EMPOWERING LIVES

IMHO 2017 ANNUAL SOUVENIR
PROGRAM
14TH ANNUAL IMHO CONVENTION
SATURDAY, JUNE 17TH, 2017    ATLANTA, GEORGIA
Oceana Global Logistics, LLC

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# WHAT'S INSIDE

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>14th Annual IMHO Convention Agenda</td>
<td>3</td>
</tr>
<tr>
<td>Welcome Note from the IMHO Family</td>
<td>4</td>
</tr>
<tr>
<td>Welcome Note from Georgia Governor Nathan Deal</td>
<td>5</td>
</tr>
<tr>
<td>Resettlement in Sampoorn</td>
<td>6</td>
</tr>
<tr>
<td>Empowering the Life of the Upcountry Community</td>
<td>8</td>
</tr>
<tr>
<td>Witnessed at the Base Hospital Telliipalai</td>
<td>12</td>
</tr>
<tr>
<td>Report from Spinal Cord Injury Association</td>
<td>14</td>
</tr>
<tr>
<td>Emergency Ambulance Services</td>
<td>15</td>
</tr>
<tr>
<td>Neurological Projects in Northern Sri Lanka</td>
<td>17</td>
</tr>
<tr>
<td>Cardiac Services in Batticaloa</td>
<td>19</td>
</tr>
<tr>
<td>Home Based Comfort Care</td>
<td>20</td>
</tr>
<tr>
<td>Autism Center of Batticaloa</td>
<td>23</td>
</tr>
<tr>
<td>Kuruntham Alcohol Rehabilitation Center</td>
<td>27</td>
</tr>
<tr>
<td>Neuro-Developmental Center in Jaffna</td>
<td>31</td>
</tr>
<tr>
<td>Karunya Stroke Rehabilitation Center</td>
<td>33</td>
</tr>
<tr>
<td>IMHO Contributions to Jaipur Center in Jaffna</td>
<td>38</td>
</tr>
<tr>
<td>Inauguration of Diabetic Clinic in Batticaloa</td>
<td>40</td>
</tr>
<tr>
<td>IMHO Support to Vanni Region</td>
<td>44</td>
</tr>
<tr>
<td>Renovation of Emergency Unit - Point Pedro Hospital</td>
<td>46</td>
</tr>
<tr>
<td>Support for Diabetic Services in Jaffna</td>
<td>47</td>
</tr>
<tr>
<td>Restabilished Primary Care Services</td>
<td>49</td>
</tr>
<tr>
<td>Selected Projects in North-East</td>
<td>51</td>
</tr>
<tr>
<td>Kilinochchi Maternity Unit</td>
<td>58</td>
</tr>
<tr>
<td>Establishing Subfertility Services in Telliipalai</td>
<td>60</td>
</tr>
<tr>
<td>Sanitation Facilities in Harrington Estate</td>
<td>61</td>
</tr>
<tr>
<td>IMHO Photo Collage</td>
<td>63</td>
</tr>
<tr>
<td>Gratitude to Our Sponsors</td>
<td>64</td>
</tr>
<tr>
<td>Facts About IMHO</td>
<td>69</td>
</tr>
</tbody>
</table>
### 14th Annual IMHO Convention

**Venue:** Lanier High School, Sugar Hill, GA

**Date:** Saturday, June 17th, 2017

**Time:** 4:30 - 10:00pm

<table>
<thead>
<tr>
<th>No</th>
<th>Event</th>
<th>Participants</th>
<th>Event details</th>
<th>Time ET (PM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Registration</td>
<td>All attendees</td>
<td>Registration of guests.</td>
<td>4:30 - 4:45</td>
</tr>
<tr>
<td>1</td>
<td>Welcome Speech</td>
<td>Dr. Kana Devacaanthaan</td>
<td>Welcome speech by the current president of the IMHO</td>
<td>4:45 - 5:00</td>
</tr>
<tr>
<td>2</td>
<td>Violin Concert</td>
<td>Mrs. Jasso Balasubramaniam/Students</td>
<td>Karnatic string ensemble by Karnatic strings of violin studio</td>
<td>5:00 - 5:15</td>
</tr>
<tr>
<td>3</td>
<td>Dance</td>
<td>Mrs. Subathra Sudharsan/Students</td>
<td>Classical dance performed by Bharatha Kal Dance academy</td>
<td>5:15 - 5:25</td>
</tr>
<tr>
<td>4</td>
<td>Keynote Speech</td>
<td>Dr Velautham Sarveswaran</td>
<td>Keynote speech on Sampoor resettlement project sponsored by the IMHO</td>
<td>5:25 - 6:05</td>
</tr>
<tr>
<td>5</td>
<td>Dance</td>
<td>Mrs Uma Palam Pulendran/Students</td>
<td>Classical fusion dance by Natya Dhaana Center for Performing Arts</td>
<td>6:05 - 6:15</td>
</tr>
</tbody>
</table>

**INTERMISSION**

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<thead>
<tr>
<th>No</th>
<th>Event</th>
<th>Participants</th>
<th>Event details</th>
<th>Time ET (PM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Dance</td>
<td>Mrs Dilan Sathees/Students</td>
<td>Fusion Dance Hani-Hara by Shristi School of Dance</td>
<td>6:30 - 6:40</td>
</tr>
<tr>
<td>7</td>
<td>Speech</td>
<td>Dr Raguraj Srinarajah</td>
<td>IMHO Projects</td>
<td>6:40 - 7:30</td>
</tr>
<tr>
<td>8</td>
<td>Saree Auction</td>
<td>Dr Nanda Nanakumar &amp; Kandiah Mathavan</td>
<td>Japanese saree auction</td>
<td>7:30 - 8:15</td>
</tr>
<tr>
<td>9</td>
<td>Music</td>
<td>GATS super singers</td>
<td>Musical event</td>
<td>8:15 - 9:00</td>
</tr>
<tr>
<td>10</td>
<td>Dinner</td>
<td>Aachi Restaurant</td>
<td>Dinner buffet</td>
<td>9:00 - 10:00</td>
</tr>
</tbody>
</table>

**Adjourn**
Dear Friends,

On behalf of our entire IMHO family, we thank you for your continued support of our mission, which has enabled us to serve thousands through development & relief projects across several countries over the past year. And for those joining us for our 14th Annual IMHO Convention this year, we welcome you to Georgia and look forward to sharing with you updates on our work, insights from the field, and ideas for moving forward. We also invite you to join in the discussion, network, ask questions, and get involved! Only with your enthusiasm, generosity, commitment, and support are we able to do this work on behalf of so many.

As we do each year, this souvenir program is both a commemoration of all that we have accomplished together over the past one year, as well as a look forward to the ways in which we can (and hope to) make a positive impact on the communities we serve.

Over the past 14 years, IMHO has invested more than $4.8M in financial and material support to several local partner organizations and institutions, the vast majority of which has benefited communities deeply affected by chronic poverty, war, natural disaster, and other hardship across Sri Lanka. IMHO continues to support a number of several important initiatives seeking to tackle the growing problems of poor nutrition, under-developed education systems & support, livelihoods challenges, diabetes, autism, alcoholism, heart disease, hospice care, and a health infrastructure still trying to recover after years of conflict and hardship. With a vast network of local partners on whom we can rely, we can be sure that aid and assistance is getting through efficiently and effectively.

The past year has been a great one for implementing our projects. Three major projects – Neuro-developmental Disorder Center in Batticaloa, Empowerment of the Up Country, and Sampoor Resettlement; have been initiated during the year with satisfying results.

We believe in providing a holistic set of services and support to help pull marginalized and struggling communities out of poverty to ensure that all people have the ability to lead a healthy and productive life.

The power to positively impact the life of another and perhaps even save a life, lies with you. As we love to the year ahead, please consider making a donation to IMHO today to help create a new beginning for others in need. Together we are making a difference.

Warm Regards,

The IMHO Family of Organization

IMHO USA is a registered tax-exempt, 501(c)3 non-profit, charitable organization in the United States (Federal Tax ID #: 59-3779465). IMHO is a registered Private Voluntary Organization (PVO) with the United States Agency for International Development (USAID) and a proud member of InterAction. IMHO Canada is a registered charitable organization in Canada (Registration #844191494RR0001).

www.TheIMHO.org
May 26, 2017

To: The Attendees of the 14th Annual Convention for the International Medical Health Organization

GREETINGS:

On behalf of the State of Georgia, allow me to extend my warmest regards to The International Medical Health Organization (IMHO) as you host and otherwise participate in your event.

Please allow me also to welcome your distinguished guests, tonight’s honorees, their families, and other attendees. Your contributions through the IMHO helps fill the critical gaps that exist in health care delivery systems in developing countries. The efforts of organizations like this underscore the grassroots value of community service.

I send my best wishes for a productive event.

Sincerely,

Nathan Deal

ND:dw
Resettlement in Sampoor

Dr. Velautham Sarveswaran

People from Sampoor in Trincomalee district were displaced in 2006 following the war and were languishing in four welfare centres (or refugee camps around Sampoor). Nearly 1,250 families were displaced and around 900 families were living in the welfare centres. IDP families could not return to their lands and resettle because the previous government had given the land to BOI, which gave it to a company for development. However, the current government withdrew the land from BOI and the land belonging to Government was released to IDP families. Resettlement off these families commenced in July 2015. There were 309 families considered for 1st phase of resettlement in a 925-Acre land recovered by the Government. Following a request from the GA for assistance towards the first phase of resettlement, Assist RR built 55 shelters and toilets.

2nd Phase of Sampoor Resettlement

On 25 March 2016, another 546 IDP families were allowed to return to their land following the withdrawal of the Navy that was occupying Sampoor Maha Vidyalayam and the surrounding areas with an extent of 216 acres. All these 546 families have returned without any support or assistance from the government or the INGOs.

The GA approached Assist RR and asked whether Assist RR could provide some temporary shelters and toilets, as Assist RR did in the 1st phase. The GA also asked whether Assist RR could provide toilets as a matter of urgency, as there are nearly 1000 women and girls in this latest resettlement, who have no access to toilets.

Assist RR made an appeal amongst Diaspora Tamils to build 20 temporary toilets. Following this appeal IMHO USA came forward and provided Rs 2 Million to build 50 permanent toilets. This enabled Assist RR to raise more funds and build 100 toilets in total. Assist RR was the first organization to assist these people during the 2nd phase with the support of IMHO USA. Assist RR were informed by Mr Yusuff, DS of Muthur, that they have now secured support to build toilets to the remaining families.
The temporary huts, in which the families are living, have no concrete floors but made up of the earth surface. This means that if there is rain, the shelters are flooded with rainwater and it would make the shelters uninhabitable. Hence, there was a need for at least semi-permanent shelters to 546 families. Assist RR made an appeal amongst Diaspora towards this project in May 2016 and already built 115 shelters. IMHO USA provided around Rs 7 Million to build 59 shelters and other Diaspora from the UK, Singapore, and USA funded the remaining 56 shelters.

However, they are still looking for support to construct more shelters. Assist RR are therefore still appealing for funds to construct shelters, as the need is around 441 shelters. As the needs are huge (resettlement of 546 families), IMHO USA and Assist RR believe that Diaspora Tamils should provide as much assistance as possible towards building semi-permanent shelters. The photos above show the condition in which these families are currently living. Families also require livelihood support to start their lives. Any contribution towards improving their living condition and earning capacity would be much welcome. Please kindly consider assisting these unfortunate families. IMHO USA has so far contributed over $100,000 towards the resettlement of Sampoor IDPs. Assist RR would like to express its gratitude to IMHO USA for their kind assistance to Sampoor IDPs.

Current Living Condition
Empowering the Life of the Upcountry Community

By E4D Staff

Established in 2013, E4D is a civil society organization of committed youth in the tea plantations in Sri Lanka working for the empowerment of children, youth and adults so that they can break the cycle of poverty and marginalization.

Confined to the socio-economic, cultural and political backwardness of the last two centuries, the Sri Lankan tea plantation community consists of the most disadvantaged and marginalized fractions of the population from the time they were brought from South India to cultivate the tea estates during the colonization period.

International Medical Health Organization (IMHO)

Founded by a group of dedicated physicians in United States of America in 2004 to support their native country folk in Sri Lanka recover lives after Tsunami, IMHO has ever increasingly established its presence to uplift the people subjected to conflict and poverty.

Today, with its presence in 14 countries, IMHO funds E4D and number of other local civil society organizations to carry out their grass-root development interventions.

Project Activities of E4D
Village Saving and Loan Associations (VSLAs)

E4D facilitates the formation of VSLAs in tea plantations so that women and men can be mobilized in small groups, encourage self-help, saving and lending, educate communities of health, nutrition, sanitation and education of their children.

Up to date:

23 VSLAs formed
299 women and 42 men reached
Rs 190,000 total saving done
2 trainings conducted
Promoting literacy and reading habits among children

Through its unique approach to promoting child literacy, called Reading Group, E4D mobilize children of the VSLA group members to form groups, assess their functional literacy, provide reading books, train reader leaders, and assist parents monitor various development activities of children within these groups.

Reading groups have been a successful approach to reach children and mobilize them to break the cycle of poverty through education and skill development.

Up to date:
29 Reading groups are formed
287 girls and 163 boys reached
350 books distributed

Caring Hands

Through IMHO funding, E4D supports 60 orphan children and their care-givers who live in most vulnerable situations. With nutritional and educational assistances, provision of psychosocial support, and regular home visit monitoring, the wellbeing of these children are maintained and supervised.

Up to date:
60 children provided with monthly nutrition rations
16 children enrolled to schools with supplements
59 children schooling monitored
23 care givers reached through counseling
Conducting advance level classes

E4D organized extra classes for student facing advanced level examinations to support them achieve better results in the two most decisive examinations of their career. Students in plantation communities record lowest results in these examinations due to lack of qualified teachers in schools, poor quality of teaching and absence of extra classes to attend.

Up to date:
33 girls and 20 boys in regular classes
Education performance of these students monitored

Monitoring preschool education

E4D monitors the functioning of preschools and provide training for teachers and parents on early child care and development. Awareness raised among parents to provide preschool education to all children of the ages three to five and support the functioning of preschools with a dedicated monthly payment to the teachers.

Up to date:
8 preschools monitored
123 children reached
8 teachers trained

Other Activities

Children’s talent show at village and divisional level to help children uplift and demonstrate their dancing, writing, singing and drama skills
Publication of a monthly newspaper to promote children writing and reading

Youth leadership training to help young girls and boys develop their life-skills and leadership skills.
Witnessed at the Base Hospital Tellippalai

By Dr. Y Thivakar, Medical Director

Base Hospital Tellippalai, the second largest hospital in the Jaffna peninsula of Northern Sri Lanka, which is also home to the massive tertiary care cancer hospital, belongs to the entire northeastern population. The hospital has another distinguished role because of its location at the center of the war ravaged Valikamam, north region of Jaffna, where resettlements are going on in a slow pace. The hospital, completely destroyed by war and depleted of physical and human resources, fortunately rose from the ashes as a ‘phoenix’ bird, because of massive developments in the assistance provided by the government and NGOs like IMHO.

IMHO has been playing the central role in the development process of the hospital by leading forward with some extraordinary examples in humanitarian aid works and health financing on projects which demonstrate long term positive impacts in alleviating the sufferings of affected people. They are the long-standing ally of the prestigious psychiatric unit of our hospital, which is the best tertiary care psychiatric service provider of entire northeastern part of Sri Lanka and the only psychiatric teaching unit of the region. If anybody interprets those amazing developments and achievements of our psychiatric unit as the direct impact and yield of IMHO’s visionary health financing on people’s real demands, it is not exaggerated.

The medical equipment donated by IMHO, worth of nearly four million rupees, was the only reason, without doubts, that set the current standard in the coverage and quality of services
offered by each and every clinical center of the hospital, mainly the operation theater. Whenever we pass through the doors of the operation theater, our minds spontaneously pay gratitude to IMHO for their unbelievable and timely contribution for the revival of a fully functional operation theater with all needful advanced facilities.

IMHO was behind the success story of Dr. Saravanabava (VOG) in establishing a sub-fertility center at GH/Killinochchi, once again setting an example in humanitarian services with a donation of more than 1.2 million rupees worth of medical equipment to the andrology laboratory and their agreement for a monthly payment of sixty thousand rupees to pre-intern doctors to manage the sub fertility center with laboratory.

Apart from clinical services, IMHO’s contribution in social responsibility programs for patients like parking facilities and cafeteria services are also highly commendable. The vehicle park constructed by IMHO in 2013 with the expenditure of more than one million rupees has been utilized by thousands of patients and their relatives with gratitude. The cafeteria, constructed with an expenditure of more than 3.6 million rupees, has been providing excellent services to needful patients and staff, and cannot be compared with any hospital of Northern Province.

We are always thinking of ‘how privileged we are’ to get IMHO as the lifetime partner in our long journey to develop the health standards of Northern people. My heartiest appreciations always belong to IMHO for their incomparable services for the sake of war affected community.
Report from Spinal Cord Injury Association

By Uyirilai

Dr. Qhdfukj; mtu;fspDhlhf ,ize;J  nfhz;lJ.,e;jf;fhyg;gFjpapy; vkJ

30 Rotary club nfhOk;G Clhf toq;fpapUe;jdu;.gpd;du; mNj fhyg;gFjpapy; mDFk; trjpfisf;nfhd;l

10 kyry $lq;fisAk; vkL gadhspfSf;F  toq;fpapUe;jdu; mj;NjhL vkJ ry

SIC Chathether fts vp;F ,uz;L jlitfs; ngw;W
toq;fpapUe;jdu;.gpd;du; jw;NghJ kPz;Lk; vk;NkhL ,ize;J vkJ gadhspfSf;fhd 20 mDFk;

IMHO Clhf ehk; eilKiwg;gLj;Jfpd;Nwhk;.
Emergency Ambulance Services

By Dr. D C Ambalavanar, Coordinator & Advisor

The week beginning 17th April was a significant one in the continued development of the nascent emergency ambulance services of the Northern Province Health Ministry. The service was inaugurated in January 2016 thanks to the efforts of the Minister, Dr. Sathiyalingam, and the Provincial Director of Health Service, Dr. Keteeswaran. It was the first such free service in the country.

The main problem has been that ambulances were not properly equipped and ambulance crews were not trained. To address the problem of training for the drivers and attendants who crew the ambulances, Paramedic Instructors from the London Ambulance services were arranged to help with the training. They came in August 2016 and trained twelve doctors as instructors who then trained the crews. Will Broughton, one of the paramedics returned on 18th April to continue with training and to review what has been achieved.

Achievements so far include 19 instructors being trained and by the 21st April 176 ambulance drivers and attendants had undergone a five-day training to be Emergency First Responders. The call centre staff also received training during this week. An administrative structure has been decided on. The province will soon be receiving new ambulances which will need to be equipped. Once that has been done, it will be possible to provide a dedicated emergency ambulance service which can, with its trained staff, provide some quality pre-hospital care for medical and accident emergencies.
Much of this would not have been possible without the sustained support of IMHO USA. They provided the funding to enable the paramedics from the UK to come and stay here for training both in 2016 and now. In addition, they provided funds for the purchase of an airway trainer manikin and two automated defibrillators for training purposes. One Automated External Defibrillator (AED) is now located in the Provincial Department of Health Services’ office while awaiting an ambulance to house it, thus becoming the first AED to be located in a public place in northern Sri Lanka!

The continued support provided by IMHO and all who support that organisation has been crucial in developing the first home grown emergency ambulance service in Sri Lanka. It is hoped that IMHO will continue to support this program for the years to come.
Neurological Projects in Northern Sri Lanka

Dr. A Arasalingam, Consultant Neurologist

I would first like to introduce the organizing team for the Northern Province – Dr. A. Arasalingam, Dr. J. Sanjeyan, Mr. P. Gowrithran, Dr. K. Abiramy and Dr. P. Thineshkaran without whom none of these would have been achieved. We as a team began our preparations as early as August.

**Project 1** – Awareness posters in Tamil and English.
Dr. Sanjeyan’s award winning poster at the World Stroke Day Poster Competition 2015 was used as the awareness poster for our campaign this year.

**Project 2** - Course manual - Update on Stroke and Stroke Rehabilitation for the participants of the workshops held in the Northern Province. The contributors to this manual
Dr. A. Arasalingam (Consultant Neurologist –Teaching Hospital Jaffna)
Dr. N. Aravindan (Consultant Rheumatologist - Teaching Hospital Jaffna)
Dr. Srini Godavithanage(Consultant Neurologist – District General Hospital Vavuniya)
Mr. P. Gowritharan (volunteer Speech and Language Pathologist – Teaching Hospital Jaffna)
Mr. T. Sajeivan (Physiotherapist – Teaching Hospital Jaffna)
Dr. J. Sanjeyan (Research Assistant – Sri Lanka Stroke Clinical Registry, Teaching Hospital Jaffna)
Dr. P. Thineshkaran (Medical Officer – Neurology, Teaching Hospital Jaffna)
Dr. K. Abiramy (Medical Officer – Neurology, Teaching Hospital Jaffna)

The above were also the resource persons for the workshop.

**Project 3** – A series of Eight Workshops were Held in the Northern Province covering all 5 districts of the Northern Province of Sri Lanka – which I would be very happy to say was the first program ever that covered an entire province, involving 8 hospitals.

Project 3.1 – Workshop at DGH Killinochchi on 2016/08/01
Project 3.2 – Workshop at DGH Mannar on 2016/08/05
Project 3.3 -  Workshop at DGH Mullaitivu 2016/08/29
Project 3.4 – Workshop at BH Point Pedro 2016/10/06
Project 3.5 – Workshop at BH Chavakachcheri 2016/10/12
Project 3.6 – Workshop at BH Tellippalai 2016/10/20
Project 3.7 – Workshop at DGH Vavuniya 2016/10/26
Project 3.8 – Final Workshop at Teaching Hospital Jaffna 2016/10/28

**Project 4: Opening of Rehabilitation Units**
Project 4: 1 – Opening of a 10-bedded stroke rehabilitation bay at the Base Hospital Point Pedro (6 bedded male bay and 4 bedded female bay – bed dedicated for rehabilitation of stroke patients). This is the first official stroke rehabilitation facility which was open by Dr. MTM Riffsy
(President National Stroke Association) and Dr. Gamini Pathirana (Secretary NSASL) on 19/October/2016. A physiotherapy department was also opened at BH Point Pedro and the NSASL has pledged their support to fund the equipment and refurbishment of the unit via the ministry of health. The beds were donated by philanthropist.

Project 4:2 – Opening of a 10 bedded stroke rehabilitation unit at Base Hospital Chavakachcheri on 18/10/2016. There is very minimal facility but an extremely determined team at Chavakachcheri.

Project 5: Telemedicine – Acute Stroke and Stroke rehabilitation. It is indeed the first of its kind in Sri Lanka. We hope to make use of this model to promote stroke care in other parts of the country. My sincere thanks to Dr. J. Sanjeyan and Dr. P. Thineshkaran when I just mentioned to them that I had such a vision. They made it come true in days and now our unit in Teaching Hospital Jaffna will pilot this. With improvements to our primitive form of telemedicine, I am sure that soon we would be able to give expert advice on stroke care even to the most remote area in the country.

Stroke education: Launching of 3 books for the stroke survivor and their carers and health care professionals. These books were distributed free of charge amongst the public and health care professionals not only in the Northern Province but also in the other parts of the country. Thanks to the philanthropist who sponsored the books.  

Stroke: Face the facts (Author – Dr. A. Arasalingam)  
Parisavatham: Unnmaikalai ethirkolvom (Tamil translation of the first book – Authors: Dr. J. Sanjeyan & Dr. A. Arasalinagm)  
Parisavaththithkana peechchu mattum moli sikichchai (Tamil: Speech therapy intervention in Stroke. Author: Mr. P. Gowritharan). All books will soon be available in all three languages in the country – English, Tamil and Sinhala in due course.

All these projects would not have been possible without the prompt financial and moral support from IMHO. They have always been there and have lent us a helping hand countless times which gives us the confidence to take up any project in mind. We thank IMHO and hope continue the relationship in the forthcoming years.
Cardiac Services in Batticaloa

Dr. K Arulnithi, Consultant Cardiologist

Once again, we are delighted to write a message to the souvenir of IMHO this year too. It is our duty to thank and wish IMHO for their tireless effort towards the betterment of our society. We have been receiving assistance from IMHO for last six years. Currently, a major part of our primary prevention work is assisted by IMHO. Our research assistant is being paid by IMHO and, also supplied medical instruments. It is a unique program initiated in our unit. So far more than a thousand healthy individuals screened and being followed by us. We are expecting long term support for this program.

In future, we as people of Batticaloa expect assistance to provide health care in peripheral sectors and, we further request IMHO to assist in the nutrition of preschool and primary children. We still do see lot of stunted and malnourished children. Government sponsored nutrition plan was is very limited.

We also like to remember the contribution of IMHO for the education. We received assistant for science exhibition conducted by Science Navigators. Out of health, scientist from IMHO helped to formulate the seasonal rain prediction chart for the eastern province once again for the Science Navigators. In future, we expect IMHO and its valuable members extend their support and assistant beyond health to all the sectors.
Home Based Comfort Care

By Dr. N Sivarajah, Director of CANE

CANE UK had been assisting Cancer patients since the early 90s. In 2006, CANE UK established a Hospice in Uduvil located at No. 5, Sabapathipillai Road, Uduvil, Chunnakam. The need for Palliative Care for Cancer Patients was initiated and discussed at a meeting held at the RDHS office Jaffna on September 5th, 2014 under the Chairmanship of the then RDHS Dr. A Kethesewaran. It was decided that the CANE Hospice should undertake field based Palliative Care of Cancer Patients and extend to other chronic patients who need palliative care at a later date.

Consequently 3 MOH areas – Tellippalai, Uduvil & Nallur were selected for intensive work in Home Based care. A count of Cancer patients receiving financial assistance from the division Secretaries in the respective areas was collected. During this data collection process the following list of cases were obtained; DS division, Tellippalai, Uduvil & Nallur. With the financial support of International Medical Health Organization (IMHO), USA, and CANE UK, we were able to accomplish our vision.
**Staff training and Awareness**

Dr. Rajendra Surenthirakumaran was sent for a 6 weeks palliative care training to the Pain and Palliative Care Society, Medical College P.O. Calicut, Kerala, India in December 2014 to February 2015. The experience received is helping the palliative care program at CANE Hospice. He is providing valuable advice and guidance to the staff.

A Palliative Care workshop was held on March 13th, 2015 at general hospital Vavuniya. The staff from the CANE Hospice attended the workshop. A meeting of staff from Base Hospital Tellippalai and Jaffna Teaching Hospital was held at Tellippalai on December 11th, 2015 to plan the conducting of Community Based, Palliative care with 25 participants.

**Staff situation**

Since April 2017, we have a team consisting of a nurse, two health care workers and a driver. They use a three-wheeler to visit homes of patients. Whenever there is a need to transport patients to hospital, the CANE vehicle is also utilized. The matron at CANE hospice and the health care assistants visit the cancer patients on and off, when there are sufficient staffs and less patient care is needed in the Hospice.

**Activities**

Visits to homes of cancer patients and registering all cancer patients was started in January 2016. Up to the end of April 2017, (one year and 3 months after commencement of the program). We have registered and visited 142 cancer patients, and in addition, 43 repeat visits were made. The registration is done by home visits based on Particulars Received from, obtaining addresses of severely ill cancer patients from the Trail Cancer hospital, Tellippalai. From the list of cancer patients receiving financial assistance from the Divisional Secretaries of Tellippalai, Uduvil and Nallur divisions.

From the Medical Officers of Health in Tellippalai, Uduvil & Nallur, collected by their Public Health Midwives

27 of these patients have died during the period, and the team has visited these patients frequently and provided assistance and care during their terminal stages. The services included:

- Providing counseling
- Educating the care givers regarding personal hygiene, prevention of bed sores etc.
- Providing Drugs such as pain killers, patches etc.
- Wound care, oral care etc.
- Provision of mobility equipment such as walking frames to those who cannot afford
- Provision of Air mattresses to prevent bed sore where needed
- Referring patients and sometimes providing transport to attend palliative care clinics or radiotherapy
Awareness programs
CANE has posters on cancer prevention. These are used to educate patients cancer awareness programs are held frequently in the Hospice, for those who provide care at home. Patients and by-standers at the CANE hospice also attend these awareness programs

Future Plans
With the appointment of the new Nurse in charge of Palliative care, it is possible that the Home Based Palliative Care program will receive a boost. Our plans include:

- more regular visits to the field and registration of patients
- providing more assistance and care for terminally ill patients in their homes
- organizing more awareness programs for care givers at home. An awareness program on breast cancer has been planned for home care givers. It is planned to hold such programs every fortnight for different groups such as families with oral cancer, esophageal cancer etc.
- cancer prevention programs are also planned in schools for GCE O/L and GCE A/L students
- developing more educational material for public education on Cancer prevention
- using the electronic media for education on cancer prevention

We thank IMHO for their ongoing financial support and hope their support will continue for the years to come. Without their help we would not have been able to provide the comfort and care needed for these patients.
Autism Center of Batticaloa

By Dr. P Judy Jeyakumar, Psychiatrist

Services for the children with Autism Spectrum Disorder (ASD) is a growing need in the Eastern part of Sri Lanka as in the rest of the world. In 2015, a group of medical professionals from International Medical Health Organization (IMHO-USA) visited Batticaloa and conducted a workshop to raise public awareness about ASD.

They met with various medical educators, medical professionals and social services workers during their stay in Batticaloa. Brothers of Charity and Rev. Fr. Rene Stockman have agreed to start the services for the children with ASD in Batticaloa by providing space and staff to operate an ASD centre.
The ASD centre will operate in a facility/building provided by Brothers of Charity. IMHO provided funds a to renovate the building. Moreover, they will pay the wages of a chief therapist and assistant therapists for two years. The Serendib Children Home, based in UK extend the part of the grand for the staffs training in India. Rev,Br. Wilfred Mariyathas The Principal of Theeraniyam and Mr.E.Neelamparan Speech Pathologist went to India in February 2107 for one month residential training in “Sankalp” an open school and learning centre for Autism. Mr. Bimal Balasingham an Accountant in Singapore supported part of the grant for their training.

The Sri Lankan Air Force in Batticoloa lead by Wink Commander Buddika Pathirana and his twenty members did the landscaping for the premises as a part of their community welfare program.

The renovation, landscaping, purchasing the needed class room items, installing the audio, visual items and cartoon works ended in March 2017.
The centre was opened on the 8th of April 2017. Dr. J. M. W. Jayasundara Bandara the Director General of Health Services, Ministry of Health and Nutrition, Colombo. Rev. Br. Godfried Bekeart Regional Superior and Provincial Superior of Asia, Prof. Daya Somasundaram Professor of Psychiatry, University of Jaffna, Dr. Anjala Arulpragasam Consultant Paediatrician, Dr. Swarna Wijetunghe Consultant Child Psychiatrist, Leadly Ridgeway Hospital, Colombo, Dr. Ibra Labbai Director Teaching Hospital, Batticaloa and several others took part and addressed the audience.
Kuruntham Alcohol Rehabilitation Center

By Kurutham Staff

Kuruntham Alcohol Rehabilitation Center

By Kurutham Staff

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குறிப்பிட்டுக்கொள்ளும்: அகுலவு பொறியாளர்கள் தருமண்டத்தில் குறிப்பிட்டுக்கொள்ளும் பாடல்கள், பாடல்கள் மற்றும் குறிப்பிட்டுக்கொள்ளும் பட்டியல்கள் தொகை தொடர்ந்து பொருள்களின் முக்கியமான பாடல்கள் இந்து தொடர்பானது. 

இரண்டு முக்கியச் சூடு பாடல்கள் இந்து தொடர்பானது, பாடல்கள் குறிப்பிட்டுக்கொள்ளும் பாடல்கள், அகுலவு பொறியாளர்கள், பாடல்கள் மற்றும் குறிப்பிட்டுக்கொள்ளும் பாடல்கள் மற்றும் குறிப்பிட்டுக்கொள்ளும் பாடல்கள்.
தற்கொலை அளவு மற்றும் வகையெடுப்பு விளக்கம்

01. கருவி கூடம்
02. பல்கலைக் கல்லூரிச் சுயம்
03. கோழிக்கோடு புழுக்கை
04. தொட்டையை புழுக்கை
05. ரசையம்
06. சுதைத் தாவரங்களும்
07. முப்புனை
08. மொழியக் கலை
09. கைது புரிகை
10. சுமாரா புரிகை
11. சுமாரா புரிகை
12. நூறுவாய் சுமாரா
13. காசி புரிமைகள் பாண்டிகள்
14. சுதைத் தாவரங்களின் முறையை தெளிவிக்கிறது
15. சுமாரா புரிமைகளின் முறையை தெளிவிக்கிறது

தற்கொலை அளவு மற்றும் வகையெடுப்பு விளக்கம் : நம்பிக்கை மற்றும் வகையெடுப்பு விளக்கம் என்பது தற்கொலை அளவு மற்றும் வகையெடுப்பு விளக்கம் என்று சொல்லும். இவை தற்கொலை அளவு மற்றும் வகையெடுப்பு விளக்கம் என்று குறிப்பிடுகிறது. இவை தற்கொலை அளவு மற்றும் வகையெடுப்பு விளக்கம் என்று குறிப்பிடுகிறது. இவை தற்கொலை அளவு மற்றும் வகையெடுப்பு விளக்கம் என்று குறிப்பிடுகிறது. இவை தற்கொலை அளவு மற்றும் வகையெடுப்பு விளக்கம் என்று குறிப்பிடுகிறது.
இன்குரு மன. கிருஷ்ணா ஸிங்கர் புத்துக்கோட்டு பல்கலைக் கழக மகாத்மா ஗андஹர், அச்சையாபத்து கழக தன்னாலிக் கலைக்கல்லுக்கு தனிநுட்பவாசல். ஆங்கிலம், ஆசியசமா அமிர்தச கல்விக்குறிப்பிட்டு.

இன்குரு பதினொன்று பாடல், சிறிதள பாடல், புனிதத்து பாடலால் புனிதத்து பாடலால் மதுராவின் நரசிம்மா பாடல் நடந்தது. அதன் ஆர்த்த தன்னாலிக் கலையில் புனிதத்து பாடலால் புனிதத்து பாடலால் எந்திருக்கிறது. நீரியை நீரியை அத்துணர்வா என்னக்கு மதுராவின் பாடல் சொல்லும். அது எந்த கல் இன்றையம் மதுராவின் பாடல் தம்போ மதுராவின் பாடல் சொல்லும். ஆனால் இது எந்த கல் இன்றையம் மதுராவின் பாடல் சொல்லும். அது எந்த கல் இன்றையம் மதுராவின் பாடல் சொல்லும். அது எந்த கல் இன்றையம் மதுராவின் பாடல் சொல்லும்.

IMHO புனிதத்து பாடல் மதுராவின் பாடல் சொல்லும். மதுராவின் பாடல் சொல்லும். மதுராவின் பாடல் சொல்லும்.
Neuro-developmental Center in Jaffna

By Mathavam Staff

Mathavam, Centre for Neuro-developmental disorders was started in April 2014 with the support of IMHO – USA and successfully on the trot. And it has been in cooperated with Regional Director of Health Services, Jaffna and functioning as semi-government institute since 2015. Ever since the opening, more than 100 children came for assessment and 79 being diagnosed with Autism.

Among which 35 children have finished their 3 months compulsory therapy and 10 are currently following the therapy classes. Among these 79 children with autism, there are more than 45 of them attending schools in special unit classes.

It is a remarkable step that, it has been started to in co-operate children with other special needs such as ADHD, behavioral issues, dyslexia and other Learning difficulties and now there are 9 such children following training in this Centre in the evening sessions. One of the staff of Mathavam has been trained in India- Sankalp- on teaching children with special needs which make the training sessions more effective.
Committee meetings are also being conducted periodically. Also conduct classes and discussions for parents as well. Speech therapy sessions are also being held in the Centre every Thursday through which most of our kids are getting benefited.

In addition to these, a suitable house for Centre has been identified in Thirunelveli area which will be taken over by Mathavam at the end of May 2017. After that, the Centre will be equipped in better way with sensory room and other needed equipment.

Our special thanks to IMHO for their generous support to function smoothly.
Karunya Stroke Rehabilitation Center

By Dr. T Thivakaran, Consultant Neurologist

"தமிழார் மருத்துவத்துறையில் பதிக்கப்பட்ட 52 வகுவாரம், ஆண்டு காலத்தில் அவர் தமிழ்நாட்டின் குறுக்கு மருத்துவக் கலைஞர்களுடன் பேச்சு கொடுக்கும் வகையில் கொண்டாட்டத்தில் விளம்பு அடைந்துள்ளது. பலராம போன்றுள், நம் குழக்கக் கலைஞர்களுடன் வேறு விளக்கங்களை வழங்கவும் வேண்டும். அவ்விடம் அவர்களுக்கு வேளாண்மை வசதிகளை கூறுவதற்குத் திறமையும் தகவல்களை அளிக்கவும் வேண்டும். அவர்களுக்கு ஆண்டு காலத்தில் வந்த விளக்கங்களை வேண்டும். கலைஞர்களுக்கு வேளாண்மை வசதிகளை கூறுவதற்குத் திறமையும் தகவல்களை அளிக்கவும் வேண்டும். அவ்விடம் அவர்களுக்கு ஆண்டு காலத்தில் வந்த விளக்கங்களை வேண்டும். கலைஞர்களுக்கு வேளாண்மை வசதிகளை கூறுவதற்குத் திறமையும் தகவல்களை அளிக்கவும் வேண்டும்.

STRIKE THE STROKE BEFORE CLOCK STRIKES THREE

“KARUNYA” - STROKE REHABILITATION CENTRE - BH-VALAIKCHENAI
FAST

Face:

Ask the patient to smile. Is their smile symmetrical?

Arms:

Ask the patient to raise both arms. Is one arm weaker than the other?

Speech:

Ask the patient to repeat a simple phrase. Is their speech slurred or incoherent?

Time:

If any of these symptoms are present, call emergency services immediately. Time is critical in stroke treatment.
தமிழகம், ஹலை தொகுதிகள் பரமானுதிகள், அரசுகள், மாநிலருந்துகள் வெளிய விரிவான திட்டம் இறப்பு முடியும் ஒன்றியாட்டங்களை மூக்குகிறது. பல்வேறு புதுமையுமாறு பெருமழையாக வேலை தொடர்ந்து கையெழுத்து போன்ற புதிய தமிழ் மொழி மற்றும் புரோட்சக தமிழுத்தமிழ் மொழிகளை எழுதும் போதிற்கு மாட்டி முடியும் ஒன்றியாட்டங்களை மூக்குகிறது. எனினும் தமிழ்ச் செயல்பாடுகள் வளர்ந்தவைத் தொடரில் வந்தவையாக வேலை தொடர்ந்து கையெழுத்து போன்ற புதிய தமிழ் மொழி மற்றும் புரோட்சக தமிழுத்தமிழ் மொழிகளை எழுதும் போதிற்கு மாட்டி முடியும் ஒன்றியாட்டங்களை மூக்குகிறது.

2015 ஆண்டு சோகம் 27வது பெரும் திட்டம் "கோத்தைக்கு" புராணவுசைப் பிள்ளை உள்ளிட்டு ஒன்றியாட்டங்களை மூக்குகிறது. எனினும் தமிழ் மொழி போன்ற போராட்டங்கள் மற்றும் புரோட்சக தமிழுத்தமிழ் மொழிகளை எழுதும் போதிற்கு மாட்டி முடியும் ஒன்றியாட்டங்களை மூக்குகிறது.

35
சீலியம் பாரிசாக் தந்து பொய்யாங்க

அண்மையும் பல்முறைதான் என்பதால் பாரிசாக் தந்து பொய்யாங்கு வாழ்க்கையை உருவாக்கும் விளக்கத்தை என சொல்லிக்கிறோம். பாரிசாக் தந்து பொய்யாங்கு, திருவிழாச்சாட்டு, சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீ நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொய்யாங்கு, தின்நாள் சீலியம் பாரிசாக் தந்து பொ�

சீலியம் பாரி தந்து! பாரிசாக் தந்து!
IMHO Contributions to Jaipur Center in Jaffna

By Dr. J. Ganeshamoorthy, Chairperson of JJCDR

It is a matter of great happiness and joy that the IMHO, one of the major contributors of financial support to JJCDR is celebrating its 14th anniversary. The contribution over the past years in the field of physical rehabilitation of the disabled is praiseworthy.

The “Repair of Prosthesis” project began in Dec 2015 and was due to end in December 2016 but was extended for a 3-month period until March 2017. An amount of Rs 1,100,000.00 was approved in support of activities. The project design was flexible enough to accommodate all types of repair of prosthesis and 657 persons with disability have been directly benefitted. PWD’s appreciated IMHO’s assistance to their mobility and hoped, for continuation of project activities because of their poor economic conditions. “Provision of mobility devices and educational grant to the patients identified as economically vulnerable in the Jaffna District” project began in Jan 2015.
Under this project JJCDR is providing monthly educational grant of LKR 1000/- to physically rehabilitated children to encourage them to attend school till their Advanced Level and LKR 1500/- for further studies. Also, locally designed mobility devices were issued to assist walking and improving the mobility of people with mobility impairment.

At present, we face difficulties in sustaining our services. Therefore, we appeal to our friends and well-wishers both in Sri Lanka / Abroad for financial support. To strengthen our appeal IMHO sponsored a Documentary Film for fundraising.

Thank you for the timely help rendered to us by IMHO and I extend my warm greetings and felicitations to all those associated with the IMHO and wish the 14th anniversary celebration a success.
Inauguration of Diabetic Clinic in Batticaloa

By Dr. Dharshini Karuppiah, Consultant Endocrinologist

Diabetes Centre
Consultant Endocrinologist
Medical officer
DENO
Health Assistant

Teaching Hospital Batticaloa
Dr. Karuppiah Dharshini
Dr. M Pravinson
Mr. Sahayaraja, Mr. P Ravi, Mr. Kalanidi
Mrs. Thavamalar

Activities for year 2016, 2017

Meetings
- Meeting to establish Batticaloa Diabetes Association and separate diabetes clinic on 12th October 2016
- Meeting to establish a separate bank account and diabetes foot screening program on 20th March 2017

Educational Activities
- Teaching sessions for Nursing officers – February 2016
- Education on anti-diabetes medication for Pharmacists – March 2016
- Teaching session for medical officers – AMH Kalmunai – 20th June 2016
- Teaching sessions for Medical officers – Base Hospital Akkaraipathu – 25th March 2017

World Diabetes Day program - 16th November 2016

Awareness speech

Venue: Main Auditorium, Teaching Hospital Batticaloa

Chief Guest: Mrs P.S.M Charles, Government Agent, Batticaloa District
• Diabetes Day Walk from Teaching Hospital Batticaloa to DS office

• Educational street dramas and speeches at the divisional secretariat office, Batticaloa
Clinics

Tuesday – Endocrine clinic (average patients per month - 120)

Wednesday – Young Diabetes Clinic (average patients per month – 20)

Wednesday – GDM clinic (average patients per month – 30)

Thursday - Type 2 diabetes clinic (average patients per month – 80)
Pending Activities - 2017

- Gestational diabetes workshop for Medical officers – 12th June 2017
- Diabetes education programme for children with T1DM – 19th June 2017
- Diabetic foot screening from 1st June 2017 – (target average patients per month – 200)
- Diabetes education and foot work shop with AUSLMAT (Medical Aid Team) for Nursing, orthotic and medical officers- 3rd July 2017
- CME programme for medical officers – 25th July 2017
- Diabetes and Obesity screening programme at school children – September 2017
- World Diabetes Day programme - 14th November 2017

IMHO Support

- Fund for the internet facilities to the unit, necessary stationaries, Glucometer strips (100) – given
- Fund for recruiting one pre-intern doctor for research assistance and assisting foot care, GDM service – agreed (from 1st June 2017)

Future Needs

- Fund for recruiting another research assistant next year
- Fund for purchasing necessary equipment – Glucometer and strips, insulin pens, BP apparatus, Doppler, weighing scale with body fat analyser
- Fund for patient education leaflets, insulin diaries etc.
IMHO Support to Vanni Region

By Dr. T Sathiyamoorthy, Medical Director of Jaffna Teaching Hospital

Kilinochchi Education Development Trust (KEDT) was incorporated on 24th October 2011 under Voluntary Social Services Organization act No 31 of 1980 as amended by act No. 8 of 1998. KEDT is based in Kilinochchi Town, Kilinochchi District, Sri Lanka. Following the civil war, that crippled Sri Lanka in the years preceding 2009, it was recognized a need to help those affected by the war. International Medical Health Organization (IMHO) had contributed vastly before the war to the conflict affected areas by many ways. In 2011 the Kilinochchi District Educational Development Trust Fund was created linking generous financial donors with those left disadvantaged by the war. IMHO is the main donor to contribute to welfare of affected people.

The aim of KEDT is to help lift the people of North and East Sri Lanka. KEDT achieves this predominantly through education and providing family supports. For primary and secondary students KEDT has seven centers providing outside of school tuition to help further the education of children in the Kilinochchi District. One of the main centers at Viswamadu Education Center is fully funded by IMHO for the infrastructure development and supporting monthly student assistance program. The center was built with Rs. 3.5 million. Further, Rs. 20,000 is paid monthly for 40 students. The center has more than 300 students and the area developing around the center. Before starting the center, students went to Jaffna for classes and they faced lot of difficulties by travelling more than 90 kilometers. But now no student goes to Jaffna and all are studying in the center and their parents are very happy.

Science, Math and English teachers’ shortage is a common problem among many Schools in Vanni. Therefore, IMHO supports 20 teachers’ payment on teaching above subject at remote Schools.

Furthermore, KEDT provides microloans to help disadvantaged start their own business and provided family support to families unable to earn income. IMHO regularly supports to very poor family for their income generation. Each family receives around Rs. 75,000 for their income generation program. In few months’ time, the family is able to get regular few thousand as their income.
IMHO sponsors yearly to conduct oral health program at Kilinochchi district. All grade 1 students of Kilinochchi district receive brush and paste at school at the beginning of the school and these students regularly brush at school with help of the teachers. This program is funded by the IMHO for the last 4 years. It has very strong impact in students’ attendance and performances. IMHO spends nearly Rs. 600,000 per year.

Further, IMHO supports students at Mallavi hostel by providing assistance for their meals. More than thirty students are benefited for the last 3 years. IMHO also supports Mankulam hostel students where more than 60 students get support.

IMHO supports to conduct medical camp at rural areas where people have very poor access to a health center. IMHO also supports disabled people by providing wheelchairs, beds and medicines.

I thank all the donors who have always thought and support our people. On behalf of people of Vanni I wish all the IMHO members for their continuous commitment.
Renovation of Emergency Unit at Point Pedro Hospital

By Patient Welfare Society

Emergency Unit, Base Hospital, Point Pedro had only two beds for management of critically ill patients in this hospital. All medical, surgical & pediatric emergencies were managed in this unit. As there is no Intensive Care Unit in BH Point Pedro, whenever more than two critically ill patients were admitted, they were compelled to transfer to Teaching Hospital, Jaffna or to the normal wards. As a result, we lost lot of lives in the past. So-that there was an urgent need to expand the Emergency Unit in this hospital.

The IMHO, USA came forward to support this project with the financial support of Mrs. Navamalar Prakashpalan (USA) in memory of her late husband Mr. Prakashpalan (USA). The extension of the Emergency Unit was constructed at a cost of SLR 3.2 million. And it was ceremonially declared open by Mrs. Navamalar Prakashpalan on 8th January 2017.

Now this Emergency Unit functions with 5 beds and the transfers of critically ill patients to Teaching Hospital, Jaffna have been reduced significantly. The people of this region, hospital authorities, Patient Welfare Society and Health Department express our sincere gratitude to IMHO, USA and Mrs. Navamalar Prakashpalan for their timely extended valuable great support.
Support for Diabetic Services in Jaffna

By Dr. M Aravinthan, Consultant Endocrinologist

The Diabetes center of Teaching hospital, Jaffna has completed eighth successful year and continuing its excellent service to the public of Northern province of Sri Lanka. We have been doing a wonderful service to the public since 2009 because of the generous and continuous support of the IMHO.

As of May 2017, the total number of registered diabetic patients is around 11,000 and out of this 2081 patients were registered newly in year 2016. The financial donation of IMHO in year 2016 and 2017 (as of May) is Rs. 5,391,699.29 and this amount has been used for the maintenance of the diabetes center including salaries of demonstrators, public awareness programs and research activities.
I would like to mention some of the important activities of our center in year 2016 and 2017 (as of May).

Eg: **Medical camps**

Mannar Aug 2016
Kilinochchi Aug 2016
Delft Jan 2017
Karainagar Feb 2017
Analaitivu Apr 2017

- We have been doing school health awareness project for the grade 10 students of Jaffna district. We have completed this project in 64 schools and educated 3062 children up to now.

- We have celebrated the World Diabetes day with “Diabetes walk”, Diabetes awareness meeting and prize giving for school children (Essay and Art competition).

- We have organized several CME programs for the Medical officers and Nurses in Diabetes management with the help of Jaffna Medical Association (JMA) and SLCE (Sri Lanka College of Endocrinologists).

- We have been publishing health related articles in the local newspaper “Uthayan” for the last 4 years.

- We have started to conduct special diabetic clinics (pregnancy, Type 1 and Type 2 diabetes) in our center. The total registered number of patients in these clinics is 364.

- We have Endocrine clinics in our center since November 2015. The total registered number of patients in these clinics is 1345.

- We have started to do DEXA scan services to detect osteoporosis and completed 172 scans up to now.

Finally, I would like to express my sincere gratitude to the IMHO for their continuous and enormous support. We, the people of Northern Province, expect and hope to get the generous support from the IMHO in future years as well.
IMHO was established with the intention of building the primary care sector which is the backbone of any health care in the world. We built three full-fledged primary centers – two in the East (Panchennai and Koolavadi) and one in the North (Iyankankulam). These centers were originally built in 2005 and served people very well until 2009 and after the conflict was over the buildings were found to be intact. The Koolavadi center was subsequently declared open in 2017 by Regional Director of Health Services of Batticaloa and will serve roughly 100 families.
Currently, Iyankankulam has started functioning as well developed main primary care center in that area and turned the village as an IMHO planned and built model village with getting all the basic amenities. Two other centers in the east are functioning as mobile clinics now and soon will be fully developed primary care centers. It must be mentioned that the Koolavadi Medical center was Fully funded by the funds raised by the community in Oneida, NY.
Selected Projects in North-East

By Dr. P Judy Jeyakumar, Psychiatrist

The projects were started following the war of the resettled places in Thottiyaddy Mullivu and Kilinochchi district. The benefactors are focusing small scale business, poultry, animal husbandry, agriculture, making craft activity and making traditional foods.

The recovery of Thottiyaddy is around 400,000 per month and they reshuffle among their members, their grants varies from 10,000 - 100,000, which depend on their activities and the resettlement of the previous grants, the recovery almost 100%.

The livelihood activities also same as in Mullitivu and their monthly recovery around 200,000, which reshuffling among the new clients.
Livelihood activities at St. Benedict Minne Mental Health Rehabilitation center, Brothers Charity in Kalmunai. There are 20 chronic long stay mentally ill clients are living in the center, the cattle farm is look after by the clients, the fresh milk helps them get the two milk tea a day, the cow dung used in their agriculture activities, 4 clients daily activities based with cattle rearing and milk chilling.
Three of the well educate clients look after the sales outlet in their premises.

World Health Day Activities 2017
The World Health Organization held annually April 8 around the world. This year the theme Depression Lets Talk. The WHO invite the Arokiya Illam Rehabilitation center for exhibition held at Independent Square in Colombo. Four of our members participated in the exhibition.
Part of the world health day activities we start a yoga center at Aroki Illam, Mental Health Rehabilitation center, Mavaddivembu, the clients and staffs practicing yoga daily in “Shanthikam”.
Depression
Let's talk

Uttu, Mental Health Unit Base Hospital
Valaichchenai.

#LetsTalk

www.who.int/depression/en

IMHO PROJECT
We had printed 2000 booklets about Depression 1500 in Tamil and 500 in English for the education and awareness raising purposes.

The World health day/ Autism awareness day activates were held on 8th April 2017, with street march, cultural programs, guest speaks and launching the publication at Auditorium TH-Batticoloa
Kilinochchi Maternity Unit

By Dr. B Bhabu, Consultant Obstetrician

Kilinochchi Maternity unit - Thanking for the continuous support by IMHO in 2017
District General Hospital Kilinochchi is one of the hospitals in Northern Province providing continuous service to people who are mostly affected by war. Easy accessibility of the hospital has helped it serving the public extensively in the Kilinochchi district and Mullaitivu district as well as a significant number of people from Mannar, Vavuniya and Jaffna districts. IMHO gives us its continuous support in various aspects which help us to improve our quality of service.

Subfertility unit in this hospital plays a big role in reducing the burden of the infertility in northern province. People from other part of the countries such as Batticalo, Trincomale, Galle and Colombo are recently started to come all the way to get this service. We provide the basic investigation and treatment facilities and the number of couple benefiting by this unit is steadily increasing. Now about 200 new couples have been seen monthly. The medical students awaiting internship play crucial role in helping us conducting these clinics and they are supported by IMHO.

In Kilinochchi district people still have problems with transport due to poor roads, inadequate transport facilities and money. Especially pregnant mothers who are far away from this hospital face many problems in accessing our services in the main hospital. To minimize this outreach clinic services are continuing in divisional and base hospitals namely Poonakary, Akkarayan, Tharmapuram, Palai, Mulankavil, Mallavi (Mullaitivu district). In this outreach clinics health education, consultations and ultrasound scanning facilities are provided free of charge. The mobile ultrasound scanner given by IMHO is the key to this clinic. The pre-intern medical students supported by IMHO are helping in these clinics.
IMHO has also supported our special care baby unit by providing phototherapy machine. It was one of the urgent needs expressed by the pediatrician to treat the babies with neonatal jaundice.

Nowadays, due to the extensive screening of pregnant mothers, the detection of gestational diabetes is increasing. In some patients, it is very difficult to control the blood sugar level and need frequent blood sugar monitoring. IMHO has provided glucometers which help us to monitor patient’s blood glucose level immediately. Overall, IMHO is supporting us in many aspects to give quality health care to the people in Kilinochchi. And we need this help and support of the IMHO to continue in future as well. We pray for all the members and donors of IMHO to live long and continue their services without interruption.
Establishing Subfertility Services in Thellippalai

By Dr. N Saravanabhava, Consultant Obstetrician

Inability of married couple to have a baby (subfertility) is a burden in our community with its serious physical, psychological and social implications. It causes stress, marital disharmony, which sometimes leads to divorce even. Unfortunately, the basic investigations and treatment facilities are mainly available in the private sector and the cost is not bearable by many ordinary families. This results in poor compliance, frustration and depression.

The Base Hospital Tellipalai is one of the hospitals in Jaffna district, Northern Province. This hospital is steadily growing up to give its extended services to people in Jaffna especially those who are resettling after 30 years of displacement.

The IMHO has recognized the needs of the obstetrics and gynecology unit and given its support in establishing basic subfertility treatment facilities. This will reduce the cost of the treatment and make it affordable to the lower, middle income people. This will greatly relieve the stress on the community.

In addition, the people living in difficult access areas especially islands of Jaffna experience difficulties in getting proper antenatal care facilities. It is due to inadequate transport facilities and poverty. Soon, we are planning to do outreach clinics to those areas in a regular way and hoping that IMHO will help to fill the gaps in our health system.

We wish and pray for all the members and donors of the IMHO to live long healthy life as well as to the continue their supports to the needy people.
Sanitation Facilities in Harrington Estate

By Mr. Alex Ruban, World Vision

World Vision Lanka Nuwareliya Area program (Pathana ADP) started a sanitation project in Harrington “B” Estate to improve the sanitation facilities of the area.

In this project forty families have received access to improved sanitation facilities with the completion of constructing 40 toilets in Harrington “B” estate, which is a private Estate in Kotagala.
The Estate management and International Medical and Health Organization (IMHO) agreed to have the partnership with World Vision and the community. So four partners are involved in this sanitation project, and their contributions are in below table and chart.

<table>
<thead>
<tr>
<th>Name of the Partner</th>
<th>Cash contribution for each toilet</th>
<th>Financial contribution</th>
<th>%</th>
<th>Other contributions</th>
</tr>
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<tbody>
<tr>
<td>Estate</td>
<td>5000</td>
<td>200000</td>
<td>9.43</td>
<td>Land</td>
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<tr>
<td>Beneficiary</td>
<td>15000</td>
<td>600000</td>
<td>28.3</td>
<td></td>
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<tr>
<td>World Vision</td>
<td>8000</td>
<td>320000</td>
<td>15.1</td>
<td>Monitoring &amp; Implementation</td>
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<tr>
<td>IMHO</td>
<td>25000</td>
<td>1000000</td>
<td>47.17</td>
<td>Technical supports &amp; Monitoring</td>
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<td>MOH</td>
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<tr>
<td>Total</td>
<td>53000</td>
<td>2120000</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

**Partner Contributions**

- **IMHO** 47%
- **Beneficiary** 28%
- **World Vision** 15%
- **Estate** 10%
- **MOH** 0%

Total contributions: 100%
Result Driven SOFTWARE SOLUTIONS

CRM
Websites
Mobile Apps
Custom Business Software

About us
We are a tightly-knit team of result oriented management and IT professionals with extensive experience in technology related management consulting, custom software development, user experience design, data analytics, digital marketing and SaaS/Cloud deployment.

Get in touch
Brainweber Inc.
125 5th St. S. #200H
St. Petersburg, FL 33710
Tel: 813-818-5020
Email: info@brainweber.com
Website: www.brianweber.com

OUR SERVICES

Digital Design & Marketing
Your brand is more than just a logo. It’s your promise to your customers. Brainweber can help you build your brand, enhance your online presence and measure results in real time.

IT, SaaS & Cloud Deployment
Our intelligent SaaS and Cloud solutions empower your business to scale up your IT infrastructure without significant upfront investment.

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Coming in 2020....

Shammitts
A technology ideation company

64
ABOUT US: Datamatics is an innovative and creative solutions provider, enabling our strategic partners, focused on providing best-in-class, dynamically engineered solutions for our clients. Datamatics takes pride in its market positioning as a leader in IT professional services and staffing solutions with longstanding expertise covering a variety of hardware and software capabilities.

CORE COMPETENCIES:
- API Design, Development (eg: SOA, REST)
- Architecting (Solution / System / Enterprise)
- Automotive: Infotainment, Connected-Car
- Big Data, BI, ETL, Data Visualization
- Change & Configuration Management
- Cloud Architecture and Implementation
- CMMI, SPICE, AIM, SCAMPI, AGILE, SCRUM
- Cybersecurity, IT Audit & Compliance
- Data Modelling, Analysis
- Datacenter / Networking Layer 1-3

SERVICES:
- Connected-Car & IoT Engineers
- Cybersecurity / Firewall Engineers
- Data Modelers / Scientists
- Developers, DBA’s
- Embedded Engineers
- Health-Checks: Datacenter Skillsets
- J2EE & API Developers
- Network & System Engineers
- OpenStack Developers
- Process SME’s (CMMI, SCRUM)
- Project Managers, BA’s
- SAN & Backup Engineers
- Solution, System, Enterprise Architects
- Test & QA Engineers
- UCS & Mobility Engineers
- VMware: vCloud Suite, Staff Aug

CERTIFICATIONS:
- Cisco Certified Internetwork Engineer (CCIE)
- Cisco Certified Network Associate (CCNA)
- Cisco Certified Network Professional (CCNP)
- Citrix Certified Administrator (CCA)
- Citrix Certified Enterprise Administrator (CCEA)
- Citrix Netscalar (VDI)
- Citrix XenServer6
- Dell / Top Gun Storage Architect
- EMC Proven Associate Professional
- EMC Storage Administrator Certification (EMCSA)
- Force 10 Certified
- IBM Specialist Power7 & 8
- IBM CISA
- IBM High Volume Storage Specialist
- IBM Certified Storage Administrator
- Juniper Networks Certified Internet Associate (JNCIA)
- Linux: Certified Linux Professional and Admin (CLP & CPA)
- Microsoft Certified Solutions Associate (MCSA)
- Microsoft Certified Systems Engineer (MCSE)
- NetApp Certified Data Management Administrator (NCDA)
- NetApp Certified Integration Architect (NCIE)
- NetApp Accredited Server Virtualization Professional (SVAP)
- Oracle Certified Associate (OCA)
- Oracle Certified Professional (VCP) 5-6
- VMware Certified Infrastructure Associate (VCP-CIA)
- VMware Data Center Virtualization (VCP-DCV)
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Best Wishes to IMHO and Congratulations on Another Successful Year of Serving Those in Need

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Dr. Ramalingam Selvarajah, Springfield, OH
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Dr. Kaveri Sivaruban, Cincinnati, OH
Dr. Anusha Jeyakumar, Philadelphia, PA

IMHO wishes to thank ALL of our event & program sponsors and every donor who has made a contribution over the years for their thoughtful generosity and compassion in making our ongoing work and this 14th Annual Convention a great success!

And to all the volunteers, organizers, conference attendees, and friends who have supported the work of IMHO in order to help uplift the lives of others across the globe – thank you!

~The IMHO Board of Directors & Team
Facts about IMHO

1. IMHO believes that Health is defined as mental, physical and social well-being and access to basic health care is fundamental to all communities.

2. IMHO Supports:
   A. Health related projects: Hospital development, Sanitation, Nutrition, Mental health & Psycho social rehabilitation, Primary health care and Rehabilitation of Amputees as well as patients with paralysis
   B. Women empowerment (and maternal health)
   C. Livelihood projects
   D. Children’s education and welfare

3. The IMHO team consists of volunteers. The members of the board are not compensated for their time, travel, expertise or any other incurring expenses. Our partners at ground also volunteer their time. We consider it an honor to serve those in need.

4. Anybody with volunteering spirit can join the mission of IMHO, contribute to help those in need and be invited to join the advisory council and subsequently to the board. Bring your passion and expertise to IMHO!

5. IMHO is a registered charity in the USA (www.TheIMHO.org) and Canada (www.IMHOCanada.org) and all the contributions are tax deductible. IMHO is registered in Sri Lanka (www.IMHOLanka.org) as well.

6. The overhead is less than 5% (overhead includes mainly the registration fees, web site expenses, accounting/auditing fees and bank charges). As an organization, we take pride in accountability and transparency.

7. If any donor wants 100 % of the contribution to be given to a certain project, IMHO will facilitate it without taking anything for the overhead (the overhead is met with the donation from few donors and board members who don’t designate their contributions to any specific project)

8. Success of IMHO is due to the prompt response to the requests after thorough evaluation by board members through conference calls and developing a system to coordinate different teams and follow up of the projects and working with local reliable, responsible time-tested partners.

IMHO is a registered tax-exempt, 501(c)3 non-profit, charitable organization in the United States (Federal Tax ID #: 59-3779465). IMHO is a registered Private Voluntary Organization (PVO) with the United States Agency for International Development (USAID), and a proud member of InterAction.

www.TheIMHO.org
9. **PROGRESS OF IMHO** - Started in 2003 and registered as a charity in 2004. Over 4 million dollars have been invested in relief and development assistance so far. IMHO has helped many countries during natural disasters. Please see web site for details.

10. **CURRENT PROJECTS:**
   A. Empower the Lives of the Under Privileged Upcountry Community
   B. Livelihood Assistance for the Sampoor Resettled Families
   C. Support Operation of the Two Provincial Autism Centers
   D. Water and Sanitation Improvements for the Disabled

11. **NEED SUPPORT FOR ONGOING PROGRAMS IN SRI LANKA:** $100,000/year
   A. Cardiac unit
   B. Renal unit for dialysis
   C. Diabetic Center
   D. Mathavam Autism Center
   E. Jaipur Rehab Center
   F. Emergency medications during times of shortage
   G. Staff salary to fill in for physician shortage in underserved areas
   H. Children’s education and nutrition
   I. Palliative Care

**NEED YOUR HELP – DONATE ANY AMOUNT YOU CAN AND PASS THE INFORMATION TO OTHERS (NET WORKING & FUND RAISING)**

**GET INVOLVED!**

Team IMHO
www.TheIMHO.org
Harrow Independent College
308-310 Eastcote Lane,
Harrow, HA2 9AH, United Kingdom
Tel: +44 (0)20 8423 6227
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