

THE OFFICIAL NEWSLETTER

For Projects Abroad Sri Lanka 



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ProjectsAbroad

Medical Camp– Panadura

The first medical outreach in 2015

In view of identifying diabetic and hypertension patients in rural villages in the Western Province of Sri Lanka, Projects Abroad conducts a medical camp on a monthly basis. The first camp of the year was organized with the help of Panadura Divisional secretariat and a village society of Dibbedda on 24th of January.

Eleven volunteers came in support of the event with two doctors. The society had organized everything such as a nice place, a hut, for the patients to stay in, snacks and food for the volunteers. There was a huge influx of the patients at the start of the program however organizers patiently registered and were guided for the check-ups!

Our medical volunteers initially worked as three teams within one group for checking the blood sugar, another group for checking the blood pressure, and one group was with the doctors getting to know the conditions. There was a volunteer who was a pharmacist who actually worked with the pharmacy where all the medications were



Volunteers help with blood pressure checks

given

out to the patients.

All the volunteers were very happy about the day's proceedings and they were more than happy that they could help the rural communities in Sri Lanka.

Finally, around 12:30 we could finish the medical camp. The registration department confirmed that there were 240 patients who come for medical checkups. Out of them, 12 patients were newly identified for Diabetes and around five patients with hypertension. All of them were directed to the hospital clinics.

Our volunteers checking blood pressure of a patient



A volunteer checks blood sugar level of a patient



Social outreach 23rd January-2015– Dutch Anne pre-school

On a special request from Dutch Anne pre-school we conducted our first social outreach for 2015 by doing a clean-up of the premises and making the pre-school premises tidy and clean with the help from 25 volunteers! At the outset, all the volunteers divided into four groups where one bigger group cleaned all the tiny desks and chairs and paint them, another group took the challenge of painting the outside wall and re-do the murals, another group took the responsibility of cleaning the grills of the pre-school building and the last group helped cleaning the compound of the pre-school by slashing grass by using some local tools.

Our work started around nine in the morning and all the volunteers worked really hard on their jobs even though the sun was extremely hot. It was a great get together for all of the volunteers taking some time off their usual projects. Eleven of them were on the medical projects whilst the others were from care and teaching projects.

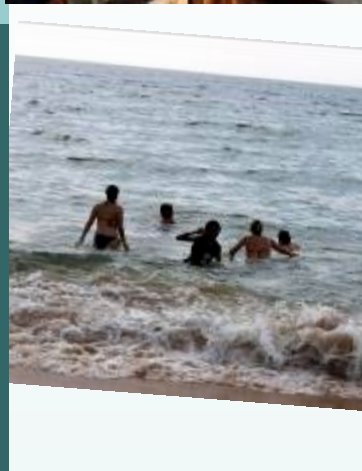
The event lasted till two in the evening. It must be worth mentioning that everyone did a fantastic job and great team work to paint all the chairs, tables and the grills. The outside wall looked fabulous with adorable animals. I am sure those new children in the pre-school will like the new look! Beautiful piece of work everyone! Well done!!!



Some memories from social get together+ care workshop



"In books I have traveled, not only to other worlds, but into my own."
– Anna Quindlen



Some more memories from Medical Camp



A WORD FROM THE EDITOR



Thanks for reading our first newsletter of the year!!!

Another year! New expectations!!! I hope this year is going to be an awesome and productive new year with lots of new experiences! This has been a pretty busy month for Sri Lanka as we currently have more than thirty volunteers around our various projects in Sri Lanka.

During the month we were able to organize several programs with the help of our volunteers. One of them was a nice social outreach with twenty five volunteers, to give a facelift to the Dutch-Anne Pre-school by cleaning, painting and drawing murals. It was a bit tough under the hot sun; however our proactive volunteers finished it with style.

On the following day after the social outreach, we had our medical camp in Panadura. It was another successful medical camp with eleven volunteers and we treated 250 out patients of which 12 new diabetic cases were identified and referred to the hospitals.

We also conducted a social day for volunteers on the beach near Colombo to play cricket, volleyball and football. It was a memorable day for all the volunteers together!

We encourage everyone to help keep this newsletter interesting by sending us your own articles and pictures of your experiences at our projects. These will help others learn more about the beautiful Sri Lanka.

Email me at manjulameemanage@projects-abroad.org if you have anything that you would like to share.

We would like to extend a big thank you to those who sent their stories and photos for this month's newsletter. We greatly appreciate the time and effort you have taken and are looking forward to receiving more articles for the following issues.

Thank you for reading this newsletter. We hope you enjoyed it.

Manjula Meemanage