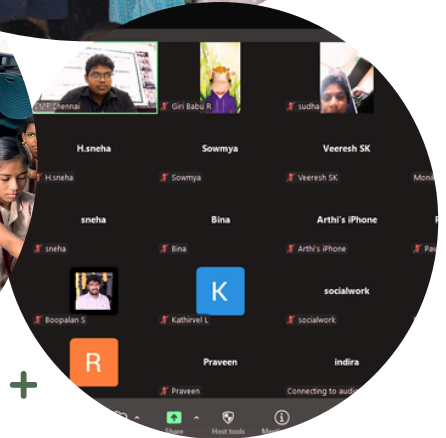


November 2025

COMMUNITY SERVICE DEPARTMENT MONTHLY REPORT



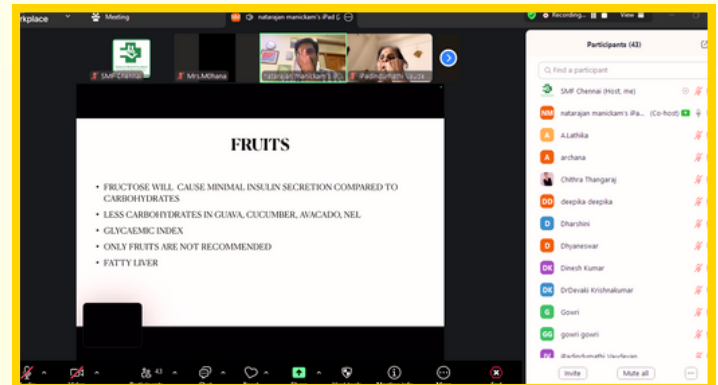
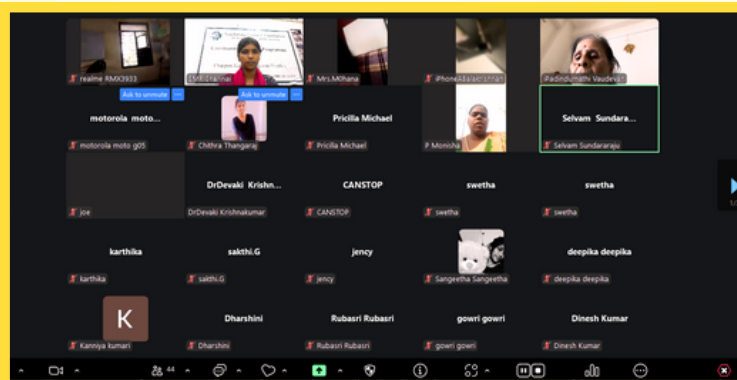
SUPPORT THERAPY TO EDUCATE PEOPLE



A STEP program was conducted on November 28th, 2025, in observance of World Diabetes Day.

The event featured Dr. Natarajan, General Medicine, SMF, who led an insightful session on "Understanding Diabetes and Prediabetes: Types, Causes, and Early Prevention." The session emphasized the importance of lifestyle modifications and early interventions in preventing and managing diabetes.

The session was highly interactive, with over 50 beneficiaries participating actively. Many attendees raised questions and clarified their doubts regarding diabetes, including dietary queries such as "What foods can be eaten?"



PLASTIC WASTE MANAGEMENT



The Tamil Nadu Pollution Control Board (TNPCB) launched an awareness campaign to educate students about the harmful impact of plastic on the environment. Supporting this initiative, the Community Service Department of Sundaram Medical Foundation, in partnership with Bisleri's CSR program, implemented the Plastic Zero Waste Management Program. Through this initiative, a total of 95 kg of plastic waste was collected in November 2025.



FIRST AID TRAINING PROGRAM

On 27th November 2025, a First Aid Training Program was conducted for diploma nursing students at the Women's Indian Association. The session was led by Dr. Ashwathi Praveen Kumar from Emergency Medicine and Ms. Vinodhini from Paramedic Medicine, with support from an SMF social worker.



The training covered Basic Life Support (BLS), CPR, and essential first aid skills. Hands-on practice was provided using mannequins, enabling students to perform CPR and understand key emergency procedures. A total of 20 students benefited from this half-day program.

At the end of the session, certificates were issued to all participants who successfully completed the training. The program effectively strengthened the students' emergency response skills.



YOGA SESSION

Regular yoga classes were conducted at the Adi Dravidar Tribal Welfare School (SAP School) for students of Grades 6 to 9. The sessions, facilitated by Mrs. Selvam, a CANSTOP volunteer, were held every Tuesday and Thursday with the objective of improving the students' physical fitness and mental wellness.

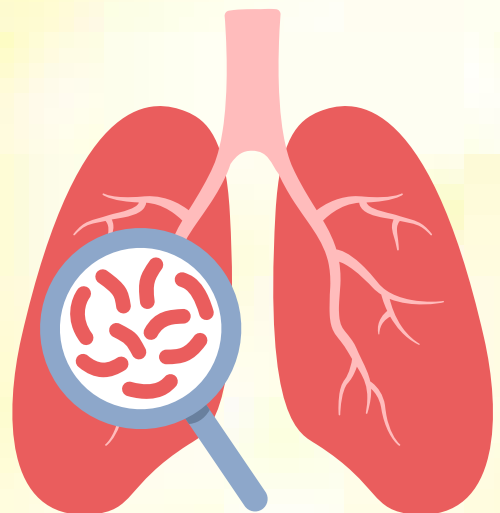


The program fostered a balanced and healthy lifestyle, offering significant benefits to the students. The sessions focused on supporting the holistic development of the participants, and regular yoga practice helped them develop better discipline and focus.



REACH FOUNDATION

In the month of November 2025, 22 beneficiaries received tuberculosis intervention services.





CAN-STOP

Celebrated Children's Day @ICH (Institute of Child Health)

On 13th November 2025, CANSTOP organized a heartfelt Children's Day celebration at the Institute of Child Health (ICH) for children undergoing cancer treatment. The event aimed to bring joy, comfort, and moments of laughter to young patients and their families.



The celebration featured a special session by Ms. Ambujavali, a renowned professional storyteller. Her engaging stories, vibrant expressions, and interactive narration captivated the children, filling the room with excitement and smiles. The young audience thoroughly enjoyed the storytelling experience, making it a memorable afternoon for everyone present.

Following the storytelling session, gift hampers were distributed to the children. A total of 60 children received gifts thoughtfully curated to brighten their day and encourage positivity during their treatment journey. The atmosphere was filled with happiness and warmth, reflecting the festive spirit of Children's Day.



NUTRITION PROJECT

Tender coconuts were distributed at IOG, with a total value of Rs. 32,400/- in the month of November.

Pediasure was provided at ICH, with a total value of Rs. 9,400/- in November.

By delivering specialized nutrition education and continuous counseling, our team offered valuable assistance that strengthened patient empowerment.



Every Tuesday, Thursday, and Saturday, CANSTOP made regular visits to the Institute of Obstetrics and Gynaecology (IOG) and the Institute of Child Health (ICH).

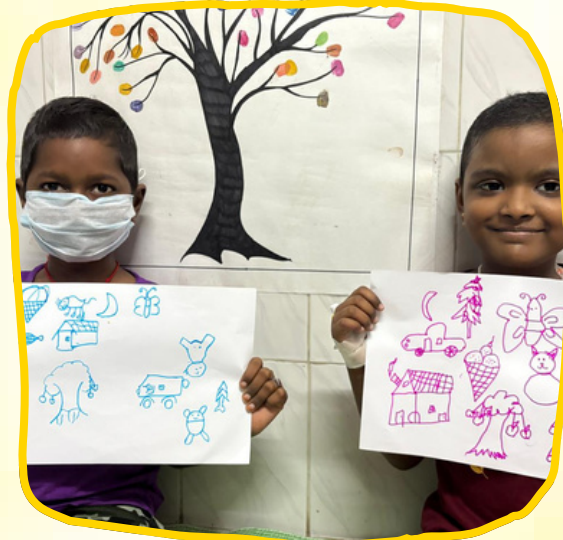


Beneficiaries:

- **Tender Coconut: 540 beneficiaries**
- **Pediasure: 235 beneficiaries**

ART & PLAY THERAPY

At ICH, CANSTOP's art and play therapy sessions uplift young patients by engaging them in creative activities and crafts, offering moments of joy during their treatment journey.





CANNEST HOME

In November 2025, CANNEST Home accommodated 300 families, providing a supportive environment and engaging children through various activities led by dedicated volunteers and social workers.



HOPE CHEST

Sarees, Bedsheets, Nighties, Petticoats, Sandals, Slippers, Towels, Toiletries, Toys, Books, Pillows, Tiffen Boxes, Kettles, Flasks, Water bottles, Kitchen utensils & appliances

Note: Make sure the items are in good condition

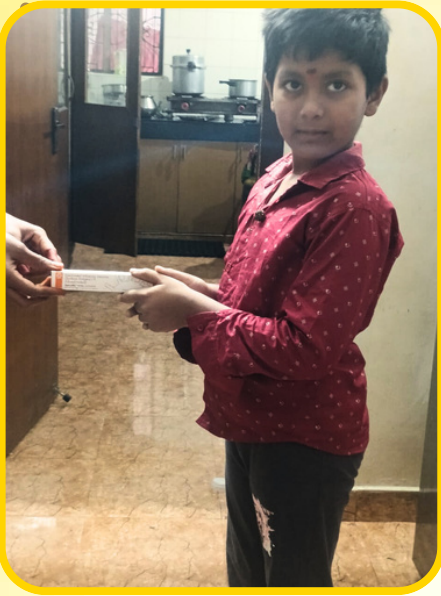


CANSTOP's Hope Chest initiative provides essential supplies to cancer patients and their caregivers at IOG and ICH, helping them manage their daily needs with greater ease and comfort. In November 2025, a total of 7 families benefited from this support.

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



DRUG BANK



During the month of November, we provided emergency vaccine support to Master Moushith.



INKIND SPONSORS

IN - KIND SPONSORS			
S.NO	SPONSORS	PARTICULARS	WORTH IN RUPEES
1	Ms Darshana	Oil 20 ltr, Moondal 10kg, Sambardal 10kg, Rawrice 25kg, Whiteurad gram 10kg, Idly rice 25kg	9000
2	Century Flour Mill	Rava - 25 kg, Wheat Flour - 25kg	6925
3	Mr TK Srinivasan	Vegetables	4000
4	Chennai food Bank	Boiled rice 70kg & Provision	3500
5	Dr Sendhil	Oil - 5Ltr	775
6	Ms Selvam	Garlic 1kg & Black Sundal	450
Total			24650



SPONSOR DETAIL

S.No	Sponsors	Project	Amount
1	Dayachandh Malhotra	Cannest	20000
2	Ms Renu Ayani	Cannest	7000
3	Ms Gunavathy	Cannest	5000
4	Mrs. Vijaya Mahendran	Cannest	1000
	Total		33000



VOLUNTEER CONTRIBUTION

The CANSTOP Team extends heartfelt gratitude to our devoted volunteers. Your unwavering commitment, resolute spirit, and uplifting energy have been the driving force behind the success of our initiatives.

**Volunteers - Ms Origanti, Ms Selvam, Ms Vijaya Mahendran,
Ms.Indhumathi & Mr Ramesh**

HELPLINE SERVICES

Totally 107 calls were received in the CAN-STOP Help line number
95 Calls for STEP Program
08 Calls for Counseling
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**

