

Date - 07/09/2024

Venue - Adurapola Estate

Participants - 3

Theme - Hunger

Three nutritional food parcels were distributed for pregnant mothers.

Impact of the programme -

Area where this Mega Project was implemented is a remote and a hilly area. Rubber plantation exists all over the area and estate workers, basically labourers used to attend this kind of lions programmes because their income level is comparatively low and accessibility to health clinics is also a problem.

As a result their food consumption and nutritional level is also relatively low.

Pregnant mothers are the most vulnerable group and doctors advise that their nutritional level should be properly maintained during pregnancy period which is eminent.

But most of them are not in a position to fulfil their nutritional status as advised by doctors due to their low income level.

That is the very reason Lions Club of Avissawella was compelled to organize this kind of a programme and provide well balanced nutritional food parcels for pregnant mothers.

This parcels comprised grains, eggs, milk food, and other essential food items.

Indirect impact:-

The message of "importance of nutritional food intake during pregnancy" will be spread through this programme at least for 200-300 beneficiaries indirectly because the pregnant mothers who received food parcels will relay the message for their other fellow workers, relatives and friends.





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සිංහ සමාජ සත්කාරයක්



දිස්ත්‍රික් සිංහාධිපති සමන් ජිතදාස මහතා ගැබිනි මව්කට් වියළි සලාකයක් පිරිනැමූ අයුරු.

■ උඳුගොඩ - වාරිකාකරු

ජාත්‍යන්තර සිංහ සමාජ දිස්ත්‍රික් 306 සි 1 ප්‍රාදේශීය 5 වී අංශය සංවිධාන කළ සමාජ සත්කාර වැඩසටහනක් පසුගිය දා මුලත්තොහුපිටිය ඇදුරාපොල වතු ශායේදී පැවැත්විණි.

වෛද්‍ය සායන, ඇස් කණ්ණාඩි ලබාදීම, ඇස් කාඩ් බද්ධ කිරීම, ගැබිනි මව්වරුන්ට වියළි සලාක බෙදා දීම, පාසල් ළමයින්ට ක්‍රීඩා

උපකරණ ලබා දීම, පුස්තකාලයක් සඳහා පොත් සහ පෙර පාසල් ළමයින්ට පාසල් උපකරණ බෙදා දීමද ඇතුළු වැඩසටහන් රැසක් එහිදී සිදුවූ අතර මේ අවස්ථාවට දිස්ත්‍රික් සිංහාධිපති සිංහ සමන් ජිතදාස, කැලණි වැලි වතු සමාගමේ නියෝජ්‍ය සාමාන්‍යාධිකාරී එරන්ද චැලිකල යන මහත්වරුද එක්වූහ.

5 වී ප්‍රාදේශීය සභාපති සිංහ අජිත් තේනුවර මහතා ඇතුළු සිංහ සාමාජිකයෝ මෙම වැඩසටහන සංවිධානය කළහ.

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Lions Clubs International District 306 C1				
Region 5B				
Joint Project - 2024/25				
Adurapola Estate				
No	Theme	Project	Sponcer	Amount
1	Religious and Spiritual Project	Buddhist and Hindu religious activites		4,200.00
2	Lion Image Building	Gift for Doctors and Suppoting staff		25,000.00
3	Vision	Vision Screening		10,000.00
4		Distribution of 300 spectacles		35,000.00
5		Cataract Surgery Campaign		-
6		Eye Health Education		-
7	Hunger	Distribution 200 Coconut Plants		45,000.00
8		Food Distribution for 10 Pregnant Mothers		42,500.00
9		Food Distribution for 10 Disable Peoples		42,500.00
10		Distribution 500 Vegitable seed packs		28,800.00
11		400 Wade & 400 Nescafe		27,000.00
12		2 MAF Loans		-
13		Agreeculture Training		-
14	Environment	Plastic waste Reduction Campaigns		25,000.00
15		Reforestation - Planting		-
16		Environment Clening		-
17		Wildlife Protention		-
18	Diabetes	Heath Camp		-
19		Diabetic Screening & Awareness Camp		2,500.00
20		School Diabetes Education		-
21	Childhood Cancer	Awareness Program		2,500.00
22		Education Parents		-
23	Humentarian	Dental Clinic		-
24		Health is Wealth		-
25	Disaster Relief	10 Fruit Plants		4,000.00
26				-
27	Youth	50 Books donate to School Library		20,000.00
28		Distribution Sports Equipments	Lion Premadasa	30,000.00
29		Distribution School Items for Nersory Childs		20,500.00
30				-
31	Other	Invitation Cards	Lion Sanjeewa	625.00
32		Refreshment	Lion Vijith	8,000.00
33		Lunch	Lion Sanjeewa	24,375.00
34		Water Bottle	Lion Thushara	13,500.00
35		Hut, Chair & Transport		7,500.00
36		Sounds	Lion Tharanga	10,000.00
37		Digital Print		7,000.00
38		Evening Treat	Lion Ajith	30,000.00