



INTERNATIONAL MEDICAL HEALTH ORGANIZATION (IMHO)

20 YEARS OF SERVICE TO HUMANITY

20TH ANNUAL CONVENTION
JUNE 10, 2023
BALTIMORE, MARYLAND

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20th Annual IMHO Convention

AGENDA

- 8:00 am** Breakfast / Social Hour
- 9:00 am** Welcome Address by Dr. S. Raguraj
- 9:10 am** Video: "IMHO Projects in Upcountry"
- 9:20 am** Update from Upcountry by Mr. Vignesh & Mr. Chandrsekram
- 9:30 am** Project Updates from IMHO Canada
- 9:45 am** Updates on Education Projects by Mr. Krishnakumar
- 10:00 am** Video: "IMHO Education Projects"
- 10:10 am** "IMHO USA: A Brief History of Time" by Dr. Rajam Theventhiran, IMHO President
- 10:30 am** Coffee Break
- 10:50 am** Keynote Address by Prof. N. Sreeharan, Visiting Professor at Kings College, London, U.K.; University of Jaffna, Sri Lanka; and UCSI Medical Faculty, Kuala Lumpur, Malaysia
- 11:20 am** Video: "IMHO Global Projects"
- 11:30 am** Current IMHO Project Update by Prof. Yaso Natkunam
- 11:50 am** Updates from Eastern Province by Dr. Arulnithy
- 12:00 pm** "Short Walk to Transplant: Journey of a Surgeon" by Dr. Thavam Thambi-Pillai
- 12:20 pm** Saree Auction
- 1:00 pm** Lunch

WELCOME NOTE

June 2023

Dear Friends,

Incredibly, this year we are celebrating 20 years of service to humanity! When we first embarked on this journey back in 2003, we could have scarce realized just how far we would come in the two decades to follow and all the lives that would be forever impacted by our collective efforts.

IMHO is more than an organization. It is a family. Over the years, we have built a community of like-minded, service-oriented, passionate, committed, heartfelt, hard-working, and thoughtful individuals from across the globe who have one thing in common – their desire to help others in their time of need.

In the words of Lao Tzu, “Great acts are made up of small deeds.” Without a doubt, the small acts of our IMHO family over the past twenty years have accumulated into something truly magnificent, having impacted the lives of millions of people worldwide, often during moments of great urgency, suffering, and even despair.

We would be remiss to not acknowledge that we would not have arrived at this joyous milestone without the incredible generosity of so many people around the world. Our donors enable this work through their generous giving. Our volunteers bring passion and energy to our efforts that keeps us always moving forward. And our local partners on the ground execute these projects with selflessness, determination, wit, and hope that inspires us all.

The people themselves whom we strive to serve keep us motivated as well through their gratitude and by sharing the ways in which our work has left a lasting and positive mark on their lives. Our relief and development efforts have reached vulnerable peoples in 23 countries to-date, and we have invested nearly US \$11 million in pursuit of our mission since inception.

In this year’s souvenir program, we wanted to take this opportunity to reintroduce IMHO to you, as our work and priorities have invariably evolved over the years. As we remain focused on our mission of developing and improving healthcare services and infrastructure in under-served communities worldwide, our efforts are focused on four critical areas:

- HEALTH
- EDUCATION
- COMMUNITY DEVELOPMENT
- INTERNATIONAL RELIEF

In addition to highlighting some of our specific efforts and impact over the past year, we have also profiled each of these intervention areas to give you a better idea of what all has been accomplished up to this point.

Thank you, as always, for believing in us and for all the ‘small acts’ that have collectively had a massive impact and have brought us to this momentous milestone.

With gratitude,
The IMHO Board of Directors



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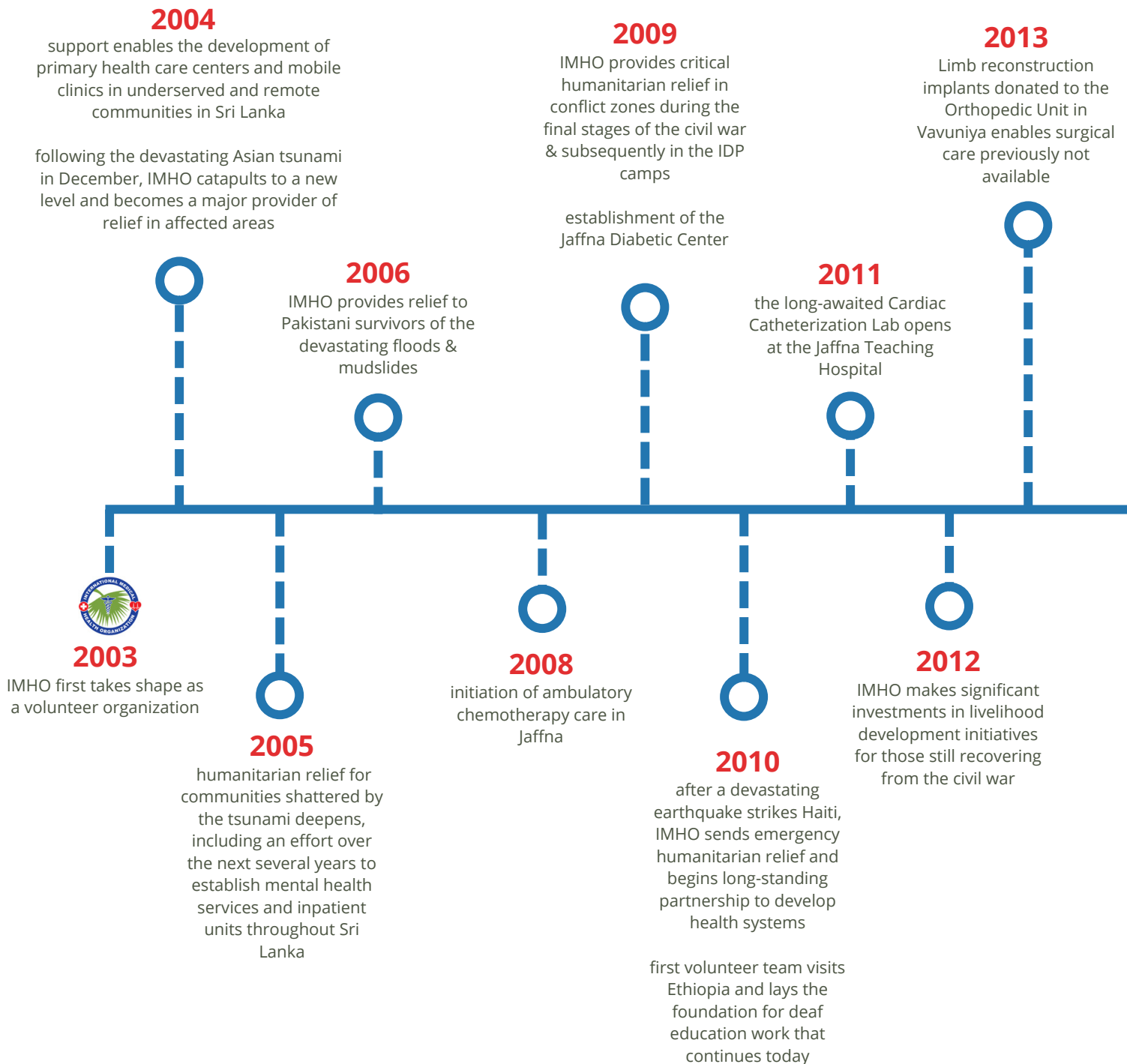
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PhD
(Massachusetts)

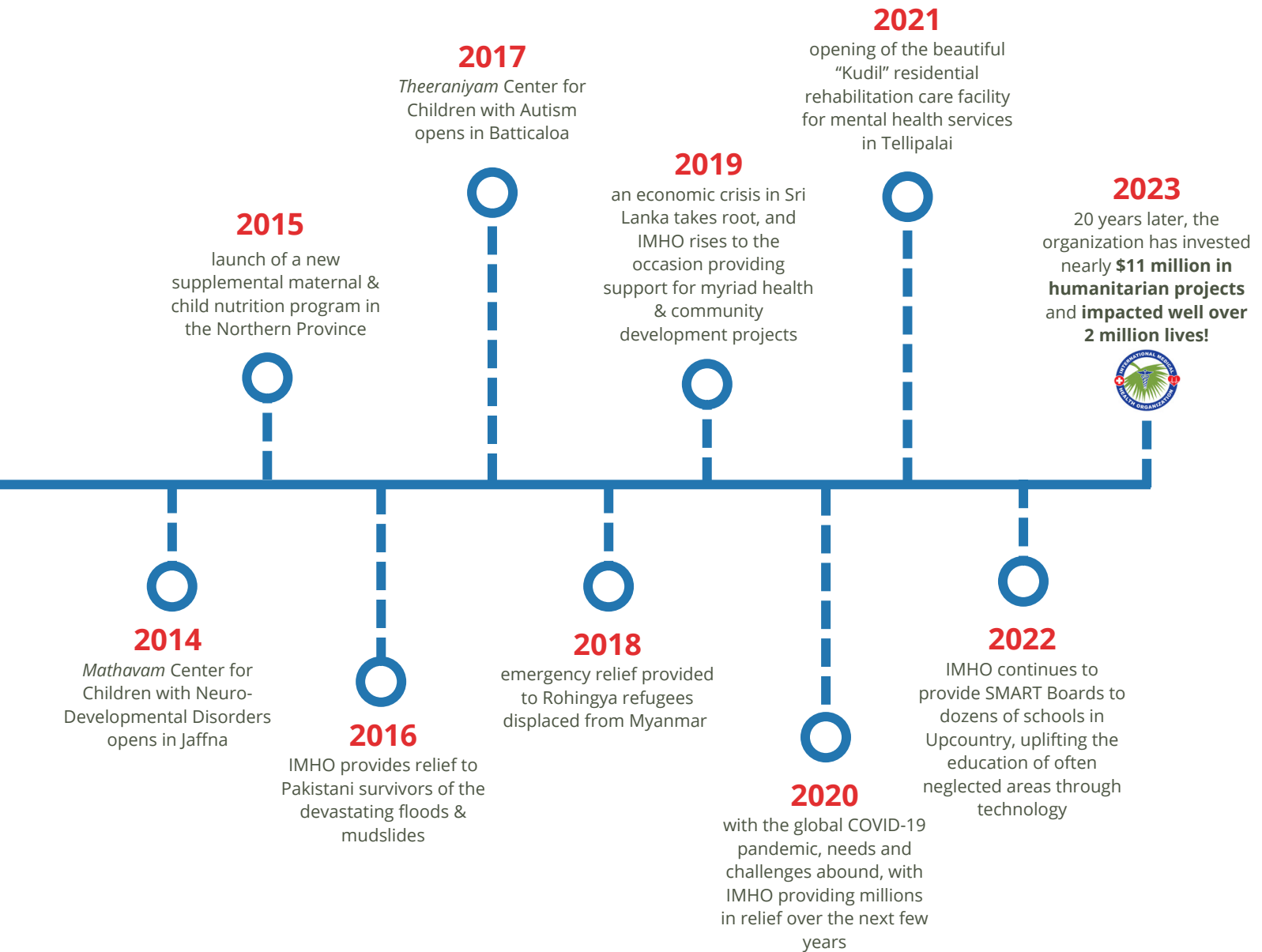
Sinnarajah Raguraj, MD
(Maryland)

Thavam Thambipillai, MD
(South Dakota)

Siva Nadarajah, BSc. Eng
(Hons)
(New Jersey)

TIMELINE: 20 YEARS OF SERVICE TO HUMANITY (2003 - 2023)





HEALTH

Worldwide, billions of people currently lack the healthcare they deserve due to a wide range of factors, including poverty, conflict, systems of oppression or political indifference, natural disaster, and myriad other hardships. The toll this all takes on the overall wellbeing of others and the lost potential of them alongside it is immeasurable.

For the last 20 years, the International Medical Health Organization, or “IMHO” as it is more familiarly known, has committed itself to filling the critical gaps that exist in healthcare delivery systems worldwide.

Founded largely by a group of volunteer medical professionals, our team knows all too well that health is not defined merely by the absence of disease or infirmity, but by the complete state of physical, mental, and social wellbeing.

Health is also a human right. As stated in the Constitution of the World Health Organization and recognized as established law internationally – “The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition”.

At IMHO, we envision a world whereby all persons have access to health and medical care and are able to lead healthy, productive, and meaningful lives.

Working through our strong network of grassroots partners, including local nonprofit organizations, hospitals, health care centers, educational institutions, government offices, and other committed stakeholders, IMHO has invested more



than \$10 million in health development initiatives for vulnerable communities in need worldwide and has impacted more than 2.5 million lives!

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As many of our volunteer Board and team members have direct ties to the communities where we work, IMHO provides a level of expertise, experience, cultural sensitivity, and overall understanding that leaves us particularly well suited to succeed and to enable change that is both effective and efficient. We work to create sustainable solutions that empower our partners and local communities to build their own health systems and take agency over their own challenges.

We continue to support and develop the growing network of health service providers across Sri Lanka in particular, reaching communities in every province across the island. Over the past 2 decades, we have helped to establish and enable the ongoing operations of primary health care centers, mental health care units, rehabilitation centers, mobile health services, and advanced treatment facilities.

We regularly provide medicines, medical equipment & supplies, facilities, nutritional support, and salaries & training for healthcare professionals across small, medium, and large health centers, clinics, service providers, and hospitals.

Major and ongoing efforts have been undertaken to develop health infrastructure across a wide range of disciplines, including:

- Anesthesiology
- Cardiology
- Emergency Care
- Endocrinology
- Gastroenterology
- Mental Health
- Nephrology
- Oncology
- Ophthalmology
- Pathology
- Pediatrics
- Surgery
- ...and more!

As a smaller NGO with now 20 years of experience, IMHO is well poised to fill in the gaps left behind by other larger organizations and institutions. When a specific need arises, IMHO is able to respond quickly and efficiently. For so many, the support that IMHO has been able to provide has made all the difference to their overall health and wellbeing.



A critical reminder to us all, the COVID-19 global pandemic demonstrated the importance of building strong, resilient, and equitable healthcare systems for all. It also serves as a reminder that we are all connected, and we all have a social responsibility to each other. IMHO is proud of all we have accomplished in delivering healthcare to millions of vulnerable people in their hour of need.

We invite you to join us in our mission to ensure access to quality healthcare for all.



EDUCATION

Education is the foundation upon which all social progress and development are based. Investing in education and the youth of today ensures not only a better, healthier, and more prosperous future for them, but also of society in general.

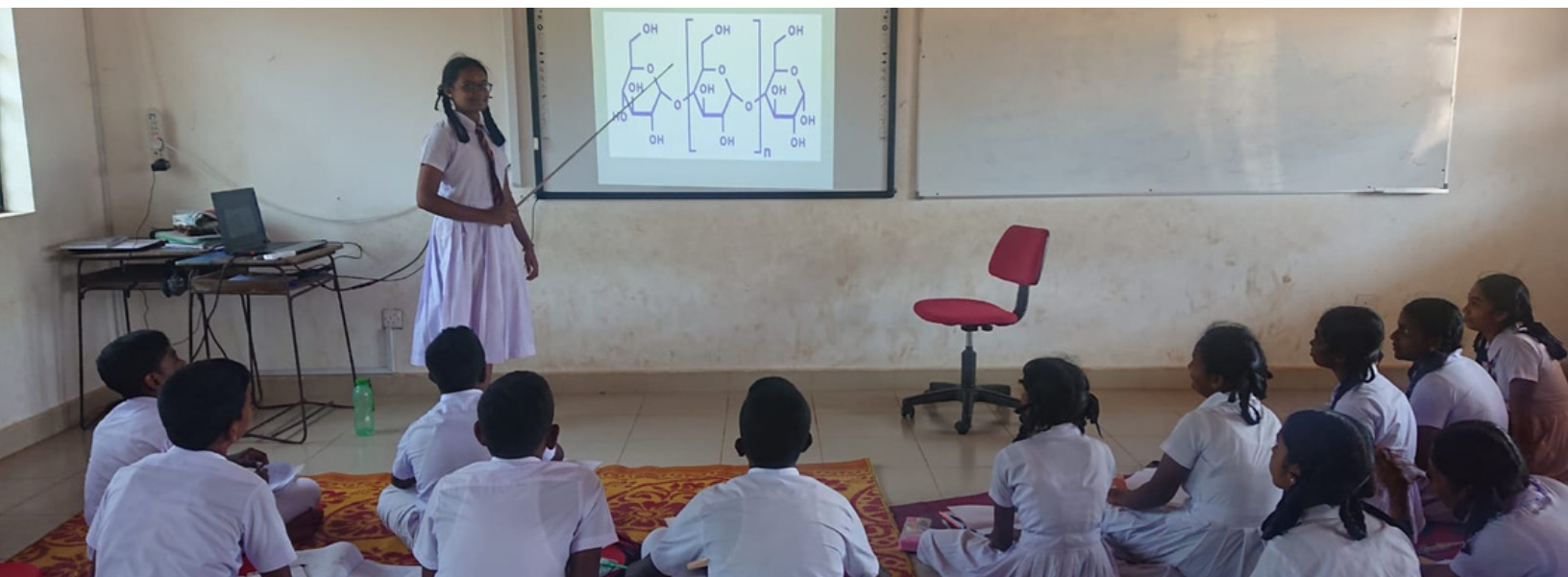
At its core, IMHO is committed to addressing the gaps in society in which people's health and wellbeing suffer. Subscribing to the World Health Organization's definition of health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity", IMHO has become increasingly focused on investing in education in communities deeply affected by poverty, conflict, disaster, and disability.

In our early years, we faced many challenges but were able to make important observations that have better informed our efforts as the years have evolved. As we seek to address issues of health, it must be recognized that there is an inextricable link between health and poverty. Whereas a lack of education is an underlying cause of poverty, access to education is a solution to it.

With this newfound perspective, IMHO successfully pivoted and made education a major pillar of its efforts to reduce poverty and promote health. Over the years, we have invested significantly in education-related projects for the benefit of children and young adults of all ages, as well as of working professionals.

In Sri Lanka, twenty-seven years of conflict left millions of young people without adequate access to jobs, schools, and even basic needs like food and shelter. While the conflict officially came to a close in 2009, a long process of recovery and development has continued to bring generational challenges to a society which lost many of its qualified teachers, leaders, and professionals, and which saw its education infrastructure decimated.

Early childhood education is one area which IMHO has championed. According to UNICEF, "Sri Lanka's patchwork of preschool education standards, curricula and administration systems has resulted in poor or mediocre learning that fail many children and prevent them from realizing their full potential." In response to this reality, IMHO has invested in renovating dozens of preschools,





training and providing financial support for hundreds of preschool teachers, and enabling nutrition & reading programs and special learning events.

IMHO has also invested significantly in technology, providing computers, SMART Boards, and digital learning opportunities to thousands of youth across Sri Lanka.

While Sinhala and Tamil are the official languages of Sri Lanka, English serves a key role in the island as a bridge language and often the language of commerce and governance. English-language learning opportunities, however, especially in the Northern, Eastern, and Central Provinces, are often hard to come by. Even where there are English-language teachers, the vast majority are not proficient themselves and are not qualified to teach it. For these reasons, IMHO has also prioritized English-language learning resources, opportunities, and trainings. Hundreds of English teachers have received training and tens of thousands of youth have access to books, reading programs, special events, and other materials that are critical to their ability to learn the language.

Perhaps most important of all, IMHO recognizes that any system of education is only as strong as the educators who comprise it and has thus prioritized the training and skills development of education professionals above all else. Financial support for staff positions where there are gaps, the provision of crucial teaching materials, and the development of proper infrastructure are all efforts that have encouraged and enabled teaching

professionals and service providers to make education accessible, engaging, and impactful for the youth they serve.

Aside from all this, IMHO has provided scholarships for at-risk and economically disadvantaged students, engaged in telemedicine and telehealth efforts for the continued education of health professionals, built infrastructure such as playgrounds, classrooms, & libraries, and so much more..

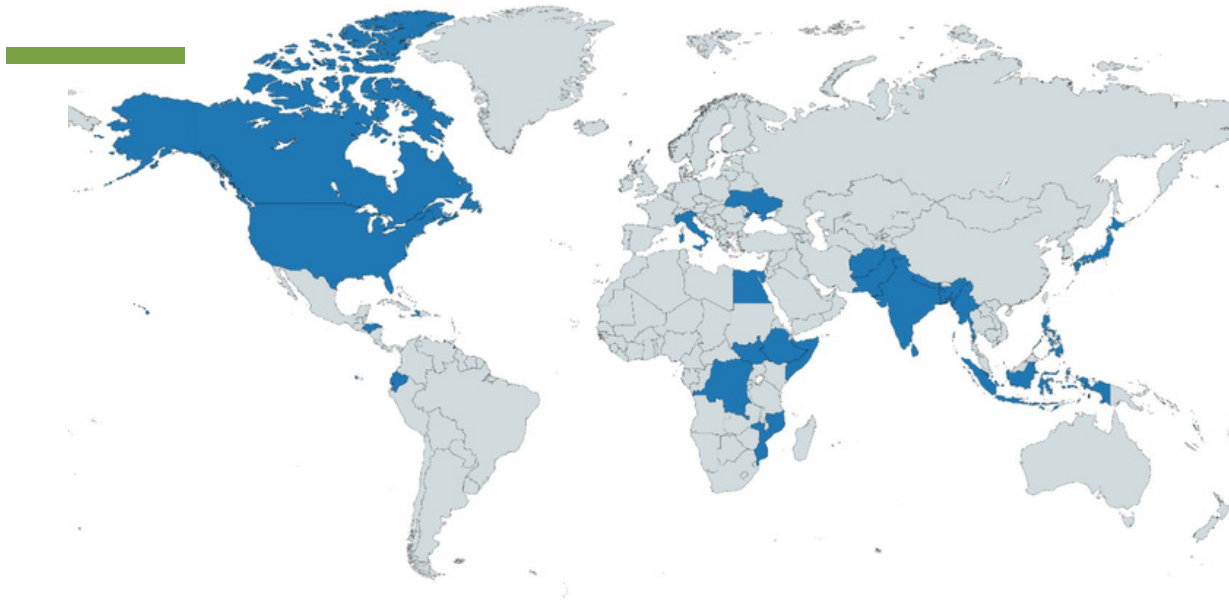
Aside from all this, IMHO has provided scholarships for at-risk and economically disadvantaged students, engaged in telemedicine and telehealth efforts for the continued education of health professionals, built infrastructure such as playgrounds, classrooms, & libraries, and so much more.

Outside of Sri Lanka, IMHO has also undertaken more long-term education development efforts, such as its support for the ongoing education of deaf youth in Ethiopia or continued professional development support for medical providers in Haiti, as a few examples.

Education is the most powerful tool with which to change not just one's own life, but the world. Thanks to the efforts of IMHO over the past two decades, entire new generations are being better equipped to manage their own lives, realize their full potential, and build a stronger and better future for their communities as well.



INTERNATIONAL RELIEF



When disaster hits, the speed with which any relief organization can respond and the ability to address the most immediate needs can make all the difference in life or death, suffering or alleviation, hope or despair.

Time and time again, IMHO has risen to the occasion over the years during moments of great crisis and humanitarian need, providing critical relief in countries across the globe in response to both natural and manmade disasters. IMHO works within existing frameworks of international relief and development providers in executing these efforts, complimenting the existing work of those already on the ground working to serve the most at-risk people.

Living true to its name, IMHO has taken a genuinely international approach to its work, viewing human suffering anywhere in the world as unacceptable. We at IMHO have learned that natural disasters do not discriminate...and neither do we. We have supported relief efforts in 23 countries across 6 continents to-date, including all of the following:

- Bangladesh
- Canada
- Democratic Republic of the Congo
- Ecuador
- Egypt
- Ethiopia
- Haiti
- Honduras
- India
- Indonesia
- Italy
- Japan
- Mozambique
- Myanmar
- Nepal
- Pakistan
- Philippines
- Somalia
- South Sudan
- Sri Lanka
- Ukraine
- USA
- Vanuatu



IMHO's relief efforts are always decided according to the most immediate needs, with the organization often filling the gaps of needs that local relief coordinators are otherwise unable to fill in a timely manner. These efforts have helped to keep vulnerable people housed, clothed, fed, and with access to clean water. The provision of vital medications, medical supplies, and support for health & medical providers themselves has also invariably saved lives and offered a shimmer of hope at an otherwise dark moment.

During times of crisis, the IMHO Board of Directors understands that time is of the essence and endeavors to act as swiftly as possible, often taking action within hours of receiving such requests.

Some of the disasters that IMHO has responded to over the years include the devastating tsunami of 2004 across South & Southeast Asia; earthquakes in Pakistan, Haiti, & Japan, cyclones, hurricanes and flooding in Myanmar, India, Vanuatu, USA, Bangladesh, Pakistan & the Philippines, and brutal civil conflicts in Ethiopia, Sri Lanka, South Sudan, Somalia, Ukraine, and the Democratic Republic of the Congo.

It was in response to the Boxing Day tsunami of 2004 that IMHO truly started to take off, becoming a major

source of support for many communities in Sri Lanka struggling with hunger, homelessness, trauma, loss of livelihoods, and overall devastation. The protracted civil conflict that afflicted the Northern and Eastern Provinces in particular further solidified IMHO's role in providing critical support through its extensive network of vetted personal and professional connections, ultimately investing millions in these efforts and impacting hundreds of thousands of lives.

More recently, IMHO responded in a major way during the COVID-19 global pandemic, providing millions of dollars' worth of in-kind support in the form of medical equipment and supplies to support struggling communities in the US, India, and Sri Lanka, including ventilators, oxygen concentrators, patient monitors, CPAP machines, and personal protective equipment (or "PPE"), in addition to food relief and other support.

Rest assured, wherever and whenever there is need, IMHO stands ready to support in any way it is able, having positively impacted the lives of hundreds of thousands of people around the world. As it has been said, "Whoever saves one life, saves the world entire."

ETHIOPIA



COMMUNITY DEVELOPMENT

“Poverty is not just a lack of money; it is not having the capability to realize one’s full potential as a human being.” – Amartya Sen

Through partnerships forged with local partner organizations and institutions over the past 20 years in countries across the globe, IMHO has been able to channel assistance and work collaboratively with local change-makers in developing and implementing initiatives that transform communities, give hope, and improve lives.

We believe that true success lies in empowering communities themselves to build their own health systems, improve the overall wellbeing of all persons, and respond to challenges and needs as they arise.

Given the unique nature of IMHO’s leadership and support base, we have the incredible opportunity to use our expertise, experience, and resources to help build and strengthen marginalized communities...and that is exactly what we have done for the benefit of thousands of vulnerable and disadvantaged people.

In an effort to narrow the poverty gap by building up civil society and social infrastructure to meet the needs of those struggling the most, our efforts in Community Development have primarily centered around the following four themes:

- Economic Empowerment
- Clean Water & Sanitation
- Nutrition (particularly maternal & child)
- Essential Infrastructure



Since 2003, the volunteer team behind IMHO has worked hand-in-hand with local communities in myriad ways to help realize these aspirations and to enable sustainable Community Development. We have invested heavily in these efforts, driven by the ethos that people can truly thrive when you give them a hand up and not a handout. These efforts have included:

- Vocational development and support
- Development of small businesses and cottage industries
- Establishment of self-help and savings groups
- Construction of homes for those affected by poverty, disaster, or homelessness
- Nutritional support for vulnerable groups
- Construction of essential community infrastructure
- Development of sanitation facilities like toilets and handwashing stations
- Enabling access to clean water through wells, water purification systems, and plumbing
- Establishment of home gardens to both improve and diversify nutritional intake and to generate income



IMHO's efforts in these areas have led, for example, to the development and provision of mobility devices for people who are disabled; the ongoing support for children orphaned and displaced by war and poverty; the empowerment of women-headed households through savings group and small business development; specialized support services for children who are deaf or autistic or living with other neuro-developmental disorders; fertility support for prospective parents facing difficulties; nutritional support for mothers and newborns both during and after pregnancy; the ongoing care of vulnerable elders at elder care and palliative care centers; and the establishment of toilets, sinks with running water, and hygiene programs for schoolchildren.

While these initiatives have impacted thousands of people through the years, often bringing immeasurable and unknowable benefits to their lives, a statistic is merely a number, whereas the measure of one life is unquantifiable.

In the words of Coretta Scott King, "The greatness of a community is most accurately measured by the compassionate actions of its members." The IMHO community, comprised of the volunteers, donors and partners that drive its work, is unceasing in its efforts to help communities develop, to realize their potential, and to hopefully continue the cycle of empowerment and giving.

IMHO EDUCATION PROJECTS

Mr. S. Krishnakumar

Former Zonal Director of Education, Country Director, IMHO

Driven by the traditional objective of ensuring a high rate of university enrollment, the Northern and Eastern Provinces of Sri Lanka managed to maintain a strong academic performance despite three decades of prolonged civil war, severe economic crisis, waves of the COVID-19 pandemic, and more, all of which have deteriorated the standards of education nationally.

To develop and prepare tomorrow's generation of professionals and citizens, it is vital that educational projects concentrate on enabling and accelerating the accessibility of education for children from underprivileged regions in a sustainable manner. Education is the key to lifting these families from poverty and providing a solid and timely remedy for the family.

With this as our goal, IMHO has implemented educational projects in the Northern, Eastern and North-Western Provinces during the past three years during which time IMHO Lanka has witnessed the success of these efforts. Educational and socioeconomical development projects focused on the Upcountry communities were managed by the Project Director and his team at Maskeliya.

All the projects carried out in the Northern Province were done with the approval of the provincial Secretary at the Ministry of Education, Cultural, Sports and Youth Affairs. In the Eastern and North Western Provinces, the special projects are implemented with the support of the respective Divisional Secretariat, Zonal Education Offices, and the respective educational sector-related Societies.

| # | Name of the Project | Province(s) Implemented |
|---|-------------------------------------|---|
| 1 | Early Childhood Development | Northern |
| 2 | Maturation of English Language | Northern, Eastern, North-Western |
| 3 | Science Education | Northern, Eastern, North-Western, Western |
| 4 | Improvement of Digital Education | Northern, Eastern, North-Western |
| 5 | Leadership and Life Skills Program | Northern |
| 6 | Access to education in remote areas | Northern, Eastern |

1. Early Childhood Development

Early childhood education has a tremendous impact on a child's overall intellectual, emotional, and physical development. Community awareness and concern for early childhood education is a vital part in the betterment of the child and of society in general.

As preschool education does not come under the formal education system in Sri Lanka, many schools in underprivileged areas lacks the necessary facilities. External support is thus needed, but this proves particularly challenging in rural areas due to poverty and a lack of understanding about the importance of early childhood education. Against this background, IMHO gave top priority to early childhood development and implemented programmes in Madhu and Vavuniya North zones in two phases.

The first phase consisted of community meetings, a visit by IMHO Board members & other visiting guests, activity-based training for 128 teachers (from 144 schools representing 2,000+ children), and renovations of 8 model schools including electrical connections, clean drinking water access, toilets, and other sanitation facilities. Additionally, 2 playgrounds / play fields were constructed and 2 more were repaired. Schools received teaching – learning materials, televisions, furniture, first aid boxes, dust bins, sick room facilities, and other essential school materials such as whiteboards and storage cupboards. Separately, the facilities of two schools (Savarikulam Preschool & Thenudayan Preschool) were rebuilt and fully equipped.



In the second phase, meetings were held at the Madhu Education Zone and 8 total schools were selected for renovation. Activity-based training was provided for 45 teachers and training-of-trainers was conducted for 56 selected teachers from the Madhu and Vavuniya North zones.



Daily meals were provided by IMHO to 2,697 preschool children in Kilinochchi during the economic crisis period, with support from World Vision and the Ratnam Foundation (UK), as well as 297 children during the same period in Batticaloa.



In partnership with the Ratnam Foundation (UK), IMHO responded to the request of the zonal development department in Kilinochchi to establish their zone as a model zone for preschools. The Provincial Director of Education participated as the Chief Guest for the orientation program, which established activity-based training for 98 teachers (from 72 schools representing 1,510 children) and established 8 model schools from the clusters of Kandavalai and Palai divisions. A Full Moon Day Program is occurring every month in these model schools and Parents Awareness meetings have been conducted. Ongoing goals of this initiative include strengthening of the management committees, early identification of special needs students, starting a children's theatre workshop for teachers, and establishing a model preschool library.

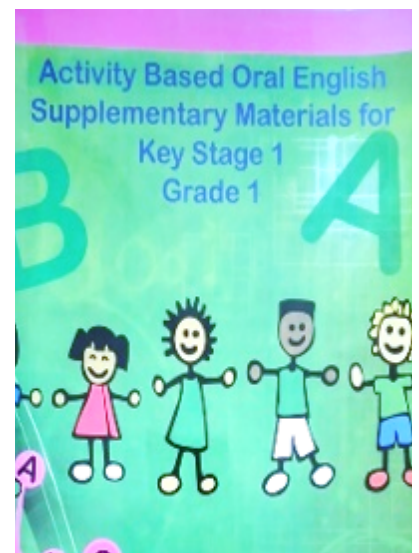




2. English Language Proficiency

Despite the noble efforts taken in English-language development amongst the schools, the outcome of teaching and learning of English has not been satisfactory as revealed in the public examinations. More than 70% of students failed to obtain the minimum 'C' passing grade in their G.C.E. O/L examinations, thereby limiting their chances at higher study and narrowing their avenues to job opportunities. Students experience great difficulties in following class lectures in an English medium format. This is mainly because of the poor foundation laid in primary grades and the fact that teachers have not received the necessary training or capacity-building. As a result, IMHO has taken several measures to help ameliorate this situation:

- Activity-Based Oral English Training Program for 666 teachers across the Northern, Eastern, Central, and North-Western Provinces who teach Grades 1 & 2, with a particular emphasis on speaking and listening skills (thereby benefiting tens of thousands of students)
 - Each participant received the authentic listening materials in compact disks and 32 GB-OTG pen drives uploaded with ABOE Program.
 - 600 supplementary books designed according to Teacher Instruction Manual for Grade 1 were printed and distributed among schools through the respective zones
 - Colorful laminated picture cards with 16 concepts prescribed in the textbooks were provided for each school according to the student population



- Professional English Courses for 200 English-medium Graduates and Diploma Holders who work as Teachers of English in Northern Province.
 - This program was organized by the Ministry of Education, Northern Province through the STEPS (“Skill Through English for Public Servants”) Institute, Jaffna
 - Teachers were selected for the training by a needs analysis with most being recruited recently in Killinochchi and the Island zones
 - The course duration was 20 days of English-language training and 10 days for Teaching Methodology training through a participatory learner content approach
 - Every participant received valuable course book “Empower”, authentic listening materials, and the video clips



- “Fun Reading Bee” Reading Program for 4,600+ Kids in Grades 3-5
 - An approved program by the Ministry of Education, Northern Province and implemented by STEPS Institute, Jaffna, this initiative aims to equip children with the skills and interest to pursue reading both inside and outside the classroom
 - 15 primary schools from Kilinochchi and Vavuniya have each received containers of 50-60 books (English storybooks, nonfiction, fiction, academic materials, etc.) to help start or build a school library for the purpose of building the best practices in reading and story telling
 - Containers are rotated every 3-4 months
 - The teacher in charge receives training over the course of 5 days in 5 modules
 - Students from non-participating schools are selected to participate in the Fun Reading Bee Project community event, which helps them too to foster a love of books!



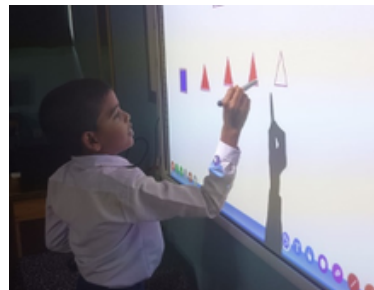
3. Science Education

Science education increases curiosity, creativity, and critical thinking of students and helps them to understand the world and its challenges. Many children today, however, lack such educational opportunities. During the COVID-19 pandemic, schools were not operating for a long time, thus depriving students of many valuable learning opportunities. IMHO collaborated with the Central Province Ministry of Education in providing 7,000 science books for the benefit of 28,000 students from across our project areas. We also joined with the Field Work Center at Thondaimanaru and conducted Science practical residential workshops for Grade 10-11 students, including coastal environmental analysis and astronomy initiatives. In total, 220 students from remote schools in Kilinochchi, 110 students from Thenmaradchy, and 65 students from Vavuniya.



4. Technology & Digital Education

Even though digital learning has a long history, Sri Lanka only started to realize, use and understand digital learning mostly after the COVID-19 pandemic. A lot of learning resources have since been developed by experts for school students, enabling the students to use smart devices to learn anywhere and in a variety of formats. Providing SMART boards for disadvantaged students & schools has proven to be a particularly impactful initiative, with 113 such SMART boards having been provided to schools throughout Trincomalee, Batticaloa, Vavuniya, Thenmaradchy, Valikamam, Puthalam, Chilaw, Thunukkai, and Upcountry, thus benefitting over 30,000 students! SMART boards enable a more engaging learning process, facilitate active learning, lead to improved school attendance, foster group collaboration, help develop useful technology skills, create confidence and curiosity, and have a positive impact on the academic indicators of students overall.



We also provided 30 laptops for the benefit of hundreds of prospective teachers from the National College of Education at Kopay in an efforts to expand their digital competency and equip them with resources to help build their own teaching capacity and capabilities.



5. Leadership and Life Skills Development

Youth leadership opportunities allow youth to grow in a positive, experiential learning environment that promotes personal growth, skills development, and motivation to be more actively engaged in academic and extracurricular activities. IMHO collaborated with the Youth Affairs Ministry in the Northern Province and Visions Global Empowerment Sri Lanka in initiating a Residential Leadership Training workshop for school leavers, and also came to an agreement with the Northern Provincial Youth Affairs Ministry to conduct life skills development programs in the future.

In the school leavers residential program, we have so far completed 2 groups of 40 students each (80 total) from Vadamaradchy, Mannar, and Madhu. By the end of the session participants able to:

- Gain awareness and knowledge on leadership and various skills that constitute leadership development
- Improve their awareness of self, including their strengths and weaknesses
- Set career goals and make plans to achieve the same
- Learn how to effectively communicate, manage conflicts, give and receive constructive feedback, and engage in community service



6. Educational Access in Remote Areas

Education is the right of every child. Yet, in remote and impoverished communities, this reality is not always realized. We hope to muster all our strength in doing all we can to bring up remote area students and give them the same opportunities to a quality education as their urban peers. To help address this need, we constructed teacher quarters for the benefit of 6 teachers from Kodaikattiyakulam and Thunukai primary schools where public transportation is not available. Currently, there are 160 students and 17 teachers at these schools.

We also provided office equipment, including a computer, cupboards, and a safe, to "Iniya Valvu Illam" in Mullaithivu for 56 children (ages 5-22) who are visually or hearing impaired (ages 5 to 22).

We also supported the construction of a building with furniture facilities for the benefit of a student program for youth who lack literacy skills. Uppural is the most impoverished village in the Veruhal Divisional Secretariat with the highest number of school dropouts and with the highest rate of illiteracy. Students were previously selected and taught by the volunteers from the Uppural Rural Development Society, but the program was suspended after COVID due to space limitations. IMHO rose to the occasion and provided the funds to construct and furnish a building in Uppural, and the program has since been revived. Finally, IMHO gave a boost to the education of children whose parents are deaf or hard-of-hearing in Vadamadachy. We provided 26 bicycles to the most needy children, school supplies to 100 children, vocational tool kits to 4 deaf youth to enable livelihood development, and gave furniture support to the local deaf association partner.



RESPONDING TO THE NEEDS OF THE COMMUNITY: A MENTAL HEALTH PROFESSIONAL'S REFLECTION FROM NORTHERN SRI LANKA

Dr. S. Sivayakan

The Beginning

When the war re-erupted on the 11th of August 2006 after a temporary period of no conflict, Jaffna was cut off from the mainland of Sri Lanka, resulting in a shortage of food supply, medical supply, and other essential commodities. On the other hand, in the context of curfews, extrajudicial killings, uncertainty and panic, that situation created a huge demand for humanitarian services, including medical services.

It was in that period we received a call from one of the founding members of the International Medical Health Organization (IMHO), inquiring about the situation and how best they could be of help. After explaining the local situation, we expressed the need for a few essential medications in psychiatry, including long-acting depot medications. It was the first time we witnessed how an organization can act swiftly, and within days we were able to receive a stock of those medications.

This was how the relationship between IMHO and the mental health services of Jaffna started, which later blossomed in many areas. This article attempts to highlight the contributions of IMHO in the development of mental health services and mental wellbeing of the people in Northern Sri Lanka.

Helping in Acute Management

Essential psychotropic medications

population, need medications to control their symptoms and lead a productive life. IMHO has always been helpful in getting the essential medications for the mentally ill people during crisis situations. Whenever we faced a shortage of medications, especially depot medications and clozapine, IMHO extended their support to buy those medications from private pharmacies from Jaffna and Colombo. In addition, IMHO helped the economically disadvantaged mental health clients to get special medications which were not available in the government sector.

Helping the investigations

Like the medication supply, IMHO also helped impoverished clients to undergo certain essential investigations which were not available in the hospital settings. Mostly, IMHO's contribution was used for the assessment of serum lithium levels and thyroid stimulating hormone levels.

Facilitating ECT sessions

Electro Convulsive Therapy (ECT), though faces marked criticism in certain parts of the globe, is still found to be an effective treatment for selected mental disorders, and a lifesaving medical procedure in certain clinical scenarios. It is a safe and effective procedure when in experts' hands.

When we faced a severe crisis without having a functional ECT machine, IMHO generously purchased one ECT machine from the United Kingdom and transported it to Jaffna. The new ECT machine immensely helped in the management of a number of people who were acutely ill.

Minimizing the Treatment Gap

Establishing services

One of the effective means of minimizing the treatment gap is to establish services closer to the people in the form of regular clinics and/or mobile clinics.

In early 2007, IMHO extended its support by providing the basic facilities to the health department to open a new mental health clinic at Base Hospital Chavakachcheri, which was followed in the later years by the opening of two more clinics at District Hospital Maruthankerny and District Hospital Velanai. At present, regular mental health services are available in nine places in the Jaffna peninsula.

Providing transportation allowances

During the difficult period, we observed that some of the mentally ill clients were not attending scheduled follow-up visits due to transport-related financial constraints. This issue mainly prevailed among the Vadamradchi East coastal area. IMHO understood the need and helped those clients by providing a flat transport allowance as an incentive. It created a visible impact and many started attending the clinics regularly. However, this monetary assistance was stopped when regular transport facilities were re-established in the local area, and a new mental health clinic was opened at Mulliyan, closer to Elephant Pass.

Supporting the mobile team

The other approach of addressing the treatment gap is to deliver services directly to the communities themselves. The Jaffna health department initiated a mobile mental health service (named as Community-based Assessment and Management Team – or “CAMT”), with the support of the World Health Organization in 2007. The CAMT consisted of a nursing officer, two counsellors, and a social worker. The transport was provided by the health department, and the technical guidance was provided by the consultant psychiatrist. The team actively looked after the patients who had repeated admissions to the inpatient units and who could not be brought to clinic facilities. Within a year, the team actively followed up with around 120 mentally ill clients.

The CAMT was well received by the people and its impact was remarkable. However, when the WHO was unable to support it further, IMHO stepped in and supported the services for a couple of years.

Due to unfavorable ground situations, the CAMT services had to be toned down for a few years but has now been re-established using different strategies and is effectively functioning. IMHO is currently supporting the wages of one staff member, who is acting as the coordinator of this team.

Psychological education

When people receive the right knowledge, they select the right path and move on with their life. With the light of knowledge, the treatment gap for mental illness can be narrowed down. IMHO has always been helpful in disseminating mental health-related information in the form of pamphlets, booklets, video clips, and recently, an information-sharing website. IMHO also helped us to conduct seminars and workshops on mental health-related topics.

Supporting initiatives in the community

Community support centers are centers which were created in the communities in view of providing a wide range of psychosocial services. After the end of the war, the Northern Province was able to develop 12 such centers with the help of World Vision, and Jaffna received one at Maruthankerny. It was built in a one-acre bare government land, a little away from the residential area. The land was in need of all the basics such as fencing, tree planting, and maintenance.

During the initial period, IMHO offered support to undertake the initial care of the land and building of the Maruthankerny community support center. Later, the health department took over and started utilizing the center for a variety of purposes.

Rehabilitation

Rehabilitation plays a major role in enhancing the recovery of people who have been considerably affected by mental illnesses.

Residential rehabilitation

A residential rehabilitation facility (named as Kudil) was opened in Jaffna on the 10th of October 2007. It was a collaborative effort of Health Department, WHO, and a local NGO named Mental Health Society (MHS). From its inception, IMHO has been extending its supporting hands to this residential rehabilitation facility in many ways.

Logistical support

The logistical support from IMHO came in the form of meeting the additional costs of the rehabilitation, such as transport-related expenditures, supplementary food costs, expenses related to rehabilitation activities, etc.

Supporting skills development

Skills development plays a major role in rehabilitation services. However, there are challenges to purchasing training materials, hiring vocational trainers, and arranging seminars and workshops. IMHO supported many of these initiatives without any hesitation. IMHO also helped to buy bicycles to all the clients who stayed in the residential rehab center in order to encourage cycling and facilitate easy transport to move around.

Encouraging apprenticeship

As part of the rehabilitation process, clients should be able to find a meaningful, income-generating, self-employment or job opportunity. When requested, IMHO immediately agreed to support some of the income-generating activities, namely, but not exclusively, making envelopes for wrapping medicines, packing nutritious food items, organic home gardening, and assisting in the mental health clinics and occupational therapy activities within the hospitals. IMHO is still supporting some of these activities in a selective, case by case manner. This year, IMHO supported a small-scale horticulture project initiated for mentally ill clients who stay in a long stay home, which is progressing well.

A new building for the rehabilitation facility

This is perhaps one of the signatory projects for IMHO in Sri Lanka. IMHO supported the Health Department by facilitating the generous contribution of a mental health well-wisher from USA to establish a state-of-the-art rehabilitation center in Northern Sri Lanka. This rehabilitation center was built in a 130-perch land, which was donated to the Health Department by another generous couple from the UK. IMHO formally entered into a tri-party agreement with the Northern Provincial Council and was able to make it a reality. This facility can accommodate 18 clients at a time.

Supporting the Abandoned Clients

The war has irreversibly disrupted the social fabric and locals are now struggling to restore it. The disruption of support systems adversely affects mentally ill people who have not fully recovered from their illness. Some of them were gradually abandoned by their families and were on the verge of living on the streets. Unfortunately, the social service department was also helpless in assisting these persons. In this reality, IMHO understood the plight of these patients and their safety issues, and started providing financial assistance to place them in dignified homes. The help is still continuing, and the need is still growing. We believe that IMHO will continue its support for this neglected area of social care.

Alcohol Rehabilitation Services

In 2008, IMHO helped initiate a residential alcohol rehabilitation programme at the Cooperative Hospital in Tellipalai, where the Base Hospital was housed at that time. Four rooms were renovated from scratch and converted into a beautiful, home-like setting with a lobby area and two kitchens. The Regional Alcohol Rehabilitation Center (RARC) was opened in the same year.

Later, in January 2012, when the Base Hospital Tellipalai moved to its original place, the RARC was not able to operate where it was started. As such, in 2013, the center was shifted to the Base Hospital at Chavakachcheri. Again, IMHO helped to refurbish the building at Chavakachcheri. The RARC, named as Kuruntham, has earned good reputation and is well established now.

From the inception of this residential rehabilitation facility, IMHO has also been supporting the cost of additional staff salary and a number of capacity building exercises.

Developing services for children with Autism

When Jaffna faced the demand for developing services for children with autism, it was the IMHO which whole heartedly motivated us to develop such services in Jaffna.

Mathavam – a center for neuro-developmental disorders (www.mathavam.org) was established in April 2014, with the fullest support of IMHO, which covered the building rental, equipment cost, staff salaries, initial trainings, and other necessities.

Later Manitha Neyam Trust also joined its hands along with IMHO and MHS. Mathavam is probably the latest and good example where the government non-government partnership is well established and maintained.

Over the years, the health department has gradually undertaken Mathavam in a step-by-step manner.

But IMHO is still contributing a lot for the services offered at Mathavam by providing technical guidance, facilitating experts' supervision, supporting two staff members, helping continuous capacity-building programmes, and promoting advocacy, awareness, and formal research studies. A recent study on the clinic regarding the socio-demographic profile of children who attended to Mathavam was published and is available in open access.

Developing a 24/7 Helpline

Recently, Sri Lanka has established a national mental health helpline – 1929, which was initially piloted in Colombo. However, a 24/7 helpline – Neyam was established in Jaffna in 2014 and is still functioning along with the national helpline. The Neyam helpline provides the necessary health information, advice, counselling, and guidance for a number of psychosocial problems including child abuse, sexual abuse, domestic violence, suicidal ideation, safe sexual practice, mental illnesses, and other crisis situations which may occur in the day-to-day life. As with many of the other initiatives, IMHO extended its fullest support in establishing this helpline.

Human Resource Development

Mental health service provision needs a large number of multi-disciplinary staff members. From a health economic point of view, mental health does not need high-priced sophisticated equipment, but rather, more staff personnel. Since 2006, IMHO supported a number of staff members who worked in the mental health services. Supporting the remuneration of a qualified person not only enhances the service delivery but also improves the self-esteem of the service personnel and the economic situation of their families. In later years, IMHO has gradually scaled down their support for human resources.

It is understandable that hiring human resources costs a lot and could not be sustained forever. It is also logical to pressure the regular systems to take care of the service personnel. However, those who are closely following the health situation in Jaffna can easily understand that there is a severe scarcity in health service providers and it will take many more years to fulfil the required job positions. In this ground reality, we are grateful to IMHO for still supporting an alcohol counselor cum social worker, a speech therapist, a therapy assistant, a nursing officer, and two support staff within the mental health sector.

Capacity-Building

IMHO respects and values capacity-building as one of the highest impact interventions. It never hesitates to support any capacity-building programmes in the field of mental health.

IMHO supported many local trainings and workshops related to mental health in Jaffna. IMHO also supported many local practitioners and service providers to attend a variety of training programmes nationally and internationally. IMHO was also instrumental in bringing local experts to the international arena, aiding experience sharing, and enhancing mutual learning experiences. IMHO also supported in bringing international trainers to conduct trainings in local settings. Recently, IMHO extended its help to produce video clips to be used in the trainings of the primary health care staff on mental health.

Reflection

I have been in contact with IMHO since 2006. It is an amazing experience working with IMHO. One of the striking differences about IMHO from the other NGOs is that the IMHO, in my opinion, has been holding their position as a humanitarian agency. As such, it never expects complicated narratives in the form of project proposals. Of course, IMHO has its own proposal format that requires some basic information, need analysis, and the expected help. In addition, IMHO always responds to the crisis situations, within hours to days.

The other important difference, or rather quality, of IMHO is that it always respects its partners. The term “partnership” is somewhat fashionable in the NGO world. But in actual practice, at least in my experience, the term “partnership” is almost always unilateral and all aspects of the projects are generally determined by the donor. But IMHO encourages its partners to work the way they choose. Once IMHO is committed to a project, it never forces any of its partners to do things the way they want it to happen. IMHO trusts its partners. IMHO representatives respect their counterparts and get the right things from them.

It is important to encourage the locals to own their programmes and IMHO has done that effectively. Many key persons in IMHO kept close links with their local partners and have supported them continuously. They never let the local partners get into weariness or burnout.

I can confidently say that all the mental health-related initiatives we started with the help of IMHO have proven their effectiveness. Some of them, like the alcohol rehabilitation center and center for neuro-developmental disorders, are very unique and have set an example to the rest of the country. The individual staff members who benefited and are still benefiting from IMHO's financial assistance are grateful to the organization and the individuals who support the organization. Thousands of beneficiaries, the service users and their families who knowingly and unknowingly benefited from the generous contributions of IMHO, may not be aware of the organization or the help we received from the organization, but are definitely doing well because of these efforts.

Over the years, many changes occurred on the ground and in the international arena. As a result, we could see many changes in the IMHO's ideology. The good thing is that IMHO is now focusing on, at least in a small way to start with, establishing partnership with the up-country people of Sri Lanka. Personally, I feel that this is a commendable move, and I strongly believe that IMHO has the capacity to handle the possible risks associated with this initiative. The other development is its commitment towards the education of the underprivileged students. This too is a praiseworthy effort.

It is evident that IMHO is now focusing on encouraging volunteers to actively participate in the humanitarian services. This is really important in the long run and IMHO should create its future leaders. IMHO should now start to think how best they can strengthen the systems and structures locally. At the end of the day, the local health system and the other systems which have the relevance as determinants of health, should be able to develop sustainable programmes and implement them. Now, the time has come to shift the support from money to brains, which is a difficult process.

Money is relatively easy to collect, easy to account for, and easy to disseminate. But making changes in others' thinking process is a tough job. Nevertheless, I feel that it is a timely need - influencing people to think rightly and behave correctly. Locals, including myself, need more brains than money now. There is a huge need for changing our thinking patterns and attitudinal reflections. There is a dire need for developing good morals and values in par with humanity. There is a great need to act and behave in a responsible way. And there is a real need to think logically and act positively. Volunteerism needs to be developed locally. IMHO, though primarily a health-related humanitarian agency, can also play this brain game!

No end. It continues....

One of the outcomes of positive mental health, and in fact, one of the duties of all of us is "to give back to the society". IMHO, its active and passive members, its generous donors, its local partners, and its well-wishers, all showcase this quality. They all respond to the need of the communities.

May the almighty bless the IMHO.

INVESTING IN EDUCATION FOR A HOPEFUL FUTURE

by IMHO Sri Lanka

IMHO has undertaken development projects with the aim of transforming and uplifting the education of students in the Central and Sabaragamuwa Provinces.

Improving Student Performance

Model question papers were provided by IMHO to help raise the scholarship results of Grade 5 students in the Hatton and Nuwara Eliya education zones.

Activity-based oral English training was conducted by IMHO for 50 primary school teachers in Division III of the Hatton education zone, benefiting them in their professional development.

475 Hatton students benefited

3,085 Nuwara-Eliya students benefited

Enrichment Classes for G.C.E (O/L) Students in Central. and Sabaragamuwa Provinces

IMHO conducts enrichment classes for G.C.E (O/L) students in two provinces and four education zones to enhance their results in Math, Science, English, Tamil, and History.

| No | Province | Name of the Education zone | No. of the center | No of the students |
|-------|--------------|----------------------------|-------------------|--------------------|
| 1 | Central | 1.Hatton | 12 | 3425 |
| | | 2.Nuwaraeliya | 12 | 2050 |
| 2 | Sabaragamuwa | 1.Ratnapura | 6 | 448 |
| | | 2.Nivithigala | 6 | 250 |
| Total | | | 36 | 6163 |



Teacher Training Programs

Empowering English Teachers for Enhanced Teaching Skills: IMHO conducted a teacher training program in Hatton Education zonal, benefiting 50 Advanced Level English teachers by empowering them with improved teaching skills and methods.

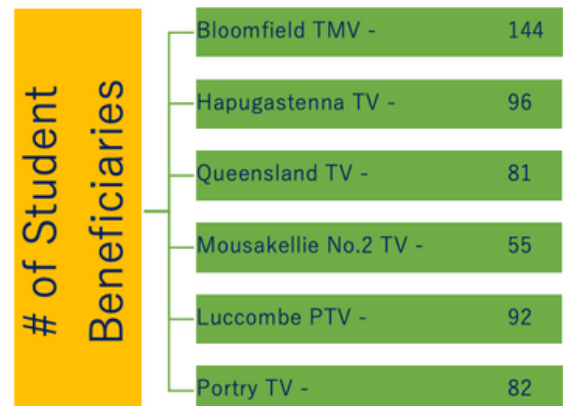
Enhancing Academic Performance through SMART Classroom Implementation: IMHO facilitated practical sessions in the Hatton zonal, benefiting 50 teachers in the effective implementation of SMART classrooms to enhance students' academic performance.

IMHO's Daily Mid-Day Meal Program

IMHO has provided daily mid-day meals to 550 underprivileged primary school students from six schools in the Hatton education zone. This program aims to improve their education by addressing nutritional needs and supporting their overall well-being.

Nourishing Education for Underprivileged Primary School Students

IMHO has provided daily mid-day meals to 550 underprivileged primary school students from six schools in the Hatton education zone. This program aims to improve their education by addressing nutritional needs and supporting their overall well-being.



VOCATIONAL TRAINING CENTER – MOUSSAKELLIE

by IMHO Sri Lanka

IMHO organization established a Vocational Training Center in the community of Mousakellie in the upcountry to provide vocational skills training to unemployed youth. Operating for one year, the center has made significant progress in training young people in sewing techniques.



The Goal

The goal of the Vocational Training Center is to equip unemployed youth in the upcountry with essential vocational skills and qualifications, enabling them to enter the workforce confidently, secure employment, and foster personal and economic growth.

Impacts

- Economic empowerment through essential vocational skills training.
- Skill development and enhanced employability for unemployed youth.
- Reduction in unemployment rates in the hills community.
- Increased self-confidence and belief in abilities.
- Empowering women through equal opportunities and gender equality,
- Entrepreneurship opportunities and job creation.
- Skills transfer and knowledge sharing within the community.

45 different garments can be stitched by the beneficiaries

30 women are currently enrolled and studying at the VTC

60 women graduates have successfully completed the vocational training





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 மாவட்ட ஆதார வைத்தியசாலை - டிக்கோயா
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2023.05.17

The President & Board of Directors,
 International Medical health organization -IMHO
 USA.

Dear Board of Directors,

Appreciation for IMHO's services

I am writing to express my heartfelt appreciation and gratitude for the IMHO organization's contribution to the development of Dickoya Base Hospital. As the Medical Superintendent of the hospital, I have had the pleasure of witnessing the organization's dedication and commitment towards serving the poor and marginalized community.

Over the years, the IMHO organization has provided support for various developmental projects at the hospital, Provided a Cardiotocography machine (CGD), partition work in all the buildings area, water supply with tube wall, and road with ram work for the eye unit. These projects have significantly improved the infrastructure and facilities at the hospital and have made it a more comfortable and efficient place for patients and their families.

Furthermore, the IMHO organization has supported cataract surgery for over 200 individuals with the support of the Alaka Foundation in Malaysia. This project has been a great success and has helped to restore sight to many people who were previously living with vision impairment.

Recently, the IMHO organization started work on four units of toilets for Outpatient department (OPD) use, which will significantly improve sanitation and hygiene at the hospital. More than 400,000 people from surrounding areas including Hatton, Kottagala, Wattawala, Maskeliya, Norton, Nallathanniya, Norwood, Bogawanthalawa and Upcotwill benefit from the hospital, and these projects have made a significant impact on the lives of many people in the surrounding areas, who often struggle to access quality healthcare.

As the IMHO organization celebrates their 20th anniversary this year, I would like to extend my warmest congratulations and best wishes for their future endeavors. I am confident that the organization's commitment towards serving the poor and marginalized community will continue to make a significant impact on the lives of many people.

I would like to take this opportunity to express my sincere appreciation and gratitude to all the donors and the IMHO family for their support and commitment towards the betterment of our hospital and the community. I am honored to be part of this remarkable organization, and I look forward to many more years of collaboration and partnership towards achieving our shared goals.

Thank you.

Medical Superintendent,
 District base Hospital,
 Dickoya

Dr.M.F.M.Fazly
 MBBS.MSc (Medical Administration)
 Medical Superintendent,
 District Base Hospital, Dickoya

ORGANIC HOME GARDEN PROJECT

by IMHO Sri Lanka



Since February 2021, the International Medical Health Organization (IMHO) has been implementing a home garden project to empower families and promote sustainable living in underprivileged communities. The project provides seeds and tools to 200 new families every month to start their own vegetable gardens at home, with an allocation of 1,500 Sri Lankan rupees (US \$5) for each family to cover the costs of setting up and maintaining their garden.

To-date, the project has supported a total of 3,600 families. The beneficiaries have reported significant improvements in their nutrition and health, as well as increased income from selling excess produce at local markets.



The IMHO's home garden project is an excellent example of how small-scale initiatives can have a big impact on communities. By empowering families to grow their own food, the project has improved the lives of thousands of people, reduced food insecurity and promoted sustainable living.

The success of the IMHO's home garden project demonstrates the potential of community-based solutions to tackle complex challenges such as poverty and food insecurity. By working closely with local communities and investing in small-scale initiatives, organizations like the IMHO can have a transformative impact on the lives of people in need.

The IMHO's home garden project is a powerful example of how empowering families and communities can lead to positive change. With continued support and investment in these types of initiatives, we can create a more equitable and sustainable future for all.

EMPOWERING VULNERABLE CHILDREN THROUGH THE CARING HANDS PROJECT

IMHO Sri Lanka

The Caring Hands project aims to provide assistance and support to children, particularly those living in the plantation sector, who have lost one or both parents or are living with other relatives, to improve their access to education, nutrition, and overall wellbeing.

Activities

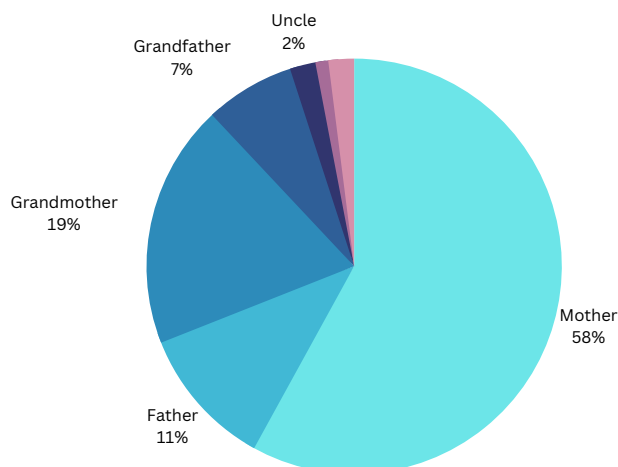
- Providing monthly food packages directly to the homes of the children
- Visiting the schools where these children are studying and meeting with the principal and classroom teachers to inquire about their educational status and discuss future cooperation
- Conducting monthly meetings with guardians to create awareness about discipline and good behavior of the children



Student Breakdown by Gender

| Area | Girls | Boys | Total |
|--------------|------------|------------|------------|
| Maskeliya | 60 | 80 | 140 |
| Kotagala | 53 | 47 | 100 |
| Total | 113 | 127 | 240 |

Caregiver Demographics



| No | Living with | Maskeliya Area | Kotagala Area | Total |
|--------------|-------------|----------------|---------------|------------|
| 1 | Mother | 75 | 64 | 139 |
| 2 | Father | 11 | 15 | 26 |
| 3 | Grandmother | 33 | 13 | 46 |
| 4 | Grandfather | 11 | 5 | 16 |
| 5 | Uncle | 5 | 1 | 6 |
| 6 | Aunt | 3 | 0 | 3 |
| 7 | Sister | 2 | 2 | 4 |
| Total | | 140 | 100 | 240 |

Impact

The project has identified and addressed educational challenges facing children in the project, resulting in improved performance in school exams, including O/L and A/L.

The project has worked to ensure daily attendance of children in the project, providing them with the necessary support to overcome barriers to attendance.

Monthly meetings and awareness campaigns on discipline and good behavior have helped to strengthen relationships between caregivers and children.

The project has helped to increase awareness of the rights of children living in difficult circumstances and has worked to protect and promote these rights.

Through various activities and interventions, the project has created a safe and nurturing environment for children, improving their mental health and well-being.

A Success Story of the Caring Hands Project



"I am Ravichandran Sudankumar. My mother died when I was young, and I never went to school after that. I didn't think it was important, and I didn't have anyone to encourage me. But then the Caring Hands Project came to our area, and they talked to my father about my education. They visited me at home and helped me enroll in school. Now I am in grade 10, and I am so grateful for the opportunity to learn. I want to become a teacher one day, so I can help other children like me. Thank you IMHO."

EARLY CHILDHOOD AND CARE DEVELOPMENT IN UPCOUNTRY SRI LANKA

IMHO Sri Lanka

IMHO started early care development activities with 10 preschools in 2016, and it has experienced significant growth over the years. The organization currently manages 27 preschools, and during its expansion period, it absorbed 14 preschools. The organization serves a total of 364 students total. Last year, 181 students completed their preschool education and continued with their primary education in government schools.

IMHO is committed to providing a conducive learning environment for its students. To achieve this goal, the organization provides various resources that enhance the learning experience of its students. These resources include:



Free Uniforms

The IMHO provides free uniforms to all students. This promotes a sense of equality among the students and ensures that they feel included in the learning process.



Water Facilities

IMHO provides water facilities for preschools. This ensures that the students have access to clean drinking water, which is essential for their health and well-being.



Free mid-day Meals

IMHO provides free mid-day meals to all its students. This ensures that the students receive proper nutrition, which is essential for their growth and development.



Furnishings

IMHO provides furniture. This includes tables, chairs, and other necessary equipment, which are essential for the learning process.



Electricity Facilities

5 preschools were provided with electricity facilities. This ensures that the students have essential access to an environment conducive to learning.



Toilet Facilities

2 preschools were provided with toilet facilities. This ensures that the students have access to proper sanitation facilities, which are essential for their health and hygiene.



Television Sets

10 preschools were provided with television sets. This enhances the learning experience of the students by providing them with audio-visual aids.



School Playground

2 preschools were provided with a children's playground. This promotes physical activity amongst the students and enhances their social skills.

IMHO is committed to creating an effective learning environment for students. To achieve this goal, the organization conducted a five-day training workshop to train their teachers. This training workshop focused on enhancing the skills of the teachers and promoting a child-friendly teaching environment.



REVITALIZING HOSPITALS IN **UPCOUNTRY**

IMHO Sri Lanka



Maskeliya Hospital underwent a comprehensive renovation project that included color washing, internal wiring, and internal renovation. The new color scheme created a welcoming atmosphere, while the upgraded wiring ensured safety, and the internal renovation enhanced functionality and comfort. The hospital now provides a modern, efficient, and inviting environment for patients and staff alike.



Donation of an Electro Cardio Graphic (ECG) Machine to Maskeliya Hospital

IMHO donated an ECG machine to the Maskeliya Base Hospital, which will improve the hospital's ability to provide cardiac care services to patients. This donation will prevent any shortage of medical equipment and enable the hospital to provide affordable and accessible cardiac care services to patients in the surrounding areas. As a result, patients no longer need to travel long distances or pay exorbitant fees at private hospitals, thus reducing the financial burden on individuals and families.

The Cataract Surgery Project

The Cataract Surgery Project is an ongoing initiative funded by the Alaka Foundation of Malaysia and implemented by IMHO USA. More than 300 patients at Dickoya Base Hospital and Nawalapitiya Base Hospital have already benefited from treatment for unnecessary blindness, with their eyesight successfully restored. The project is committed to serving the poorest people and continues to provide much-needed cataract surgeries to those in need.



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SUWASIRIPAYA

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 சுகாதார அமைச்சு
 Ministry of Health

මගේ අංකය)
 எனது இல) DDG/P/COVID-19-DONATION/IMOH/2021
 My No.)

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 Your No.)

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 திகதி) 27/08/2021
 Date)

International Medical Health Organization (IMHO)
 400W, Wilson Bridge Rd, Ste 230
 Worthington, OH 43085

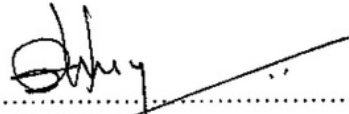
**EXPRESS OUR DEEPEST GRATITUDE AND ACKNOWLEDGEMENT FOR YOUR
 SELFLESS CONTRIBUTIONS**

As you know COVID-19 outbreak continues to spread throughout the country. During this time of great uncertainty, we have been comforted and encouraged by the generosity and support from International Medical Health Organization with donations of medical equipments and consumables worth of USD 3,006,597. It was a remarkable support for our frontline healthcare workers and hospital staff who are providing compassionate and collaborative care for patients combating COVID-19.


VOCSN PRO-Ventilators, Millennium M10600 Oxygen concentrators and CPAP Machines donated by your organization were undoubtedly saved many lives in Sri Lanka and donated disposable respiratory masks, tie masks, ear loop masks, N95 masks, hospital gowns, ISO gowns and hand sanitizers for the staff at health institutions have been useful for the prevention of healthcare personal from contracting the Corona virus. Your donations have helped the continuity of our commitment to fight against COVID-19 pandemic.

Thank you all so much for your dedication to improve the healthcare capabilities of Ministry of Health during this difficult time. Your efforts will make a difference for people impacted by the COVID-19 situation in Sri Lanka. Once more, we're grateful to you, for rising to the challenge in these unprecedented times.

Sincerely,



 Dr. S. Sridharan
 Deputy Director General (Planning)
 Ministry of Health
 Sri Lanka


 Dr. S. Sridharan
 Deputy Director General (Planning)
 Ministry of Health, Nutrition & Indigenous Medicine
 "Suwasiripaya"
 385, Rev. Baddegama Wimalawansa Thero Mawatha,
 Colombo 10.

ROAD TRAFFIC **ACCIDENT REPORT**

Dr. T. Gobyshanger, Jaffna Teaching Hospital

Introduction

A trauma registry is a system of timely data collection that aids in the evaluation of trauma care for a set of injured patients who meet specific criteria for inclusion. In addition to hospital-based trauma data, it also includes patient information from other health care providers including pre-hospital care and rehabilitation, if utilized. Trauma related injuries have become a very serious health burden all over the world including Sri Lanka. It is one of the important causes of disabilities and deaths as well as economical challenge in developing countries.

Project Summary

Trauma especially road traffic accident involves high human suffering and socioeconomic costs in terms of premature deaths, injuries, loss of productivity, and so on. According to the World Health Organization report published in December 2018, 'Every year approximately 1.35 million fatality cases registered as a result of road traffic crashes all over the world. Between 20 to 50 million people suffer non-fatal injuries, with many suffering with a disability as a result of their injury.'

While the number of road accidents are on the rise in Sri Lanka, the actual numbers stay hidden due to under reporting. The publication on Sunday observer, 21 July 2019 reported that '*More than 187,000 minor injuries and 500,000 property damage would have gone unnoticed during the 10-year-period from 2003 to 2013. It could be more for the past five years, estimating the data of fatalities and grievous injuries.*' According to the Traffic Police Statistic for the year 2018, it stated nearly 25 people gravely injured and 8 to 9 fatality cases registered per month all over the island. Majority are males, aged between 15 to 45 years are involved in Road Traffic Accidents, which is 75% of the injured and fatality cases.

At the same time in Jaffna, the numbers of accidents are increasing during recent times. The initial studies revealed that the number of accidents and deaths per year was more in Jaffna when comparing to the national data. In the form of Road Traffic Accidents, they are having high human suffering and socioeconomic costs. There is no discrimination in human suffering but there is a major differentiation in economic problems experienced during the hospital stay.

With the aim of reducing the amount of human suffering because of the Road Traffic Accidents, we started a campaign in Teaching Hospital, Jaffna with the funding of International Medical Health Organization (IMHO). In May 2019, we had a meeting, made a decision to follow up on all Road Traffic Accident casualties under the supervision of Dr. T. Gobyshanger. From the very first week we started the clinical trials with the software called Trauma Survey by Arogya Foundation.

The first ever tab (Huawei MediaPad T3 10) bought by the research supervisor for the immediate start of the survey and a research assistant appointed in May 2019, who was paid by IMHO. With the help of the above-mentioned android application, the data were collected for pilot study. In June 2019, the first Tab was handed over to the supervisor.

We had experienced some series of problems during data collection, mainly loss of some data. Because of some problem in the application, we couldn't collect complete data till July 2019. By fixing the bugs, from August we managed to collect data with the existing issues rectified. At the same time, from statistical department and records room we collected data of registered RTA casualties from 2012 to June 2019, which confirmed the increasing number of casualties throughout the years because of RTA. During September 2019, the pilot study report for Road Traffic Accident survey was submitted and a report for the year 2019 which data was collected from statistical department also done. In December 2019, another research assistant was appointed and trained to collect data from Tellipalai Base Hospital.

In order to expand the survey to Northern Province, 4 more research assistants were appointed and trained for a week at TH Jaffna and sent to the most populated hospitals throughout the Northern Province, including DGH Kilinochchi, DGH Vavuniya, BH Tellipalai, BH Chavakachcheri and BH Point Pedro during September 2020.

Achievements:

- Android-based application development
- The trauma app to cover all trauma
- Human mapping (*the human mapping system gives a unique experience in marking the injured parts of the body by the single touch of the injured part in a human-shaped physiological dummy)
- GPS located
- Web-based surveillance system
- Charts to analyze and export data
- RTA to Trauma (*as we planned to convert it to the trauma survey, we achieved the milestone on June 2020 by adding the fall injury questionnaire on the application)
- Data collection (we have managed to collect 11,611 data from hospitals where data entry operators were assigned)

The implementation of strategies to control the accidents and minimize the traumatic injuries are our initial goals. The ultimate goal is to develop a trauma centre and continuous data collection. With the scientific data collected, analyzing periodically the strategies can be modified scientifically. This would be prevention, treatment, total care, and social support.

Actions recommended from the current study:

- **Increase the visibility of vulnerable things**
 - Luminous paint for stray cattle
 - Luminous jackets for night riders / workers
 - Luminous paint for blind spots

- **Aiding in early and proper transfer of victims**
 - Locating ambulance close to accident prone area
 - GPRS for ambulance to find location and mobilize quickly
 - Paramedics pre-hospital care training

- **Public involvement**
 - First aid training to all three-wheel drivers and provision of first aid boxes
 - Workshops and seminars for all public and private transport drivers

- **Special school programmes**
 - School awareness programme
 - Hospital visits by school children to see the victims
 - Traffic control programme and traffic clubs at school
 - Regularize school to organize their traffic flow
 - Regular assembly talks and video education
 - Awarding for best school in organizing above activities

- **Report from RDA regarding injury prone areas and safety during repairs of roads**

- **Forming a task force to implement the recommendations and campaigns for road safety**

- **Other recommendations:**
 - Revalidation of license every 10 years
 - Revalidation of trainers and training schools
 - Assessment of vehicle of their road worthiness
 - Scrap of old vehicles

- **National policy:**
 - National day for accident prevention
 - National task force
 - National trauma centre
 - National Registry
 - Empowering policymakers

Despite significant challenges experienced by the team in establishing a trauma registry in the Northern Province, we have made progress in collecting preliminary data and presented the data at the Committee on Trauma meeting of the American College of Surgeons in San Antonio, Texas on 7 March 2018. Our next goal is to empower the various authorities involved in overseeing the road safety to work together while aligning with national policies and find funds and agencies to implement the above listed projects.

HOPE ON THE HORIZON IN CARDIOLOGY

Dr. Lakshman Poopalan



The Jaffna Teaching Hospital, which serves a population of nearly 1.2 million people of the entire northern Sri Lanka and which is one of the biggest hospitals in the country, has faced many crisis situations in its history spanning over 150 years. The present economic crisis in Sri Lanka had and continues to have an adverse impact on every aspect of life, and the health sector is one of the worst affected service sectors in the country as a result.

The Jaffna Teaching Hospital successfully copes with the support of various organizations and individuals. IMHO is one such organization which has maintained a long-standing connection with the hospital for nearly 15 years.

IMHO's support to the Jaffna Teaching Hospital began with their support for the establishment of a high dependency unit at the Cardiology Unit in 2008. Thereafter, IMHO extended their support in the form of various major, medium, and small-scale projects involving millions of dollars.

Support for the establishment of cardiac catheterization labs; financial assistance to help purchase necessary hardware to run the cath lab; donation of permanent pacemaker machines, portable Echo machines, and temporary pacemakers; leads and support for the training of nursing officers of the HDU in India; and the

donation of a Holter system and ambulatory blood pressure monitoring equipment. These are a few examples of the invaluable contributions made over the years by IMHO.



Recently, IMHO contributed significantly in purchasing a brand new exercise treadmill machine for the Jaffna Teaching Hospital Cardiology Unit. I thank IMHO USA on behalf of our unit and on behalf of the beneficiaries as well. I express my wish that this fruitful connection will continue for many years to come.



JAFFNA JAIPUR CENTRE FOR DISABILITY REHABILITATION: IMHO SUPPORTED PROJECTS 2022

Dr. J. Ganeshamoorthy



Since 2012, IMHO has been one of the key donors to support JJCDR's services to assist persons with disabilities across Sri Lanka.

Physically disabled persons and amputees in our society who are economically vulnerable are provided with prosthetics, orthopedics, and mobility devices, so that they may then re-enter mainstream society as equals, able to live full and fulfilling lives.

In collaboration with IMHO, JJCDR has been able to implement the following projects in 2022 to enhance the quality of life for disabled people:

- Provision of mobility devices
- Repair of prosthesis
- Provision of education grant

Through our program, we were able to provide 32 mobility devices and thus help enable disabled persons to maximize their capabilities in the future.



32 mobility devices provided

492 prostheses were repaired in 2022

11 education grants given to physically rehabilitated students

In addition, 492 prostheses were repaired in 2022. Apart from this, 11 physically rehabilitated students were given education grants to encourage them to attend school.

There are still more persons with disabilities who need to be addressed, despite these successful implementations, and we hope our partnership will continue long into the future. On behalf of the Board of management and all the beneficiaries, I would like to thank IMHO for its continuous and caring support for the persons with disabilities, especially Dr. (Mrs.) Rajam Theventhiran, Mr. Murali Ramalingam, Mr. S. Krishnakumar, and Mr. G. Krishnakumar.



Jaffna Jaipur Centre for Disability Rehabilitation (JJCDR)
05, Old Park Road, Jaffna
Sri Lanka

Tel: +94 (0) 21 222 2574
Email: jaipurj@sltnet.lk
Web: www.jjcdr.com

The JJCDR is registered as a voluntary organisation under section 20 of the Protection of the Rights of Persons with Disabilities Act No. 28 of 1996 under Reg. No. MSS/NSPD/R/174 and with the registrar of Non-Governmental Organisation under Reg. No. L 25716 in Sri Lanka.

GROWING STRONGER, GROWING DEEPER, REACHING HIGHER: **CELEBRATING TWO DECADES OF SERVICE TO HUMANITY**

Dr. D.C. Ambalavanar, Visiting Lecturer, Dept. of Surgery, Faculty of Medicine, University of Jaffna

“காலத்தினார் செய்த உதவி சிறிதெனினும், ஞாலத்தின் மாணப் பெரிது”

“Although an act of help done timely might be small in nature, it is truly larger than the world itself.”

— Thiruvalluvar, Thirukkural

One of the tragedies for the Tamil community of the long civil war was the massive brain drain that it suffered. Many of the brightest and best were for various reasons forced to leave or were unable to return to the land of their birth and their communities. The effects of that are still very much in evidence in all aspects of life in the Tamil regions. Fortunately though, the existence of large thriving Tamil communities overseas has also been a tremendous source of support to the hard-pressed Tamil community here. Many Tamil organizations exist in far flung lands and continue to help and support the people whose lives have been devastated by war.

Healthcare in particular has been a beneficiary of the fact that there are so many Tamil health professionals all around the world. Tamil medical organizations across the world have made, and continue to make, significant contributions to improving the quality and standards of healthcare in the north and east.

The International Medical Health Organization USA is one such charity that was started by concerned Tamil medics and other professionals in 2003. The organization was founded on the principles of humanitarianism and neutrality and aims to improve health care across the globe by identifying health needs and providing training and resources to address those needs. What is particularly noteworthy about IMHO is that though their focus is not just helping the war-torn areas of Sri Lanka, their vision is much broader than just that. They have helped all communities in Sri Lanka and in several other countries. They are probably unique among Tamil organizations in the way that parochialism does not limit their endeavors.

It has been my good fortune to work closely with IMHO from the time of its founding. As a surgeon working in Jaffna in 1997, at a time when resources and staffing were limited, it was greatly encouraging to receive help and support from IMHO. The first contacts with members of IMHO were with Dr. Karuniyan Arulanantham and Dr. Thavam Thambi-Pillai here in Jaffna soon after the ceasefire. Since then, I have got to know many more of them and have greatly valued these friendships and connections. I was also invited to attend the IMHO annual meeting in Columbus, Ohio in 2007.

My dealings with IMHO have been both to seek funds for equipment but also to get help for education and training programs for healthcare workers here. My experience of working with IMHO has been a very positive one and never have I had a request turned down! An email request to Dr. Rajam Theventhiran or Thavam, I know that after a clarification or two, there would be a positive response!

If they were unable to provide the funds they would direct me to another organization that could. To give an idea of the varied projects that I appealed for which IMHO has supported, I present the following:

1. Purchase of Hysteroscope and Resectoscope for Gynecology, Teaching Hospital, Jaffna - 2014

2. Support for Trauma Course in Jaffna - 2014

For the very first time, the College of Surgeons of Sri Lanka conducted their two-day National Trauma Management Course (NTMC) in Jaffna in October 2014. This was attended by around 70 doctors from Teaching Hospital, Jaffna and the Provincial Hospitals. IMHO provided the major portion of the funds to help conduct this course at the Faculty of Medicine. As a result of this course, doctors who underwent training would have been better prepared to deal with emergency trauma cases in their hospitals.



3. Support for Microbiology Department, Faculty of Medicine - 2015

When the technical officer in the microbiology department retired in early 2015, the university had not appointed a replacement. Faced with the possibility of student research work and microbiology practical sessions for medical and allied health students being crippled, an appeal was made to IMHO to pay the technical officer to continue to work for another year. Thanks to his being present, when a new technical officer was appointed several months later, she was able to get the training required to continue this work after he left.

4. Workshops in Obstetrics for nurses and midwives that was conducted by a team from CMC, Vellore (funded by IMHO Canada) - 2016

Not only did nurses and midwives get updates on managing obstetric emergencies, they also came into contact with professors from the nursing profession for the very first time. This gave them an exposure to what career possibilities should and could be possible for nurses.



5. Joint meeting of Jaffna Medical Association (JMA) and IMHO – 2016

For the first time, the Annual Scientific Sessions of the Jaffna Medical Association was held in collaboration with another organization, and IMHO had the unique honor of being the first such organization to do so. I was happy to have been involved in facilitating that collaboration. The sessions were a tremendous success and several distinguished speakers from the USA participated. Some were IMHO members and others were arranged by IMHO. The Chief Guest for these sessions, Prof. Sharmila Anandasabapathy, was recommended by IMHO. In addition to helping arrange speakers for the sessions, IMHO also provided support for the publication of the scientific journal and to cover the visit by the Chief Guest.

During these sessions, members of IMHO also met with the Dean and staff of the Faculty of Medicine and the Director and staff of the Teaching Hospital, Jaffna to ascertain ways in which further collaboration could take place. The links established as a result have proved to be of immense value to both the Teaching Hospital and the Faculty of Medicine.

6. Training of Ambulance crews in the Northern Province – 2016 & 2017

The Provincial Ministry of Health felt that it would be good to train ambulance crews in dealing with common emergencies, as a free emergency service had been started in early 2016. This training was made possible by IMHO supporting two paramedics from London coming to Jaffna on two occasions to conduct a 'training of trainers' for doctors and for several ambulance staff. Those doctors who were trained are now valuable resources who are utilized for ongoing basic training in life support and trauma care. Providing regular training and updates in basic life support for healthcare workers in our hospitals will improve the standards of care that patients receive.

7. Purchase of Training Equipment – 2017

IMHO and IMHO Canada provided funds for the purchase of mannequins and other training material needed for ongoing training in basic life support for healthcare professionals working under the Provincial Ministry.

8. Purchase of Transport Ventilator for Mullaitivu Hospital – 2018

A major problem faced by many hospitals in the province is the lack of portable ventilators for use when transferring critically ill patients between hospitals. Sometimes patients are manually ventilated by staff even on transfers to Colombo! IMHO responded positively to this request which will improve patient outcomes and relieve significant stress on accompanying staff.

9. IMHO support for the establishment of a Royal College of Surgeons Centre for Basic Surgical Skills and Core Laparoscopic Surgery courses at the Faculty of Medicine, University of Jaffna – 2019

The IMHO provided financial support for establishing this centre through the purchase of 2 laparoscopy trainers and other training items from India, as well as the purchase of surgery instruments needed for these courses. In addition, they also contributed to cover some of the expenses incurred for conducting the two courses. In October 2019, IMHO continued to support this centre by paying the airfare for one resource person from England to participate in conducting these RCS courses.

10. IMHO donations of essential medicines following the economic crisis - 2022 & 2023

IMHO continued their support for the healthcare system in Sri Lanka by donating medicines and consumables that were urgently needed in hospitals following the economic crisis in 2022. They did so by purchasing medicines locally and also ordering them in Chennai. The donations of medicines purchased in Chennai were for the Teaching Hospital, Jaffna, Base Hospital Puttalam, Base Hospital Tellipalai and Trail Cancer Hospital Tellipalai.

The above mentioned projects are only a very few of the many projects that IMHO has supported in Sri Lanka and I am sure that the many others will be mentioned elsewhere. I have touched on only the projects that I have collaborated with IMHO over the past few years. When I was President of the Jaffna General Hospital Development Association in the early part of this century I received considerable help and advice from IMHO members for the urgent needs of that time. Another very important way in which IMHO and its members have helped is in directing interested parties and individuals in the USA to work with institutions here. This has helped in establishing important links for long-term collaboration in education and research.

What I can state with certainty is that all of these projects that IMHO have helped undertake and support have in various ways helped our community and improved the lives of our people. It cannot be easy year after year to raise the funds and retain the enthusiasm to continue these ambitious projects. Much is said in the west regarding 'donor fatigue'. However, my observation is that the members of IMHO appear to be as committed as ever to this great humanitarian undertaking of theirs and show no signs of easing up. They have also enthused younger members of the Tamil community in the USA to come forward in different ways to help the land of their ancestors which bodes well for the future. I am aware that IMHO understands that their work is not just about writing cheques but to help the communities and institutions they support to be self-sufficient.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."-Margaret Mead

The International Medical Health Organization has indeed shown that they can change the world of many individuals for the better both in Sri Lanka and elsewhere. In this their two-decade anniversary, it gives me great pleasure to submit this report and to wish the organization continued success in its humanitarian endeavors.



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DISTRICT GENERAL HOSPITAL - VAVUNIYA

A9 කණ්ඩා வீதி, வவுனியா A9 කුළු පාර, වවුනියාව A9 Kandy Road, Vavuniya

☎ 024-2222761 | 024-2225483 | 024-2225482 📠 024-2222262 📧 officedghvavuniya@gmail.com



எனது இல
மேல் எட்டை
My No.

} NP/04/43/DGHV/04/Ack-007

உமது இல
මගේ අட்டை
Your No.

திகதி
දිනය
Date

} 2023.05.10

Chairperson,
International Medical Health Organization.

**Re : Acknowledgement of the donations received for the eye unit -
DGH Vavuniya.**

It is with great pleasure that we would like to convey our heartfelt gratitude for providing the eye unit of District General Hospital Vavuniya with the following donations as per our request.

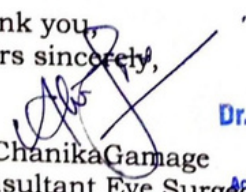
1. Alcon Centurian FMS – 10
2. Balanced Salt Solutions (500ml) – 50 bottles
3. HP Methyl Cellulose (3ml) – 150
4. Trypan Blue (1ml vial) – 30
5. Carbachol (1ml vial) – 20
6. Viscoat – 20
7. Single piece Optima intra ocular lenses – 95
8. Multi piece Alcon intra ocular lenses - 16
9. 2.2mm slit knives – 100
10. 1.2 mm side port knives – 120
11. Preservative free Triamcinolone vials(1ml) – 10
12. Biometry machine (A scanner with a printer) – 01


We have been able to carry out continuous Cataract surgery lists as a result of your kind gesture and so far we have performed approximately 200 plus cataract surgeries up to now with your donations of intraocular lenses and surgical consumables.

The provision of the much-needed Biometry Machine (A - Scanner with a printer) has enabled us to plan for continuous Cataract Surgery lists with less financial burden for the patients as an essential pre operative investigation.

Therefore, please accept our sincere gratitude for your noble service on behalf of everyone who benefited from it.

Thank you,
Yours sincerely,


Dr. Chanika Gamage
NBBS (Col), MD (Oph)
SLMC Reg No: 30677
Acting Consultant Eye Surgeon
Consultant Eye Surgeon – Acting
District General Hospital
Vavuniya.


Dr. J.M. Nilakshan
Director
District General Hospital
Vavuniya.

DIRECTOR
District General Hospital
Vavuniya

| | | | | | |
|-----------------|------------------------------|-------------------------------|--------------------|--------------|-------------------------------|
| Director | 024 222 2715 | directordghvavuniya@gmail.com | Planning Unit | 024 222 3676 | planningdghvavuniya@gmail.com |
| Office AO/CC | 024 222 5367 024 222 5368 | officedghvavuniya@gmail.com | Quality Management | | qmudghvavuniya@health.gov.lk |
| Accounts Branch | 024 222 8094 | acctdghvavuniya@gmail.com | | | |

RENAL REPLACEMENT TREATMENT **FOR ALL BY 2025**

Dr. Brammah R. Thangarajah & Dr V. Bavanthan, Teaching Hospital, Jaffna

Most developing countries including Sri Lanka are far from realizing the dream of delivering Renal Replacement Treatment (RRT) for everyone who needs it. Restrictions, rations, and reservations have somehow made a stronghold in daily medical practice, leaving us decades behind the rest of the world, and more importantly compromising the provision of care to society.

Though acute emergency dialysis is provided without compromise on most occasions, long-term dialysis for maintenance is very much restricted. Very often the number of patients enlisted for dialysis exceeds the number of slots, resulting in restricted patient access to haemodialysis and other modalities, and a general rationing of care.

Expansion of service provision is the only way forward. Expansion in terms of number, as well as in the modalities of other RRTs. It is unlikely these objectives will be realized in a timely manner with sole reliance on the government sector. Commitment from all concerned parties working in partnership through a recognized platform would kickstart the journey forward, working together toward a holistic RRT with all modalities and a motto of "RRT for everyone in need".

IMHO has been instrumental in kickstarting this journey and providing companionship from the very beginning. Though the target might be far ahead, the distance travelled is worthy of mention, and the support achieved is remarkable. More than the support provided during the hour of need, it is the sense of belonging and commitment of ownership in making this situation better, which has been instrumental in motivating this forward push.



Jaffna could now be considered a complete Renal Unit with the introduction of transplantation services and peritoneal dialysis option, on top of routine haemodialysis. IMHO has played a crucial role in establishing and strengthening each component of the unit.

Hemodialysis is now established in three base hospitals (Chavacacheri, Tellipalai and Point Pedro) in Jaffna, along with the mother unit in Teaching Hospital, Jaffna. Dialysis machines provided by IMHO helped the units to function in a higher capacity and provided dialysis for more patients in the vicinity.





Expansion in one area also paves the path for expansion in other areas, as we have seen in the district of Kilinochchi where the newly opened dialysis unit with a capacity of 10 dialysis machines provides much-needed, essential care provision. Success in one front also invites other donors to join hands with us in further strengthening services as we witnessed in the establishment of a dialysis unit in Base Hospital, Mallavi. Strengthening the infrastructure and expansion of service personnel needs further support progress toward the achievement of our dream of RRT for everyone by 2025.

Peritoneal dialysis is at its infancy at Teaching Hospital, Jaffna, currently providing services for around 15 patients. Progress is being made toward the goal of realizing care for 20% of the total RRT population and to have a balance and change of modality options for patients based on their preference and clinical needs. IMHO, in a timely manner, provided funding to complete the PD room and utility room construction which had been stagnant up until this crucial support.

The role of IMHO has been phenomenal in making the Teaching Hospital, Jaffna a Transplant Unit – the first such unit in the entire North and East. Beyond funding the project to construct a much needed transplant High Dependency Unit (HDU), the sharing of technical and professional expertise has been very inspirational.



The role of Professor Thavam Thambipillai in particular in making this transplant dream a reality in Jaffna cannot be over-emphasized, as he was the one who drove the program with enthusiasm and energy, which we ourselves lacked at times. Beyond what was expected, IMHO has provided us with unhindered support.

We need to continue to march forward as the hurdles ahead are still numerous. Public-Private Partnership and Collaboration are key to long-term sustained success. Sharing of expertise from IMHO and other like-minded organizations is warmly welcomed. Quality RRT for everyone who needs it is the goal!

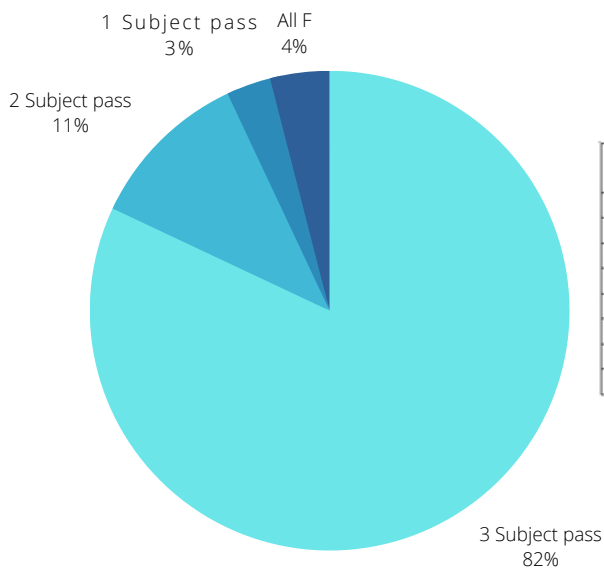
NADARAJAH FOUNDATION & UNIVERSITY SCHOLARSHIPS PROGRAM UPDATE



During the 2021 to 2022 academic year, one hundred students were selected for scholarships through the Nadarajah Foundation / IMHO higher education scholarship program. In 2021, 76 students sat for G.C.E (Advanced Level) examination, and 60 of those students qualified for postgraduate studies at universities and teacher's college.

The first pie chart below shows the percentage-wise results of the students. We have analyzed the A/L results of the students, of whom 82% passed 3 subjects, meaning they were eligible to apply for higher education.

Evaluation of Advanced Level Exam results (2021)



| No | Stream | Male | Female | Total | Scholarship amount |
|--------------|-------------|-----------|-----------|------------|--------------------|
| 1 | Bio Science | 10 | 17 | 27 | 2,500 |
| 2 | Math | 18 | 6 | 24 | 2,500 |
| 3 | E Tech | 5 | 3 | 8 | 2,500 |
| 4 | B Tech | 1 | 3 | 4 | 2,500 |
| 5 | Commerce | 5 | 9 | 14 | 2,000 |
| 6 | Arts | 3 | 19 | 22 | 2,000 |
| 7 | Fine arts | - | 1 | 01 | 2,000 |
| Total | | 42 | 58 | 100 | |

In 2022, IMHO itself awarded scholarships to 18 university students from low-income families studying medicine, law, and technology. This year, the IMHO inducted 31 new students, and increased the number of students benefiting from the scholarship scheme to 49.



Scholarship Breakdown (2021 - 2022 academic cycle)

| No | Course of study | Number of Students |
|-------|--------------------------------------|--------------------|
| 1 | Medicine | 6 |
| 2 | Management | 3 |
| 3 | Applied Science | 1 |
| 4 | Engineering technology | 1 |
| 5 | Law | 4 |
| 6 | Transport & Logistics Management | 1 |
| 7 | Arts | 15 |
| 8 | Information Communication Technology | 2 |
| 9 | Commerce | 1 |
| 10 | Tea Technology | 1 |
| 11 | Computing & Information | 1 |
| 12 | Engineering | 2 |
| 13 | Bio systems technology | 3 |
| 14 | Bio system | 1 |
| 15 | Nursing | 1 |
| 16 | Agriculture | 1 |
| 17 | Drama & Theater | 4 |
| 18 | Computer science | 1 |
| Total | | 49 |

ENRICHMENT CLASSES FOR G.C.E (O/L) STUDENTS IN SABARAGAMUWA PROVINCE

The General Certificate of Education (G.C.E) Ordinary Level (O/L) examination is a crucial national level examination in Sri Lanka that applies to school children across all provinces, including those from the Sabaragamuwa Province. To enhance the academic performance of G.C.E (O/L) students, a project offering enrichment classes was initiated on 21 January 2023 with 12 centers located within the 2 education zones of Sabaragamuwa Province, namely Ratnapura and Nivithigala.

Enrichment classes for G.C.E (O/L) students in the Nivithikala and Ratnapura Education zones of Sabaragamuwa Province usually focus on core subjects such as Mathematics, Science, English, Tamil, and History. These classes are conducted by highly qualified teachers who are experienced in teaching specific subjects, and the curriculum is designed to cover the key topics and concepts of the respective subjects.

In total, 690 students have benefited from these enrichment classes across the 12 centers in the Nivithikala and Ratnapura education zones. These students have been able to avail themselves of the additional learning opportunities provided by the enrichment classes to enhance their academic performance and exam preparation.



| No | Name of the Zone | Name of the Center | Number of Students |
|-------|----------------------------|--------------------|--------------------|
| 1 | Ratnapura education zone | Ratnapura TMV | 67 |
| | | St. Joachim TV | 65 |
| | | Kalaimagal TMV | 78 |
| | | Navalar TV | 30 |
| | | Srikrishna TMV | 150 |
| | | Sivanantha TV | 58 |
| 2 | Nivithigala education zone | Dela TMV | 73 |
| | | Houpe TV | 63 |
| | | Meenatchiammal TV | 49 |
| | | Kalawana TV | 29 |
| | | Madapathara TV | 28 |
| Total | | | 690 |



මූලික රෝහල - කල්මුනේ(උතුර)

ஆதார வைத்தியசாலை-கல்முனை(வடக்கு)
BASE HOSPITAL – KALMUNAI (North)

Phone Gen: 067-2229261 / 4601 Fax: 067-2229161 M.S: 067-2220525



Vision- "To become center of Excellence in Health Care in the Eastern Province."

My No: - BHK/Gen/CC/App.Le/2023
2023.05.08

President,
International Medical Health Organization (IMHO)
USA.

Conventional Greetings

I am privileged to send this message on the occasion of celebrating 20 years of service by IMHO.

Base Hospital, Kalmunai (North) is committed to ensuring the high quality of Health care service delivery in all possible ways. But our country is currently undergoing changes in Economical structure and disease burden. To deal with these challenges it is necessary to get support from Non-governmental organizations.

As IMHO is always ready to consider our requests in a positive way with the grateful support, it is happy for us to work with them.

Even with extreme difficulties and tough circumstances, their continuous assistance and passionate contribution were crucial for fulfilling our various needs.

We deeply appreciate the inspiring and productive discussion and support from the members of the IMHO, whenever we request our needs.

I would like to take this opportunity to congratulate the IMHO for their various interventions and support to mitigate the health issues we are attempting to solve.

I also would like to extend my gratitude towards IMHO for their interest and support to accomplish our projects and programs.

At this occasion, let me thank the president of the team IMHO for the facilitation and for leading the process, and all the coordinators and advisors for supporting and providing valuable insights.

In order to produce a healthy, dynamic future generation, it is vital to uplift the healthcare service delivery in our area.

It's Happy to highlight a few of the important projects which IMHO has been carried out at Base Hospital, Kalmunai (North) since 2010.

Establishment of Orthopaedic Unit

- ❖ IMHO provided Pneumatic Drill Set with Drill & Saw Attachment – 01 (2022) which is very useful for initiating and carrying out orthopedic unit.

Supporting Eye Surgeries & Procedures

- ❖ IHMO is providing eye lenses and needed items to major eye surgeries to people living below the poverty line.

Renovation works at Mental Health Unit

- ❖ IMHO has been supporting the improvement work of our Mental Health Unit

Assistance for COVID-19 Treatment Centre

- ❖ The High flow nasal Cannula System & Oxygen Concentrator provided by IMHO has been a great help in running our hospital efficiently during the Covid period.


Renovation of Children's Park

- ❖ The Children's Park had been a long-term need of the children admitted to the Pediatric Ward. It has been set up with the financial support of IMHO.

Providing support for the Establishment & Maintenance of the Diabetic Centre

- ❖ IMHO has provided necessary financial support for the successful functioning of our Diabetic Centre.

I sincerely believe that this decade-long working relationship will continue forever for the betterment of our society.


Dr.R.Muraleeswaran,
Director,
Base Hospital,
Kalmunai (North)

Dr.R.Muraleeswaran
Director
Base Hospital
Kalmunai-North

EVOLUTION OF CHILDREN'S HEALING GARDEN – **BATTICALOA (“ITHAMALI SIRUVAR POONGA”)**

*Dr. Thanabalasingam Gadambanathan,
Senior Consultant and Board-Certified Specialist in Psychiatry*



The Commencement – “Taking A Giant Step”

The Children's Healing Garden was opened on 10 June 2020 at Teaching Hospital, Batticaloa in a building that was renovated with the funding support of the International Medical Health Organization (IMHO USA). This building was officially handed over by Dr. K. Arulnithy (Consultant Cardiologist & Board member, IMHO Sri Lanka) to Dr. K. Ganeshalingam (Director, Teaching Hospital, Batticaloa)

The overall aim of setting up this center was to find and facilitate skills in children, and if necessary, support the children to cope with their demands, challenges, and adversities through proper interventions (ie: skills development ,etc.) in a child-friendly and engaging environment.

This facility has been of immense help to children with learning difficulties in particular (ie: intellectual disability, dyslexia, etc.) who are disproportionately at risk of dropping out of school; children with neuro developmental disorders (ie: Autism Spectrum Conditions, etc.); and children with chronic physical illnesses (ie: those who experience frequent hospital admissions and longer ward stays).

Considering these aims, three separate sections were established – 1) an inpatient unit (“Ithamaliyakam”), 2) a skill lab (“Thiran Aivakam”), and 3) an educational space (“Payilakam”).

The inpatient facility has been functioning to provide services for children needing inpatient care due to logistical difficulties in accessing services, challenging home environments, and other challenges.

The skill lab has been functioning to facilitate early identification of children with skill deficits and neuro-disabilities and to institute remedial actions at an earlier stage which facilitate a better prognosis / outcome for those children.

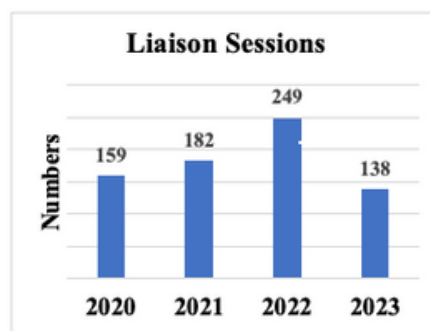
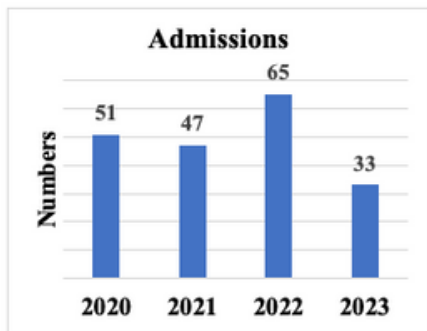
The educational space has been functioning to provide multiple learning opportunities for children and parents alike. Children with chronic physical illnesses who need frequent and or longer hospital stays are given access to “learning support hours” using this space.

This space has been used by children at the inpatient facility and day care to learn and practice skills in groups. Parents has been supported with management of “challenging behaviours” and aspects of parental management, thus empowering them to be the “co-therapists”.

The Journey - “Surfing the Challenges”

The Children’s Healing Garden, nearing its third year of operations, has its ups and downs. Despite the success in designating this 6-bed unit as a separate ward (“ward 41”) we were yet to be successful in obtaining separate designated staff to look after this ward. Over time, admissions have been arranged on an elective basis with flexibility. It was possible to reassess children attending child & adolescent support clinics (CASC) who show relatively poor response and also to the parents needing parental management training. These are in addition to the supportive sessions for children with long-term illnesses (ie: thalassemia, etc.)

From 2022, new children & adolescents with complex challenges presenting with child protection issues are also admitted to facilitate to resolve their issues.



❖ 2020 – After July 2020

❖ 2023 – Up to May 2023



Hope & Expectation

Our initial expectations of attracting consultant child & adolescent psychiatrists to this unit has not been met, as many qualified child & adolescent psychiatrists have left the country. The ongoing economic crisis has increased this “brain drain” making this expectation even less of a possibility.



The Future - “Using Innovations & Opportunities”

There have been new initiatives by the Ministry of Health in collaboration with the Sri Lanka College of Psychiatrists and Sri Lanka College of Child & Adolescent Psychiatrists to establish telemedicine services to provide child and adolescent psychiatric services throughout the country. Considering the increasing mental health problems among adolescents, initiatives are already being taken to commence an adolescent and youth wing, thereby growing “ward 41” into a 12-bed unit.

“UYIRILAI” SPINAL CORD INJURY ASSOCIATION (MANKULAM, MULLAITHIVU)

In the year 2012, “Uyirilai” Spinal Cord Injury Association, an organization committed to supporting individuals who have suffered spinal cord injuries in Mankulam, Mullaithivu approached the International Medical Health Organization. Our initial requests to IMHO included help with livelihood projects, transportation needs, and the provision of handicapped accessible sanitation facilities for those living with spinal cord injuries.

Between 2012 and 2015, IMHO donated tricycles for 30 individuals. This was of significant benefit as the recipients, in addition to using the tricycles for their personal use for transportation to receive medical care, were able to make a livelihood and discover their independence. A certain percentage of that income was donated to the welfare society to benefit quadriplegic persons (9 individuals in total). In the succeeding years, the plan of donating to the quadriplegics failed due to multitude of reasons including some the recipients passing away with medical complications.

In 2015, IMHO funded 7 handicap-equipped sanitation facilities benefitting our members. We also received 100 gel cushions to be used by our members to prevent bedsores.

When the availability of water became an issue, IMHO helped with tube wells (5 total). As a continuation of the handicap equipped sanitation facilities, IMHO funded the construction of 15 more toilets in the year 2018 and 6 more toilets in the year 2019.



We have a total of 10 members with rather deep pressure sores whom we are managing in our home, and to care for them IMHO has been paying for the nurse's salary as well as for the medications and other supplies. Construction of a medication room was also funded by IMHO in 2019.

For the members who excelled in the G.C.E. O/L exam, IMHO donated computers to support them in their continued education.

Earlier this year (2023), IMHO provided bed sheets and pillowcases to our members as well.

Since 2012, IMHO has been a constant source of ongoing support to our organization and the people we serve. Whenever requested, they readily help us with whatever is needed. On behalf of our members and our organization, we thank IMHO from the bottom of our hearts and humbly request them for the continuation of their support.



JAFFNA TEACHING HOSPITAL DIABETIC CENTER

Dr. M. Aravinthan
Consultant Endocrinologist
Teaching Hospital, Jaffna

The Diabetic Center at the Teaching Hospital, Jaffna advances into its 14th year of service to the people of Northern Province of Sri Lanka. IMHO has played a pivotal role in the establishment and sustained growth of the this Diabetes specialist center and its continuous support has enabled the upliftment of standards of Diabetes care across the Northern Province.

We have around 35,000 registered Diabetes patients in our centre. We do Diabetic annual screenings, including eye and foot care screenings and health education programmes. We have separate Diabetic clinics for the Type I Diabetic patients and Gestational diabetic patients.

The Number of Annual Screening Patients

| Year | Annual Screening Patients |
|------------------------|---------------------------|
| 2015 | 4,634 |
| 2016 | 5,185 |
| 2017 | 5,465 |
| 2018 | 5,538 |
| 2019 | 6,926 |
| 2020 | 6,369 |
| 2021 | 5,231 |
| 2022 | 5,598 |
| 2023 (January – April) | 1,877 |



The Jaffna Teaching Hospital Diabetic Center extends its service to the community through health education programmes to raise awareness about Diabetes and its complications amongst the general public. Last year we conducted health education programmes in 30 schools under the theme of 'A Healthy Lifestyle,' and the active participation of students made these efforts a great success.

We regularly arrange Continuous Medical Activities (CME) for the medical officers and nursing officers of the Northern Province. We celebrated World Diabetes Day 2022 at the Divisional Secretariat office with the participation of around 1,000 people. Previously, we organized medical camps in rural areas to support the general public from poor socio-economic backgrounds.

The Diabetes Center, Teaching Hospital, Jaffna is a Centre of Excellence for Diabetic care, bringing great benefit to the people of the Northern Province, Sri Lanka.

The citizens of the Northern Province of Sri Lanka greatly appreciate the unconditional and continuous support of the IMHO for the betterment of Diabetic patients. On their behalf, we would like to express our most sincere gratitude to the IMHO for its tremendous support over the years.

Thanking you,

Dr. M. Aravinthan
Consultant Endocrinologist
Teaching Hospital, Jaffna



CREATING A SAFE SPACE FOR CHILDREN – PEDIATRIC UNIT, BATTICALOA: “PLAY & LEARN”

The Pediatric Unit at the Teaching Hospital, Batticaloa, a provincial tertiary hospital in the Eastern Province of Sri Lanka, is one of three such university pediatric units. Children with various physical issues have been admitted to these units, the total number of which admissions in 2022 was 7,863. Unfortunately, there is no functional area for play or educational activities for these children except for a space with a few outdoor play structures in a state of dilapidation. It has been our dream to create a space for children to play and learn.

The objective in setting up this space is to facilitate educational / learning activities of children admitted to these wards and in the recovery phase of their initial acute illnesses, as well as those children with chronic illness (ie: thalassemia, haemophilia, nephrotic syndrome, etc.) who need frequent admissions for regular assessment and treatment. Most of these children are of school going age and repeated hospital admissions equates to missed days of school and loss of precious learning opportunities. As most of these wards are quite busy and full, it is difficult for the children in the recovery phase to stay continuously in the wards without feeling distressed or regularly disrupted.



The current renovation process involves two primary areas, including renovation of the park as well as building of a small study hall. The hall will be used for self-learning, peer learning, and group learning activities. In addition, the same hall can be used for indoor play activities. It is our hope that these new initiatives will facilitate and expedite the recovery process while ensuring their educational continuity.

Our sincere gratitude to Dr. Rajam Theventhiran and the Board members of the International Medical Health Organization for their support, which has worked to empower our health services through their generosity. Thank you for joining us in this renovation process and thus for making our dream a reality.

TWO DECADES OF HEALTH DEVELOPMENT **IN THE NORTHERN & EASTERN PROVINCES**

Mr. Gopalakrishnan Krishnakumar
Project Coordinator, IMHO

Following three decades of war, the Northern and Eastern Provinces of Sri Lanka were deeply affected and required a thorough rehabilitation of all infrastructure and facilities and a restoration of essential services. National budget allocations and development grants were not adequate to meet all the needs of the health sector, and thus IMHO stepped forward in providing immense support to fill these gaps in health service provision and patient care.

One of the earliest efforts of IMHO was the establishment of a primary medical care unit at Iyankankulam in Mullaitivu District in 2006 to help serve the people in the surrounding remote villages. Similarly, IMHO conducted mobile clinics at Koolavaddy, Pansenai, Pulipanchakal and Vahaberi in the Eastern Province to reach those in areas without adequate access to care.



In the year 2010, soon after the war came to a close, the entire population from the Mullaitivu and Kilinochchi Districts were displaced and resettled in the Vavuniya District where they remained in Internally Displaced Persons (IDP) camps for an extended period. During that time, there was a huge need to cater to the needs of the displaced population, and the IMHO rose to the occasion in providing the following services:

- Management of inpatients & outpatients in the hospitals
- Conducting outreach clinics in 3 peripheral hospitals in the Vavuniya District
- Coordinating & conducting regular clinics in the IDP Camps
- Performing medical inspections in two schools for children with special needs, including screening them and referring them to a specialist, if needed
- Conducting psychosocial activities in IDP Camps & child surrender camps
- Conducting mental health camps with the cooperation of NGOs
- Training health volunteers and staff of NGOs that work in the psychosocial sector
- Conducting workshops at schools on basic life skills and problems of students



During the same period, IMHO supported to overcome the shortage of doctors in the remote areas of the Jaffna District. This support helped to provide the basic health services to people of these areas smoothly.



Malnutrition also was a great challenge during that period, and the IMHO provided supplementary nutrition support to undernourished pregnant mothers. This helped to bring down the low-birth-weight rate significantly. The organization also supported nutrition awareness programmes for adolescent schoolgirls and helped to establish a postnatal care centre in the Jaffna District, which helped enable access to better facilities and services for young mothers and infants.

Apart from the above, a cancer screening centre was established to address common cancers, which can be prevented, and when detected at early stages can lead to better outcomes.

The Teaching Hospital, Jaffna is the apex hospital for the Northern Province, and it is the one and only hospital which directly comes under the Ministry of Health of Sri Lanka. It provides several specialty services. From time to time, IMHO provided its support as per their needs. A heart treatment complex was established, and investigative and intervention services were provided by the trained doctors and personnel. The Diabetic Centre was established with IMHO providing support for human resources, ongoing operations & maintenance, research and public awareness programmes, laboratory testing, and even the publication of books, benefitting many thousands of people.

Apart from this, donations of medical equipment and other supplies have been a regular fixture of IMHO's efforts to support the Teaching Hospital, Jaffna. In just the past 3 years alone, these donations have included

a laparoscope system, pediatric endoscope, cystoscope, Holter monitor, ETT machine, and suture materials were provided to this hospital in the last 3 years.



In the year 2014, the “Mother - Baby Unit” of the Jaffna Teaching Hospital did not have adequate facilities, leading to mothers having to sleep on the floor and there being no proper place to place clean incubators. Those issues were solved through the IMHO’s support. Adequate rooms and facilities for staff and mothers & their babies were enabled through IMHO’s support.

Dental cavities have a massive impact on a child's development, and so IMHO implemented a school dental project, which included the provision of toothpastes & brushes and conducting awareness programmes in the Jaffna & Kilinochchi Districts in 2013, benefitting thousands.



As just a few examples of the support IMHO has given to the Vavuniya District General Hospital – in 2013, they did not have adequate physiotherapy equipment to treat the massive number of people who were injured during the war. IMHO filled that need, along with construction of a Mental Health Unit in 2009, and a

donation of an ophthalmic A-scanner for the Eye Unit in 2023.

An example of support given to the Mullaitivu District General Hospital is the establishment of a fertility centre through renovations and the provision of equipment to this hospital. Further, a non-invasive ventilator (BIPAP/CPAP), oxygen concentrators, patient monitors, transport incubator with humidity controller, ultrasound scanner, drug trolleys, ward rounding trolleys, saline stands, and emergency crash carts were also donated.



In 2014, the Tellipalai Base Hospital did not have a vehicle park for patients and staff until IMHO intervened. Similarly, IMHO supported the construction of a cafeteria for this hospital. More than US \$26,000 of medical equipment was donated to this hospital in 2017 which helped to set the current standard in coverage and quality of services offered by each and every clinical center of the hospital.



In 2023, there was a shortage of cancer medication during the economic crisis situation, and the IMHO donated \$8,500 worth of drugs for cancer patients. Similarly, \$2,150 worth of essential medicines were donated to the Divisional Hospital, Pandatharippu recently, as well.



IMHO provided funds for the purchase of an airway trainer manikin and two automated defibrillators for the Jaffna District in 2017, which helped to develop the first homegrown emergency ambulance service in Jaffna District and later in the Northern Province.

The Emergency Unit of the Point Pedro Base Hospital was extended in 2017 which helped to reduce the number of patient transfers to other hospitals. In addition, an occupational therapy unit was constructed for psychiatric rehabilitation. A high flow oxygen therapy unit and an oxygen concentrator were donated in 2022.

Like all countries around the globe, Sri Lanka was affected dramatically by the COVID-19 pandemic. There was a huge need for emergency medical equipment, for which IMHO helped to do its part. Medical equipment and supplies worth US \$3.1 million (620 million Sri Lankan Rupees) were shipped from the U.S. to Sri Lanka in 12 large containers and were handed over to the Ministry of Health in Colombo on September 1, 2021. Oxygen concentrators were also purchased locally and donated to all the District General Hospitals and selected Base Hospitals across the Northern and Eastern Provinces.

The following equipment, including ventilators, defibrillator, ABC machines, patient warmers, fluid & B/D warmers, multipara monitor, pulse oximeter, ICU beds and dialysis machine, worth US \$100,000 were handed over to the Intensive Care Unit of the Mannar District General Hospital in April 2022.

A permanent structure for Mental Health Intermediate Care Unit (known as "Kudil") under the Tellipalai Base Hospital in the Jaffna district was constructed and opened in March 2022. Over US \$450,000 has been invested in this project by IMHO to-date. This unit carries out the programmes designed to help mentally ill clients regain their potential in basic self-care, small scale domestic work, simple food preparations, useful leisure time activities, physical and mental exercises, organizational skills, goal-oriented activities, vocational training, and activities related to earning a livelihood and leading an independent life.



Mathavam is a centre for neuro-developmental disorders, which operates with the intention of providing interventions to children with neuro-developmental issues, especially autism. IMHO supported the establishment of this centre in 2014 in the Jaffna District and has provided equipment, staff training, and support for ongoing operational costs. The continuous support for capacity development of staff and overcome the staff shortage of this centre have been particularly meaningful interventions.

The frequent power cuts due to economic crisis severely affected the health services in the year 2022, which is why IMHO provided an electricity generator for Nainativu Divisional Hospital to minimize the interruption of the services.

IMHO has continuously supported the Kalmunai North Base Hospital for the last 8+ years. Medical equipment, including opti-flow nasal oxygen therapy (for adult use), portable oxygen concentrators, and eye scanners were donated. A pneumatic drill set with drill and saw attachment was given in 2022. The Diabetic Centre of this hospital is being continuously supported to fulfil the human resources gaps, and clinic books for patients were printed.



In the meantime, an ECG machine was donated to the Teaching Hospital, Batticaloa in 2022. Emergency medicine for the Oncology and Dental Units were provided as well.

Cataracts can cause blurry vision of a person and increase the glare from lights. There are long waiting lists in the hospitals for this surgery, and the IMHO has not failed to address this issue, stepping forward to conduct cataract camps in several hospitals in the Northern and Eastern Provinces and investing tens of thousands in lenses and other supplies.

The examples listed above are just a few selections of the myriad ways in which IMHO has intervened to fill the gaps and make a tremendous difference. At this juncture, as IMHO passes the 20-year mark in its humanitarian journey, it is the continuous dedication of the IMHO Board members, who are voluntarily serving for this organization, who are the true story behind this success. I sincerely appreciate their commitment, flexibility, and willingness towards supporting the under-served communities in Sri Lanka. I wish to express my personal gratitude for their efforts and time they have contributed and wish the organization much continued success.

A DECADE OF IMHO CONTRIBUTIONS TO MULLAITIVU DISTRICT

Dr. M. Umashankar, RDHS Mullaitivu

The International Medical Health Organization (IMHO) has been an important developmental partner in the health sector, especially in Northern and Eastern Sri Lanka.

The Mullaitivu District, which was devastated by the last stages of civil war, has received a helping hand from the IMHO for nearly more than a decade. To this day they continue to play a significant role in uplifting the health services for this district in many ways.

The ways in which IMHO has made an impact in the Mullaitivu District include:

1. Health-related infrastructure developments, such as developing the subfertility treatment unit.
2. Provision of essential medical equipment to our Intensive Care Units and wards.
3. Development and strengthening of transport medical equipment, including the provision of a transport incubator.

From the year 2020, our district has received more than 4 million (LKR) worth of support from the IMHO. I wish to thank all the Board members and donors of IMHO who work behind the scenes for the betterment of our district.

My sincere thanks for the coordinators of IMHO projects in Sri Lanka. I look forward to continuing this partnership in the future, as well.

Thanking you,
Dr. M. Umashankar
RDHS Mullaitivu



PHOTO GALLERY



"Kudil" residential rehabilitation facility in Jaffna



"Kudil" residential rehabilitation facility



"Kudil" residential rehabilitation facility construction



Clean water project in Upcountry



"Kudil" residential rehabilitation facility construction



COVID relief



Batticaloa Teaching Hospital ECG machine donation



Cataract camp at Nawalapitiya



Donation of cystoscope to Jaffna Teaching Hospital Urology Department



COVID relief equipment donations



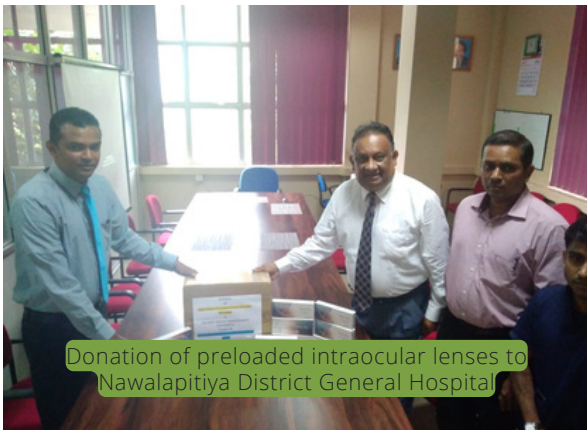
Kalmunai base hospital donation of ophthalmic products



Early Childhood Education playground



School textbooks support



Donation of preloaded intraocular lenses to Nawalapitiya District General Hospital



Donation of equipment to Jaffna Hindu Ladies College



Exercise tolerance test treadmill donation



Donation of medical equipment to Divisional Hospital, Pandatharippu



Dry rations support for people with mental illness



JMA Library Telemedicine Unit



School nutrition programs for youth



Kalmunai cataract surgeries



Provision of SMART Boards for school support



Support for student practical science classes



More COVID relief equipment donations



Orthopedic instruments donated to Kalmunai Base Hospital



Support for student practical science classes



SMART Boards donated for schools support



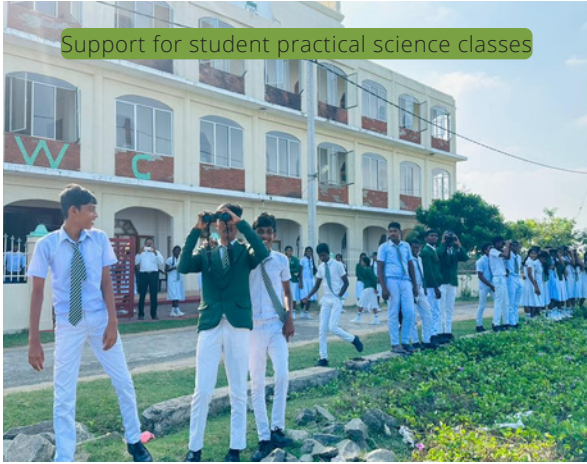
SMART Boards for schools



Local partnerships are the key to IMHO's success



Nainativu Divisional Hospital electricity generator



Support for student practical science classes



Volunteer cataract team in Haiti



Upcountry school support



Student visit to science field center in Thindamanaru



Support for student practical science classes



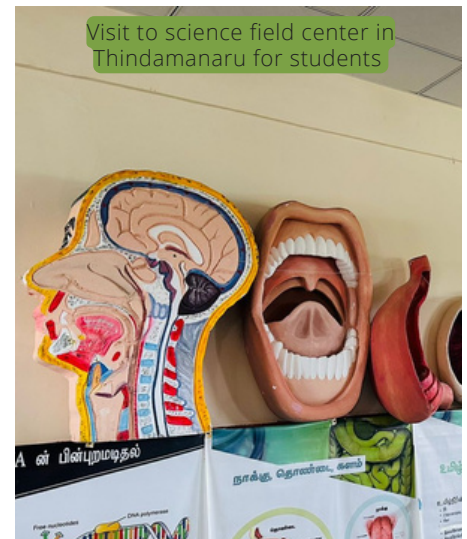
Support for Upcountry families from remote areas



Upcountry community development support



Training & demonstration at Vavuniya District General Hospital with ophthalmic technicians



Visit to science field center in Thindamanaru for students



Support for student practical science classes

2022 FINANCIAL SUMMARY

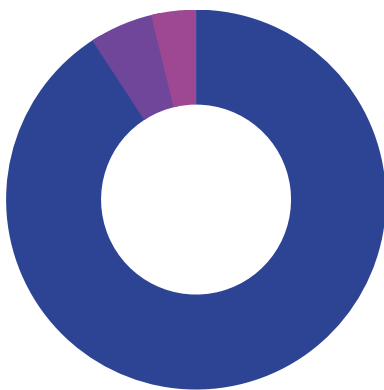
Expenses

| | |
|-----------------------------|------------------|
| Healthcare | \$286,562 |
| Education | \$161,204 |
| Community Development | \$102,211 |
| International Relief | \$53,986 |
| Administrative / Operations | \$14,853 |
| Fundraising | \$9,691 |
| Total Expenses | \$628,507 |

**The financial data presented above for FY2022 is provisional only; numbers are subject to change*

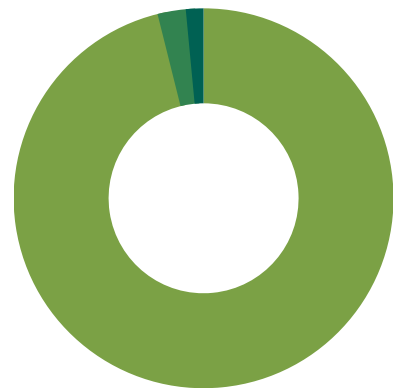
You can access our official federal return Form 990 for every year on our website: <https://theimho.org/our-financials/>

20 Years (2003 - 2023): Total Expenses Summary



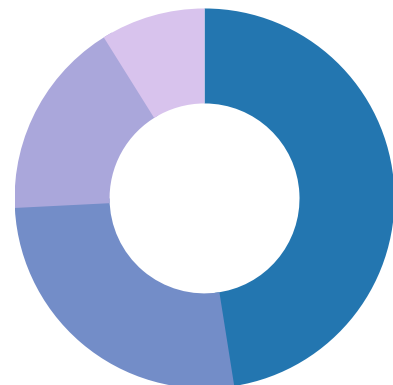
90.8% Programming
5.4% Administrative
3.8% Fundraising
9.0% Healthcare

2022 Expenses Summary



96.1% Programming
2.4% Administrative
1.5% Fundraising

2022 Program Expenses Breakdown



47.5% Healthcare
26.7% Education
16.9% Community Development
8.9% International Relief

FUND A NEED: DONATION OPTIONS



SUPPORT OUR WORK!

Together with your support, we have impacted more than 2 million lives since we began this journey in 2003! With your continued generosity and compassion, we will reach countless more. Please visit our website (www.theimho.org) for more details on current projects in need of funding right now. To make a contribution to IMHO and support our work on behalf of those in need, we offer the following options:

DONATE ONLINE

You can donate on our website via credit card, PayPal, or Venmo. All donations are tax-deductible and upon receipt of your donation, receipt will be issued promptly.

www.theimho.org/donation/

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As IMHO is a registered 501(c)(3) nonprofit organization (federal tax ID# 59-3779465), all donations are tax-deductible under the fullest extent of the law. Upon receipt of your donation, we will promptly issue you a tax receipt.

MAIL US A CHECK

If you prefer to donate by check, simply make it out to "IMHO" and mail it to:

IMHO Treasurer
P.O. Box 341466
Columbus, OH 43234



International Medical Health Organization

Physical Address:
400 West Wilson Bridge Road, Suite 230
Worthington, OH 43085

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

Tel: (614) 659 - 9922
Fax: (614) 659 - 9933
contact@themho.org

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