The Wedasara Foundation is a non-profitable organization which was initiated by a group of university students together with other health care professionals that brings together on a voluntary basis different people with diverse interests, but all having a common vision of a “Healthy Sri Lankan Society”.

Since 2010
THE WEDASARA FOUNDATION

The Wedasara Foundation Guarantee Limited is a nonprofitable organization registered under The Companies Act, No 7 of 2007 (GL 2208) which was initiated by a group of university students together with other health care professionals that brings together on a voluntary basis different people with diverse interests, but all having a common vision of a “Healthy Sri Lankan Society”.

The rationale for setting up Wedasara was because of a felt need to set up a forum for professionals dealing with health issues in the country for the purpose of collaboration and sharing of experiences. Wedasara brings together on a voluntary basis different people with diverse interests, but all having a common vision of a “Healthy Sri Lankan Society”.

THE LOGO OF WEDASARA FOUNDATION

THE VISION OF WEDASARA IS

“To towards A Healthy Sri Lankan Society”

MAIN OBJECTIVE

“To stimulate linkages and strategic partnerships among health care professionals, government and private sector, in order to enhance their responses towards health needs of the Sri Lankans.”

“To towards A Healthy Sri Lankan Society”
SPECIFIC OBJECTIVES OF THE WEDASARA FOUNDATION:

- To promote, protect, assist and develop health care needs of the general public.
- To articulate health needs and advocate and lobby for healthcare development in the country.
- To articulate and address issues affecting the healthcare sector and healthcare providers.
- To lobby and participate in the development and implementation of national and local health policies and plans.
- To build an alliance with national and international health networks and Associations.
- To co-ordinate and link strategic partnerships among healthcare professionals, the government, NOGs and the private sector.

The Wedasara Foundation primarily supports by their projects people who have inadequate health knowledge and resources in several aspects. In addition, we support projects that work towards the improvement of those who lack access to health services and educational opportunities among the vulnerable populations.

As humans, we feel the best investments are in health and education sectors. Therefore, we consider each project as an investment.

In order to achieve the success in the desired goals, Wedasara Foundation basically supports projects in the following areas:

- Improving the health of vulnerable populations
- Providing educational opportunities

And also, we guide the current youth to work responsibly in our society by making University students and school children participate actively in our projects.

The Wedasara Foundation has consistently hosted successful programmes and we strive to continue our mission by taking on different events.
THE WEDASARA HEALTH EDUCATION PROGRAMME

Project Goals

- To provide knowledge on Health and its related fields to the majority of the Sri Lankan population, in an accurate and simple manner.
- To provide the most updated knowledge.
- To educate the people of Sri Lanka to reap the benefits of health related information, and improve the quality of life.
- Assist to overcome stress and harmful behavior due to the competitive education system.
- To provide knowledge about the importance of a spiritual lifestyle.

We feel lack of knowledge has created many issues related to health among the Sri Lankan community. In order to overcome some of them, Wedasara has implemented three types of educational programmes.

i. **Online health education opportunities via Wedasara web portal.**
   The Wedasara health education website is hosted by WebHost.lk S D SOFTWEB SOLUTIONS (Pvt) LTD, No 194 A, Old Gampola Road, Peradeniya, 20400, Sri Lanka and is reachable through the URLs http://www.suwasara.wedasara.org. The website is based on a Linux based Server technology.

ii. **Health education programmes for specialized communities.**
   Here, we have focused our programmes to benefit the following communities.
   - Preschool & School Children
   - Preschool & School Teachers
   - Parents & Guardians

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“Towards A Healthy Sri Lankan Society”
WEDASARA ANNUAL HEALTH CAMP

Project Goals

- To improve awareness of general health issues.
- To improve awareness of other health factors and alcoholism.
- To assist in medical and psycho-social wellbeing.
- To improve awareness of reproductive health.
- To increase the number of trained social health care mobilizers.

Two Health Camps were hosted annually since its inception and out of a total of 3980 patients; we could identify 364 undiagnosed hypertension patients, 220 undiagnosed suspected diabetic patients, 67 renal failure patients and 54 undiagnosed oral diseases including Oral cancer. All examined patients who have diagnosed as having suspected health issues, advised and referred to relevant medical clinics.

❖ Project Name: Annual Health Camp 2011
Venue: Rambakenpura Rajamaha Viharaya, Keselpotha, Mahiyanganaya
Project Commencement Date: 31st August 2011

❖ Project Name: Annual Health Camp 2012
Venue: Sri Nigrodharama Viharaya, Ukuwela
Project Commencement Date: 2nd September 2012
THE WEDASARA “WEDIHITI SATHKARAYA”

Project Goals
- To give medical, psychological & charitable assistance to Elders in the Elders’ Homes.
- To give an idea to the youth about the importance of the care and protection of elders.
- To emphasize the importance of volunteering towards social responsibilities.
- To promote charitable activities among youth.
- To gather Government and Non-Governmental groups towards one vision for the care and Protection of elders’.
- To ensure ‘A Healthy Sri Lankan Society’.

Project Commencement Date : 3rd March 2012

Due to several factors identified and unidentified, it is clear, that the aging population is a challenge to Sri Lanka and a lot of countries in the world. As members of Wedasara we intend to face this challenge with courage our work plan consists of four aspects.

1. Medical
2. Psychological
3. Charitable
4. Sociological

Since its commencement the programmes, have been held every month.
WEDASARA CKD SCREENING PROGRAMME

Chronic Kidney Disease (CKD) is one of the growing worldwide health problems, which has also affected Sri Lanka on a large scale. In the recent years, an abnormal increase in the number of patients with Chronic Kidney Disease has been reported, especially in the North Central province of Sri Lanka.

Unfortunately, there is no national Chronic Kidney Disease database available in the country and the exact number of CKD patients has not been recorded, though it is estimated to be around 6000. While some people have no clue as to whether they have CKD or not, the ones who have been diagnosed with CKD do not properly get medical care due to unawareness or lack of facilities.

We were not been able to extend our program due to time and resource limitations to all parts of country, but have implemented comprehensive screening programmes in following areas of Sri Lanka.

Project Locations

1. Badulla District
2. Anuradhapura District
3. Polonnaruwa District
4. Kurunegala District
5. Matale District

Project Duration

- 10 year

Project inauguration date

- 24\textsuperscript{th} March 2012

Project Goals

- To identify patients who already have Chronic Kidney Disease and advise them of the need for getting proper medications.
- Direct the people already affected to get proper health care from the closest hospitals, continuously.
- Create an awareness of how to prevent CKD.

Since the commencement of this programme, out of around 10,000 people who attended the clinics held on several locations, a total of around 23\% were identified as having some kidney anomalies out of which 5-7 \% was diagnosed with chronic kidney disease. Considering these statistics which were received only from one small village, there is a possibility that many more in the area may have some issues related to kidney diseases.
“DALADA WANDANAWA” WITH CANCER PATIENTS FROM THE KANDY CANCER HOME

Statistics on cancer in Sri Lanka is not quite different from that of the global statistics on cancer. Sri Lanka is a low-income country of nearly having 20.5 Mn people. A Modest increase in life expectancy has led to a subsequent rise in the number of cancer cases. At the same time, changes in lifestyle and eating habits due to growing urbanization are causing a surge in chronic diseases.

It is estimated that 33% of new cancer cases ending in death within a year and currently the number three killer disease in the country recording one in 10 deaths caused by cancer. With an ageing population, this number is likely to increase (Cancer registry). Health authorities warn that cancer can become the number one killer in Sri Lanka in a decade or two (Mirror 2010). The top three malignancies among males are cancers of the oral cavity, lung and gastro intestinal tract, whereas in females, they are cancer of the breast, cervix and gastro intestinal tract (National Cancer Institute, SL).

During curative and palliative care, most cancer patient lost their psychological wellbeing and hope in the improvement of his/ her condition. Therefore, we organize religious events for patients who are on post-operative care at the Kandy Cancer Home, to motivate them spiritually.

- **Venue**: Sri Dalada Maligawa, Kandy
- **Project Commencement Date**: 12th May 2012

Since its commencement the programmes, have been held once in every six months.
MOBILE ORAL HEALTH CARE PROGRAMME

Poor oral health can be attributed to a number of factors, including uneven and limited access to oral health care and dental coverage, lack of appropriate quality measures in oral health care, inadequate health literacy among the Sri Lankan populace, and lack of attention to oral health among primary care providers. While access has improved over time, many people—typically those who are most vulnerable still lack the oral health services they need. Accessing oral health care is particularly difficult for certain populations, including people whose income falls below the poverty level. Dental coverage largely determines access to oral health care as well as predicts those who will seek it, but many people—older adults, for example often do not have dental coverage. Even when individuals have dental coverage, they frequently do not receive needed services because of economic status of those people, among other factors.

The main objective of this project is to broadly reach multiple populations in need of oral health services.

The specific objectives are,

1. Oral health development for 90% of total rural population by year 2020
2. To bring down the incidence of oral and dental diseases to less than 40% from the existence level.
3. To reduce high prevalence of periodontal diseases to lower prevalence.
4. To reduce the number of cases of Oral cancer and precancerous lesions from existing level.

Since the commencement of this programme in 2012 October, we have conducted 15 monthly programmes around the country.
NENASARA SCHOLARSHIP FUND

During the last decade, an alarming increase in chronic kidney disease of an unknown origin (CKDu) has been reported mainly in North Central and Uva provinces of Sri Lanka.

The project Nenasara is objected to render support for the education of the children of affected families.

Project Objectives

- Reduce the negligence, delay or sacrificing needs of the family such as health, education and developmental activities.

Area & Population to Be Served

This programme serves the families residing all over the country which include,

- Families having one or more individuals with End Stage Renal Disease.
- Families suffered with one or more death due to End Stage Renal Disease.
- Families having individuals who has undergone or awaiting renal transplant.

What we are going to

As first step we have distributed following educational packages for the families in the selected group.

- Pre School and Grade 1-5 Educational material package
- Grade 6 – 11 Rs. 500 for month
- Advance level Rs 750 for month
- University Rs 1000 for month

Selection Criteria

- Medical status of the affected members.
- Academic performance of the candidate.
- Involvement for extracurricular activities
- Socio-economic status of the family.

The inauguration ceremony was successfully conducted on 5th April 2014 at Renal Clinic & Research Centre – Giradurukotte and total number of 28 scholarships was awarded.

“Towards A Healthy Sri Lankan Society”
“Towards A Healthy Sri Lankan Society”
The journey of Wedasara has been empowered by many, since its inauguration.

YEAR 2013 -2014

The Patron of The Wedasara Foundation

Dr. Jayasundara Bandara
Deputy Director General of Health Services-Dental Services
Ministry of Healthcare and Nutrition

Advisors of The Wedasara Foundation

Prof. Rev. Hanguranketha Deerananda Thero
Professor / Head,
Department of History
University of Peradeniya
Peradeniya

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MBBS, DMF, MD, MCGP
Consultant, Community Physician,
Visiting Lecturer, Post Graduate Institute of Medicine Colombo &
Faculty of Medicine
University of Peradeniya

Prof. E.A.P.D. Amaratunge
BDS, MS (SL), MSc (Lond), FDSRCS (Eng),
FFDRCS (Ireland)
Faculty of Dental Sciences
University of Peradeniya
Peradeniya

Dr. Thilak Jayalath
MBBS MD FRCP FRCPE FCCP MRCP
Fellow, International Society of Nephrology
Board Certified Specialist in General Medicine
Senior Lecturer in Medicine
Faculty of Medicine
University of Peradeniya

“Towards A Healthy Sri Lankan Society”
Board of Directors of The Wedasara Foundation

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Dr. Rangana Rathnayake
Director of Planning and Monitoring
Ayurvedic Doctor

Mr. Oshan Duminda Herath
Director of Resources Maintenance
Design Engineer
Central Engineering Consultancy Bureau

“Towards A Healthy Sri Lankan Society”
We believe that it is a responsibility to help people in the world as fellow global citizens. We can accomplish this through being the change that we wish to see in the world.

You can help Wedasara Foundation to make a difference in people's lives.

❖ Donations

There are several ways you can help support the work of Wedasara Foundation. Donations can be made through financial gifts and in-kind donations.

Account Details: - Wedasara Foundation (Guarantee) Ltd
Sampath Bank PLC (Kandy)
10071399648 (Saving)
000710020302 (Current)

Nenasara Educational Scholarship Fund
Bank of Ceylon (BOC)
Branch No : 588
Acc no : 75705343 (savings account)

❖ Volunteer

If you wish to be notified of local volunteer opportunities in Sri Lanka, please send your details to the address below. Your information will be kept confidential and will only be used to notify you of upcoming volunteer events.


We appreciate your thoughts and suggestions.

CONTACT US

▪ Contact us via email : wedasarafoundation@gmail.com
▪ Contact us via postal mail : 97/A, Walgama, Handessa.
▪ Website : www.wedasara.org
▪ Facebook : http://www.facebook.com/groups/wedasara/

“Towards A Healthy Sri Lankan Society”
In 2010, Dr. Jayasundara Bandara was appointed as the Foundation's Patron to represent Wedasara in future events and be a mentor and inspiration to members.

Dr. Jayasundara Bandara is the Deputy Director General of health services-Dental Services at Ministry of Health care and Nutrition. As patron of Wedasara Foundation, He gave his sincere support and courage to the Foundation's Board and executive staff, and Wedasara volunteers, who give their invaluable support and commitment to our projects.
MESSAGE FROM CHAIRMAN

Because of the hard work and dedication of several distinguished members of University of Peradeniya and Ministry of Health, the Wedasara Foundation was established 03 years ago to stimulate linkages and strategic partnerships among health care professionals, government and private sector, in order to enhance their responses towards health needs of the Sri Lankan’s. Within that framework, the Foundation was built around two primary goals:

- Improve the health of vulnerable populations.
- Provide opportunities to improve quality of life

With those goals in mind, I'm happy to say that because of this incredible effort, thousands of patients have received much needed care.

The Foundation continues to work toward its goal. We have partnered with other NGOs in several initiatives and we are currently working on the Renal Care project and the Dental Care Project, as well. As the Foundation moves forward, if we all join together, these important goals will soon be a reality. And with your help, we can continue this invaluable humanitarian effort and serve our people lives in Sri Lanka.

Dr. Sumith Ruwan Gunawardane,

Clinical Microbiology Industry Collaborative Research Unit,
Division of Microbiology,
Department of Oral Medicine & Periodontology,
Faculty of Dental Sciences,
University of Peradeniya.

“Towards A Healthy Sri Lankan Society”