

# **Project Report: Distribution of Herbal Kanji and Kurakkan Halapa during Diabetes Screening Project**

## **Project Title:**

Distribution of Herbal Kanji and Kurakkan Halapa at the Diabetes Screening Project

## **Date:**

24<sup>th</sup> August 2024

## **Location:**

Jogging Track, Kadawatha

## **Organized by:**

Lions Club of Colombo Royalty

## **Project Chairperson:**

Lion Niranjal Samarasekara

## **Chief Guest:**

1st Vice District Governor Lion Mahesh Boralugoda MJF MAF JP

## **Project Cost:**

LKR 24,000

## **1. Introduction**

On the 24th of August 2024, the Lions Club of Colombo Royalty conducted a diabetes screening project at the Jogging Track in Kadawatha. Alongside the screening event, 150 portions of **herbal kanji** and **kurakkan halapa**, both recognized for their health benefits, were distributed to promote the consumption of nutritious, traditional Sri Lankan foods. This initiative aimed to provide the public with healthy, balanced meals while emphasizing the importance of a healthy diet in diabetes prevention and management.

## **2. Project Objectives**

- To raise awareness of diabetes and its prevention by offering free screening.
- To promote healthy eating habits by distributing traditional foods with high nutritional value.
- To support the community by offering free meals to 150 people, ensuring they receive a nutritious and wholesome snack.
- To engage with the local community and foster a sense of health-consciousness.

## **3. Project Activities**

**Diabetes Screening:** The primary focus of the event was a free diabetes screening service for the public. Trained healthcare professionals conducted these screenings, providing individuals with instant results and offering advice on how to manage or prevent diabetes through lifestyle changes.

**Distribution of Herbal Kanji and Kurakkan Halapa:** A total of 150 portions of **herbal kanji** (a traditional rice porridge with medicinal herbs) and **kurakkan halapa** (a millet-based sweet snack) were distributed among participants. Both foods were chosen for their beneficial properties, particularly for people at risk of diabetes. The ingredients used are low in carbohydrates and high in fiber, helping to regulate blood sugar levels.

- **Herbal Kanji:** Made with locally sourced herbs and grains, kanji is widely acknowledged for its ability to aid digestion, boost immunity, and provide balanced nutrition. It's often recommended for those with diabetes due to its low glycemic index.
- **Kurakkan Halapa:** Kurakkan (finger millet) is high in dietary fiber, protein, and essential minerals. It is also known to help maintain lower blood sugar levels, making it an ideal snack for people with or at risk of diabetes.

#### 4. Financial Overview

The total cost for the project was **LKR 24,000**, which included the cost of ingredients for the herbal kanji and kurakkan halapa, transportation, and logistics. Detailed financial breakdown:

- **Herbal Kanji Preparation:** LKR 10,000
- **Kurakkan Halapa Preparation:** LKR 8,000
- **Logistics and Transportation:** LKR 6,000

This budget was efficiently managed, ensuring that the project was cost-effective and delivered high-impact results for the participants.

#### 5. Impact on the Community

The distribution of healthy meals during the diabetes screening was highly appreciated by the attendees. The project successfully met its objectives of raising awareness about diabetes and promoting healthier eating choices in the community. Many participants expressed gratitude for both the screening service and the nutritious food provided, which catered to their dietary needs and offered a practical example of how traditional Sri Lankan food can contribute to managing and preventing diabetes.

#### 6. Chief Guest Remarks

The chief guest, **Lion Mahesh Boralugoda MJF MAF JP**, 1st Vice District Governor, praised the Lions Club of Colombo Royalty for its dedication to promoting community health. In his address, he emphasized the importance of healthy food choices and regular health check-ups, particularly in the prevention and management of diabetes. He also commended the project for providing traditional, healthy food options that align with the message of diabetes prevention.

## 7. Conclusion and Future Prospects

The diabetes screening project, combined with the distribution of herbal kanji and kurakkan halapa, made a meaningful impact on the community. It was well-received by both participants and healthcare professionals. The Lions Club of Colombo Ryalty is proud of the successful implementation of the project, which demonstrated a practical way to support both health screening and nutrition education.

The club plans to conduct more such events in the future, incorporating healthy food distribution into community health programs. Future projects may also explore partnerships with local nutritionists and dieticians to further educate the public on the benefits of traditional Sri Lankan foods in managing chronic diseases like diabetes.

### Report Submitted by:

Lion Niranjal Samarasekara

Project Chairperson

Lions Club of Colombo Ryalty

