



Education & Health Dual Pillars of Development



IMHO 2016 Annual Souvenir Program
13th Annual IMHO Convention
Saturday, June 11th, 2016 Tampa, Florida

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13th Annual IMHO Convention

Tampa Bay

Venue: St Petersburg Womens Club
40 Snell Isle Blvd NE, St Petersburg, Florida, 33704

Date: Saturday, June 11th, 2016
Time: 4 -11pm

No	Event	Participants	Event details	Time
0	Registration	IMHO	Registration of guests	4:00-5:00
1	Welcome Speech	Dr. Kana Devacaanthan	Welcome speech by the current president of the IMHO Dr. Kana Devacaanthan	5:00-5:15
2	Dance Program I	Miss Nivethitha Ketheeswaran	Bharata Natyam	5:15- 5:25
3	Dance Program II	Divya Paramasivam	Bollywood	5:25-5:35
4	Dance Program III	Renuka Devacaanthan, Sonali Anderson	Bollywood Fusion	5:35-5:45
5	Video Presentation I	IMHO	Featuring Palliative Care in Jaffna, Sri Lanka	5:45-5:55
6	Keynote Speech	Dr. Ramesh Ramanathan	The need for Palliative Care Services in Sri Lanka	5:55-6:25
7	Video Presentation II	IMHO	Nutrition for pregnant Mothers & Children	6:25-6:35
Break				6:35-6:45
8	Video Presentation III	IMHO	Autism Center in Jaffna, Sri Lanka	6:45-6:55
9	Speech	Dr. Ramesh Ramanathan	Growing Health Problems in Sri Lanka : Non -communicable diseases and future needs	6:55-7:25
10	Speech	Dr. Nanda Nathakumar	Overview of projects – past, present and future	7:25-7:55
11	Saree Auction /Dinner/Music	Dr. Nanda Nanthakumar Prabha-Devan-Magisha Group	Saree auction (Japanese style); Buffet Dinner & Musical show	7:55-11:00
12	Adjourn	All	Adjourn –Thank You for coming!	11:00



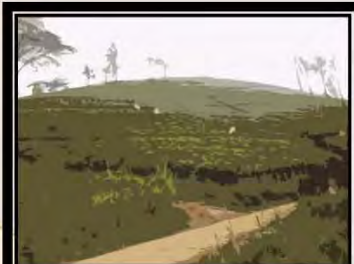
Palliative Care
(Home Hospice)



Mathavam
Autism Center



Nutrition for
Pregnant
Mothers and
Children



Addressing
Vital needs of
the Upcountry
Community



International Medical Health Organization (IMHO)

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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 five countries (*Sri Lanka, Ethiopia, India, Nepal, and Ecuador*) over the past year. And for those joining us for our 13th Annual IMHO Convention this year, we welcome you to Florida 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 13 years, IMHO has invested more than \$4.5M in financial and material support to dozens of 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.

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 look 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 Organizations

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



Dear Friends,

On behalf of the citizens of St. Petersburg, welcome and best wishes for a successful National Convention. We are pleased to host you in the Sunshine City.

For me, initiatives that focus on personal health and access to basic health care are paramount in our community. The work each of you do every day with the International Medical Health Organization (IMHO) helps ensure that high level of quality health care for those who need it most. That's why your participation in these gatherings is so important.

While you are here, I hope you will enjoy our bustling Beach Drive, home to award-winning restaurants, galleries, and world-class museums. Discover the unique shops along Central Avenue and throughout downtown. Visit one of our more than 150 beautiful parks, where exciting events are held year-round.

St. Petersburg has been welcoming visitors to our city for more than a century. We invite you to discover the hospitality for which we have become famous. Have fun, and please bring your family and friends back for another visit soon.

Again, welcome and best wishes for a successful conference.

Sincerely,



Mayor Rick Kriseman

Kilinochchi Maternity Unit: Progress Update

*Dr. N. Saravanabhava, Consultant Obstetrician & Gynaecologist
& the Kilinochchi Maternity Unit team*

The District General Hospital - Kilinochchi is one of the hospitals in the Northern Province providing continuous service to people who were the mostly highly affected by war. The easy accessibility of the hospital has helped it in serving the public extensively across the Kilinochchi and Mullaitivu Districts, as well as significant portions of the population residing in the Mannar, Vavuniya, and Jaffna Districts. IMHO has given us its continuous support in various aspects of our work, which has helped us to improve our quality of service.



The Subfertility Unit in our hospital plays a major role in reducing the burden of infertility for those living in the Northern Province. People from other parts of the countries, such as Batticaloa, Trincomalee, and Colombo, have even recently started coming all the way north to visit our hospital in seeking this service. We provide basic investigation and treatment facilities here. The number of couples benefiting by this unit is steadily increasing. Now, about 200 new couples are being seen monthly. The medical students awaiting internship play a crucial role in helping us to conduct these clinics, and they are supported by IMHO.



*Pre-intern medical students working
in the Andrology Lab*

In the Kilinochchi District, people still have problems with transportation due to poor roads, inadequate transport facilities, and cost. This issue is especially problematic for pregnant mothers who live far away from the hospital and face many problems in accessing our services. To minimize these shortcomings, clinical outreach services are offered on a continual basis at divisional and base hospitals, including those in Poonakary, Tharmapuram, Palai, Mulankavil, Mallavi (Mullaitivu District), Punkudutivu, and Nainativu. Recently, Akkarayan Hospital was also added to this list. Through these outreach clinics, health education, consultations and ultrasound scanning facilities are provided to patients free-of-charge. The mobile ultrasound scanner given by IMHO is the key to this clinic. Pre-intern medical students supported by IMHO are helping in these clinics.

IMHO has also supported our Special Care Baby Unit by equipping us with a 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 of the women, it is very difficult to control the sugars and need for frequent blood sugar monitoring. Toward this end, IMHO has provided us with glucometers which help us to monitor a patient's blood glucose level immediately.



Baby receiving phototherapy at the Special Care Baby Unit

With IMHO's support, a special training program was conducted this year by the Jaffna Medical Association, in which some of our midwives and nurses were trained by visiting experts from India.

In addition, IMHO invited me to their 2015 Annual Convention and gave me a chance to present our work and thank all those who donated and thus enabled our work.

Overall, IMHO's support has empowered us to better provide quality health care services and support to the people in Kilinochchi. We wish that the help and support of IMHO continues in the future as well. We pray for all the members and donors of IMHO to live a long life and to help continue supporting us in providing services to the people in need without interruption.



Mobile scan machine is ready to go



Handy Memorial Cardiology Unit – Jaffna

Dr. Mahesan Guruparan



Services at the Cardiology Unit, which was established in 2005 at the Teaching Hospital – Jaffna with minimum facilities, have expanded significantly over the last 10 years. What started with a 5-bed CCU and an echocardiogram machine, now has a 16-bed ward, a cardiac cauterization laboratory, 24-hour Holter monitoring facility, pacemaker program, and 3 full-time cardiologists, including 1 pediatric cardiologist. The outreach clinics at Point Pedro and Kilinochi, as well as the regular diagnostic and therapeutic procedures performed on patients not only from Jaffna but from the whole of the Northern Province and not infrequently from the Eastern Province and the rest of Sri Lanka, stand as testimony to the continued growth and development of this unit.

These change within such a short span of time would not have been possible without the help of many well-wishers. The Handy Memorial Fund was instrumental in originally starting the unit. Over the years, many more individuals, expatriate doctors, and organizations have come forward to help us. Of all those who stepped forward, the role played by IMHO in support these efforts is noteworthy.

IMHO has contributed to the growth of the unit since 2008 in many ways. IMHO has provided us with equipment, such as a portable echo machine, which was essential for critical care echo services in the Emergency Department and ICUs. They have also helped us financially with annual contribution to buy consumables for the cath lab, organized trainings for cath lab nursing staff at Puttapathi, India, and provided us with essential materials such as pacemakers, stents, and balloons for patients who cannot afford to buy them on their own.

We are now able to perform nearly:

- 50 - 60 echocardiograms per day
- 100 coronary angiograms per month
- 20 - 25 PCI (stenting) per month
- 60 - 70 permanent pacemaker implantations per year
- 75 ASD device closures per year
- 10 - 15 PDA device closures per year



This would not have been possible without the continuous support of IMHO. We hope that IMHO will be on our side always in this journey to further improve facilities and provide vital cardiothoracic services to the people of the Northern Province.

கடந்த ஒரு வருடத்தில் குருந்தம்

குருந்தம் நிர்வாகத்தினர்



சாவகச்சேரி ஆதார வைத்தியசாலையின் ஒரு பகுதியாக இயங்கும், பிராந்திய மதுவடிமை நிலைக்கான புனர்வாழ்வு நிலையமான குருந்தம் 10.10.2013 அன்று ஆரம்பிக்கப்பட்டு வைத்திய அத்தியட்சகர் Dr.T.குகதாசன் அவர்களின் பொறுப்பிலும், உளமருத்துவ நிபுணர் Dr.S.சிவயோகன் அவர்களின் வழிநடத்தலிலும் இயங்கி வருகின்றது.

கடந்த 02.04.2015 தொடக்கம் 25.04.2016 வரையான ஒரு வருட காலத்தில் குருந்தத்தில் 138 மதுபாவனையாளர்கள், (“குடிநோயாளர்கள்”) பயன் பெற்றுச்சென்றுள்ளனர். (இவர்களில் 2016ம் ஆண்டில் 38 மதுபாவனையாளர்கள் அடங்குகின்றனர்). இந்தப் பயனானது முற்றுமுழுதாக மதுவிலிருந்து விலகியிருப்பது தொடக்கம், ஒரு குறிப்பிட்ட காலத்திற்காவது மதுவிலிருந்து விலகியிருத்தல் வரைக்கும் விரிந்ததாக இருக்கும். இதனடிப்படையில்

தற்போதைய நிலை	எண்ணிக்கை	வீதம்
மதுவில்லாத வாழ்வு	76	55.07
மறுகலிப்பு ஏற்பட்டு, மீள் சிகிச்சை பெற்று, தற்பொழுதும் தொடர்பில் இருப்பவர்கள்	19	13.77
குறைந்தளவு மதுபாவனை அல்லது பிரச்சனையற்ற மதுபாவனை	21	15.22
மதுவடிமை நிலைக்கு மீளத் திரும்பியமை	22	15.94
மொத்தம்	138	100





மதுபாவனையாளர்களை மட்டுமல்லாது அவர்களது குடும்பத்தவர்களையும் ஒன்றிணைத்து அனுபவப் பகிர்வு ஒன்றுகூடல்களும், சமூக, கலாச்சார நிகழ்வுகளும் இடம் பெற்று வருகின்றன.

குருந்தத்தின் வெற்றிகரமான இந்த செயற்பாட்டிற்கு உருவாக்கம் முதல் இன்று வரை தொடர்ந்து தமது ஆதரவினை வழங்கிவரும் IMHO நிறுவனத்திற்கு எமது மனமார்ந்த நன்றிகளைத் தெரிவித்துக் கொள்கிறோம்.

- குருந்தம் நிர்வாகத்தினர்

Reflections from Tellippalai Base Hospital

By Patient Welfare Society

The Base Hospital - Tellippalai is the second largest hospital in the Jaffna peninsula of Northern Sri Lanka and is home to a massive tertiary care cancer hospital, which belongs to the entire northeastern population. The hospital has another distinguished role because of its location at the center of war-ravaged Valikamam in the northern region of Jaffna, where resettlements are still occurring at a slow pace. Our hospital was also completely destroyed by the war and was depleted of physical and human resources. Fortunately, it rose from the ashes like a phoenix with many significant efforts made to develop the institution on account of assistance from the government and NGOs like IMHO.

IMHO has played a central role in this hospital development process and has made some extraordinary humanitarian contributions by supporting projects that have long-term positive impacts on patients and help alleviate suffering. For years, IMHO has been a longstanding and close ally of our prestigious hospital Psychiatric Unit, which is the best tertiary care psychiatric service provider for the entire northeastern part of Sri Lanka and the only psychiatric teaching unit in the region. The amazing development and achievements of our Psychiatric Unit are the direct impact of IMHO's visionary approach to health and support for critical areas of need.

For the last couple of years, IMHO has been extending a helping hand to the entire hospital by bringing an array of diverse departments and service centers within under their humanitarian wings, with the intention of having immediate and effective outcomes on the multi-dimensional scope and quality of health care services provided. The medical equipment donated by IMHO is worth nearly Rs. 4,000,000 and is without a doubt the only reason the hospital has been able to provide the coverage and quality of care it currently does. This is especially true for the operation theater. Whenever we pass through the doors of the operation theater, our minds spontaneously turn to a feeling of gratitude to IMHO with the memories of their unbelievable and timely contribution for the revival of a fully functional and advanced operation theater.

When considering the non-clinical infrastructure of the hospital, IMHO also stepped up to the challenge. The journey of this work began with the construction of the cycle park for patients and their relatives worth Rs. 1,000,000, and then leapt forward with the construction of a cafeteria for patients and staff with a contribution of nearly Rs. 4,500,000. Among the total expenditures, IMHO Canada has contributed Rs. 1,080,084 and IMHO (USA) contributed Rs. 1,083,414. It was the longstanding priority of the hospital to build a comfortable, relatively spacious, properly ventilated, and well-furnished cafeteria to provide quality services with all due dignity to patients and staff. Our dreams came to a reality one day when IMHO stepped forward to bear the responsibility with great social concern and paved the way for the near completion of the project with more than 80% of the works completed at the moment.



We are hoping to open the cafeteria soon to fulfill the thirst of the stakeholders for quality services with the remembrance of the organization behind the achievement – **IMHO**. There are several thousand NGOs working in and around the former war zones of Sri Lanka, but most people do not know the names and missions of most of them. However, **IMHO** set their own standards in humanitarian aid work by working closely with the vulnerable and under-served peoples. It is our honor to work together with such a noble organization in serving the wellbeing of millions of suffering people. We certainly hope to tighten the screws of our partnership with **IMHO** through stronger bonds with transparent, bilateral cooperation in the long journey way ahead driven by a shared vision of creating a happy, healthy, and satisfied world.



Mathavam Autism Centre

By Betsy R Benedict

Mathavam, a centre for neuro-developmental disorders, was started with the support of IMHO in April 2014. Since the opening, 58 children came for assessment and 52 were diagnosed with Autism. Amongst these youth, 25 children have finished their 3-months compulsory therapy, and 9 more are currently following the therapy classes. And 15 of the children diagnosed with Autism are now attending school in special unit classes.

Committee meetings also being conducted periodically. Mathavam conducts classes and holds discussions for parents as well. An outdoor play area for the children in the Centre premises also have been established recently. Speech therapy sessions for the children are held in the Centre every Monday, through which many of these youngsters are benefiting greatly.

It is also remarkable and worth noting that as of January 2015, Mathavam has come under the direct administration of the Regional Director of Health Services, Jaffna, which now has taken on the responsibility for managing and maintaining the Centre.

We appreciate greatly the continuous support of IMHO in meeting some of the recurring expenditures of this Centre, which ensures our ability to provide services to so many children and their families.



Parents and committee meeting



Therapy time



Outdoor play area



Play time

A Humanitarian Perspective

by Rishi Thondunathan



Congratulations to the International Medical Health Organization (IMHO) on your 13th Annual Convention. For over a decade, IMHO has served humanity throughout the world, and for that you are truly appreciated. I was fortunate to witness several of your projects, especially those that served the war-affected people of Sri Lanka and the 2004 tsunami victims.

Every year I spend several months traveling in Sri Lanka. Particularly in the rural areas, I see many children who are malnourished and lack proper hygiene. The reason for this is poverty and lack of knowledge regarding health and hygiene. I believe working through schools

and providing basic health products and education could change this situation. We have personally provided this but on a small scale in the Vanni region with good results. I am also aware that IMHO has similar projects in Vanni, and I'm hoping in the future that we could join together to improve the health condition of these children.

In the hill country of Sri Lanka, there are thousands of families who work and live in the tea plantations. It was sad to see that these plantation workers are still living in the same stark structures built by the British more than 150 years ago. The “houses” are simply one long building divided into small sections - one for each family. Malnutrition amongst the children is due in part to the lack of knowledge by their mothers during pregnancy. By providing pregnant mothers with nutritious vitamin supplements and with education regarding proper health practices, we can help these women raise healthier children. Amongst the estate workers, alcohol abuse is a major problem destroying families; this needs to be addressed also. In the future, I am hopeful that IMHO may expand their services to the hill country of Sri Lanka due to the great needs there.

I thank the Board of Directors, volunteers, and the donors for their generosity and their hard work around the world in serving so many people. I sincerely wish IMHO much continued success and service to mankind.

Improving Palliative Care Services in Northern Sri Lanka

A Way Forward

*by Dr. G.J. Pratheepan, Consultant Physician,
District General Hospital, Kilinochchi*

The World Health Organization (WHO) defines “palliative care” as:

Palliative care is an approach that improves the quality of life of patients and families facing the problems associated with life threatening illness, the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Sri Lanka is still in its infancy in terms of the services available in this regard. At the national level, the issues needed to be addressed are widespread opiate availability, training of medical and nursing staff, inclusion of palliative care as a recognized speciality, and restructuring the health and allied health curricula to be inclusive of this speciality.

At the regional level, there are some palliative care activities going on in the Northern Province. There is a palliative care clinic for cancer patients in the Trail Cancer Hospital in Tellipalai and a fortnightly palliative care clinic at the Teaching Hospital – Jaffna. There is also a community palliative care service conducted by trained nurses guided by the Head of the Department of Community Medicine, Faculty of Medicine.

We are grateful to IMHO and CANE – UK for the support they have provided to us in conducting these types of services. Whenever required, the patients seen in the community are referred to the hospital-based clinics.

In the Kilinochchi District, services are provided in the medical wards and clinics. The community services are yet to be developed, as they are lagging behind due to a severe nursing shortage in the district.

In the Vavuniya District, hospital-based community services are functioning well with the aid of the Shanthi Foundation – Australia.

With adequate training, health and allied health workers could begin incorporating palliative care services into their repertoire of duties. And by creating more awareness amongst individual and institutional donors, we can create a sustainable future for this evolving field in Sri Lanka.



The Continued Development and Advancement of the Jaffna Diabetes Centre

*Dr. M. Aravinthan, Consultant Endocrinologist
& Head of Diabetes Centre, Teaching Hospital - Jaffna*

The Diabetes Centre at the Teaching Hospital - Jaffna is now in its 7th successful year of operations in providing service to the people of the Northern Province of Sri Lanka. The centre was established in 2009 with contributions from IMHO and the Government of Sri Lanka. The continuous support of IMHO to the Diabetes Centre is the reason why this wonderful facility continues to be able to provide service to people in need. The people of the Northern Province, particularly in the Jaffna peninsula, appreciate the generous support and service provided by IMHO.



As of May 2016, the total number of registered diabetic patients stands at 14,152. Out of this, 1,417 patients were newly registered in 2015. All these patients receive a high quality medical check-up annually, as well as benefit from health education, retinal imaging, and screening for micro- and macro-vascular complications of Diabetes Mellitus. We have started to do some important blood tests (HbA1c and urine for micro albumin) recently in our Diabetes Centre with the help of the hospital's chemical pathology laboratory. IMHO's financial contribution for the year 2015 and 2016 (up to now) has been Rs. 5,856,477 (approx. USD \$40,000). These funds have been used for the maintenance and ongoing operations of the Diabetes Centre, the Public Awareness Program, and various research activities.

All of the following represent important achievements of our Centre over the past year:

1. We have been organizing screening programs in community centres across Jaffna as part of our research since October 2015. We have completed screenings in 68 communities up to now. Approximately 50 people are screened as part of the average screening program. For this effort, we test blood sugar levels, do a lipid profile, provide health education, and do appropriate referrals as needed. We manage to do these blood investigations free of charge for people only because of the generous funding of IMHO.
2. Since 17 June 2015, the Endocrine Clinic has been functioning successfully at our Centre under the leadership of Dr. W.S.T. Swarnasri, Acting Consultant Endocrinologist. I (as a Consultant Endocrinologist) later joined to support these efforts beginning in November 2015. At the moment, we have three Endocrine Clinics per week (on Tuesdays, Thursdays, and Saturdays).



3. We have annual screening programs for the diabetes patients every day of the week, except Sunday. We do a very thorough job for these patients with the help of 2 Medical Officers and 3 Pre-Intern Assistants. IMHO enables us to pay monthly salary for these individuals.
4. In 2015, we completed two very important research initiatives with the support of IMHO:
 - i. Study on the prevalence of overweight individuals, obesity, hypertension, and diabetes amongst school teachers in the Jaffna District (1 July 2014 - 29 July 2015). In total, we screened 6,247 teachers across 224 schools.
 - ii. The Pattern of lipid in relation to age, sex, BMI, and other co-morbid diseases amongst school teachers in the Jaffna District (2 February 2015 - 29 July 2015). In total, we screened 1,974 teachers across 113 schools.
5. We Celebrated “World Diabetes Day” on 14 November 2015 in a new way this year - by distributing 1,000 King coconut trees to Jaffna District schools for plantation.
6. We organized other special screening programs (including conducting blood investigations & biometric analysis, giving health education, and providing referrals for patients), particularly in the islands around Jaffna, including:

- a) Analaitheevu (17 January 2016)
- b) Elders’ Day-Care Centre, Karainagar (21 February 2016)
- c) Delft (17 April 2016)

7. We celebrated “World Health Day” on April 6th & 7th at the Teaching Hospital - Jaffna. We screened 596 hospital staff for Diabetes and also arranged a health day program in the NTS Hall, Jaffna.



8. We have been publishing health-related articles continually in the local newspaper “Uthayan” for the last 3 years with the goal of educating the general public of the Northern Province about diabetes and all-related issues.
9. We arranged a lecture series (“The Essentials of Endocrinology and Diabetes”) for Medical Officers on 12 May 2016 in collaboration with the Sri Lanka College of Endocrinologists and the Jaffna Medical Association. We also organized a workshop for children with diabetes on the same day, with about 40 children & their parents participating. Similarly, we recently initiated a school health awareness program at Jaffna Hindu College in which more than 300 schoolchildren are now participating.



On behalf of all the beneficiaries and the leadership team at the Jaffna Diabetes Centre, we would like to express our sincere gratitude to IMHO for their significant and unwavering support. The people of the Northern Province, particularly those residing in the Jaffna peninsula, have faith that IMHO will continue to support the important services and activities of the Centre in the years ahead.



Improvement of Facilities at the Divisional Hospital – Valvettithurai

Dr. Kalaichelvi Ponnuraj, DMO at Divisional Hospital, Valvettithurai



The Valvettithurai Divisional Hospital, which is situated at the northern end of Sri Lanka, was established in the year 1947. Initially started as a private hospital, it was later donated to the state and became a government-run hospital. The hospital annually provides treatment for over 140,000 patients, which consists of patients treated in wards for men, women, children, and maternity as well. The hospital also conducts clinics and training in medical, diabetic, dental, and healthy baby care, as well as healthy lifestyle clinics and other outpatient services.

As the hospital is located near the seashore, patients have to confront hardships when they enter and leave through the front entrance during rainy days. They also underwent many difficulties when being transferred to other hospitals. In light of these challenges, we approached IMHO in seeking alleviation from these hardships, and they immediately considered and approved our request without any hesitation. A new entrance to the hospital was thus constructed.

Further, IMHO donated various equipment we had requested in order to build up our dental clinic, including an autoclave, apex locator, and X-smart machine. This timely action eased the stress placed on our dental clinic as the numbers of patients seeking dental care and treatment has grown significantly in recent years.

With a deep sense of gratitude, our Regional Director of Health Services, the staff, and members of the Patient Welfare Society of the Divisional Hospital – Valvettithurai, would like to thank IMHO for their generosity, dedication, and timely support.

Cardiac Care in Batticaloa

by Dr. K. Arulnithy

It is our pleasure to see another successful year of IMHO. Once again, I take this opportunity to thank IMHO as a whole and the Board members in particular for their continuous support. We are very appreciative of the positive attitude of IMHO in supporting new initiatives.

Apart from equipment, which we received from IMHO for both our Unit and the Teaching Hospital – Batticaloa, we are receiving financial and advisory support from IMHO for several programs. In recent times, even dedicated student volunteers under IMHO were helping us to run a peripheral risk factor screening project.

At this time, I wish to tell you about our primary prevention center for cardiovascular disease. This is center where we screen healthy individuals for risk factors. We currently screen for conventional risk factors (age, sex, DM, HT, cholesterol, etc.), and plan to screen for non-conventional risk factors (ABI, carotid intimal thickening, HsCRP, etc) soon, although we have not started yet. All data is being fed into our computer software program which was designed specifically for our needs. And we have made a local protocol to follow for all subjects screened.

This program will help us to start primary prevention efforts for individual who demonstrate high risk factors and will enable us to follow up with them. We are also able to advise when an intervention is necessary based off who has a high risk score according to our protocol. This would help to reduce or possibly prevent an acute coronary event in the future. This is our vision.

More than this, we will have a significant amount of data to study for patterns and to track the progress of our population with regard to heart disease. This is an essential part of planning any intervention on the ground level. We have already started the program and have now been running it for more than one year with the help of pre-interns whom we have tasked with running this program.

IMHO is playing key role in this through the financial support it has provided for our pre-interns from the very start. Without this support, we were unable to initially launch this effort. And we are planning on receiving from IMHO this year an immune analyzer to measure HsCRP, which costs about Rs. 750,000 (approx. USD\$5,200), as well as a handheld Doppler for measuring ABI.



Above all, we want to thank the experienced volunteer doctors and scientists at IMHO for guiding and advising in all of these projects. We wish IMHO all the best and hope to see its contributions to humanity continue well into the future.

**அனைத்துலக மருத்துவ நல அமைப்பினால் கீழ்க்கு மாகாணத்தில்
முன்னெடுக்கப்படும் அபிவிருத்தி நடவடிக்கைகள்**

Dr.P.Judy Ramesh Jeyakumar,
Mental Health Services,
Batticaloa

கடந்து சென்ற யுத்தமும், “சுனாமி” இயற்கை அனர்த்தங்களும் வடக்கு, கிழக்கு உட்பட இலங்கைத் தீவின் பெரும்பாலான பகுதிகளில் பாரிய அழிவுகளையும், சேதங்களையும் ஏற்படுத்தியுள்ளன. கட்டிடங்களோடு மட்டுமல்லாமல் மனித உயிர்களையும் காவுகொண்ட இப்பேரனர்த்தங்களில் இருந்து படிப்படியாக தமிழ் மக்கள் மீண்டெழுந்து வருகின்றனர். பல்வேறு அரசு, அரசசார்பற்ற நிறுவனங்கள் அனர்த்தங்களின் பின்னரான மீள்குடியேற்றம், புனர்வாழ்வு, வாழ்வாதாரம், சுகாதார துறையின் அபிவிருத்தி, கல்வி மேம்பாடு பெண்கள் / விதவைகள் மறுவாழ்வு திட்டங்கள், குடிநீர் விநியோகத்திட்டம், முள்ளந்தண்டு வடம் பாதிக்கப்பட்டவர் நலன் என்பவற்றில் அக்கறை கொண்டபோதும், அனைத்து மருத்துவ நல அமைப்பு - அமெரிக்கா கடந்த ஒரு சகாப்தகாலமாக பல்வேறு அபிவிருத்தி பணிகளிற்கும் தன்னாலான சேவைகளை செய்து வருகின்றது. இதன் மூலம் வடக்கு, கிழக்கு மாகாணங்களில் உள்ள பெரும்பாலான வைத்தியசாலைகளில் நிலவுகின்ற கட்டிடத்தேவைகள், உட்கட்டுமானத்தேவைகள், இயந்திர உபகரணங்களின் தேவைகள், வாகனங்களின் தேவைகள், இயந்திர கோளாறுகளிற்கு உட்பட்ட வாகனங்களை மீளணக்குதல், மருத்துவர்களின் தேவைகளை இறுதிவருட மாணவர்களின் மூலம் நிரப்புதல், ஏனைய ஆளனியினரின் வெற்றிடங்களை நிரப்புதல், நடமாடும் மருத்துவ சேவைகளிற்காக உதவிகள் கிடைக்கப்பெற்றுள்ளது. அதேபோன்று நுண்கடன் திட்டங்களின் மூலம் மீள்குடியேற்ற மக்களிற்கான வாழ்வாதாரம், முள்ளந்தண்டு வடம் பாதிக்கப்பட்டோருக்கான பிரத்தியேக மலசலகூட நிர்மாணம், போக்குவரத்து வருமான முயற்சிகளுக்கான முச்சக்கர வண்டி அன்பளிப்பு, குடிநீர் விநியோக கிணறுகள் அமைத்தல், உளநல புனர்வாழ்வு காப்பகங்களின் அபிவிருத்தி, அங்குள்ள பயனாளிகளிற்கான வாழ்வாதாரம், போரால் பெற்றோரை இழந்து அநாதைகளான சிறுவர், சிறுமியர் தங்கியுள்ள இல்லங்களின் தேவைகளை பூர்த்திசெய்தல். பிறப்பின் போதும், பிறப்பின் பின்பும் ஏற்பட்ட பல்வேறு காரணங்களால் மூளைவிருத்தி குன்றிய மாற்று திறனாளிகளின் இல்லங்கள், நிறுவனங்களிற்கான உதவிகள், விஞ்ஞான கண்காட்சிகள், கருத்தரங்குகள் போன்ற மனித முன்னேற்ற செயற்பாடுகள் சார்ந்த கொடைகள் என இவை விரிவடைந்து செல்கின்றன. இவற்றின் மூலம் எமது பிரதேசங்களில் உள்ள பல்வேறு தேவைகள் நிவர்த்தி செய்யப்பட்டுள்ளன.

இயன்மருத்துவ சேவை – கல்முனை வடக்கு ஆதார வைத்தியசாலை

ஒரு நூற்றாண்டு பழமையான கல்முனை வடக்கு ஆதார வைத்தியசாலையானது தமிழ் மக்கள் செறிந்து வாழும் பகுதியில் அமைந்துள்ளது. இவ்வைத்தியசாலையில் ஏறத்தாழ நானூறு படுக்கை வசதிகளை கொண்ட பெரும்பாலான மருத்துவ நிபுணர்களால் ஒருங்கிணைந்த சேவையை கொடுக்கின்ற மத்திய அரசிற்குள் அமையப்பெற்றுள்ள அரச வைத்தியசாலையாகும். வைத்தியகலாநிதி முரளிஸ்வரன் வைத்தியசாலை பணிப்பாளராக பொறுப்பேற்ற பின்பு அங்கு பாரிய அபிவிருத்தி முயற்சிகள் நடைபெறுகின்றன. கடந்த ஐந்து வருடங்களாக இரண்டு இயன் மருத்துவர்கள் இருந்தபோதும் அவர்களிற்கான எந்த உபகரணங்களோ, கட்டிட வசதிகளோ இருக்கவில்லை. வைத்தியசாலை பணிப்பாளரின் வேண்டுகோளிற்கு இணங்க IMHO – USA கட்டிட புனர்நிர்மாண உட்கட்டமைப்பு வசதிகளுடன் இயன் மருத்துவ துறைக்கு தேவையான அனைத்து உபகரணங்களையும் பெற்றுக்கொடுத்து கடந்த நவம்பர் மாதம் திரு. முரளி இராமலிங்கம் (IMHO – USA பொருளாளர்) அவர்களினால் திறந்து வைக்கப்பட்டது.



St. Benedict Minne - மனநல மருத்துவ காப்பகம் - கல்முனை

கடந்த ஆறு வருடங்களிற்கு மேலாக இயங்கி வருகின்ற இக்காப்பகம் Brothers of Charity எனப்படுகின்ற கத்தோலிக்க அமைப்பினால் நிர்வகிக்கப்படுகின்றது. இங்கு தற்போது 20 நாட்பட்ட ஆண் நோயாளிகள் உள்ளனர். இவர்களில் வீதிகளில் கைவிடப்பட்ட நிலையில் இருந்த ஆறு நோயாளிகளும் அடங்குகின்றனர்.

இந்நிறுவனத்தை சொந்தகாலில் நின்று வருமானம் ஈட்டி, அதன் மூலம் கிடைக்கும் பணத்தைக் கொண்டு நிர்வாகத்தை நடத்தவும், பயனாளிகளிற்கான வாழ்வாதார தேவைகளை கவனிக்கவும், அவர்களது நாளாந்த செயற்பாடுகளில் உள்வாங்கவும், ஏற்கனவே சீமேந்து கல்லு செய்யும் ஆலை ஒன்று அமைப்பதற்கான நிதியுதவி அளிக்கப்பட்டது. அது நல்ல முறையில் இயங்கி வருகின்றது. நிறுவனத்தில் உற்பத்தி செய்யப்படும் மரக்கறி வகைகள், தேங்காய், கோழி, முட்டை என்பவற்றுடன் ஏனைய பொருட்களை விற்பனை செய்வதற்குமாக கடைத் தொகுதி அமைக்கப்பட்டு அதன் திறப்புவிழா கடந்த நவம்பர் மாதம் IMHO – பொருளாளர் திரு. முரளி இாமலிங்கம், IMHO நிறுவன இலங்கை பணிப்பாளர், திரு. பத்மநாதன் ஆகியோரால் திறக்கப்பட்டுள்ளது.



இங்குள்ள பல ஏக்கர் காணியும், அதில் உள்ள புற்களையும் நல்ல முறையில் பயன்படுத்துவதற்கு ஏதுவாக மாடு வளர்ப்பு முயற்சியும் தற்போது முன்னெடுக்கப்படுகின்றது. IMHO – USA நிறுவன நிதி பங்களிப்புடன் தற்போது 06 மாடுகள் கொள்வனவு செய்யப்பட்டுள்ளன. இவற்றில் ஏற்கனவே கன்று ஈன்ற மாடுகளால் நாளாந்தம் 05 லீற்றர் பால் கிடைக்கின்றது. இது இங்குள்ள பயனாளிகளின் புரத உணவை ஈடுசெய்வதாக அமைகிறது. ஏனைய மாடுகளும் கன்று ஈன்று, பட்டி பெருகும் போது அதன் மூலம் கிடைக்கும் பால், ஒரு என்பன நிறுவனத்திற்கு வருமானமாக அமைந்து, கைவிடப்பட்ட இன்னும் பல உளநோயாளர்களிற்கான நாட்பட்ட நிரந்தர மறுவாழ்வு மனையாக இது அமையும்.



உளநலச் சேவைகளின் அபிவிருத்தி – கல்முனை வடக்கு ஆதார வைத்தியசாலை

கடந்த பல வருடங்களாக இவ்வைத்தியசாலையின் உளநலப் பிரிவின் பல்வேறு தேவைகள் பூர்த்தி செய்யப்பட்டு, உளநல வைத்திய நிபுனர், ஐந்து உளநல வைத்தியர்கள் பன்னிரண்டு தாதியர்கள், உளசமூக சேவையாளர், ஏனைய ஊழியர்கள் என பல்வேறு ஆளணியினருடன் தற்போது இப்பிரிவு இயங்குகின்றது. இப்பிரிவில் தீவிர நோயாளர் சிகிச்சை பிரிவு, புனர்வாழ்வு பிரிவு, தாய்சேய் நலப்பிரிவு, முதியோர் பிரிவு, மதுபாவனைப்பிரிவு, பெண்கள் வன்முறை தடுப்பு பிரிவு என அனைத்தும் ஒரேகுடையின் கீழ் அமையப்பெற்ற ஒரு வைத்தியசாலையாக அமைந்துள்ளது. இங்கு கடந்த வருடம் கூரைவேலைகள், வாகன தரிப்பிடம், தீவிர நோயாளர்களை தனிமைப்படுத்தி கண்காணிக்கும் அறை (Seclusion Room) என்பன அமைத்து கொடுக்கப்பட்டுள்ளது.

ஆரோக்கிய தையல் நிலையம்

மாவடிவேம்பு உளநல புனர்வாழ்வு விடுதியில் அமையப்பெற்றுள்ள “ஆரோக்கியா” தொழில்வழி புனர்வாழ்வு பிரிவில் கடந்த வருடம் 50 பெண்கள் தையல், கணனி, ஆங்கிலம், கைப்பணிப்பொருட்கள் தயாரிப்பு, பிரம்பு வேலைகள், வாழ்க்கையாற்றல், யோகாசனம் உட்பட பல்வேறு பயிற்சிகளை பெற்று IMHO – Canada, அன்புநெறி – கனடா ஆகியவற்றின் உதவியுடன் அவர்களிற்கான வாழ்வாதார தேவையாக தையல் மெசின்களும் கொடுக்கப்பட்டன. இவர்களிற்கு On Job Training, வாழ்வாதார முயற்சிக்காக IMHO-USA இன் உதவியுடன் தையல் பயிற்சி நிலையம் ஒன்று கடந்த நவம்பர் மாதம் திரு. முரளி இராமலிங்கம் அவர்களால் ஆரம்பித்து வைக்கப்பட்டது. தற்போது இதில் 04 பெண்கள், 02 மாத காலத்திற்கு பயிற்சி பெறுகின்றனர். இவர்களிற்கு மாதாந்த ஊக்குவிப்பு தொகையாக 2,000/= வழங்கப்படுகின்றது. அத்துடன் உளநல புனர்வாழ்வு பிரிவில் நோயாளர்களின் பராமரிப்பிற்கு போதிய ஆளணியினர் கிடைக்கவில்லை. மாவடிவேம்பு கிராமத்தில் வசிக்கின்ற 05 பெண்கள் இங்கு சுத்திகரிப்பு, நோயாளர் பராமரிப்பு, பிரம்பு வேலைகள், சத்துணவு தயாரிப்பு போன்ற பல பணிகளை செய்கின்றனர். இவர்களிற்கு மாதாந்த ஊக்குவிப்பு தொகையாக 5,000/= IMHO – USA அமைப்பினால் கொடுக்கப்படுகின்றது.



நடமாடும் மருத்துவ சேவை

மிகப்பரந்த நிலப்பரப்பை கொண்டுள்ள மட்டக்களப்பு மாவட்டத்தின் பல பிரதேசங்களில் உள்ள பிரதேச மருந்தகங்களில் பணியாற்றுவதற்கு வைத்தியர்கள் பற்றாக்குறையாக உள்ளது. இப்பிரதேசத்தில் நடமாடும் மருத்துவ சேவைகளின் மூலமே அத்தேவை பூர்த்திசெய்யப்படுகின்றது.

உன்னிச்சை மகிழ்வெட்டுவான் என்பன மட்டக்களப்பு நகரில் இருந்து 50km இற்கு அப்பால் உள்ள மிகவும் பின்தங்கிய பிரதேசங்கள் ஆகும். இங்கு ஓய்வுபெற்ற பதிவுசெய்யப்பட்ட வைத்தியர் – சுத்தானந்தம் அவர்கள் வாரத்தில் ஆறு நாட்கள் நடமாடும் சேவை மூலம் மருத்துவ பணி செய்கின்றார். வாராந்தம் 500 வரையிலான வெளிநோயாளர்கள் இதன் மூலம் நன்மை அடைகின்றனர். கடந்த 03 வருடங்களாக இவரிற்கான மாதாந்த கொடுப்பனவுகளை IMHO நிறுவனம் செய்து வருகின்றது.



காருண்யா பாரிசுவாத புனர்வாழ்வு பிரிவு

கடந்த 2014 ஆரம்பிக்கப்பட்ட இப்பிரிவில் 40 பாரிசுவாத பயனாளிகள் அனுமதிக்கப்பட்டு அவர்களின் புனர்வாழ்வின் பின்னர் மீண்டும் குடும்பங்களுடன் இணைந்துள்ளனர். Dr. K. திவாகரன் நரம்பியல் வைத்திய நிபுணர் வாராந்தம் நோயாளர் தரிசிப்பு செய்கின்றார். புனர்வாழ்வு பிரிவில் தனியொரு இயன் மருத்துவர் உள்ளார். அத்துடன் இயன் மருத்துவ பிரிவின் பலதேவைகள் IMHO – USA உதவியுடன் மேற்கொள்ளப்பட்டுள்ளது. இங்கு Electro Physiotherapy Unit தனி அலகாக நிர்மானம் செய்யப்பட்டு Dr. Alibhoy தலைவர் இலங்கை நரம்பியல் சங்கம் அவர்களால் அண்மையில் திறந்து வைக்கப்பட்டது. இந்நிகழ்வில் கொழும்பில் இருந்து வருகை தந்த 10 சிரேஸ்ட நரம்பியல் வைத்திய நிபுணர்கள் கலந்து கொண்டனர்.

பாரிசுவாத புனர்வாழ்வு பிரிவில் பணியாற்றுவதற்கு வைத்தியர்கள், தாதியர்கள், பேச்சுவழி சிகிச்சையால், தொழில்வழி சிகிச்சையால் உதவியாளர்கள் போன்ற பல்வேறு ஆளணி வெற்றிடங்கள் காணப்படுகின்றன. இவை நிரந்தரமாக கிடைக்கும்வரை IMHO – USA உதவியுடன் தற்காலிகமாக இவ்வெற்றிடங்கள் இறுதிவருட மருத்துவ மாணவர்கள் நியமனத்திற்காக காத்திருக்கின்ற பேச்சுவழி சிகிச்சையாளர், தனியார் தாதிய கல்லூரி மாணவர்கள் ஆகியவற்றின் மூலம் இப்பணி கொண்டு செல்லப்படுகின்றது.



போக்குவரத்து பாதை

வாழைச்சேனை ஆதார வைத்தியசாலையில் உள்ள உளநலப்பிரிவு, பாரிசுவாத புனர்வாழ்வுப் பிரிவுகள் ஏனைய பிரிவுகளில் இருந்து தனித்து விடப்பட்டுள்ளன. இங்கு அவசர நிலைமைகளில் ஒரு நோயாளியை தீவிர சிகிச்சை பிரிவிற்கோ, மின் வலிப்பு சிகிச்சைக்கோ, ஏனைய விடுதிகளிற்கோ கொண்டு செல்ல முடியாத நிலைமை காணப்படுகின்றது. இதற்கு தேவையாக வழித்தடங்கள், வாகன தரிப்பிடம் என்பன மிக அண்மையில் அமைக்கப்பெற்று தற்போது இத்தேவைகள் நல்ல முறையில் பூர்த்தி செய்யப்பட்டுள்ளன.



உளநோயாளர் காவு வண்டி மீளிணக்கம்

கடந்த பல வருடங்களாக பழுதடைந்து இருந்த உளநோயாளர் காவு வண்டி IMHO நிதியுதவியுடன் திருத்தப்பட்டு மீண்டும் சேவையில் இணைக்கப்பட்டுள்ளது.



தேவைகள்

மருத்துவம், மருத்துவம் சாராத பல்வேறு தேவைகளோடு தோள்கொடுத்து நின்கின்ற அமெரிக்க வாழ் தமிழ் சமூகத்திற்கும், அவர்களை ஒன்றிணைத்து சலிக்காமல் பணியாற்றுகின்ற IMHO நிறுவனத்திற்கும் எமது மனமார்ந்த நன்றிகள். எமது தேவையோடு நீங்கள் தொடர்ந்தும் தோல்கொடுப்பீர்கள். தொட்டு தழுவுவீர்கள் என்ற நம்பிக்கை எம்மிடம் உள்ளது. இவையாவும் நீண்டபோரில் இருந்து மீளெழுகின்ற எமது சமூகத்தை தூக்கிநிறுத்த உதவும். எனவே உங்கள் பணி எங்கள் மூலமாக வடக்கு, கிழக்கில் தொடர்ந்து நிகழ எல்லாம் வல்ல பரம்பொருளை நினைத்து முடிக்கிறேன்.

“காலத்தால் செய்த நன்மை சிறிதெனினும் ஞாலத்தில் மானப் பெரிது”

Promoting Academic Achievement & Social Inclusion of Deaf Youth in Ethiopia

by Greg Buie, Executive Director, Visions Global Empowerment

In the city of Bahir Dar (capital of the Amhara Region, Ethiopia), Visions has been working hand-in-hand with our local partner the Kal Center for Special Needs (www.kalcenter.org) in realizing the idea of having a one-stop-shop for services and empowerment of the Deaf community. Formally opened in March 2015, the Visions Model Deafness Center is now working to provide education, language development, interpretation, jobs training, medical care, access to information and services, and connection with other Deaf communities & the larger outside world. Collectively, these efforts hold the potential to truly transform the lives of Deaf Ethiopians and their families and provide a newfound sense of hope for this highly marginalized and socially excluded demographic. The ultimate hope is that the Center will serve as an example for the nation and the East Africa region as a whole in how to effectively serve and promote the overall development of this community.



This project evolved directly from the first IMHO group service trip to Ethiopia conducted back in October 2010. During that time, IMHO volunteers (including several physicians familiar with IMHO's work in Sri Lanka in the aftermath of the tsunami) visited a public school with a special classroom for deaf students. At the time, it was the only school in the district (of which there are 32 schools) with a classroom for deaf children (which spanned Grades 1-4), and there were only a handful of children present. Today, we now have 84 deaf youth from preschool thru Grade 8 enrolled across 3 public schools and 1 preschool that we ourselves run at the Center.



With support from IMHO, our first follow-up effort was to hire a deaf teacher to work at the main public school (Yekatit 23) and help the schoolchildren learn formal Ethiopian Sign Language and help reduce the achievement gap with their hearing peers. That teacher, Mr. Abel Wudu, is still with us thanks to the continued support of IMHO, and his presence has made a tremendous difference. Today, we have 4 other full-time deaf teachers working with us, as well as 2 full-time

Interpreters, a Livelihoods Development Officer, and a handful of support staff. The presence of these professionals who serve not only as teachers, but role models, mentors, and friends as well, has created major transformations in the academic achievement, social development, health, and overall wellbeing of our growing demographic of deaf youth. Here are a few insights into the impact of these efforts:

- Total student enrollment at the 3 public schools & 1 preschool we serve in Bahir Dar has increased from 32 individuals in 2012 to **84 individuals** in 2015 (*a 163% increase*)
- 14 children are now enrolled in the **Deaf preschool** at our Visions Model Deafness Center (whereas no such early education option was available earlier)

- **96%** of children in Grades 1-4 (49 out of 51 children total) satisfied grade competencies and were able to graduate on to the next grade
- **93.3%** of youth in Grades 5-8 improved their average academic marks (across 9 subjects)
- **80%** of youth in Grades 5-8 improved their class ranking
- **7.39%** – the average % increase in academic marks (across the 9 subjects) for youth in Grades 5-8 over the past 2 years, which is almost a full wrung up on the Ethiopian scoring system
- Amongst the youth in Grades 5-8, those who scored “above average” increased from 20% to **67%** over the past 2 years
- Amongst the youth in Grades 5-8, those who scored “below average” decreased from 27% to **7%** over the past 2 years
- Yekatit 23 School (our main hub for all school-related efforts) was named the **Top Performing School in the Bahir Dar District for 2 years in a row (2014 & 2015)**, with our work cited as one of the reasons for this distinction and our Deaf teachers & support staff honored for their contributions
- **100+ hearing children** across the 3 public schools have attended Ethiopian Sign Language after-school trainings (offered daily at Yekatit 23 School and weekly at Donna Berber & Tsehay Gibot Schools), of which approx. 50% attend regularly

“It’s great to be where we are today. We have seen our children now attending school in clean classrooms and being regularly supported and taught in their own language. We won’t forget those stressful years before.”

– Zemenay Biresaw, Parent of Deaf Student



Daily after-school Ethiopian Sign Language class for hearing students

“My daughter used to go to regular school. However, she was not able to communicate with her schoolmates and teachers. After I became informed of Visions’ efforts, I started bringing her here to access the services provided. With the unwavering support from her teachers and other facilitators, now my child is progressing well.”

– Mother of Deaf Student

Beyond continuing all ongoing operations and services of the Visions Model Deafness Center, our next step is to enhance Audiology & Speech Language development services for deaf and hard-of-hearing Ethiopians (of which there are an estimated 1 – 2.5 million persons, putting aside the unknown millions of elderly who are currently living with hearing loss) by providing modern, high quality, and comprehensive audiology services, support, and speech training. Audiology services in Ethiopia, a country of more than 94.1 million people, are vastly underdeveloped and entirely inadequate to meet the growing demand for such services and support. We are always eager to welcome new volunteer physicians, professionals, students...anyone with an interest in deafness-related issues or with helping to empower Deaf Ethiopians and build Deaf civil society to our volunteer team.

We thank IMHO for helping to spark all of this work that has occurred over the past 6 years and for their continued support of our Deaf education and empowerment efforts. We hope to continue this partnership well into the future for the realization of a better tomorrow for so many Deaf Ethiopians. Congratulations on another year of incredible achievements in improving the lives of so many around the world!

India Flood Relief – SAWED Trust

By M. S. Abdaheer

The devastating floods that tore through Tamil Nadu in Southern India in December 2015 claimed several lives, left many people homeless in several regions of Tamil Nadu (including Chennai), and brought life to a virtual standstill for weeks. Heavy rains pounded the affected areas, throwing normal life out of order for countless individuals. Several communities, including Sri Lankan refugee camps that dot the state's landscape, were deeply affected by loss of crops, food supply, clothing, and shelter.

Responding to the crisis, IMHO got behind the emergency relief efforts of local partner NGO SAWED Trust (Social Action Women's Education and Development Trust), giving about \$10,300 to their efforts to help restore normalcy to the lives of those affected through provisions of relief packages containing nutritional support and other basic supplies. At least 385 families benefitted from these efforts, which eased their burden during this difficult time.



The Parentcraft Program and ‘Mapiya Sumithuro’

by Dr. Wimal Srisena

The Parentcraft Program was commenced on 16th November 1996, at the Castle Street Hospital for Women. Since inception, the program has been held every month in the Sinhala Language, and every second month in the Tamil Language. From 2015, two programs are being conducted every month, in the two national languages. To date over 400 programs have been held.

What stimulated the commencement of such program was the realization that the Sri Lankan male partner distanced himself from the maternity aspects of family life, thereby laying a heavy burden on the woman, which infringed on her right to a satisfied and healthy life. We, in our days of training as medical students, were not made aware of the importance of male partner participation in reproductive health. We now encourage males to come along to the clinics and also attend parentcraft programs with their partners. Facilities have even been provided for them to be present in the labour ward, during the delivery of their baby. We were also instrumental in obtaining ‘Paternity Leave’ for the male since the year 2006, even though it’s only a meager 3 days.

Into the 20th year of this service, we are happy to note that some activity to include the male partner is being carried out in many areas in the country, by the respective Medical Officers of Health. On a personal note, the first Well-Woman Clinic in the country was established in 1980, in the Teaching Hospital, Galle (during my tenure as Senior Lecturer and Head of Dept. of Obs. & Gynae. in the Ruhuna Medical Faculty) and named ‘Suva Naari Saayanaya’; I am happy to note that these clinics are now being conducted in every MidWife Division of the entire country, under the same designation, by the Family Health Bureau of the Ministry of health.

The Parentcraft program not being an initiative of the Ministry of Health had to be conducted as a voluntary effort. A society was formed affiliated to my unit at CSHW, named ‘*Mapiya Sumithuro*’ (friends of parents), by a group of civic minded parents who either had their babies or were treated in the unit. They ably supported many a welfare service of the hospital and were later adjudged the best volunteer unit in the Health Service. The funding of projects was largely by voluntary donations, mainly from grateful parents. The Ministry of Social Services made a small contribution towards the program for a few years, but this was terminated about a decade ago.

The subjects covered in the program included physical aspects of pregnancy and child -bearing and rearing-, as well as emphasis on the mental wellbeing of the entire family unit. We felt that what was more important was a change of attitude with increased input from the husband, aiming to realize the theme ‘**good parents, good children, a pleasant home, conducive society, a pleasant and conducive new land!**’

We also conducted a program for the children on ‘appreciation of art’, ‘*The Rainbow world of children*’- to educate and enable them to appreciate good art, good music and good dance. This was held in various parts of the island for a few years, but had to be abandoned for want of funds.

As pioneers in such activities in the country, we would like to continue with the program in Colombo as an example to be emulated. We are prepared to conduct such activity in remote areas as well, but our major constraint is financial. We are indeed grateful for the assistance rendered in this regard by the IMHO based in USA, whose patriotic members are genuinely concerned about uplifting life in Sri Lanka. We are indebted to Dr. Ms. Shanthini Ganesan who now is one of our patrons, for introducing us to the IMHO. With the newly established partnership with the IMHO, I’m certain we can forge ahead to strive to achieve our cherished goal - ‘good parents, good children, a pleasant home, conducive society, a pleasant and conducive new land!’





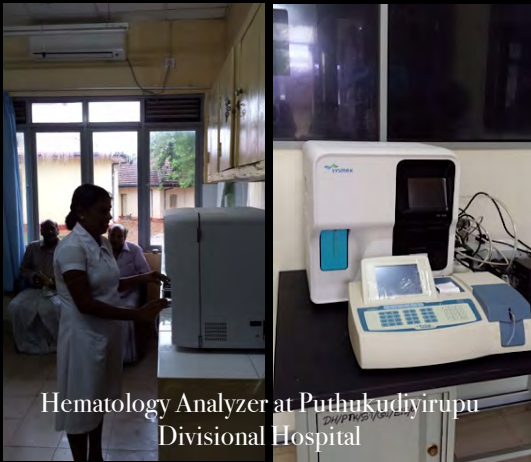
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Kalmunai Cattle Rearing Livelihoods Development



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India Flood Relief



Mobile clinic at Mahilavadduvan



Assist Resettlement & Renaissance

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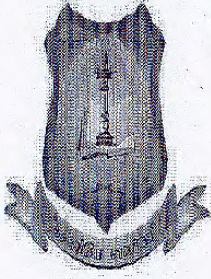
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IMHO's Joint Project with Education Development Trust
for the Flood Relief in Kilinochchi District in May 2016



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Website: www.Kedt.lk

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கணேசபுரம், கிளிநொச்சி.

திகதி:- 26.05.2016

கார்ப்பாளர்

திரு. க.முருகவேல்
(வலயக் கல்வி பணிப்பாளர்,
கிளிநொச்சி)

தலைவர்

Dr. த.சத்தியமூர்த்தி
(பணிப்பாளர்-
யாழ் போதனா வைத்தியசாலை-
யாழ்ப்பாணம்)

செயலாளர்

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(ஓய்வ நிலை வங்கி முகாமையாளர்
கிளிநொச்சி)

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கணக்காய்வுத்திணைக்களம்
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உ.ப.தலைவர்

திரு.அ.பங்கையற்றசெல்வன்
(உபஅதிபர் கிளி/வட்டக்கச்சி ம.வி)

உ.ப.செயலாளர்

திருமதி. தி.கணேஸ்வரநாதன்
(ஆசிரியர், கிளி/மத்திய கல்லூரி)

உறுப்பினர்கள்

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திரு என்.சிவகுமார்
(குரு காட்டுவோர் முகாமையாளர்)

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உலக மருத்துவ நலச்சங்கம்(IMHO),

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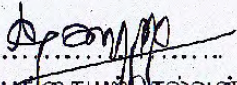
எதிர்பாராத விதமாக எமது பிரதேசத்தில் ஏற்பட்ட கோடை
மழையின் அனர்த்தத்தால் வீடுகளில் இருந்து இடம்பெயர்ந்து
நிற்கதியான மக்களின் நிலை உணர்ந்து உடனடியாக அம்
மக்களுக்கு உலர்உணவுப்பொருட்களை வழங்குவதற்கு
முன்வந்தமையை இட்டு எமது மனமார்ந்த நன்றியைத்
தெரிவித்துக்கொள்கின்றோம்.

தங்களுடைய ஒப்புதலின் அடிப்படையில் 225 குடும்பங்களிற்கு
உலர்உணவுப்பொதிகள் அரச அதிபரின் சிபார்சின் பெயரில்
கண்டாவளைப்பிரதேசத்தின் தம்பிராசபுரம் கிராமத்தில் 24.05.2016
அன்று எமது உறுப்பினர்கள் இணைந்து வழங்கப்பட்டது
என்பதனை தங்களுக்கு நன்றியுடன் அறியத்தருகின்றோம்.

எமது பிரதேச மக்களுக்காக எமது நிறுவனம் ஊடாக பல
ஆண்டுகளாக தாங்கள் ஆற்றி வரும் பங்களிப்பு மகத்தானது
தொடர்ந்தும் மனித நேயப்பணியில் உங்களுடன் இணைந்து
பணியாற்ற கிடைக்கும் வாய்ப்புக்களால் நாம் நிறைவடைகின்றோம்.

நன்றி,

இவ்வண்ணம்,


(அ.ப.செயலாளர்)



**Best Wishes to IMHO and Congratulations
on Another Successful Year of Serving Those in Need**

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Dr. Moorkath Unni, Bel Air, MD

Dr. Ali Tabrizchi, Bel Air, MD

Dr. Ramalingam Selvarajah, Springfield, OH

Dr. Malathy Varatharajah, Cincinnati, OH

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GRATITUDE TO ALL CONTRIBUTORS

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 13th 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

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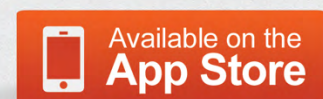
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Mailing address: P.O. Box 341466, Columbus, OH 43234

Tel: (614) 659 9922 Fax: (614) 659 9933

Email: contact@theimho.org

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.

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International Medical Health Organization (IMHO)

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Email: contact@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:**

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RENUKA DEVACAANTHAN
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- Offer Door to Airport and Door to Door
- Service Dangerous Goods Certified, Repacking services available at most locations
- Monitoring of shipments at the time of pickup from the door, until it delivers to destination
- All events are updated frequently in our system
- Provide excellent and competitive rates

IMPORT SERVICES

- ISF/Import Filing Entry Filing
- Door Delivery LCL/FCL
- State Of The Art Dry Cargo Handling Within The U.S.

OUR CREDENTIALS

- FMC licensed
- IATA Member
- Licensed NVOCC/Freight Forwarder/OTI
- Dangerous Goods Certified
- AES Compliant
- Members of IAM, FIATA, CNS,
- WCA & PANGAEA
- Global Network of Agents

CORPORATE OFFICE
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OCEANA

GLOBAL LOGISTICS



We are Your Partner in shipping!

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