

# **Project Report: Region 3 Multi-Service Project Day – Herbal Kanji Distribution**

**Date of Event:** November 9th, 2024

**Organized by:** Lions Club of Colombo Royal

**Location:** St. Anne's College, Kurana, Negombo

**Target Group:** 100 Participants

**Project Theme:** Promoting Health and Well-being through Herbal Kanji

## **Project Overview**

On November 9th, 2024, the Lions Club of Colombo Royal made a meaningful contribution to the Region 3 Multi-Service Project Day held at St. Anne's College, Kurana, Negombo. The Club distributed 100 servings of herbal kanji, a traditional and nourishing dish, to 100 participants at the event. This initiative was designed to support the health and well-being of the attendees, aligning with the Lions Club's ongoing efforts to make a positive impact in the community.

## **Objective**

The primary objective of the herbal kanji distribution was to provide a nutritious, energizing meal that promotes health and vitality. The Lions Club aimed to:

- Address the immediate needs of participants by offering a wholesome, filling meal.
- Raise awareness about the health benefits of herbal kanji, which is rich in natural ingredients known for their detoxifying and strengthening properties.
- Foster a sense of compassion and community through a thoughtful gesture of nourishment and care.

## **Herbal Kanji: A Traditional Superfood**

Herbal kanji is a traditional dish made with a blend of local herbs and ingredients, many of which have long-standing reputations for their health benefits. Typically consumed for its detoxifying properties, herbal kanji provides strength and vitality. Key ingredients often include rice, various local herbs, and spices, all of which contribute to its nourishing qualities. The dish is popular not only for its health benefits but also for its simplicity and warmth, making it an ideal meal for such an event.

## **Implementation Process**

The preparation and distribution of the herbal kanji was carried out by a team of dedicated Lions Club members, who ensured that the dish was prepared with care and attention to both taste and nutrition. The steps involved included:

1. **Ingredient Sourcing:** Local herbs and quality ingredients were sourced to ensure the dish's authenticity and health benefits.
2. **Cooking:** The kanji was carefully cooked by the Lions Club team, ensuring that each serving maintained the intended health benefits and flavor.

3. **Packaging & Distribution:** The servings were individually packed, and the distribution was organized smoothly to ensure all 100 participants received their portion in a timely manner.

## **Reception**

The distribution of herbal kanji was extremely well-received by the participants. The attendees expressed their appreciation for the thoughtful gesture, noting that the warm meal not only nourished them but also enhanced the overall experience of the event. The participants felt valued and cared for, as the meal addressed both their immediate hunger and their overall health needs.

## **Impact and Significance**

The herbal kanji distribution had a positive impact on the health and well-being of the attendees, reflecting the Lions Club's core values of service and compassion. By offering a nourishing and traditional meal, the Lions Club of Colombo Royal:

- Promoted the importance of healthy eating and the benefits of natural, locally sourced ingredients.
- Contributed to the overall success of the Region 3 Multi-Service Project Day by supporting participants' well-being.
- Reinforced the Lions Club's commitment to serving the community through initiatives that address both physical health and emotional care.

The initiative also helped raise awareness about the value of traditional foods and their role in modern nutrition. The participants were able to experience first-hand the benefits of herbal kanji, potentially incorporating it into their own diets for its health advantages.

## **Conclusion**

The event at St. Anne's College in Kurana, Negombo, was a true reflection of the Lions Club of Colombo Royal's commitment to community service. The thoughtful distribution of herbal kanji showcased the Club's dedication to promoting health, well-being, and compassion. It was a moment that not only nourished the body but also brought people together in the spirit of care and community. The success of this initiative exemplifies the values that the Lions Club holds dear, and it serves as an inspiring model for future community-based projects.

## **Acknowledgments**

The Lions Club of Colombo Royal would like to extend heartfelt thanks to the following:

- **St. Anne's College** for hosting the Region 3 Multi-Service Project Day.
- **Local suppliers** who provided the fresh herbs and ingredients for the herbal kanji.
- **The Lions Club team** for their hard work in preparing and distributing the meal.

This event was another step forward in fostering a healthier and more compassionate community.