



# SIHASUNA

Month of April



*Lions Club of Kolonnawa*

## WORLD HEALTH DAY

Every year on April 7th, World Health Day is celebrated to raise awareness about global health issues and promote healthier living for everyone. This day marks the founding of the World Health Organization (WHO) in 1948 and serves as a platform to focus attention on critical health challenges facing the world.

The theme for World Health Day changes annually, highlighting issues such as mental health, maternal care, universal health coverage, and climate change. These themes aim to spark global conversations and actions that prioritize the well-being of communities, especially in vulnerable and underserved areas.

Health is a fundamental human right. However, millions of people around the world still lack access to basic healthcare services. World Health Day serves as a reminder of the urgent need for stronger health systems, more investment in healthcare infrastructure, and equitable access to medicines and services.

Individuals also play a crucial role in building a healthier world. Small changes in daily habits—such as eating a balanced diet, exercising regularly, reducing stress, avoiding harmful substances, and staying informed—can significantly improve personal health and well-being.

On this World Health Day, let us reaffirm our commitment to building a fairer, healthier world. Whether through community involvement, policy advocacy, or personal lifestyle choices, everyone has a part to play in creating a healthier future for all.



**WORLD HEALTH DAY**



## A TRADITION OF CARE

For over 15 years, one of our club's most enduring service projects has been the monthly support for over 30 dole recipients in the Gothatuwa Post Office area. Each month, we have provided them with breakfast and a meaningful cash donation to support their daily needs.

This April, in celebration of the Sinhala and Tamil New Year, we went a step further. In addition to our regular support, we provided each recipient with dry rations worth over Rs. 10,000, Avurudu clothing, and a special cash contribution to help cover their medical expenses.





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## TREE PLANTING INITIATIVE FOR A GREENER TOMORROW

On April 29th, we took a meaningful step toward a greener future by planting 20 coconut trees on the land of Lion Ajith in Kelaniya. This eco-friendly initiative reflects our commitment to sustainability and community engagement. Special thanks go to Lion Ajith for hosting the event, our Project Chairman for leading the effort, and Lion Andaraweera for his valuable support. Together, we are making a positive impact—one tree at a time. Let's keep growing green!



## PLANTING FOR THE FUTURE

On April 30th, the coconut planting project was executed as the third consecutive project of the year, supporting the island's coconut plantation requirements. These saplings, provided by the Coconut Development Authority, represent more than just trees — they symbolize sustainability, community, and long-term growth.

Under the passionate leadership of Lion Janith, this initiative marks the beginning of a long-term vision to restore green cover, support local agriculture, and promote environmental responsibility. Every one of the 50 trees planted today will contribute to cleaner air, improved biodiversity, and a healthier planet for future generations.

Together, we're not just planting trees — we're planting hope, resilience, and life. Here's to 50 green promises that will grow stronger with every passing day.



## SUPPORTING YOUNG MINDS IN KELANINADHEE MAWATHA

On the 11th of April, in response to a heartfelt request by Ven. Saranasiri Thero, the Lions Club of Kolonnawa took a compassionate step to support five underprivileged students residing in Kelaninadhee Mawatha—an area frequently affected by severe flooding, sometimes as many as three times a year. Recognizing the ongoing hardships these young learners endure, we provided each student with a carefully prepared pack of essential school supplies. This small but impactful gesture aims to ensure that these children can continue their education with dignity, resilience, and hope, despite the repeated natural challenges they bravely face.



## BIRTHDAY CELEBRATIONS

Wish you a wonderful birthday, Lion Kusum, Lion Sudharma  
Celebrate and cheer your way to a beautiful day.



## LEADERSHIP QUOTE OF THE MONTH

"Leadership is the capacity to translate vision into reality."

- WARREN BENNIS -

