

## Oral Cancer Screening Programme

An oral cancer screening programme was conducted to facilitate estate workers to maintain effective oral hygiene practices among the resident estate population, who are carrying out unfavorable health habits such as betel chewing, smoking, etc., and with this programme, estate workers gained the opportunity to check oral screening for cancer and the identified patients were referred to hospitals for further treatments. This programme was conducted with the Regional Dental Surgeon of RDHS Office, Kegalle.



Estate	Participati on	Value of the programme
Udabage	26	50,000.00
Sapumalkanda	31	50,000.00

Follow up programmes are being conducted by the PHDT Health Team to make sure that the patients are attending to regular clinics.

## Dental Clinic for Pre-School Children



The Dental Clinic programme was conducted to pre-school children. The goal of a dental clinic program for preschool children is to train on good dental habits at the early stage, promote regular dental check-ups, and empower both children and parents to prioritize oral health. This programme was conducted with the Regional Dental Surgeon of RDHS Office, Kegalle with the participation of 14 children.

## Nutrition Counselling Session

The program will promote a healthy lifestyle through personalized nutrition guidance and education and provide valuable insight into the importance of a balanced diet, meal planning and nutritious choices for overall well-being. We will explore practical strategies for any issues or concerns to improve eating habits.



## Combined Health Clinics and Health Screening Programme

This programme was Organized by PHDT Kegalle. The scheme aims to offer comprehensive health services including access to specialist medical advice for health conditions and promote early detection, prevention and management of health problems. By bringing healthcare directly to our communities, they are being guided to better health that leads to fulfilling lives.

Following activities are covered at this health camp:

- Dental Clinic
- Eye Clinic
- Well women Clinic
- Breast Cancer screening
- Body Mass Index (BMI)
- Random Blood sugar checkup
- Checkup on blood pressure
- Nutrition & Medical Counselling Session



Eila Estate	Value: Rs. 2,010,000.00
Sapumalkanda Estate	Value: Rs. 2,010,000.00

This programme was conducted jointly with the RDHS Office Kegalle and MOH Dehiowita

## Distribution of Drugs

Drugs distribution programme was conducted to distribute free grant drugs to facilitate improving health and nutritional level of Estate children.



Estate	Total Value: Rs
Udabage Group	84,376.62
Sapumalkanda	56,296.84
Reucastle	18036.32



## Parental Awareness Programme

The purpose of this program is to educate parents about the child Safety, nutrition, sanitation. 12 parents participated in this Programme.





## Cluster Review Meeting



A Cluster Review Meeting was conducted for Estate Managers, where discussions were held to conduct joint programmes and activities with PHDT, Estate Management and EWHCS.

Following points were discussed at the meeting for better understanding and to get facilitation on PHDT programmes and activities:

- Timely submission of Reports & Documents by PFWOs / CDOs and EWHCS Clerks
- Discussion on practical issues in implementing morning meal programme
- Distribution of Posters & Leaflets on Communicable Diseases & Non Communicable Diseases Awareness to Estates
- Improve CDC Attendance
- Improve Nutritional Status and weight of Children by providing morning meal
- Maintenance of Critical Incident Diary
- Submission of EWHCS Monthly progress Reports
- Status of WANISA Development Fund Contribution
- Awareness on Leptospirosis



## Quarterly Review Meeting for Health, Welfare & EWHCS Staff



- This meeting was conducted for the estate Health Staff of Plantation Companies. Discussed health related matters and updated on PHDT activities.
- Further, this was a forum, where all the Health, Welfare & EWHCS Staff were called over to discuss various matters related to their job responsibilities.



- EWHCS Audit Progress
- Maintaining Books
- Meetings (AGMs / Committee meeting)
- EWHCS monthly report
- Wanisa Development Fund Collection
- EWHCS Training Programme in 2023
- Handing Over/ Taking Over Notes
- CDC Morning Meal Fund
  - \* Audit Community Productivity & 5S Concept
  - \* Education / School dropouts
  - \* Household Cash Management.