

# THE OFFICIAL NEWSLETTER

For Projects Abroad Sri Lanka 

## Medical Awareness



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# Medical camp

## At Dharmarama Temple at Kaludewala- Panadura

Projects Abroad Sri Lanka again organized a medical camp for the needy people in Panadura. The camp was held at a quiet and calm temple named 'Dammarama Temple' in a beautiful village near Panadura on Saturday, the 21<sup>st</sup>. The program started at 8:30 with the registration of the patients. From Projects Abroad Sri Lanka, four medical volunteers participated and in addition to that, six staff members also participated.

The medical camp was organized in view of helping the general public of the communities where we work to get access to medicines and also get their blood sugar and blood pressure checked. Reducing blood sugar and blood pressure induced complication is the other goal of the program.

There was a queue for checking the blood sugar and blood pressure. Our volunteers Eleanor, Jamie, Emily and Allan worked so hard to complete the medical checks on the patients. They tried to converse in Sinhala with the patients which was amusing! Click [here](#) to read more



# Medical Awareness Program

Projects Abroad Sri Lanka has identified that good health practices should be taught from an early age. Because of this, we have been conducting medical awareness programs with the Projects Abroad Sri Lanka volunteers.

Recently, we arranged a campaign at Welipitiya Pre-School with 30 children where our medical volunteers, Eleanor, Emily and Jamie along with our 2 Week Special volunteers, conducted this program in a fun way that these small children could understand.

The activities involved washing their fruits before eating, washing their hands before the meals and after using the bathrooms, how to wash their bodies and how to brush their teeth correctly.

It was so adorable when the children were enjoying every activity that the volunteers started. It was a memorable day for the volunteers too. That 'mass tooth brushing' with thirty pre-school children and volunteers was also amusing to see. Everyone enjoyed it! We hope these children will continue practicing these healthy habits!



## Two-Weeks Specials



There were two 2-weeks special teams in July. One team was at the Welipitiya Pre-School and the other team was at the Dutch-Anne Pre-School. In pictures here, the two weeks team in action at the Dutch Ann Pre-School

## A WORD FROM THE EDITOR



Yet another hectic month for all the volunteers and the staff!!! The 2 Week Special volunteers are in Sri Lanka. They are involved in with several activities in their placements. All of these placements' staff and Projects Abroad Sri Lanka staff make every effort to make their stay more meaningful in Sri Lanka.

Apart from that, our usual programs are running amazingly well with the busy schedules. Not to mention we now have new placements for Agri and Journalism volunteers. We hope to receive more volunteers in the coming months.

There were two medical awareness programs at Welipitiya Pre-School and Dutch Anne Pre-School. All of the children learnt so much about good health practices and at the same time volunteers were also having a good time educating them in a fun way!

Coming back to the newsletter, we encourage everyone to join us in making it interesting and exciting by sending in your own written articles and pictures of your experiences. These will help others to understand and learn more about Sri Lanka.

As always, we highly appreciate your time and effort that you have extended to us by sending your stories and photos. I am looking forward to receiving more articles for the next issues.

Enjoy reading.....

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