Theme - Health is Wealth

Sub Theme- Early intervention to promote overall well-being.

Date - 5th November 2024

Programme - " Mother and Child " enhancing mental health and Nutritional status of pregnant mothers.

This programme was organised by Lions Club of Avissawella together with Urban Council of Seethawakapura with a view to educate 25 pregnant mothers on above subject and distribute nutritional food parcels.

Dr. Rajika Arampola Senior Registrar in Psychiatry of Institute of Mental Health, New Town, Mulleriyawa delivered the lecture and Lion Lady Dr. Mrs. Dammika Alwis, former director of Institute of Mental Health also took part in programme.

Impact of the programme - Mothers who participated in this programme are from rural villages and they subsequently will become catalysts in the rural society.

Furthermore, this particular subject is not normally discussed frequently in health programmes. And also this subject is always neglected due to unawareness of the importance of Mental Health of a mother during pregnancy.

Therefore, this programme is very relevant to today's context.







Lions Clubs International District 306C1

Lions Club of Avissawella 2024 - 2025





" Mother and Child " enhancing mental health and Nutritional status of pregnant mothers.

Venue: Urban Council of Seethwakapura

Date: 05/11.2024

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