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GALA AGENDA

Scarborough Convention Center
Sunday March 5, 2023

01 Lighting of the Lamp

02 Canadian National Anthem
Tamil Thai Vaazhthu

- Nivedita Varagunan

03 Welcome Address

- Mithilan Thavarasalingam,
IMHO Canada Vice President

04 IMHO Canada Presentation

- Joylen Kingsley/Veena Philip,
IMHO Canada Directors

05 IMHO USA Presentation

- Thavam Thambipillai,
IMHO USA

06 Dance Performance

- Thirukalalayam Students

07 President's Address and
Introduction to Keynote

- Varagunan Mahadevan,
IMHO Canada President

08 Keynote Address

- Bharathi Baskar

09 Vote of Thanks

- Kumar Ratnam,
IMHO Canada Secretary

International Medical Health Organization (IMHO) Canada

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Joylen Kinglsey

Friends,

On behalf of the Board of Directors of IMHO Canada, I would like to welcome you to this amazing fundraising event. We have come a long way since the inception of IMHO Canada in 2008.

We are proud to serve the underprivileged areas of Sri Lanka and other parts of the world. As you are aware, IMHO Canada is a Canadian charity run by dedicated volunteers. During the COVID-19 pandemic, IMHO Canada stepped up its efforts to fill the gaps in the healthcare system in Sri Lanka by providing necessary equipment to many healthcare institutions.

During this difficult time, IMHO Canada also trained 30 healthcare professionals including doctors and nurses to expand one of our signature projects, the Palliative Care Initiative to all the districts of the Northern Province of Sri Lanka. Currently, Sri Lanka has plunged into an economic crisis after the pandemic. IMHO Canada stepped up its efforts to alleviate suffering through its many initiatives, of which the Home Garden Project stood out as the signature project. This project supported 400 families with their livelihood through this difficult period.

Finally, I would like to take this opportunity to thank our tireless team of volunteers, well-wishers, and donors. We appreciate all your kindness in supporting IMHO Canada to help alleviate the suffering of the less privileged. We look forward to a bright future for IMHO Canada.

Varagunan
Volunteer Lead, IMHO Canada



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Dear Friends,

It is our distinct pleasure and privilege to extend our warmest greetings, cooperation, and best wishes to you at IMHO-Canada on your Annual General Meeting.

Twenty years ago, IMHO was founded to provide aid and support to people in need and those who have been denied basic healthcare.

We have been tested repeatedly, from tsunamis to war, natural disasters to pandemics, and recent economic crises. However, we have risen to the challenge, working with local and other charity organizations to help those most in need.

A humble desire to improve primary healthcare has expanded to include all medical specialties. IMHO has made a significant contribution to the field of medical care, and we are proud of our latest milestone - our role in the recent live donor kidney transplant at Jaffna Teaching Hospital.

In addition to healthcare, we have supported several education and community development projects to rebuild society. We understand that healthcare and education are two sides of the same coin, and we strive to improve both.

The global pandemic has been a critical reminder to all of us that we are all connected and have a social responsibility to each other. We may live thousands of miles apart, but we all share this planet and are duty-bound to protect it and each other. We must stand together, and we must let compassion lead the way.

We are grateful to have your support as we continue to grow and make a difference in the lives of many. Thank you for your ongoing efforts and contributions to the advancement of global health. We look forward to continued collaboration and working towards our shared goals.

Once again, we extend our warmest wishes for a successful Annual General Meeting.

Sincerely,

Rajam Theventhiran, MD
President, IMHO-USA



SAIRON INVESTMENTS

THEVA MARKANDAIER

ABOUT IMHO CANADA

International Medical Health Organization Canada – IMHO Canada – is a grassroots, non- political, organization founded in Canada in 2008 as a non-profit organization, and registered as a charitable organization since 2012. IMHO Canada was founded on the principles of humanitarianism and neutrality.

MISSION & GOALS

- Improve health care services and infrastructure in underserved regions worldwide.
- Empower communities to build their own health systems, and to respond to humanitarian needs as they arise.
- Partner with local and international NGOs on the ground to implement successful projects and better channel assistance to needy populations.

IMHO Canada is operated by volunteers. We have a successful history of identifying projects that align with our mission and values and supporting the implementation of these projects.

KEY STRENGTHS

- Extensive global network of volunteers and professionals.
- Cultural sensitivity, knowledge and adaptability.
- Credible and proven reporting relationships established with partner organizations.
- Complement efforts of local individuals, organizations, and international NGOs working with target communities in need.



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SUMMER STUDENTS

For the last few years, our application to the Canada Summer Jobs Program was approved, allowing us to hire student interns during the summer months. Thank you to our student interns for bringing your ideas, insights and efforts to the table! Gratitude for the Canada Summer Jobs Program for the funding!



Celina Antony

What really made this internship a positive learning experience was the support and guidance of our team supervisors. Throughout the internship, they made sure that we were always actively learning and gaining knowledge that we could apply to our future career endeavors. Whenever I had a creative thought in mind, our team's supervisors were always open to hearing new ideas and allowed me to take a leadership role in turning these ideas into a reality!

Despite the restrictions and safety precautions that came with the pandemic, our team met frequently online to work collaboratively on campaigns and projects throughout the summer. I have gotten the chance to see how IMHO Canada develops and executes many of their life-changing projects, and I was even given the opportunity to write some of the organization's project policies. This internship has also allowed me to apply and enhance my skills in digital technology and social media use, through my role in creating content for IMHO Canada on their Instagram, Tiktok, and other social media platforms.



Joylen Kingsley

I had the opportunity to write up project pages, design masks for the COVID campaign, and help with social media promotion. I loved how I got to explore so many different projects and see the impact that IMHO makes, through the project write-ups. I had the chance to develop my digital skills, not only through a better understanding of google drive but the thought involved in website designing and digital design.

The directors at IMHO were all very supportive and welcoming, they were always available to us and frequently called to check in on how we were doing both in our tasks and mentally. The directors made me feel comfortable and they really helped with adjusting to the position. I feel like I gained so many valuable experiences through this job, in writing, marketing, communication, and the actual logistics behind project proposals. I enjoyed my time as a summer student and am now a proud Board Member! If anyone is considering working or volunteering with IMHO, I really recommend it, they make you feel like family while doing your part in changing the world.

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SUMMER STUDENTS



Christina Rajkumar

Being a summer intern at IMHO Canada has been an incredibly valuable experience. Throughout the summer I was given opportunities where I was able to be creative and use my previous skill sets to accomplish work. At the same time, I was able to develop, learn and get a better understanding of new skill sets and abilities.

My digital skills were improved immensely as I was able to work on the new updated website. I was exposed to a new world of communication through working with my fellow interns on the organization's social media where I was in charge of LinkedIn which was such a great experience because I now have so much more knowledge to improve my personal Linked In profile. The board members and my fellow interns were all fantastic, there was constant support and I was able to work on my teamwork skills as we coordinated tasks, planned and made decisions together. I was also given tons of opportunities to take initiative and have leadership roles in tasks and projects as well as work on things that were in my personal interest of work/study. This summer has been full of learning and growth and this internship with IMHO is something I am and will continue to be extremely grateful for!



Ashath Thasarathan

Volunteering with IMHO in the summer has been an incredible experience. During my time volunteering I aided with developing a new website for the organization. I am incredibly grateful to IMHO for expanding my digital skills and teamworking abilities. IMHO fosters a very inclusive environment with a diverse group of people in which I've had the pleasure of working with.

I noticed that the organization grants a lot of trust to their volunteers and interns. They always encourage us to express new ideas as well as spearheading current projects. IMHO places great importance in turning their students and volunteers into future leaders. I was particularly drawn to wide spectrum of socioeconomic issues around the world in which IMHO aims to tackle. I really liked the dynamic approach that was taken for each issue, as well as the attention that was given. I consider myself a lifelong volunteer to the organization and I look forward to the expansion of the team in the near future.



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KEEPING PEOPLE HEALTHY



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Water Filtration

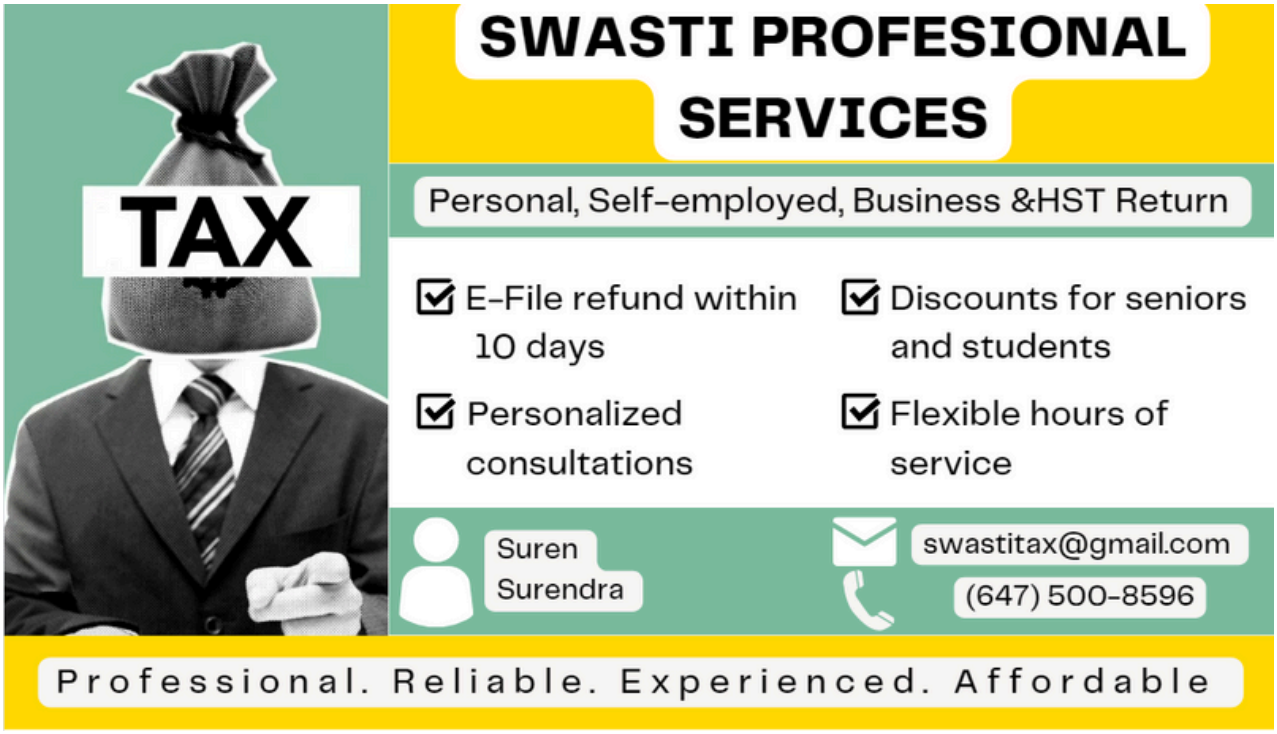
Five schools in the Mullaitivu District requested the installation of onsite water filtration systems in order to provide clean drinking water for their students, and also help reduce the incidence of kidney-related diseases in the area. The five schools are: Vannivilankulam GTMS, Aninchiyankulam GTMS, Kalvilankulam (Thunukkai) Mada Vidyalayam, Yogapuram Maha Vidyalayam, and Koddaikaddiyakulam Maha Vidyalayam.

These systems have benefited thousands of students, to help them focus throughout the day, and not have to worry about the basic right of clean drinking water. In Vannivilankulam GTMS, the classes range from Grade 1 to Grade 11, and benefitting 300 students and 25 staff. At Aninchiyankulam GTMS, the classes range from Grade 1 to Grade 5 benefitting 330 students and 25 staff members. Similarly the water filtration system at Kalvilankulam (Thunukkai) Mada Vidyalayam benefitted 175 students and 20 staff. Yogapuram Maha Vidyalayam's system quenched the thirst of 525 students and 40 staff and Koddaikaddiyakulam Maha Vidyalayam benefitted 240 students and 30 staff.

The total cost was approximately $2,500 CAD, per system. With your support we could fund many more projects like this, focusing on the health and education of the next generation!



Yogapuram Maha Vidyalayam


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OUR PROJECTS

KEEPING PEOPLE HEALTHY



Ministry of Health in Akkaraipattu

Nutritious Food to Pregnant Mothers

Rising food inflation, magnifying hunger and malnutrition are commonly identified problems during this financial crisis time. Compromised nutrition could have lasting impacts especially on the cognitive development of young children. Investing in early nutrition is one of the best cost-effective strategies for productivity of individuals and for the longterm sustainable development of the nation.

In 2022, IMHO partnered with the Ampara Special Needs Network to fund the facilitation of information sessions to educate young mothers through these mother support groups. These groups are coordinated by Mother and Child Medical Officers and public health staff in the Ampara District, Eastern Province, with the aim to empower mothers to prepare nutritional food at an affordable cost from plants in their home gardens and surroundings.

Glass of Milk to Preschool Children

In some neighbourhoods in Jaffna, children go to school without breakfast, or eat foods with little nutritional value. For 2023, this project aims to provide preschool children in select neighbourhoods to receive a glass of milk a day, with the longterm aim of keeping children healthy at an early age to avoid malnutrition.



With the support of teachers, milk will be boiled and students will receive a glass of milk during their mid-morning break. Overall this project plans to benefit roughly 100-150 preschoolers at the Blossom Preschool in Kondavil; Vadamaradchi South West Pradeshiyasabah Preschool in Karaveddy; Rajakiramam Preschool in Karaveddy; and the Saraswathy Preschool in Karaveddy.

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OUR PROJECTS

PROVIDING MEDICAL HELP



IMHO President, Varagunan Mahadevan with staff from Cancer Aid North and East (CANE)

Palliative Care

The Northern Province Palliative Care Initiative provides outpatient and in-home palliative care services. In Northern Province alone, the number of patients living with physical disabilities and/or terminal illness requiring palliative care services was estimated at 4,000. Palliative Care is the care of patients whose diseases are not curable, and whose conditions will worsen over time. The project started with palliative patients in the Jaffna and Vavuniya Districts, and in 2018, thanks to the Tamil Canadian Walk, funds were raised to cover the operations of palliative care mobile units.

The project has now expanded to Mannar, Kilinochi, and Mulaitivu. IMHO Canada with the support of Two World Cancer Center and Cancer Aid North and East (CANE) trained 30 healthcare professionals during the pandemic. This was made possible through online classes conducted by the Pain Relief and Palliative Care Society of Hyderabad. We are thankful to the Ministry of Health of the Northern Province of Sri Lanka for their continued support of this project.

Olirum Vaalvu- Repair Center for the Disabled

Mullaitivu District houses a significant population of disabled peoples but lacks a formal centre for conducting repairs. Thus, many individuals are forced to travel to Jaffna and Vavuniya at a significant personal cost to complete repairs of three-wheelers, wheelchairs, and motorcycles or bicycles. Despite having the skills and motivation to conduct repairs, they are hindered by the lack of a formal repair facility.

In the past, IMHO Canada provided funds to help set up a repair facility Miullativu to facilitate local repairs and uplift members of the local disabled community. The project continues to facilitate supplies so that local repairs can be done in Mullaitivu.



With Best Compliments from Dr.Nageswary Muraleetharan, MBBS MD CCFP Family Physician



PROVIDING MEDICAL HELP



Food Relief in Batticaloa

COVID-19 Hand Washing Stations

In 2020 we completed the installation of hand washing stations at Konavil Maha Vidyalayam and Thirunelvely Roman Catholic School with our local partner SJC87 Initiative. This project helps 600 students stay in school, and supports hand washing and hygiene standards during the COVID-19 pandemic.

COVID-19 Hospital Relief

Several hospitals in the North and East were in urgent need of medical equipment to provide life-saving support to COVID-19 patients affected by the third outbreak in Sri Lanka. Thanks to donations totaling over $24,000 from several individuals and from the Sri Sathya Sai Baba Centre of BC, we were able to support 3 hospitals: Vavuniya District General Hospital (Vavuniya District), Mullativu District General Hospital, (Mullaitivu District), and Muthur Base Hospital (Trincomalee District).

COVID-19 Food Relief

In 2021 Ramakrishna Mission Batticaloa, Eastern Province identified approximately 500 families in the Mannar and Batticaloa Districts in need of food relief during the COVID-19 pandemic in Sri Lanka. Dry rations were distributed to 400 families in Mannar District, including areas such as Semman Island, Thettavadi, Ganeshapuram, Island Pitti, Tarapuram, Sabarikulam, and Vellankulam. Dry rations were also distributed to 100 families of Ayithiyamalai, Batticaloa District. Rations included essential items such as rice, sugar, lentils, soy, sugar, tea powder, wheat, peanuts, and nutrient powder.



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KEEPING REGIONAL HOSPITALS EQUIPPED



Renovated toilet at the Vaddukkodai District Hospital

Vaddukkoddai Hospital Renovations

Vaddukoddai Divisional Hospital has expressed needing necessary interventions, such as a proper staff vehicle parking lot, toilet renovations, roofing, air conditioning for drug storage and a parapet wall. The Hospital, for example has only three toilets, of which none are functioning in good condition, with damaged bathroom doors, no locks, sink taps that do not work and poor water flow. With this is mind, IMHO Canada is working with the hospital to improve its facility for reliable and accessible services. This was made possible with the generous contribution from Mr.Nadaraja Shan of Vancouver, British Columbia.

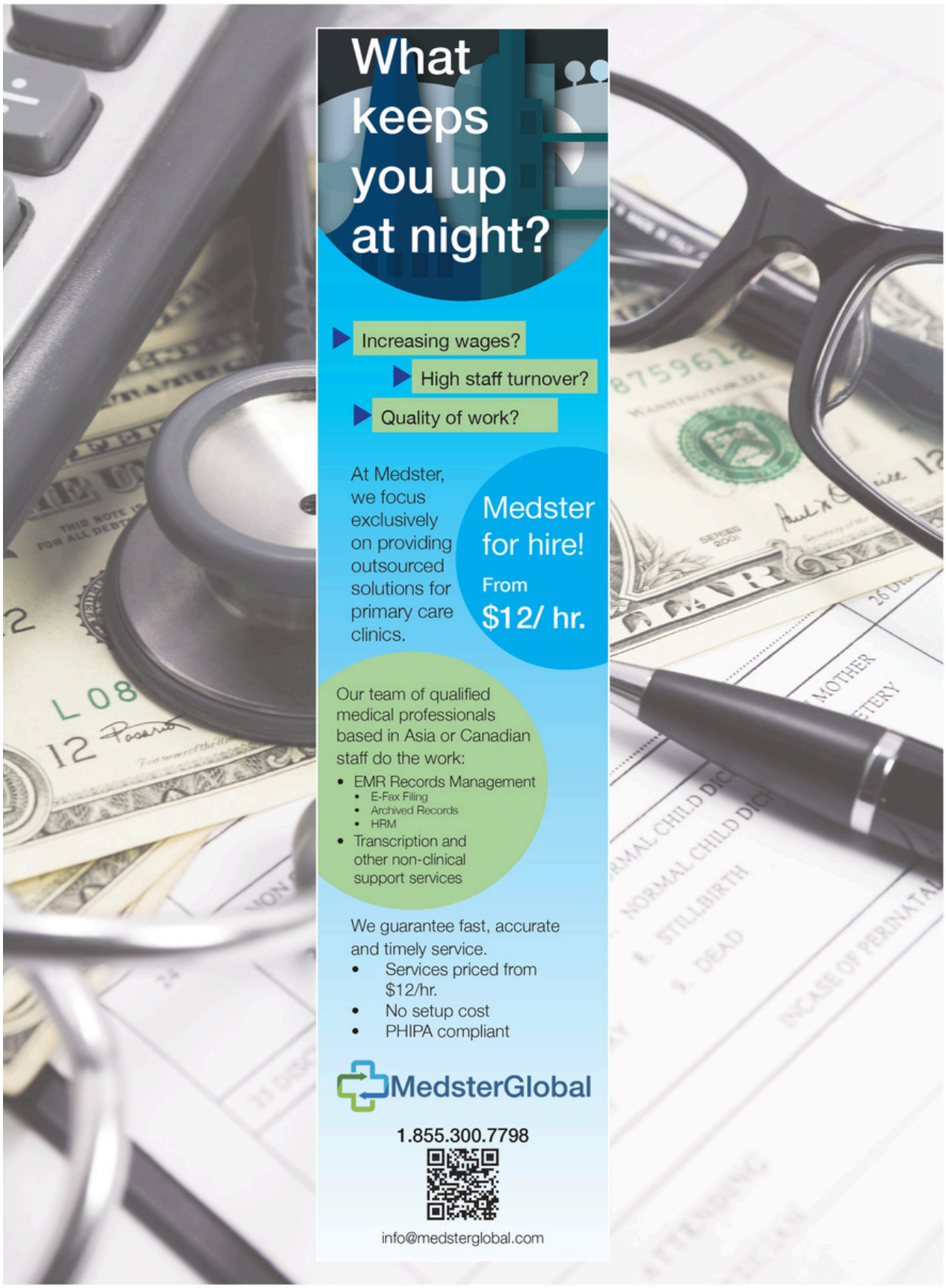
UPS Units for the Pathology Lab at Kilinochchi District Hospital

The District General Hospital in Kilinochchi is a major hospital in the District, covering nearly a population of 14,000 and part of the Mullaitivu District. There is frequent instability in the power supply due to malfunctioning of the hospital's current UPS units. In light of this, a need was expressed to replace the hospitals current UPS nits with new units to provide uninterrupted services to its patients.

IMHO Canada supported this project by arranging the donation of 3 Online 3kV UPS units to the Department of Chemical Pathology at the District Hospital. Given that the recent financial crisis has led to widespread power cuts throughout the island, these new units will mitigate uninterrupted power supply to the hospital, enabling constant care to its patients.



Pathology Lab Staff with the new UPS units


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Palugamam Hospital facility

Palugamam Hospital Hematology Analyzer

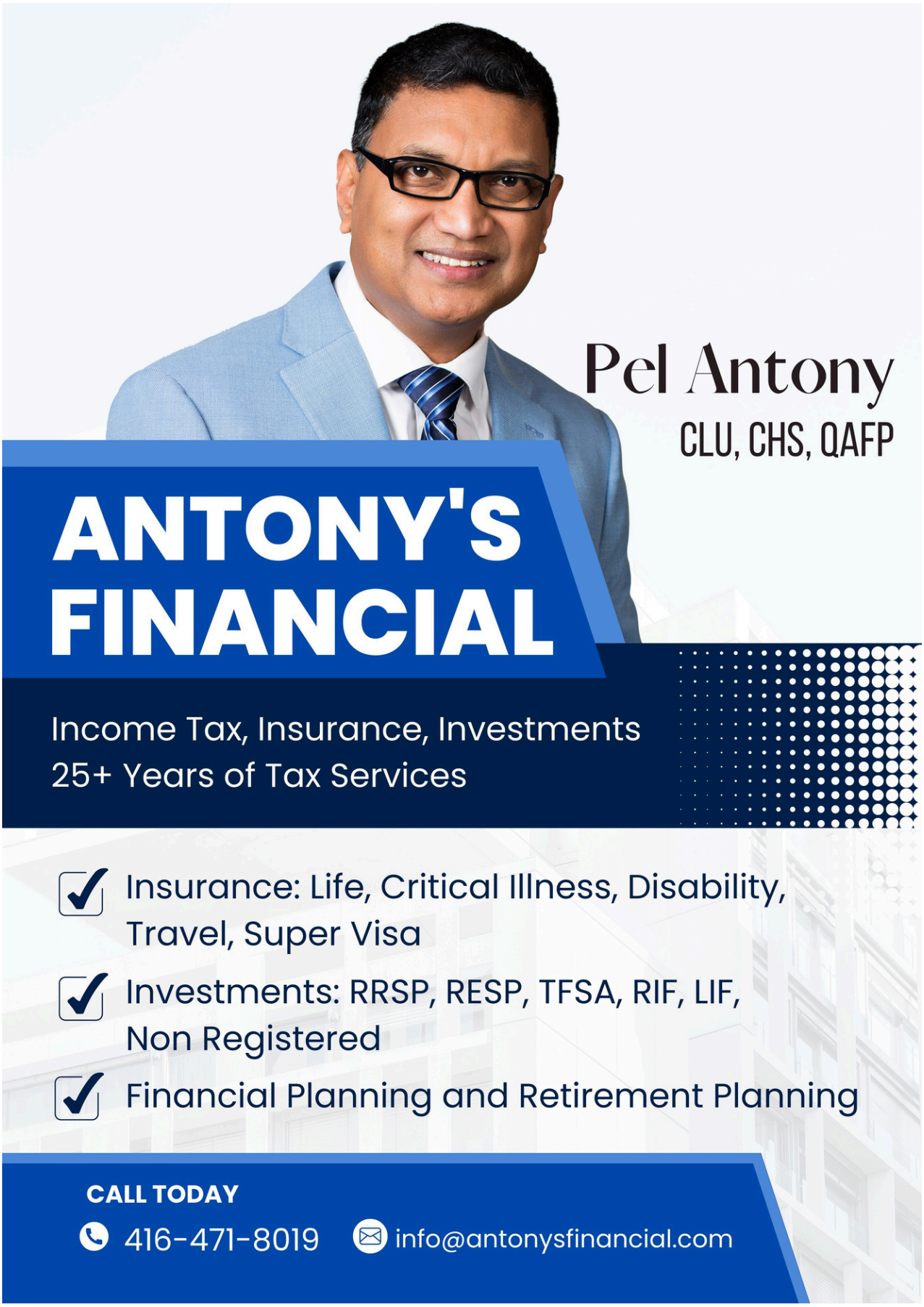
The Divisional Hospital in Palugamam, is a third tier hospital in the Batticaloa District, accounting for the health needs of 45,000 people. The hospital treats five to 10 patients in the Hematology Unit per day. A Hematology Unit at the hospital would prevent patients from having to travel a lengthy distance to the main hospital for blood tests and instead get tested at the Palugamam hospital itself. IMHO Canada helped address this need by providing support to purchase a Hematololgy Analyzer to this Regional hospital. This improved timely access to blood tests by patients of the hospital and also eased the flow and prevented long wait times at the main hospital.



Palugamam Hospital facility staff



Vice President, Mithilan Thavarasalingam with the Hematology Analyzer during his visit in October 2022


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BUILDING LOCAL CAPACITY



Home gardening in Thunukkaaii

Home Gardening

Sri Lanka is experiencing an economic crisis since 2022 marked by shortages of fuel and food, and inflation of more than 50%. People all over the country are struggling to secure food and energy for their daily needs. Power cuts are widespread. Schools are currently closed. People have been asked to work from home where possible. Local production of everyday goods is not sufficient to satisfy local demand. And foreign currency reserves have been depleted which means the government is not able to import goods to meet local demand.

Local contacts in Mullaitivu District requested support for a home gardening project to encourage people to produce their own food; a solution which can be sustained over months, and years if needed. With assistance from the D.S. Office, Agricultural Department, and implementation support from one of our ground partners SJC87 Group, we distributed plant seeds, nursery plants and gardening equipment to identified families. The cost of support for each family is estimated at $100 Canadian dollars. After monitoring the situation on the ground, we plan to extend this solution to other divisions. The cost for the Maanthai East Home Gardening Project is estimated at $5,000 CAD. To apply this solution in 5 divisions, our target funding is estimated at $25,000 CAD.





Home gardening in Cheddikulam

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CONSERVING THE ENVIRONMENT



Mature trees for planting

Tall mature tree planting

In Cheddikulam and Vavuniya Town Divisions of Vavuniya District, monsoon rain and flooding is prominent in one season and drought in the summer season. To mitigate the adverse effects of flooding and drought, planting tall mature trees is a concrete effort towards conserving the environment and for longterm environmental and economic benefits, such as fresh air and water retention and the production of fruits, like coconuts.

In 2023, with the support of IMHO Canada, this project aims to plant a total of 3,000 tall mature trees in the following institutions and public places: schools and preschools; GS Offices (Village Administer's offices); and common places such as temples and churches. In these areas, there are 20 GS Divisions and 8500 Families in Cheddikulam DS Division; and 40 GS Divisions are 20,000 Families in Vavuniya town DS Division.



Mature trees for planting

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இடர் தீர்க்கும் பணியில் இணைந்து செல்லும் பயணம்

ஒவ்வொரு பயணத்திற்கும் முதற் தேவை முன்னோக்கி ஒரு அடி எடுத்து வைப்பதுதான்.

சில நேரங்களில் அந்த முதல் அடியை எடுத்து வைக்கும் போது இரண்டாவதாக வருவது என்னவென்று தெரியாது. ஆனால் எமது நோக்கம் மற்ற வர்களுக்கு உதவி செய்வதாக இருக்கும் பட்சத்தில் எந்தக் கவலையும் விட்டுப்போகும். நாம் பயணத்தில் மட்டுமே குறியாக இருப்போம்,

பதினைந்து ஆண்டுகளுக்கு முன்னால், இலங்கையில் அவதியில் வாடும் எமது சகோதர மனிதர்களுக்கு உதவ வேண்டும் என்ற பொது நோக்கத்தில், கனேடிய தொழில் வல்லுநர்கள் மற்றும் தன்னார்வலர்களின் குழுவால் உருவாக்கப்பெற்றதுதான் IMHO Canada. இது 2003 இல் உரு வாக்கப்பட்ட IMHO USA என்ற சகோதர அமைப்பைப் பின்பற்றியது.

2009 இன் முதல் பாதியில் வடக்கு மற்றும் கிழக்கு இலங்கையின் நிலைமைக்கு IMHO கனடாவினால் வழங் கப்பட்ட நிவாரணப் பணிகள், அபிவிருத்தித் துறையில் அதன் உண்மையான எடை மற்றும் ஆற்றலை வெளிப்படுத்தின.

இலங்கையின் ஆயுதப் போரின் இறுதிக்கட்டத்தின் போது உயிர்காக்கும் உணவுப் பொருட்கள் மற்றும் மருத்துவ பராமரிப்பு உள்ளிட்ட பல்வேறு அவசரகால பதிலளிப்பு முயற்சிகளுக்கு IMHO கனடா பங்களித்தது.

IMHO கனடா மனிதாபிமானம் மற்றும் நடுநிலைமை கொள் கைகளின் அடிப்படையில் நிறுவப்பட்டு, புறநிலை தேவை கள் அடிப்படையிலான பகுப்பாய்வின்படி அதன் செயல்பாட்டுப் பகுதிகளைத் தேர்வுசெய்கிறது, மேலும் மோதல் சூழ்நிலைகளில் பாதிக்கப்படும் சமூகங்களுக்கு சிகிச்சை அளிப்பதில் பாரபட்சமற்றது.

ஒரு நீண்ட பயணம்தான். ஆனால் இப்போதுதான் தொடங்கியது போன்ற பிரதிபலிப்பு.

நெஞ்சம் நிறைந்த, மனிதாபிமான நோக்கம்

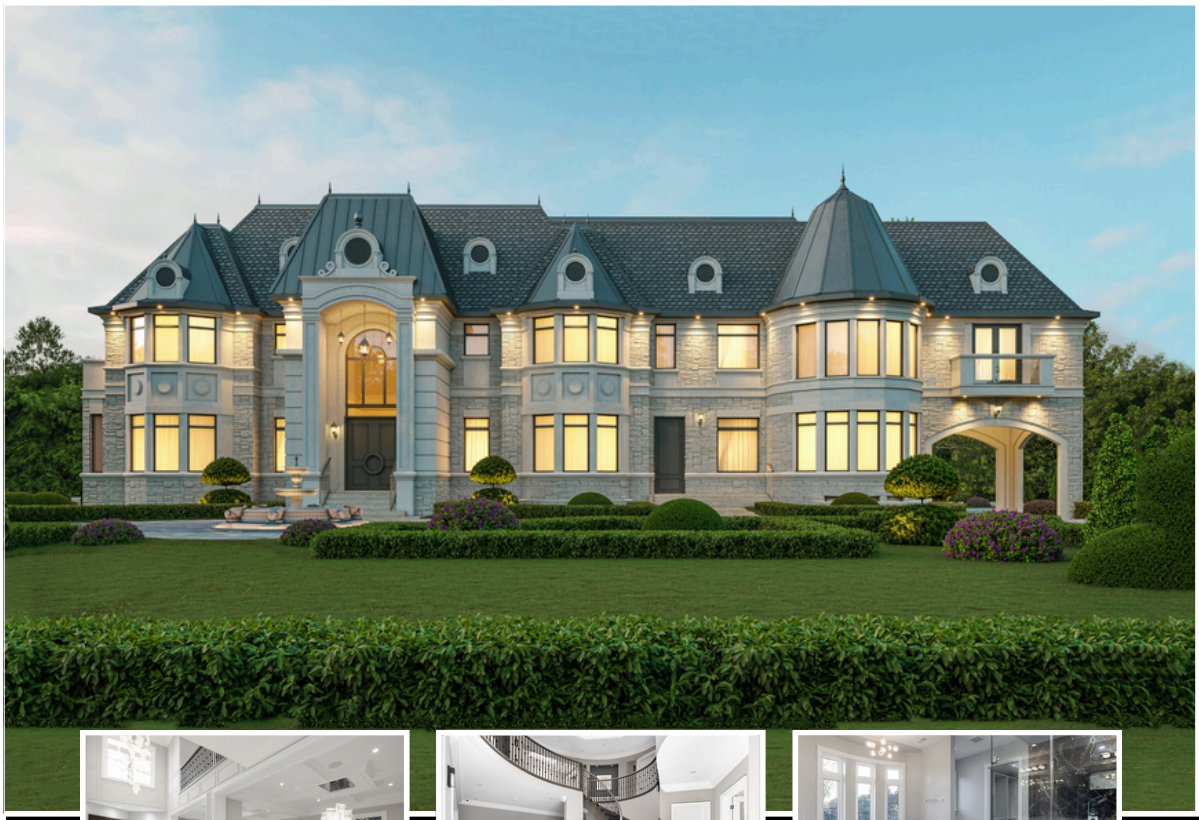
2022

- **சுத்தப்படுத்திய நீர் வழங்கும் முனைப்பாடு**
- **கர்ப்பிணித் தாய்மார்களுக்கான ஊட்டச்சத்து பற்றிய அறிவாற்றல்**
- **குழந்தைகளுக்கு காலை உணவு**
- **வலித்தடுப்பு பராமரிப்பு**
- **மாற்றுத் திறனாளிகளுக்கான உதவி**
- **கோவிட்-19 உதவித்திட்டங்கள்**
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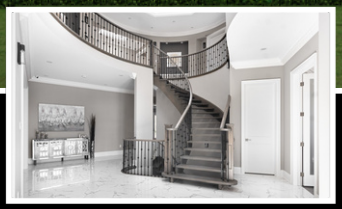
கொண்ட தமிழ் கனேடியர் களின் உதவியினால் IMHO கனடா பல உதவித் திட்டங்களை திறனுடன் நிர்வாகித்து வருகிறது.

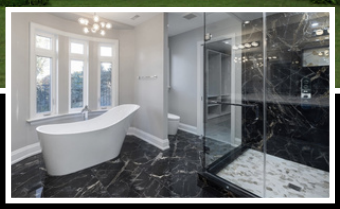
எமது பணி மேலும் தொடர தொழில் வல்லுநர்கள், தன்னார்வத் தொண்டர்கள் மற்றும் மிக முக்கியமாக இளையோர்களின் பங்களிப்பை எதிர்பார்த்து நிற்கின்றோம்.

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