



# **LIONS CLUB OF POLONNARUWA MAF (155400)**

## **SERVICE PROJECT REPORT**

**Project Title:** Health Camp and Awareness Program

**Date:** 9th December 2024

**Location:** Shine Tots Preschool

**Participants:** 7 Members of the Lions Club of Polonnaruwa MAF

**Collaborators:** Vision Care, Union Assurance, Life Labs, and Shine Tots Preschool

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### **1. Objective of the Project**

The primary objective of this health camp was to promote health and well-being within the community by providing essential health screening services and awareness on healthy living. By collaborating with Vision Care, Union Assurance, Life Labs, and Shine Tots Preschool, the Lions Club of Polonnaruwa MAF aimed to deliver free health services to community members and increase awareness about the importance of regular health check-ups and healthy lifestyle practices.

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### **2. Activities Conducted**

On 9th December 2024, the Lions Club of Polonnaruwa MAF, in collaboration with its project partners, successfully organized a comprehensive health camp at Shine Tots Preschool. The key services and activities carried out during the program included:

## *2.1 Health Screening Services*

- **Diabetes Screening** – Participants were tested for blood sugar levels to identify and prevent risks related to diabetes.
- **Blood Pressure Checks** – Blood pressure screening was conducted to identify participants at risk of hypertension and cardiovascular issues.
- **Eye Screening** – Vision Care provided free eye screening services to detect vision impairments and recommend corrective measures where necessary.

## *2.2 Awareness Program*

An awareness program was conducted to educate participants on **healthy living practices**, with a focus on the prevention and early detection of diabetes, the importance of regular health check-ups, and maintaining a healthy lifestyle through diet, exercise, and stress management.

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## **3. Refreshments and Hospitality**

To ensure the well-being of all participants and staff, nutritious refreshments were provided to over **150 participants and staff of the serving crew**. The Lions Club of Polonnaruwa MAF served traditional and healthy food items, reinforcing the message of maintaining a nutritious diet as part of a healthy lifestyle. The following refreshments were served:

- **Laveriya** – A traditional sweet delicacy.
- **Helapa** – A traditional Sri Lankan sweet snack made with natural ingredients.
- **Green Leaf Porridge** – A nutritious, health-promoting drink made from local green leaves, which further highlighted the importance of natural and healthy food choices.

The refreshments were well received by participants and staff, adding a thoughtful and cultural touch to the event.

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## 4. Participation and Support

The health camp was supported by **seven members** of the Lions Club of Polonnaruwa MAF, who played an active role in planning, organizing, and managing the event. Our collaborators — **Vision Care, Union Assurance, Life Labs, and Shine Tots Preschool** — also provided essential medical equipment, professional expertise, and logistical support to ensure the event's success. Each partner contributed their unique services and expertise to deliver a well-rounded health camp for the benefit of the community.

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## 5. Impact of the Project

The health camp at Shine Tots Preschool had a significant positive impact on the local community, with over **150 participants** benefitting from free health screening services, nutritional support, and health education. The key outcomes of the project included:

- **Early Detection of Health Issues** – Several participants were identified with elevated blood sugar levels, high blood pressure, and potential vision impairments, encouraging them to seek medical follow-up.
- **Increased Health Awareness** – The awareness program educated the participants on the importance of regular health check-ups, diabetes prevention, and the role of a healthy diet and lifestyle.
- **Promotion of Traditional Nutrition** – Serving traditional, healthy refreshments like Helapa and green leaf porridge reinforced the importance of natural and healthy food choices as part of a balanced lifestyle.

Participants expressed their gratitude for the free medical services and the care shown by the Lions Club of Polonnaruwa MAF and its partners.

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## 6. Conclusion

The health camp and awareness program organized by the Lions Club of Polonnaruwa MAF on 9th December 2024 was a resounding success. With the support of Vision Care, Union Assurance, Life Labs, and Shine Tots Preschool, the project provided critical health screening, health education, and nutritional support to over 150 participants. The event addressed key health issues and emphasized the importance of proactive health management.

The Lions Club of Polonnaruwa MAF remains committed to promoting health and well-being in the community. We extend our sincere appreciation to Vision Care, Union Assurance, Life Labs, and Shine Tots Preschool for their invaluable support and collaboration. We also thank the participants and staff for their enthusiastic involvement. This project serves as a model for future community service initiatives.

