This study encompasses the synthesis and evaluation of N-(Dimethyl phenyl)-2-{4-[(E)-3phenyl-2-propenyll-1-piperazinyl} acetamides for their potential Anti-proliferative properties and Hemolytic effects. Chemical compounds and solvents, sourced from reputable suppliers including Sigma Aldrich, Alfa Aesar, and Merck, were utilized in the experiments. Silica gelcoated plates facilitated Thin Layer Chromatography (TLC) analyses using ethyl acetate and n-hexane solvents. Results were visualized under UV light. Thermal characteristics were explored using the Gallon Kamp apparatus, determining the melting points of the compounds. The Bruker Advance III 600 As-cend spectrometer aided Nuclear Magnetic Resonance (NMR) investigations using DMSO-d6 as the solvent. Descriptive values such as "ppm" and "Hz" were employed to interpret NMR spectra, elucidating chemical details. The synthesis of 2-bromo-N-(dimethyl phenyl)acetamides involved sequential reactions, monitored through TLC. The subsequent step synthesized N-(dimethyl phenyl)-2-{4-[(E)-3-phenyl-2-propenyl]-1-piperazinyl acetamides, with LiH as a reagent. Characterization and purification steps ensured product integrity. The compounds' potential to inhibit HCT 116 human colon cancer cell growth was examined via the Sulforhodamine B (SRB) assay. Cells were exposed to varying concentrations of the compounds, and anti-proliferative activity was calculated. Hemolytic activity was assessed using bovine erythrocytes, quantified by comparing absorbance readings with controls. IN summary, this study presents a comprehensive exploration of the synthesis, characterization, anti-proliferative potential, and hemolytic activity of N-(dimethyl phenyl)-2-{4-[(E)-3-phenyl-2-propenyl]-1-piperazinyl} acetamides. The findings contribute to understanding these compounds' potential as anti-cancer agents and their impact on biological systems.