



Hela Sarana

United for the needy in Sri Lanka

Charity No # 1093504

www.helasarana.org

Contact:

Special 20th Anniversary Edition Newsletter

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Hela Sarana celebrated its 20 years of charitable activities at the Annual General Meeting in November 2016.

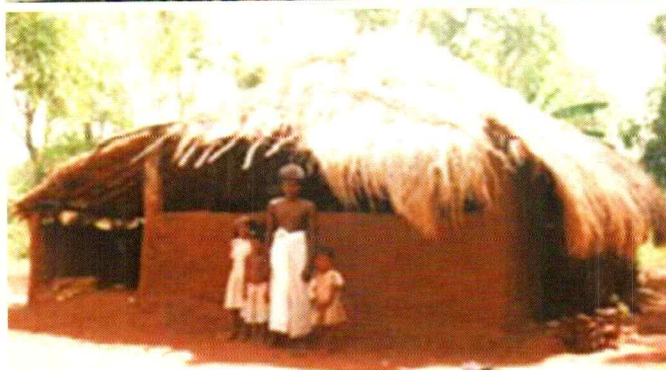
Here is a chronology of events with the significant milestones.

Birth of the Charity

Hela Sarana was formed in July 1996 by a group of Sri Lankans living in the UK with the primary objective of improving the quality of life of the poor and the needy in Sri Lanka. The charity received UK Government charity status in August 2002

Our first task back in 1996 was to renovate a dilapidated irrigation tank in the village of Thanthirimale in Anuradhapura District, enabling

the cultivation of 40 acres. Help was given to build houses (see below)



Education



We believe that education is the Key for future success-

500 Children have received Scholarships by 2016.

The Hela Sarana education grants scheme was started in Thanthirimale, in 1996. Over the years, the number of children receiving the grants each month has increased from 30 to 300.

The grants scheme now supports children from Hambanthota to Jaffna.

In the year 2000 the very first child from Thanthirimale, went to university. It was truly historic achievement for the community of Thanthirimale. No-one from this farming community had ever embarked on a course of further education before.

Following her education, she returned to serve as an Administrative Officer.

Our Education Grant for a Primary

School Child is currently £5.00

month and £15.00 per month for a

University Student.

We urgently need more sponsors.

Please contact

secretary@helasarana.org

Shelter



Hela Sarana has always taken a lead in providing affordable housing. Among our notable achievements are the following;

The first housing project was in Thanthirimale, where 59 houses were built in 1998 at a cost of £300 each. Further 15 houses were completed in Aranthalawa, Polonnaruwa District in 1999 and another 15 houses built in Mahaoya (Sabaragamuwa District) for the poor.

Community Projects

In Polonnaruwa, construction of school buildings and a playground was undertaken.

Construction of school buildings and staff quarters in Vauvniya.

Library facilities for local communities including the construction of a library at Ganegama, Galle district. Agricultural wells were built in Thanthirimale to provide irrigation for 18 acres of farmland.

Through a donation given by Professor Dharmadasa, a Solar Powered Irrigation Scheme was installed in Kaduruweva; one of the first of its kind in Sri Lanka.

We established 80 small businesses through grants and micro finance schemes including the training of building workers in carpentry and Masonry.



Rebuilding the Lives of Tsunami Victims



After the Tsunami of December 26th 2004, Hela Sarana helped many families who were affected. It was a challenge for the charity to take on such a mammoth task. We are proud that we provided a sizable emergency relief package of food, drinking water and medical needs immediately and then focused on the long-term aim of getting children back to school, building houses and rebuilding lives.

The following will provide a snapshot of our involvement in the tsunami relief.



100 houses were built in Peraliya and Baddegama for Tsunami victims with the support of the local community. This was a truly mammoth task. A fund raising programme was initiated and individuals and large companies gave generously in support of the programme.

Tsunami Relief

- Health and hygiene education programme and the erection of 32 Toilets in Baddegama District.
- Computer Learning Centre at Suriyawewa (project supported by a well-known private school in the UK).
- Provided kitchen facilities for an orphanage for girls.
- Restoration of dilapidated non-functioning toilets and the erection of new toilets at a girl's school.
- Model garden with medicinal plants at Peraliya.
- Supported over 100 Child sponsorships through the SILPA organisation in the southern Province.

Health

Since 1998 Hela Sarana has provided financial support for many health-related schemes.

Built an extension to the eye theatre and provided an AC unit at Badulla General Hospital.

Donated £500 for Thalassaemia sufferers in Badulla Hospital.

Supplied various hospital equipment to Anuradhapura, Galle and Batticaloa General Hospitals.

Provided over £5000 worth of dialysis catheters to Badulla hospital.



HELA VISION –CATARACT SURGERY PROGRAMME FUNDED 250 CATARACT REMOVALS @£40 EACH



Provided an ultrasound machine to Padaviya Hospital with the help of the charity; Medical Aid to Sri Lanka

A medical student with hearing loss was helped with a Cochlear Implant (200,000 LKR)

Provided medical Socks for the war amputees (£1000).

Through our **Hela Vision** programme we have funded 250 cataract operations in various parts of the country.

Water and Public Health

Water supply for 50 families provided through construction of tube wells at Kandalama.

35 toilets and showers were built in Baddegama.

Water and toilets facilities for a girls' orphanage in Hingurakgoda.



Built a kitchen with running water supply at Panadura Children Home.

Water supply for 15 families in Galle District.

Water supply to Secondary school at Godigamuwa, Ratnapura.

Mosquito nets- Kukulkatuwa Pubudu Society (£200)

Chronic Kidney Disease Epidemic

Over 20,000 have died from Chronic Kidney Disease of Uncertain origin (CKDu), mainly in the North Central Province. Hela Sarana was determined to take a lead in making a difference.

Raising awareness

A workshop was held at the Royal Asiatic Society Auditorium, London on 5 October 2013 to raise awareness of the possible causes and the impact of CKDu in Sri Lanka amongst UK based Sri Lankan organisations. The workshop was attended by over 20 Sri Lankan organisations including charities, religious institutions, Alumni Associations, Professional Associations and Others. The gathering was blessed by the presence of heads of several Buddhist temples in the UK and other religious leaders.

RAISING AWARENESS OF CKDU



The Hela Sarana Youth Committee organised the acclaimed Sara Sihina concert featuring Bathiya and Santhush to highlight the plight of CKDu patients.

Breakfast for Kidney Patients

DAILY BREAKFAST AND WATER FOR RENAL DIALYSIS PATIENTS AT NURADHAPURA HOSPITAL SINCE 2014- PROJECT COST £7000/YEAR



Since 2013 the Charity has been providing nutritional support for up to 40 patients a day undergoing renal dialysis. This was based on a request made by the renal team at Anuradhapura Hospital to give these poor people at least one nutritious meal a day. We have also provided bottled water to patients since 2015.

A Hela Sarana Executive member with many years of experience in renal dialysis helped with the training of nursing staff.

Over the years, we have sent medical equipment and consumables to the Renal Unit.

Providing Clean Water

Significant funds were raised to obtain clean water from a fresh water spring and distribute this to the villagers in Kanugahawewa. Water was transported to 25 storage tanks located at various parts of the village.

We also repaired some pre-existing rain water harvesting systems in the village.

Sponsorships

Some children whose parents are affected with CKDU have received education grants.

The Youth Committee has promoted Child Development through Nurseries and Play schemes.

Water Treatment Plant

In July 2012, a water purification plant was built at a cost of £7,550 in the village of Ulukkulama in the Anuradhapura District.

This is a village severely affected by Chronic Kidney disease. The purification process was carried out by electro coagulation without using chemicals. This process is promoted by Mr W. M. Jayawardana, a chartered civil engineer, with the support from the Institute of Research and Development in Sri Lanka. In year 2015 the plant was upgraded at a cost of £1,800.

Emergency Relief

Over the years, we have helped in many emergencies. The help we have given include the following.

We have provided £1000.00 financial assistance for temporary shelter to displaced families in Thanthirimale and Mahaoya.



We provided food, clothes, and building material to over 500 flood victims, in Ratnapura and Galle district in 2007. In 2011 during the North, North Central and Eastern region floods, we provided £5000 worth emergency relief, including 2000 books for school children.

Magamthota Project-2016 April

Provision of Dry Rations

The 'Live at 12' TV channel highlighted the plight of over 200 villagers who were without an income as they were prevented from producing clay bricks for environment protection. They had no alternative employment and could not feed their families.



Hela Sarana sprang into action and provided all the villagers with rice and other dry rations so that they could have some food over the Sinhala and Tamil New Year period. This donation was filmed by the TV station and the clip is available on the Hela Sarana website.

Emergency Flood and Landslide Disaster Relief Project 2016

2016 saw large parts of the country affected by devastating floods and landslides. Many lives were lost and property destroyed.

We organized the provision of clean water through a system of pipes and tanks to a village in Kegalle severely affected by the landslides



Meth Sevana Special Needs Project

In Sri Lanka, there is an acute lack of support for people with disabilities and there are only few centers that house and care for them. They are generally underfunded and understaffed.



Meth Sevana, established in May 2008, is a nonprofit organisation that cares for physically and mentally disabled children and adults. It is a day centre currently having nine disabled children and adults.

It is situated in Kobbewela near Gampola housed in a temporary accommodation provided by a Buddhist temple. The centre is run and managed by a board of eight voluntary committee members. The students are taught by two specialist teachers.

Hela Sarana made a donation of £500 (Rs 100,000) in 2009. The money was raised by eleven primary schools in Bournemouth and donated to Hela Sarana.

Meth Sevana is seeking to have a permanent school premises, to improve the existing facilities and to increase the number of disabled children taught by constructing a new building. They are currently seeking support from the Social Services Department and other interested parties such as Hela Sarana.

As part of our strong commitment to the welfare of children, Hela Sarana intends to raise the necessary funds to help Meth Sevana to achieve its goals.

Fundraising Events

These are some of the most memorable events sponsored and organized by Hela Sarana. None of our projects would get off the ground without the generosity of our supporters and the funds raised through various events. Below are some of the things we have done over the years.

Musical Events

The Late maestro Amaradeva adorned the stage in a concert organized by Hela Sarana in London in 2002. It was a great success and much enjoyed by his many fans. Over £5000 was raised for the Charity.



AMARADEVA IN LONDON - 2002.4.21
Hela Sarana "Amara Gee Sara" a f...



Entwining the spiritual and cultural aesthetics with resolve, resilience and fortitude of the dedicated Sri Lankan and Sri Lankaphiles many events were born to raise funds for deserving projects. This with T M Jayaratne.



Others include Bhathiya & Santhush and Edward Jayakody in concert.



The Future

Taking Hela Sarana forward is our next generation, The Hela Sarana Youth. Here is a sample of what they have done.

Nursery Playground Construction

Deepthi Montesoori - Hela Sarana Youth Project Completion



Help To Learn Project - May 2016

At Kabithigollawa, three teachers are paid to provide 4 extra lessons a month each to deserving but extremely poor children. The subjects are math's, science and English.

Minimum of 15 children must receive the lessons at a given time.

Funds for providing a bun, perhaps the only meal the child may have during the school day, is sought at present.



Donations

Manampitiya Sinhala Maha Vidyalaya – Polonnaruwa May 2016

Complete Library Book Provision as Requested by the teaching staff was purchased from main book shop in Polonnaruwa and gifted to the school at a cost of Rs 23,000 (£120)



The UK – Sri Lanka Trauma Group is a nonpolitical charity whose aim is to support people with Post traumatic stress disorders. They provide trauma recovery programs in collaboration with their expertise centre 'SAMUTHHANA' based in Sri Lanka. **Hela Sarana donated £1000** to UKSLT for their proposed program to empower and upgrade the lives of disabled soldiers.

Maharagama Cancer Hospital

We have provided £1000 worth of funds to provide a nutritious meal for the patients.



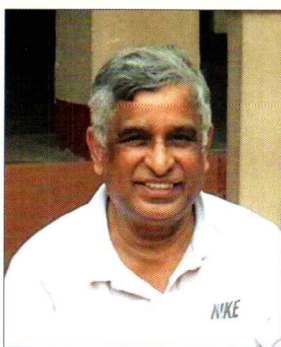
Solar Village Project at Nochchiya – Kurunegala District

Under the guidance of Prof I M Dharmadasa two solar power systems were installed in the village of Nochchiya in December 2016 under the “Net Plus System” introduced by the Government of Sri Lanka. Two solar roofs of 3 kW each were installed in the village with the funding provided for each system by Hela Sarana and APSL UK – {each system costing Rs 830,000 (£ 4,500)}.



The total power produced from 6 kW solar roofs will be fed into the national grid and the income generated will cover cost of two water pumping stations using grid electricity. It is estimated that an income of over Rs 250,000.00 per annum will be generated by these two roofs to the village community. These funds will be managed for development work in the village in a fully transparent manner by the Village Development Committee with the guidance from project initiators

Raja Meehitiya



Birth of Hela Sarana was the brainchild of that great visionary and our late inspirational leader Raja Meethiya; “the founding father”. It was formed way back in 1996 under his auspices with few like-minded fellow Sri Lankans who shared his vision. Over the ensuing years, Raja built this entity on incredibly strong foundation to withstand every adversity and never to fail. We are here today because of the vision, desire and aspiration

of one of the unique humanitarians of our generation. His main desire was to help the less fortunate and underprivileged families living under extremely difficult and arduous conditions in numerous regions of Sri Lankan with no means to attend to necessities, unable to feed or provide education for their children. His primary aim and goal was to address the challenging educational needs of the underprivileged and the most vulnerable in Sri Lankan Society and create that opportunity and a conducive environment for main stream education to everyone across the entire social strata. In his often delivered “Mantra” Education was not a privilege but an entitlement to each and every child. Raja had been a beacon of hope for many deprived and less fortunate in Sri Lanka

From a miniscule organization back then to the growth of Hela Sarana over the last 20 years had been quite remarkable and no mean achievement. This is a true testimony to late Raja’s courage, selfless dedication and commitment to transcended many boundaries to support numerous causes, providing humanitarian and charitable aid desperately needed in many aspects of Sri Lankan life. As result of all the charitable endeavors, Hela Sarana has become not only a household name, but gained wider recognition as a well-respected entity today and considered one of the best performing and leading Sri Lankan Charities in the UK by the wider Sri Lankan Community.

The EXCO and the entire Hela Sarana membership will continue to work with ever greater vigour, passion and commitment to uphold the core values, bring honour and maintain the highest standard attained over the last 20 years to promulgate “The True Legacy” Raja left behind.

For further information regarding sponsorship, donations, current and future project details

Contact. Dr. Jayantha Perera, General Secretary

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www.helasarana.org





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Web: www.helasarana.org

Executive Committee

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Tony Sirimanna

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Sayuri Serasinghe

Damian Amendra

Shalini Wijeratna

Hiroki Serasinghe

Coordinators in SRI LANKA

Lucky Wijesekera

Mr. Wickramasinghe

Chandrasiri Liyanage

Daya Meehitiya

Our sincere gratitude to the following organisations and schools we have worked in partnership to deliver the projects mentioned.

Association of Professionals of Sri Lanka

Festival of Cricket - London

Tsunami Generation, London

The Royal Institution of Chartered Surveyors – London

The Buddhist Association, Calgary - Canada

The Sri Lanka Buddhist Vihara - Sydney

Fredericks Foundation – Surrey

London Buddhist Vihara – Chiswick

Southend Hospital NHS Trust

Southend High School for Boys

Southend High School for Girls

Oak Park High School – Essex

Woodford Girls High School - Essex

Young Dentists Association - London

International Student House – London

The Wates Foundation – UK

Bournemouth Schools