



Annual Report of
Community Medical Service.
Divisional Secretary Division, Panwila.
(2010 January 1st -2010 December 31st)

Dr. A. Manoraj, BSMS (Srilanka)

Community Medical Officer

Divisional Secretary division Panwila,

Ayurveda Hospital Panwila,

Kandy.

Annual Report Of Community Medical Service In Divisional Secretary Division Panwila.

(2010 January 1st – 2010 December 31st)

Name: Dr.A.Manoraj.

Designation: Community Medical Officer.

Community Medical Assistant: Dr.M.A.Priyanandana.

Divisional Secretary Division: Panwila.

District:Kandy

Station :S.B. Werapitiya Memorial Ayurveda Hospital, Panwila.



1) Maternal & child nutrient awareness program.

Done 04 programs. Maternal & child nutrient awareness program done at Galaheeriya Dispensary, Galaheeriya day care center, Diyanilla day care center, 'Siruvarsolai' pre school Diyanilla, 'Vani' pre school Hoolankanda and Prajashakthy center Kallebokka to the pregnant mothers and lactating mothers. Given awareness & knowledge about primary health care, care of pre natal & post natal care, nutritional demands & important, nutritional food patterns & sources and adverse effects of fast foods.



2) Nutrient awareness program.

Done 10 Programs. Given knowledge about personal hygiene, important of nutrient, traditional food patterns, mal nutrient & nutritional deficiency, source of nutritional foods and avoidance of fast foods, at Galaheeriya multi resource center, Diyanilla day care center, 'Siruvarsolai' pre school Diyanilla, 'Vani' pre school Hoolankanda , day care center Relugas I, Prajashakthy center Kallebokka, Church Madulkele, Kanthakediya Tamil Maha Vidyalayam, Vipulananda Tamil Vidyalayam Diyanilla , Knuckles Tamil Vidyalayam and Mahaza Muslim Vidyalayam to the children, adults, students and parents. Introduced new nutritional food supplement 'Nawa posa' which is made by pulses.

a. Pre schools / Day care centers.



b. Public center /Church.



c) School.



3) 'Ayurveda for future house wife' program.

06 Programs done to the students at schools and the adults at public centers. Given awareness about avoid teenage pregnancy, adverse effects of teenage pregnancy, food patterns & life style for healthy future house wife and mention about sexually transmitted diseases at Kanthakediya Tamil Maha Vidyalayam, Knuckles Tamil Vidyalayam, Parameshwara Tamil Vidyalayam Madulkele, Vipulananda Tamil Vidyalayam Diyanilla, day care center Relugas I, day care center I Relugas II, Gnanapradeepa day care center, Diyanilla.



a) School.



b) Public.



4) Non communicable disease awareness program.

09 programs done. 04 programs to the school students at Kanthakediya Tamil MahaVidyalayam, Hunugala Vidyalayam, Knuckles Tamil Vidyalayam & Allakolle Tamil Vidyalayam and another 04 programs to the public people at multi resource center Galaheeriya, day care center Relugas I, day care center Hoolankanda& Dispensary Galaheeriya. Rest 01 program done to the officers of government institutions which, are locating in Panila Divisional Secretary division, at Divisional Secretariat Panwila. Given awareness about non communicable diseases, sign & symptoms, managements, prevention and specially food patterns & life style to manage & prevent these diseases. Checked blood sugar for elders.

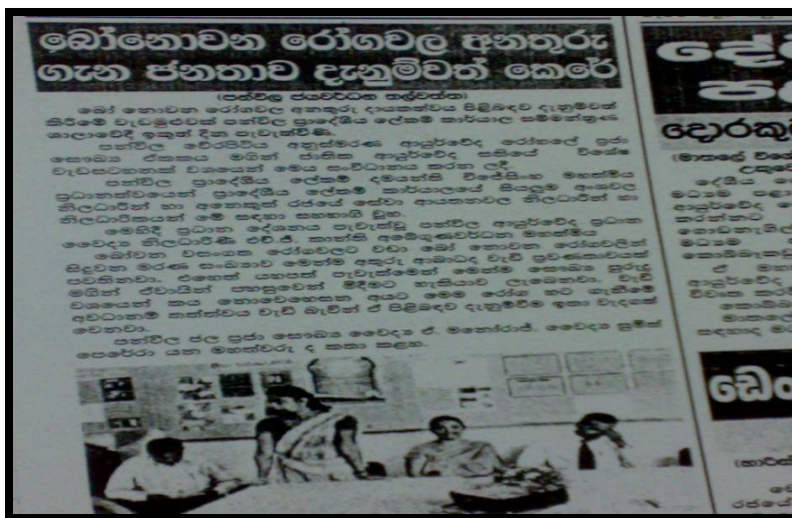
a) School.



b) Puplic.



c) At Divisional Secretariat, Panwila.(Ayurveda week program)



(Lankathepa 24/08/2010)

5) Herbal garden awareness program.

Done 05 program in schools which are Kanthakediya Tamil Maha Vidyalayam, Vipulananda Tamil Vidyalayam Diyanilla, Allakolle Tamil Vidyalayam, Parameshwara Tamil Vidyalayam Madulkele and Knuckles Tamil Vidyalayam. Appreciate to establish herbal garden and given knowledge about important of herbal medicine, current usage of Medicinal herbs, modern herbal preparation & current researches and important of herbal garden. Encourage another 05 schools to establish herbal garden.

a) School.



b) In Hospital.

Further establish the herbal garden. Cultivate new plant nurseries(na, asoka & warakka) and distributed to department of Ayurveda, Pallekele and other institutions. Harvested products from the garden and using for Hospital needs.



6) Mobile clinic.

Mobile clinics done in remote areas of Divisional Secretary division, Panwila with the cooperation of Ayurveda Hospital Panwila, Divisional Secretariat Panwila, Pradesha saba Panwila, Pansale Mahapathana, State plantation cooperation Kallebokke, Police Panwila, Ayurveda sanrakshana saba Panwila and Village development committee Galpehila. Done 17 mobile clinics and treated nearest 1543 patients in year 2010.



No	Date	Place	No of patients
01	2010 Feb 23	Prajashakthy center, Kallebokke.	118
02	2010 Feb 25	Gramaniladari office, Goomaraya.	45
03	2010 Mar 09	Pansala, Mahapathana.	97
04	2010 Apr 30	Prajashakthy center, Kallebokke.	92
05	2010 May 18	Dispensary, Galaheeriya.	52
06	2010 Jun 15	Prajashakthy center, Kallebokke.	60
07	2010 Jul 16	Day care center, Hoolankanda.	110
08	2010 Aug 02	Pansala, Narambanawa.	71
09	2010 Aug 17	Day care center, Hoolankanda.	130
10	2010 Sep 21	Prajashakthy center, Kallebokke.	88
11	2010 Oct15	Pansala, Galphegila.	115
12	2010 Oct 17	Pansala, Mahapathana.	69
13	2010 Oct 19	Day care center, Hoolankanda.	123
14	2010 Nov 19	Prajashakthy center, Kallebokke.	50
15	2010 Nov 30	Community center, Udugoda.	106
16	2010 Dec 15	Community center, Mahapathana	115
17	2010 Dec 21	Day care center, Hoolankanda.	102

Totally 1543 patients treated.

7) 'Dengu' awareness program.

08 programs done. Given knowledge about 'Dengu' disease, 'Dengu' mosquito, sign & symptoms and prevention of 'Dengu' in schools as Vipulananda Tamil Vidyalayam, Knuckles Tamil Vidyalayam, Allakolle Tamil Vidyalayam & Kanthakediya Tamil Maha Vidyalayam and to the community at the centers as, day care center Hoolankanda, pre school 'Siruvar solai', day care center Relugas I. Arranged special cleaning program in my office(Ayurveda Hospital Panwila). Encourage the students to prepare posters and pictures to give awareness of 'Dengu' disease to the students and the public.

a) School.



a) Public.



b) Cleaning in Hospital.



c) Distribution of 'Aparajitha thoopaya'



8) Program for 'Pradesha saba week'.

Nutrient program done to the public for 'Pradesha saba week' with the coordination of Pradesha saba, Panwila at free Ayurveda Dispensary, Huluganga.



9) Introduced new nutritional food supplement 'NAWA POSA'

Introduced new food supplement from Sri lankan traditional pulses called 'NAWA POSA'. Which gives additional nutrition and power to all age groups above 06 months, specially for pregnant mothers, children and working guys.



(Dinamin,2010/12/06)

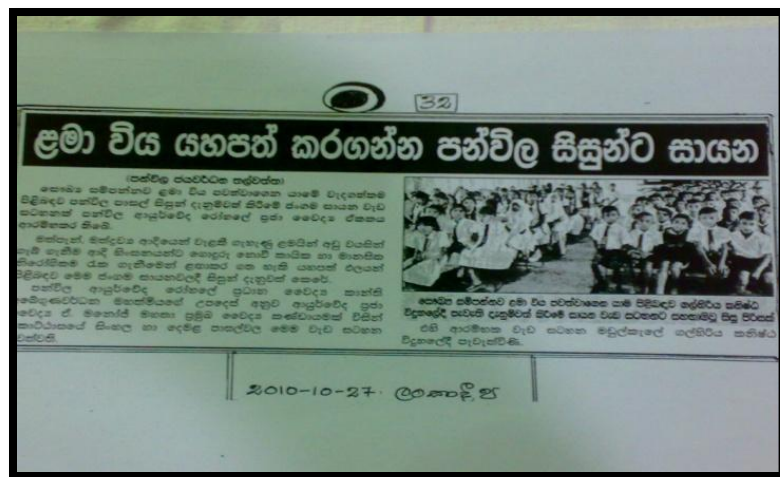
10) Special program for 'International eradicate poverty day' & 'International food day'.

Arrange special programs for 'International eradicate poverty day' and 'International food day' at Kanthakediya Tamil Maha Vidyalayam, Knuckles Tamil Vidyalayam and Prajashakthy center, Kallebokka.

a) School



b) Public.



(Lankatheepa 27/10/2010)

11) Health awareness program for International youth day.

Program done at multi resource center Galaheeriya. Presentation done about personal & environmental hygiene, traditional nutritional food patterns, adverse effects of narcotics, adverse effects of fast foods, management of stress & the ways for happy life. Introduced new nutritional food supplement to them, called 'Nawa Posa'.



12) Special program to mothers for International mothers day.

Special program done to pregnant mothers and lactating mothers for International mothers day at multi resource center with the coordination of Prajashakthy center, Kallebokke. Presentation done about health care of pregnant period, health care after delivery & lactating period, expressed about breast feeding & weaning foods and given awareness good & healthy life.



13) 'Ayurveda sanrakshana saba' Panwila.

Directed 'Ayurveda sanrakshana saba' and encourage their activities. Arranged training programs to the saba with the cooperation of Patadumbara Community Medical Officer and 'Ayurveda sanrakshana saba', Patadumbara.



14) 'Dayata Sevana' planting program.

Organized 'Dayata Sevana planting program with Ayurveda Hospital, Panwila. Planted plants at Ayurveda Hospital, Panwila and on the way to the Hospital from Panwila junction.



15) Cultural program(Sarva Dharma prayer).

Celebrated 'Sarva Dharma prayer' at Ayurveda Hospital, Panwila on 1st January 2010.



16) Training programs.

Participated training programs at National Institute of Traditional Medicine, Nawinna and Department of Ayurveda, Pallekele to enrich our services.

17) Guide to schools student's projects.

Guided to the school students, their school project works.

18) Directed to Counselor.

The peoples and students who are mentally affected, advised them to meet the counselor and directed them to the counselor, Divisional Secretariat division, Panwila.

19) 'Hisathel gamae' program.

Participated government 'Hisathel kamae' program at Nada Thevalaya, Sri Dalada Maligawa.



20) Participated New year festival programs 2010.

Participated New year festival programs 2010 at Provincial Ayurveda Hospital, Pallekele.

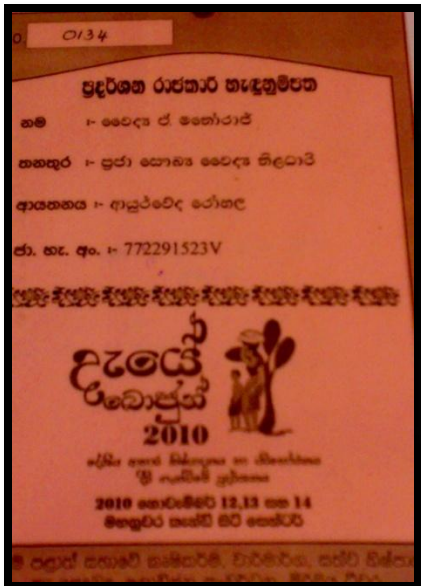
21) Issued Ayurveda magazines.

Issued Ayurveda magazine 'Matarata Asiri' from department of Ayurveda, Central Province to the library, Pradesa saba, Panwila.



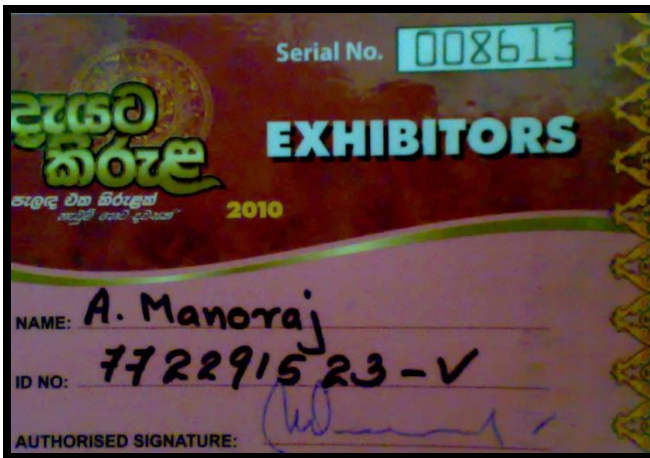
22) 'Deye bojun' exhibition 2010.

Participated 'Thajey boojun' exhibition 2010 at City Center, Kandy.



23) 'Dayata Kirula' exhibition 2010.

Participated 'Dayata Kirula' exhibition 2010 at Chief Secretariat, Pallekele, Kundasale, Kandy.



24) DDC meeting.

Participated DDC meetings every month at Divisional Secretariat, Panwila.

25) Working at Ayurveda Hospital.

Treated patients and participated with hospital works.

26) Monthly CMO meeting.

Every end of month attend monthly Community Medical Officer's meeting at Provincial Commissioner's Office, Central Province conducted by Provincial Commissioner. Discussed the problems, that we faced during our programs and Provincial Commissioner gave instructions and advices to do our duty.

Overall 78 programs done in year 2010 at Panwila Divisional Secretary division.

Note: Documentation for all above programs have stored at research & development unit, Department of Ayurveda, Central Province, Pallekele and Community Medical Service unit, S.B.Werapitiya memorial Ayurveda Hospital, Panwila.