past seven years by hosting. Last but not least, thanks to all the CANSTOP volunteers who contributed to the success of the event.**

The workshop concluded with the distribution of certificates to participating college students from various disciplines, including nursing, social work, and psychology.





# INTERNATIONAL CHILDHOOD CANCER A DAY

## DIET TALK



CANSTOP observed **International Childhood Cancer** Day by organizing a diet awareness session at the Institute of Child Health (ICH) on 15th February 2025. The session aimed to educate parents and caregivers of children with cancer on the importance of nutrition in cancer treatment.



Dietician Ms. Abinaya from the Sundaram Medical Foundation Dietetics Department led an awareness session on nutrition and diet for children undergoing cancer treatment. The session, attended by 35 families, covered essential topics such as animal-based foods, plant-based foods, and whole grains. Ms. Abinaya provided personalized guidance, addressing attendees' doubts and concerns, and offering valuable insights on which foods to include and avoid during treatment.





# NUTRITION PROJECT



CANSTOP provides consistent support to patients at the Institute of Obstetrics and Gynecology (IOG) and the Institute of Child Health and Hospital (ICH) through regular visits on Tuesdays, Thursdays, and Saturdays, focusing on enhanced nutrition and counseling.

**Tender coconuts worth Rs.24,300/- were distributed at IOG.**

**A Pediasure worth Rs.8800 was distributed at ICH**

## ART & PLAY THERAPY



CANSTOP's play art and play therapy initiatives at ICH bring smiles to the faces of children in treatment, using creative expression and playful interaction to alleviate stress and promote well-being. Through regular sessions, children are encouraged to express their emotions, develop social skills, and build resilience. This holistic approach complements medical treatment, fostering a supportive environment that nurtures the overall health and happiness of young patients



## CANNEST HOME



CANNEST Home's impact extends beyond providing temporary accommodation, as it fosters a sense of community and connection among families navigating similar challenges. In February 2025 alone, the facility accommodated 292 families, offering a warm and welcoming environment during a difficult time. By sharing experiences and supporting one another, parents and caregivers find strength and solace in knowing they are not alone.

## HOPE CHEST



Sarees, Toys,  
Bedsheets, Books,  
Nighties, Pillows,  
Petticoats, Tiffin 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.

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 February 2025, a total of 4 families got help from the Hope Chest.





## SPONSOR DETAILS

| S.No | Sponsors              | Project | Amount       |
|------|-----------------------|---------|--------------|
| 1    | Dayachandh Malhotra   | Cannest | 20000        |
| 2    | Jesintha Fernando     | Cannest | 25000        |
| 3    | Mrs. Vijaya Mahendran | Cannest | 1000         |
|      | <b>Total</b>          |         | <b>46000</b> |

## CANNEST INCOME & EXPENSES

| Income                |               | Expenses       |                |
|-----------------------|---------------|----------------|----------------|
| Particulars           | Amount        | Particulars    | Amount         |
| Dayachandh Malhotra   | 20,000        | Rent           | 50,715         |
| Mrs. Vijaya Mahendran | 1000          | Matron salary  | 13,000         |
| Jescintha Fernado     | 25,000        | Water can      | 2,010          |
|                       |               | Cylinder       | 2,020          |
|                       |               | Milk           | 2,556          |
|                       |               | Vegetables     | 6,082          |
|                       |               | Provision      | 17,001         |
|                       |               | Electric Bill  | 10,113         |
|                       |               | Other expenses | 1,200          |
| <b>Total</b>          | <b>46,000</b> | <b>Total</b>   | <b>104,697</b> |



## INKIND SPONSORS

| S.NO         | SPONSORS           | PARTICULARS   | WORTH IN RUPEES |
|--------------|--------------------|---|-----------------|
| 1            | Mrs Darshana       | Oil - 20 ltr, Moon dhal - 10kg, White urad gram - 10kg, sambar dal - 10kg, Idly rice - 25kg | 9000            |
| 2            | Century Flour Mill | Soji - 20packets, Wheat flour - 20 packets  | 5550            |
| 3            | Mrs Selvam         | Garlic 1kg  | 600             |
| 4            | Mrs. Latha         | Boiled Rice   | 1500            |
| 5            | Mr.T K Srinivasan  | Vegetables  | 4000            |
| 6            | Chennai Food Bank  | Boiled rice 7kg, Ragi 5kg, Biscuits   | 3500            |
| <b>Total</b> |                    |   | <b>24,150</b>   |

## VOLUNTEER CONTRIBUTION

The CANSTOP team expresses sincere appreciation to our volunteers, whose selfless commitment, energy, and enthusiasm have been instrumental in driving the success of our initiatives.

**Volunteers - Mrs.Origanti, Mrs.Selvam, Mrs Vijaya Mahendran, Mrs Grishma, Dr. Senthil, Mr Srinivasan , Mr Ramesh, Mr.Raghu, Mrs. Indhumathi**

## HELPLINE SERVICE

Totally 178 calls were received in the CAN-STOP Help line number

60 Calls for STEP Program

04 Calls for Counseling

110 calls for canswap event

04 Calls for Blood request at Government Hospital



**For more information  
contact us through:  
044-26284256 / 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**

