INDIRA CANCER TRUST

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இந்திரா புற்றுநோய் அறக்கட்டளை



ANNUAL REVIEW

2018 - 2019

Quality of life is a multidimensional indicator and therefore **it is essential that all domains of quality of life, including physical, psychological, social and environmental aspects of the patient with cancer and the caregivers are improved together with addressing any financial and psychological impacts on the patient and their family.**

We all have a choice in life and we can allow sorrows to drag us down or be a stepping-stone to enrich and heal another person's life. Indira Cancer Trust aims to do exactly that….

INDIRA CANCER TRUST

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Indira Cancer Trust



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புற்றுநோய் பராமரிப்பு நம்பிக்கை நிதியம்
Cancer Care Trust

Reg No: 06/189 | 27 November 2016

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Reg No: 07/47 | 10 January 2018

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There are three main projects of the Indira Cancer Trust

1 CANCER HELPLINE

Sri Lanka's first helpline exclusive for patients with cancer.

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இந்திரா ஒத்துழைப்பு
112 363 211

2 INDIRA CARE SERVICE

This includes a multitude of projects including the Mobile Mammography Project, Hair & Wig donation, Livelihood Development as well as Relaxation Programs.



3 INDIRA PAEDIATRIC CARE

This includes support provided to children at the Apeksha Hospital Maharagama.



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CANCER HELPLINE

Details of calls from December 2016 – May 2019

		Total Calls (until May 2019)
1	**Total no of calls received**	**38,158**
2	**Type of Assistance Requested through Call**	
	Information	**1,972**
	Hair Donation	**20,331**
	Wig Request	**4,216**
	Breast Prosthesis	**974**
	Educational Scholarships	**445**
	Financial Aid	**3,676**
	Medicine	**147**
	Investigations	**251**
	Other	**6,414**
3	**Total no of letters for assistance dispatched after call**	**758**



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CANCER HELPLINE

SIgning of MoU with Key partners



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INDIRA CARE SERVICE

Mobile Mammography Project

One in seven of all cancers reported in Sri Lanka is breast cancer.

One in three cancers reported among women in Sri Lanka is breast cancer.

One in thirty eight women has life time risk of developing breast cancer.



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INDIRA CARE SERVICE

Breast Prosthesis Project



967

Breast Prosthesis

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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

A Cut for a Cause



16,109
Ponytails

1,032kg
Weight of Hair





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INDIRA CARE SERVICE

SIgning of MoU with Key Partners supporting hair and wig donation :





ramani fernando SALONS

LD Salons

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INDIRA CARE SERVICE

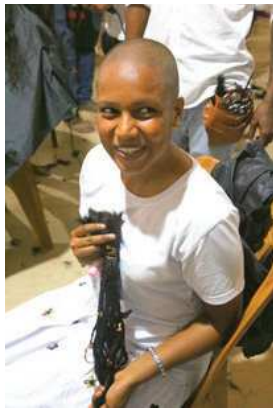
Special Hair Donation Camps Conducted:

30th April 2018

Anuradhapura Mahamewna Temple







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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

Special Hair Donation Camps Conducted:



20th January 2019

Ratnapura St. Agnes Balika Maha Vidyalaya, Balangoda









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INDIRA CARE SERVICE

Wig Making For A Cause



685

Wigs

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INDIRA CARE SERVICE




"Hair is the most important item for women and we only understand the value once we lose our hair.. I was in the house not able to go out.. Even our cat in the house used to get scared of me..."




"I am a retired teacher and I used to teach primary school children at home. After my first chemotherapy all my hair fell out. I had to stop the classes and I couldn't even go out of the house. Children want their teacher to look nice....."




"I had long hair earlier... SO when I lost my hair people were puzzled and used to ask me about it all the time...."

INDIRA CANCER TRUST

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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

Livelihood Development Program

Financial Assistance (FA)



256

No of people eligible for FA

Rs 2500 per month given for a period of 6 months to improve / start livelihood activity

23

Used money for medicine

136

Number of people who have started livelihood

63

Not done livelihood/ Used money for other purposes

10

No of Patients passed away after the FA was granted

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INDIRA CARE SERVICE

Name - Kanthi Ranasinghe
Age - 49
FA period - Feb 2018- July 2018

2

I have a ½ acre bare land and maybe I can cultivate something there. Indira Cancer Trust was so kind enough to buy me tea plants to cultivate in that land. I used the money to buy fertilizer and all the necessary things for my tea plantation. Now it has been one year and we have cut the trees for the first round. After the second round I am hoping to packet them and sell. Although I am still financially unstable I have faith that in the long term this is going to bring a lot of success to me"





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INDIRA CARE SERVICE

2

Name - M.D Kusumaltha

Age - 52

FA period - October 2018- March 2019

"I am single and I live with my 83 year old mother. I was working in a factory but after my illness I couldn't go to work anymore. My brother supports me but he is also married and has two kids. I was thinking of a way to create an income for my elf and I heard about ICT and applied for FA. I invested my money on my brother's retail shop and receive profits every month. I have been able to help myself and also to take care of my mother with that money. Although my health is not in a very good state, this program helped me to chanel my emotions in a more positive aspect"



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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

Livelihood Development Program

Diriya Hala

Supporting Livelihood Activity through Creation of a marketplace for Sale of Products







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Diriya Hala திரிஹ ஹல



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INDIRA CARE SERVICE



Total Number of Diriya Hala Stalls Conducted upto May 2019		
1st Wednesday	Sethsiripaya stage 1	52
2nd Wednesday	Isurupaya	
3rd Wednesday	Suhurupaya	
4th Wednesday	Sethsiripaya stage 1I	
Every Day	Apeksha Hospital	15
Special Stalls	Other Venues	09

76

Diriya Hala Stalls

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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE



දිරිය හල

Diriya Hala திரிய தளம்

"The household expenses in our household really went up with my child's illness and it was difficult to manage with my child's father's income alone. That is why I started to make rugs.

I started small but now I get a good income. I got a lot of help from many parties and am thankful to all of them."

INDIRA CANCER TRUST

இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

2

මගේ පොඩි පුතාට පිළිකාවක් තියෙනවා. දරුවන්ගෙ තාත්තත් නැති වෙලා. ජීවිතේ ඉතා බරපතළින් පිරිලා. මේ හැම බරක්ම එක උරුස්සකින් උදුරන්න මගෙ ලොකු පුතා. ලොකු පුතාටත් හැමදේම තනියම කරන්න අමාරු නිසා අපි උපන් දින කාඩ් හදන්න පටන් ගත්තා. කියන් හරි හොයාගන්න කියල පටන් ගත්තාට මේ වෙනකන් අපේ ගිනිටත් සතුරක් සැහැල්ලක් දැනෙන්න පටන් ගත්තා. ඒ විතරක් නෙවේ අනිත් ගාණයේ ලැබෙන නිසා දැන් මට ඒ සල්ලි පොඩි පුතාගෙ බේත්වලටයි ගමන් වියදම්වලටයි ගන්න පුළුවන් නිසා මගේ ලොකු පුතාට තවත් බරක් වෙන්න ඕනෙ නෑ.



දිරිය හල
Diriya Hala திரிய தளம்

"My younger son has a cancer. My husband is dead. I am in debt. My elder son carries the burden of the family. He is finding it difficult to do this on his own. So we started making greeting cards. We started this to earn an income but now I also enjoy doing it as it gives me a lot of mental satisfaction. I managed to earn an income as well and now I am using it for medicine for my younger son and our transport. I don't need to rely on my older son now."

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INDIRA CARE SERVICE

2

Livelihood Development Program

Supporting Livelihood Activity through Purchase of Equipment / Raw Materials & Training.

"I have cancer, so my left arm was amputated. I have a daughter who has a heart problem and needs surgery. I have to look after my family"

Western Province Social Service Department at Apeksha Hospital carried out training to make carpets. ICT provided the Capital Rs 5000 to purchase the raw materials.



INDIRA CANCER TRUST

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INDIRA CARE SERVICE

2

Livelihood Development Program

Supporting Livelihood Activity through Purchase of Equipment / Raw Materials & Training.

“My Son has cancer and I have to look after my family. I can sew and make denim trousers for sale. I have a buyer every month. I need a sewing machine”

ICT donated a sewing machine





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INDIRA CARE SERVICE

2

Livelihood Development Program

Supporting Livelihood Activity through Regular Training





















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INDIRA CARE SERVICE

Livelihood Development Program

Supporting Livelihood Activity through obtaining Bulk Orders of Greeting Cards



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INDIRA CARE SERVICE

Educational Scholarship Scheme



129
Applications Received

33
Waiting for Interview

85
Patients Supported till May 2019

11
Applications Rejected

Rs 1000 per month for children of cancer patients until they finish their education.

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INDIRA CARE SERVICE

2

Name - Mohomad Adnan Dhul
Age - 8 Years
EA Commencement date - September 2018

Mothers remarks :

“ I have been suffering from cancer for so long . Now my initial treatment is over but I am still coming to Apeksha Hospital for follow up treatments. Adanan is my only child. My husband believed that I married him knowing that I had an illness. Therefore he left us. I have been unable to work due to my illness and I’m currently living with my parents. This assistance that I receive every month has been very useful for me to as I have no proper income to spend on my child’s education. Now my only hope is to teach my son well and give him a bright future. I am really grateful for the assistance and hope to receive it every month to fulfill educational needs.”



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INDIRA CARE SERVICE

Name - S. Rasali Rashmi
Age - 6 years
Ea Commencement date - October 2018

Mothers remarks :

" My husband was suffering from cancer and he passed away in December 2018. He was the sole breadwinner of the family and his demise has been very difficult on the family. I had no means of doing a job while he was there as I had to take care of him. When I heard my daughter will be receiving assistance for education it took away a lot of burden from me as it gave some hope for her future. I am hoping to invest this money on her education and I can only hope for better days to come"



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INDIRA CARE SERVICE

Gifts of School Books and Bags were given to all children receiving Educational Aid in December 2018







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INDIRA CARE SERVICE

Relaxation Therapy





YOGA



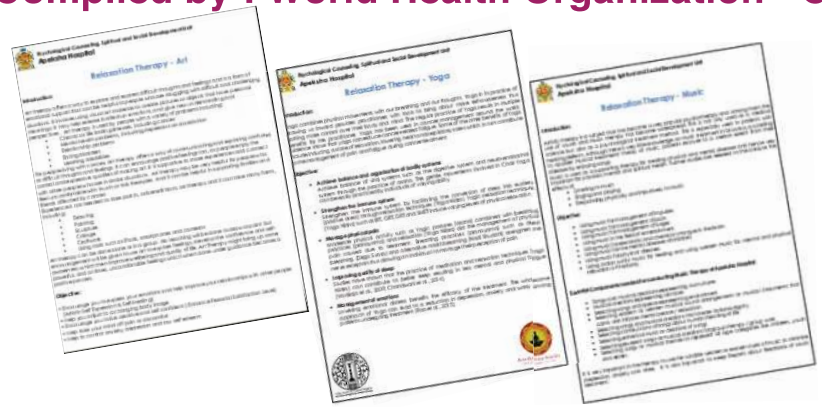
ART



MUSIC



Scientific evidence supporting Relaxation Therapy
Compiled by : World Health Organization - Country Officer for Sri Lanka



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INDIRA CARE SERVICE

Relaxation Therapy

Art Therapy



Art Therapy
Monday

38

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INDIRA CARE SERVICE

Relaxation Therapy

Art Therapy

“Every Day, I come to hospital and go back home with a very bad headache. Today by chance I saw the Art therapy Program and participated. I feel so much better..lighter and most of all I have no headache….”

“My mind was in a turmoil and I had a headache. I participated in Art therapy and felt so much better…”



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INDIRA CARE SERVICE

Special Exhibition of Art of Patients who participated in Art Therapy. (December 2018)

චිත්ත රේඛා - 2018

කලා ප්‍රතිකාර (Art Therapy) වැඩසටහන ට සහභාගි වූ සේවාලාභීන් ගේ නිර්මාණ එකතුවක් ලෙස 'චිත්ත රේඛා' චිත්‍ර කලා ප්‍රදර්ශනය ඔබ වෙත ඉදිරිපත් කරමු. අපේක්ෂා රෝහල - ඉන්දිරා පිළිකා භාරය සමඟ සබැඳිව පවත්වාගෙනයනු ලබන ලිහිලන ප්‍රතිකාර වැඩසටහන් මාලාවේ එක් ප්‍රතිකාරමය අංගයකි. 2018 ජුනි මාසයේ සිට සෑම සඳුදා දිනකම ක්‍රියාත්මක වූ කලා ප්‍රතිකාර වැඩසටහන් වලට සහභාගිවූ සේවාලාභීන් විසින් නිර්මාණ කරන ලද චිත්‍ර අතරින් තෝරගත් නිර්මාණ තිස් තුනක් (33) මෙහිදී ප්‍රදර්ශනය කරමු.









INDIRA CANCER TRUST
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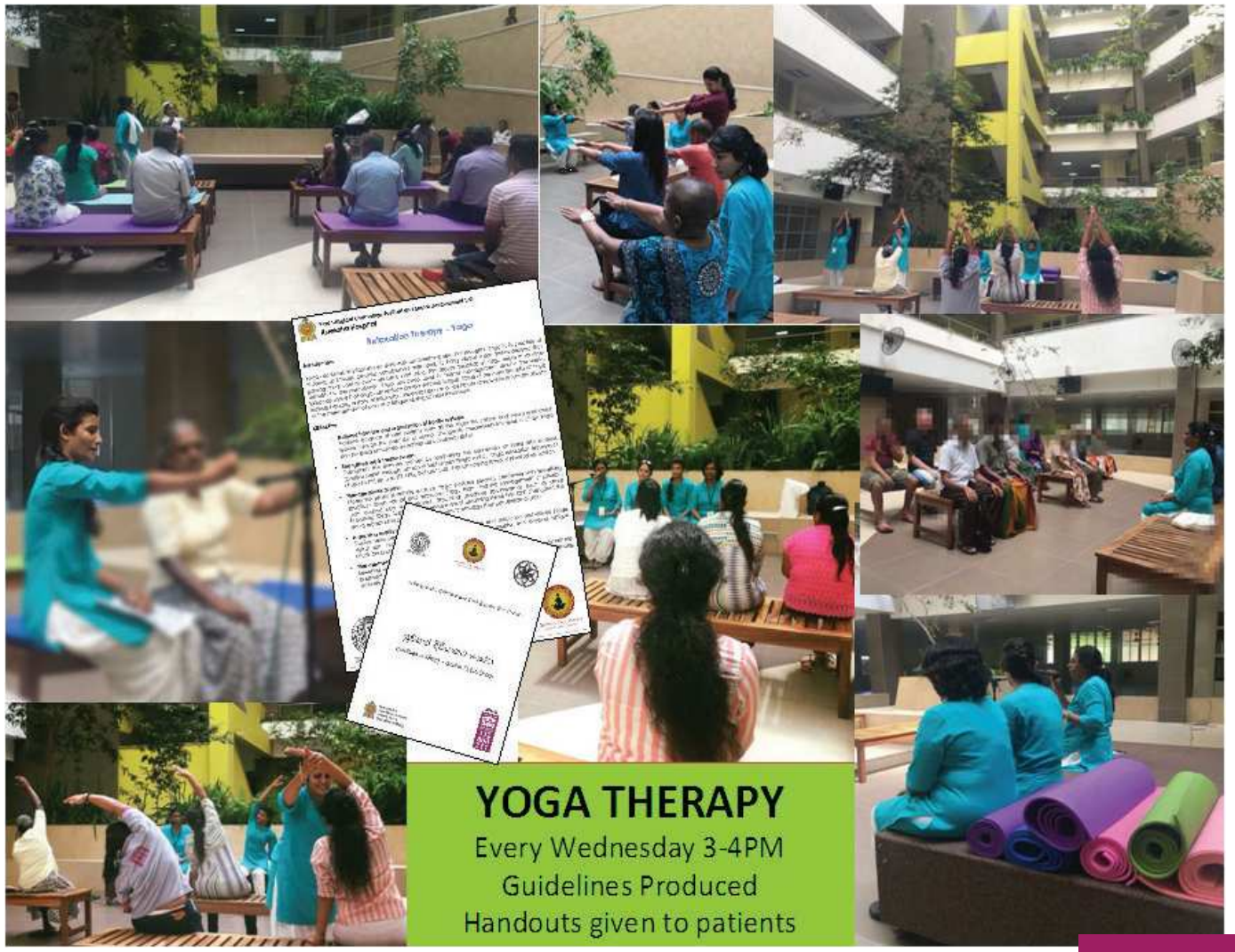
இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

Relaxation Therapy

Yoga Therapy



Yoga Wednesday **39**

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INDIRA CARE SERVICE

Relaxation Therapy

Yoga Therapy

"The uneasy and restless feeling I had, ended after I attended the Yoga Session. I feel like continuing Yoga....."

"I am happy! There is a feeling of lightness. This is similar to medication and helps control ones Mind, Body and Words. Yoga however also gives more physical relief.."



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INDIRA CARE SERVICE

Relaxation Therapy

Music Therapy



Music Therapy Saturday 39

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INDIRA CARE SERVICE

Relaxation Therapy

Music Therapy

"This program gives so much of mental satisfaction and relief. This is not only good for patients but also for the relatives who comes to visit. Hope you will continue this for the benefit of all"

"There is no one who doesn't like Music. Although we are physically ill we MUST be mentally well. And we are so happy that programs like Music therapy are organised to help our mental well being"



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INDIRA CARE SERVICE

Special Christmas Music program with Sohan & the Experiments (25 December 2018)









INDIRA CANCER TRUST
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INDIRA CARE SERVICE

Special Wesak Music program (18 May 2018)









INDIRA CANCER TRUST

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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

Counseling Support

Team of Volunteer Counselors:

- Wig Donation Program
- Financial Aid
- Educational Aid
- Individual Counseling (on request)







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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

2

Transport Allowance

"I am from Kuliyapitiya. I lost my husband 15 years ago and I make a living from selling "Kole Kanda"(herbal canjee) I was diagnosed with Colon Cancer last year and did 3 operations. I have Two daughters who are married and cant really help me much. I have a son who works as a laborer on a daily pay. I borrowed money today to come to the clinic.

Apart from the transport re-imbursement I was also informed about the financial aid program where help is given o improve a livelihood. I took the forms today to ask for help"



"I am form Balangoda. My husband passed away 20 years ago. I have uterine cancer and have to come to Apeksha Hospital every 21 days. I sew rugs and I have two sons who are both married and does farming. Traveling to Colombo costs money and getting a transport re-imbursement is definitely a great help for me"

541 Patients

INDIRA CANCER TRUST
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INDIRA CARE SERVICE

Funeral Support



The Patient is from Hettipola, Kuliyaptiya and has been diagnosed with a cancer for 3 months.. His wife also was diagnosed with breast cancer 1 year ago and on treatment. They have 3 children – Two daughters who are married with their own families and a Son who is a farmer. Indira cancer Trust had helped her husband with medication earlier. The ward had informed family to come to Indira cancer Trust to get help with the funeral as she nor any of the children were able to do any arrangements.

The patient is from Galgamuwa and diagnosed with Cancer and staying at the Apeksha Hospital, Maharagama for the last 6 months. His wife has left their 6 month old child with her mother and has been living in the temple and looking after the husband who is warded at the hospital. They used to be in the business of making bricks and now the vocation is at a standstill with no income generated. She was called for an assessment for financial aid but she had indicated her inability to do a livelihood project. There were no other family members to support when the husband died. So Indira cancer Trust supported her.

42

Funerals

INDIRA CANCER TRUST

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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

Support for Blood Investigations, Medication & Equipment







34
Blood Investigations

19
Scans (PET)

160
Medication

13
Equipment
(including wheelchair

INDIRA CANCER TRUST
இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CARE SERVICE

2

- Kitchen Upgrade
- Extra meal for paediatric patients
- Menu review











INDIRA CANCER TRUST

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INDIRA CARE SERVICE

Special Lunch 26th September 2018 & 2019







INDIRA CANCER TRUST
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INDIRA CARE SERVICE

2

Awareness Sessions

Awareness sessions in respective areas **23**













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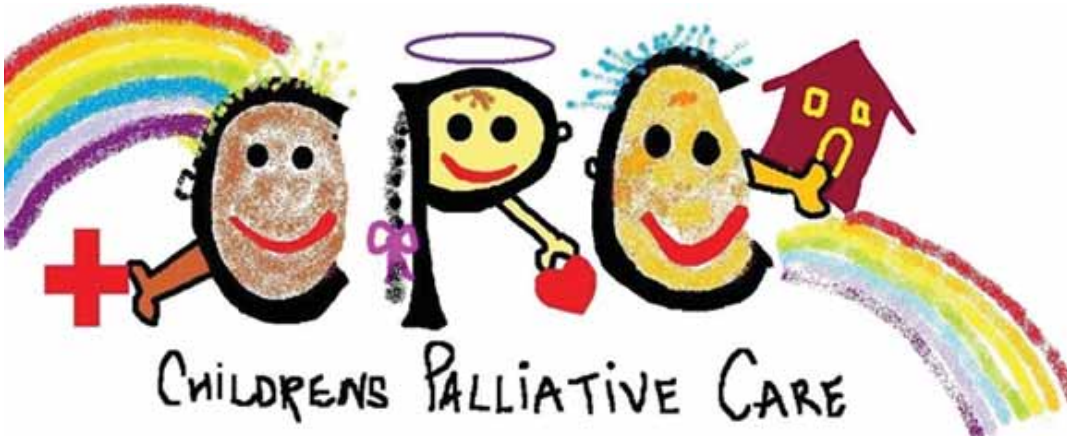
INDIRA PAEDIATRIC CARE

Keeping families with sick children together and near the care and resources they need.

- **To create a home, away from home, which is filled with not only help, but also hope….**
- ***Allow Families to Face the Weight of Illness Together….***
- ***Allow Children to Get the Best Care….***
- ***Services for Families to be provided….***



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INDIRA PAEDIATRIC CARE

Support for Blood Investigations, Medication & Equipment.

Blood Tests

- ☐ All Translocation Panel
- ☐ AML Translocation Panel
- ☐ Philadelphia Chromosome (BCRABL) Detection
- ☐ Philadelphia Chromosome (BCRABL) Quantitation*
- ☐ Bone Marrow Karyotyping Peripheral Blood Karyotyping
- ☐ KRAS Mutation Detection (Condon 12 & 13) - Blood
- ☐ KRAS Mutation Detection (Condon 12 & 13) - Paraffin embedded tissue
- ☐ HER2 new by FISH method*
- ☐ PML-RARA Mutation Detection

408
BLOOD INVESTIGATIONS

10
SCANS (PET)



INDIRA CANCER TRUST
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INDIRA PAEDIATRIC CARE

SIgning of MoU with Key partners for Investigations (Blood & Scans)







LANKA HOSPITALS

DURDANS HOSPITAL
A Heritage Built On Values And Expertise

ASIRI SURGICAL HOSPITAL
LIVE MORE

INDIRA CANCER TRUST
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INDIRA
PAEDIATRIC CARE

Monthly Paediatric Art & Craft Camp

26
Art & Craft Camps





19	ජනවාරි	සතුටු මාසය	මකිළුච්චියේ මාතෘ
16	පෙබරවාරි	නිර්මාණශීලී මාසය	පසුබිමාත්තුව මාතෘ
16	මාර්තු	කලා මාසය	කලා මාතෘ
20	අප්‍රේල්	වර්ෂය නිතකාමී මාසය	ස්වභාවික මාතෘ
18	මැයි	ශ්‍රමවරුණේ මාසය	ආහාරය මාතෘ
15	ජූනි	පියාගේ මාසය	වෙත්‍රියින් මාතෘ
20	ජූලි	උදාසීනමත් මාසය	ඔන්ලොක්කම මාතෘ
17	අගෝස්තු	නිදහස මාසය	කලා ඉලක්කිය මාතෘ
21	සැප්තැම්බර්	සෞඛ්‍යසාර මාසය	සෞඛ්‍යසාර මාතෘ
19	ඔක්තෝම්බර්	නිදහස මාසය	කණ්ඩායම්වල මාතෘ
16	නොවැම්බර්	නිර්මාණශීලී මාසය	පසුබිමාත්තුව මාතෘ
21	දෙසැම්බර්	විශේෂාන්මක මාසය	මකිළුච්චියේ මාතෘ





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அறக்கட்டளை

INDIRA
PAEDIATRIC CARE

Children's Birthday Celebration









403 Birthday Celebrations

INDIRA
CANCER
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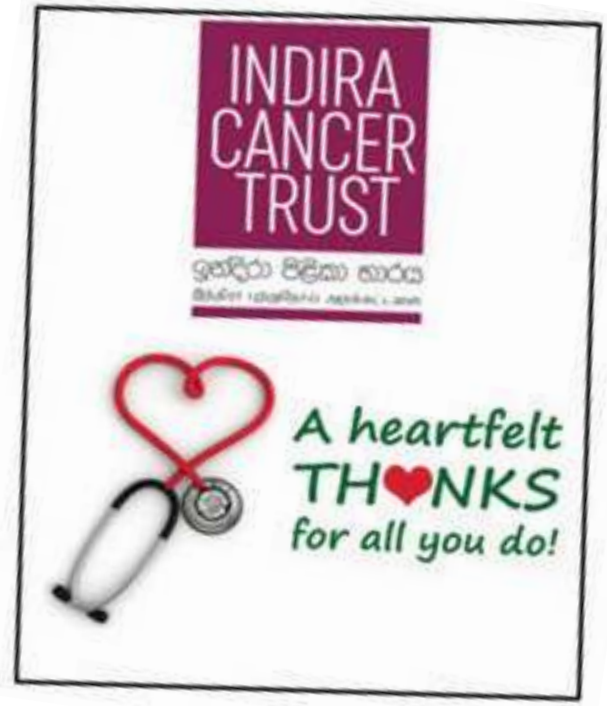
INDIRA PAEDIATRIC CARE

‘Thank You Cake’ given monthly to staff of Paediatric Wards





110

Thank You Cakes

INDIRA CANCER TRUST
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INDIRA
PAEDIATRIC CARE

Support for master plan of Paediatric Unit (Suvapeksha Medical Complex)

PROPOSED SUWAPEKSHA MEDICAL COMPLEX

TOTAL 670 BEDS (Total beds increasing 1050 in Apeksha Hospital)

1. 7 NOS BED PEDIATRIC WARDS- (230 BEDS)
2. ISOLATION WARD - (10 BEDS)
3. PEDIATRIC DAY CHEMOTHERAPY UNIT- (30 BEDS/ COUCHES)
4. PEDIATRIC ICU (10 BEDS)
5. BONE MARROW TRANSPLANT UNIT – (7 BEDS)(4 ROOMS +3 STEP DOWN ROOMS)
6. BONE MARROW BIOPSY & LUMBAR PUNCTURE THEATER
7. PLAY AREA LIBRARY /RESEARCH UNIT
8. RADIOLOGY/IMAGING -(MRI/CT/X-RAY/ULTRA SOUND)
10. COUNSELLING AREA
11. PALLIATIVE WARD
12. RESEARCH UNIT/LIBRARY
13. CHILDRENS SCHOOL/ THEATERE
14. ECG
14. GROUND LEVEL CAR PARK- 22 CARS
15. BASEMENT – LEVEL CAR PARK 58 CARS





INDIRA CANCER TRUST
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INDIRA
PAEDIATRIC CARE

Suraksha Insurance Scheme

- ☐ **Hospitalisation Claim**
  - ☐ Treatments at Government Hospital
  - ☐ Treatments at Private Hospital
  - ☐ Out Patient Benifits
- ☐ **Death Claim**
  - ☐ Death of Parent
  - ☐ Death of Student
- ☐ **Disability Claim**
  - ☐ Disability of Student

Suraksha
Protect forever the children of nation

INDIRA CANCER TRUST
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INDIRA PAEDIATRIC CARE

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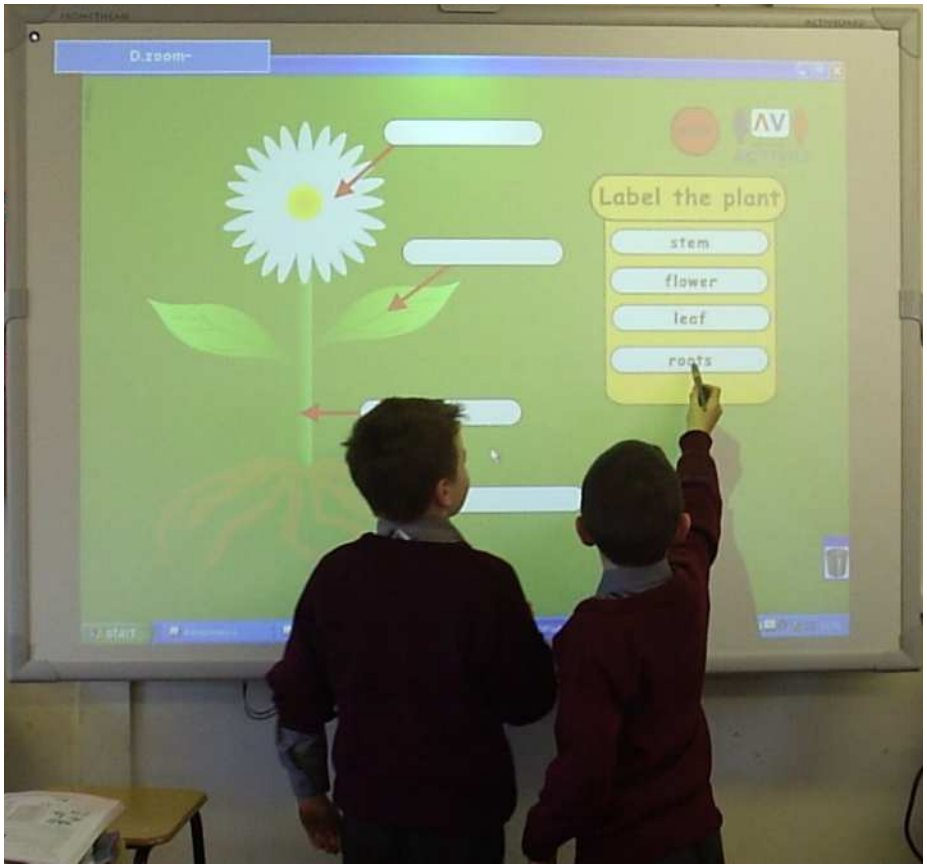



Learn English

To initiate regular class room activity at the playhouse with inclusion of Languages & Information Technology

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What volunteering does for the volunteer

Over 500 Volunteers







Indira Cancer Trust membership obtained

NCD Alliance Lanka

Promoting Health for a Better Tomorrow



Union for International Cancer Control (UICC)
is pleased to acknowledge the contribution of the

Indira Cancer Trust

to the global fight against cancer

Member of UICC

www.uicc.org

Our Partners.....









































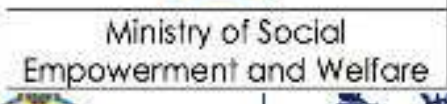











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අපේක්ෂා රෝහල
0112-844459

Ministry of Health, Nutrition &
Indigenous Medicine, Sri Lanka

Be the person who moves hearts...
Be the person who makes darkness disappear..
Be the person who makes colours appear...

To fulfill your dreams of serving humanity
Please join us

