Oru Paanai

Feeding hungry children in Sri Lanka



Oru Paanai Newsletter Issue 6

www.orupaanai.org.uk

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Greetings / Vanakkam to all supporters of Oru Paanai, existing and prospective.

We have travelled a long way from the time we launched this charity. with the aim of doing our bit to help the malnourished children in northeast Sri Lanka, taking on more and more schools as we went along, while also venturing into other areas of great need such as supporting remedial classes and leading a pilot project to provide water for the Wanni region. We have undertaken a look back exercise, which summarises the progress made while mapping out our future plans in a review, which we publish below under the title Timeline Oru Paanai. We would welcome any comments or suggestions from all of you on our report.

In Sri Lanka, some degree of uncertainty prevails at present about the future political direction of travel. In the south, existing political partnerships are facing turbulent times ahead with ever changing alliances, as well as evolving prospects of new political entities. In the north also, existing political partnerships are undergoing change.

The one thing that has not changed much is the prevailing dire poverty and lack of job opportunities – the north remains an agrarian economy, alongside fishing as the main source of employment. Both these sources of income are functioning below normal

levels, due to the existing socio political conditions. All this means to us in charities like Oru Paanai is that the children we help to feed, along with the World Food Programme and the One Child Programme, will continue to need our assistance for some more years.

The photographs we have published in this Newsletter illustrate well the extent of the poverty prevailing in northern Sri Lanka today. The dwellings many live in, could barely be described as houses - often little more than a tin roof and a few cadian fencing around to provide minimal shelter. The scantily clad children portray the inability of the parents to clothe them properly. The picture of a family gathered around a framed photo of their late father, who stare glumly at the camera, conveys their sense of hopelessness. All these photographs speak much more eloquently about the prevailing poverty there than any amount of verbiage can.

Yet, even amidst all this gloom, we occasionally see glimpses of generosity which inspires us to believe that things will change for the better in many ways. There are two stories we came across which we must share with you. One concerns an incident seen by one of our group, Dr. Dan Muthuveloe, who was visiting a school in the north, and noticed a little boy of about seven, who consumed only half the lunch he was given and was wrapping up the rest. When he enquired of the lad whether

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he did not finish the meal because the meal was not tasty, he replied that he was taking the rest home to share it with his little sister who was at home! A small act, may be, but how considerate and in one so young.

The other story concerns a visit made to the north by Tissa Jayatilaka. Tissa had taken along his driver for the long journey to Jaffna, and on his return to Colombo, handed over to him the allowance owed to him for the extra work done. The driver who had seen at first hand the poverty in the areas that they had visited, returned the money to Tissa and indicated that he would like the money to be used in the OP feeding programme. Indeed a magnificent gesture from someone on a fairly modest salary himself!

Such incidents and the donations made to us, large or small, by a considerable number of people, give us confidence that we can continue to deliver on the commitments OP has undertaken.

Finally, we must extend a sincere word of thanks to the One Child Foundation, for taking on the Feeding Programme in the islands in Jaffna, details of which are given in another part of this Newsletter. Without their wonderful support, OP would find continuing the feeding programme a much greater challenge.

Visit www.orupaanai.org.uk for the latest news, event information and details on how to make donations



TIMELINE ORU PAANAI
.....how it all started and
how it has evolved over
the past 8 years (Reproduced from the

Oru Paanai 2016 Dinner Dance souvenir)

May 2008: A desperate plea for help was made to us by head teachers of some of the poorest schools in the north, who highlighted how many of their pupils did not even get one square meal a day as their parents could not afford to even provide them a single meal. A group of friends in the medical profession started the charity Oru Paanai, the aim of which was to work with the UN agency, the World Food Programme, to provide a nutritious lunchtime meal to all the worst affected schools in the Wanni and other remote areas in the northeast.

June 2009: The first fundraising event for Oru Paanai was an evening of Carnatic music staged by a group of very talented young musicians at the Winston Churchill Hall in Ruislip, which was a tremendous success and resulted in a handsome sum of money being raised for OP. It was this event, the expenses of staging it were entirely met by the parents of the young musicians, which gave the OP committee the confidence to take on more and more schools onto their programme.

August 2009: Prof. Swaminathan, a keen OP supporter and Trustee of the charity, accompanied by his son



Ramesh, undertook a gruelling bicycle ride across the Pennines to raise funds for OP. This was to prove the first of many other activities



undertaken by Prof. Swami (pictured above) over the next 7 years to raise funds for OP, including climbing Mt. Kilimanjaro, and the latest of which was a bicycle ride from Auckland to Christchurch and back in January this year, which raised over £5,000 for Oru Paanai. He has indeed been **the main** fundraiser for OP in its 8 years of existence.

Dec 2009: Oru Paanai registered as a recognised charity by UK Charity Commissioners, which enabled OP to receive Gift Aid monies from HMRC.

Jan 2010: Oru Paanai Sri Lanka formed under the leadership of Mr. Somasundaram Skandakumar. Contributions made to it by Sri Lankans resulted in a substantial rupee fund within 12 months.

October 2010: The younger members of OP, led by Abi Subanandan, Vidya Kanthi and Indu Smith staged a spectacular ball, entitled 'Chandeliers and Silk' In Paddington, London. A scintillating evening of musical acts was enjoyed by a large audience and also resulted in over £11, 000 being raised for OP.

November 2010: The number of children in OP programme increases to 13,000 per day.

January 2011: OP Sri Lanka officially registered with Ministry of Justice, Sri Lanka by gazette notification.

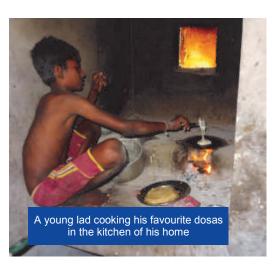
February 2012: OP Canberra branch formed by Mr. Chelva Kumaranayagam. Since then, they have been contributing to the OP Feeding programme on a 6 monthly basis ever since.

May 2012: Oru Paanai Education launched to provide remedial classes in the north and east. OP Education made contributions to Mahadeva Padippaham in the north, and RHYTHM in the east. Educational activities have taken a backseat in recent times, partly due to the untimely passing away of OP Education's energetic lead, Mr. Ram Subramaniam.

August 2012: OP Kaithady formed by incorporating into Oru Paanai, the activities of a group of interested individuals, led by Drs. Ranjit Thambirajah, Tony Sirimanne and Deutram Thambapillai, who had been providing audiology support to the Nuffield School for the Deaf and Blind in Kaithady, Jaffna. OP Kaithady continues to function as a part of OP, raising its own funds which are spent mainly on fitting hearing aids and in training the staff of the Nuffield School.

July 2013: One Child Foundation, the UK charity, led ably by Mr. Mano Manuelpillai, takes on the provision of mid day meals to some of the island schools in Jaffna, thus sharing the task with OP.

December 2013: The Oru Paanai feeding programme has grown exponentially in the 5 years of its existence and was supporting 43,000 children in 311 schools by this stage. The OP Committee decides to be more selective in taking on more schools hereafter, due to financial constraints.



August 2014: OP undertakes to support the Sathu Maa programme for some of the islands around the Jaffna peninsula. The Sathu Maa programme, run by the MOH of the area, provides nutritious meals to malnourished pre-school children.

August 2015: Oru Paanai Water for Wanni launched as a Pilot project. Over £20,000 was raised in a very short time from very generous donations made by a large number of individuals who saw this as a project meeting a vital need. Twenty two wells were constructed in the Wanni, providing much needed help to a fair number of families. Phase 2 of the Water for Wanni project is ongoing and it is reckoned that 10 or more wells could be constructed in the coming months, concluding the pilot project.



January 2016: One Child Foundation takes over the cost of the feeding programme for all the schools in the islands off Jaffna, thus providing significant financial help to OP.

August 2016: Oru Paanai currently helps to provide a mid day meal to 45,000 children in 390 schools in the north, mainly in the Wanni. In addition, it continues to support the Sathu Maa programme in a few of the islands.



Where we are now

Have our activities made a difference? The answer to this, provided by the head teachers of the 350 schools we support, is a resounding yes. They tell us about how all the children now enjoy their

lunch time meals, and that many of them come to school regularly because they are assured of a nutritious and tasty meal. Their performance in their studies has also improved remarkably, as the children attend school regularly and are also able to concentrate on their lessons more on a full stomach. The meals provided are cooked mainly by parents of the children and some



schools even grow their own vegetables to feed the children. Thus, costs are kept to a minimum.

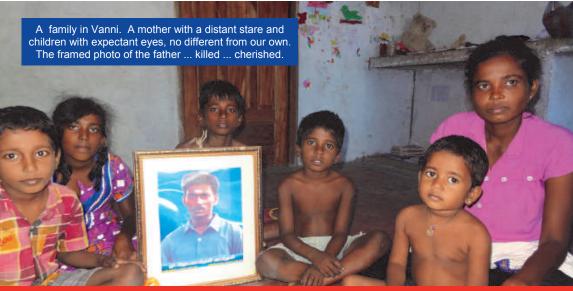
Although the running costs of OP are low, with administrative costs being less than 2% of it's annual expenditure, the outgoings of Oru Paanai are about £60,000 each year, which is almost entirely spent on the feeding programme, the main aim of Oru Paanai.

We receive about £ 20,000 from regular contributions, and a similar sum from fund raising activities undertaken by individuals and by the OP Committee itself. The One Child Foundation bears the expenses for feeding children in the schools in the islands, amounting to nearly a quarter of the schools OP helps. Any shortfall is met in part, by individual donations from a few people, to mark a significant birthday, anniversary or in memory of a close relative. The reality of our situation is that we need more donors who will come forward to support us on a regular basis, by way of monthly donations, thus ensuring some stability for OP's

future.

HOW WE SPEND THE MONEY YOU GIVE TO US

From time to time, we like to share with you information about how the funds raised by us is spent in supporting the needy children in the northeast. Currently, we have to spend nearly all the money you donate on our feeding programme. This disbursement of money is closely supervised by our project lead in Jaffna, Mrs. Anusha Devi Murlidharan. Cheques are handed over to the heads of schools on a monthly basis, once the accounts for the previous month's expenditure are received. In fact, OP has been roundly complimented by all heads of schools for the reliability of our funding which is always received on time. The OP committee is very grateful to Ausha Devi for the sterling work she is doing in ensuring that the OP feeding programme runs so smoothly.



Given below is the break down of how much money is spent in a typical month on the feeding programme, which will give an idea of the main areas that receive OP funding.

	Education Zone	Number of schools	Number of students	Expenses per Day	Total expenses per month
1	Kilinochchi	59	6,414.00	7,715.00	154,300.00
2	Jaffna	37	6,584.00	8,180.00	163,600.00
3	Valikamam	7	1,336.00	1,445.00	28,900.00
4	Vadamarachchi	2	561.00	550.00	11,000.00
5	Vavuniya North	52	3,778.00	5,595.00	111,900.00
6	Vavuniya south	21	1,077.00	1,540.00	30,800.00
7	Mannar - Madu	49	5,227.00	6,065.00	121,300.00
8	Mullaithiyu	32	5,411.00	5,345.00	106,900.00
9	Thunukkai Zon	43	3,469.00	4,220.00	84,400.00
10	Islands	63	9,493.00	9,905.00	198,100.00
11	Mannar	26	905.00	2,075.00	41,500.00
	Sub Total	391	44,255.00	52,635.00	1,052,700.00
	Island- One Child Foundation Funding				(203,100.00)
	Total	1			849,600.00
12	Sathuma	X1			47,625.00
	Total				897.225.00



ONE CHILD FOUNDATION

One Child Foundation was formed six years ago after the war in Sri Lanka ended, by a small group of friends and relations keen to help the orphaned and destitute children, who were being taken from the refugee camps to the schools in North and East. Our Mission: 'Relieve Childhood Poverty and Offer Education as an alternative to continuous poverty'. Currently, we feed 9,493 children in 63 schools and educate 125 children in 13 schools.

Our Trustees have strong affiliations to the Islands of Kayts as many of them were born there. Two years ago, we learnt from certain school principals in the Islands that many children from poor families were coming to school hungry and a few of them had even fainted due to hunger by mid morning. We decided to help.

We had attended Oru Paanai's fundraising events before and been impressed with their commitment. We learnt that they offer midday meals to children in Sri Lanka. So, we contacted them and agreed to take over first on a trial basis some of the schools in Kayts.

Oru Paanai

58 Hungerford Road, Stourbridge, West Midlands DY8 3AB Registered Charity No. 1136376 www.orupaanai.org.uk Email: secretary@orupaanai.org.uk Charity number: 1136376

Oru Paanai Sri Lanka 17 Yahalabedda Road, Haputale, Sri Lanka Not wanting to duplicate the administrative works, we agreed to use OP's excellent infrastructure already established in Sri Lanka. We started with 2,995 children in 20 schools and soon realised the huge benefits this effort was bringing to the children. We found that many children were attending school regularly because of our midday meals.

In 2015, we took over all 9,493 children in all 63 schools in all 8 Islands of Kayts. Today, every child in every school in every island of Kayts is offered midday meals by OCF. We visited a number of these schools in February 2016 accompanied by the Administrator of OP and the Regional Education Officer and observed how the Midday Meals were being cooked and served to the children. The children had their plates and spoons in their school bags and pulled them out as soon as the teachers called out, "It's lunch time". They queued impatiently, collected their food and enjoyed it. Some even went for a second serve which was very satisfying to observe.

The Principals of the schools we visited confirmed that the Midday Meals programme would not happen if not for OP's administrative efforts and OCF's funding.

For me, it was a most humbling and uplifting experience. Oru Paanai has more or less reached it's capacity for feeding now. We continue to operate as a non political charity that is primarily engaged in alleviating poverty and malnutrition in school

going children. It seems likely that OP will resume providing remedial classes in the east in the near future.

Mano Manuelpillai President, One Child Foundation

OP KAITHADY

OP Kaithady continues to work closely with the Nuffield School in Kaithady, helping the latter in numerous ways. The main activity undertaken this year was an extended visit undertaken by Dr. Thambyrajah, Vice Chairman of Oru Paanai and one of the Leads for OP Kaithady, to the Nuffield School and to Mullaitivu. During this visit, Dr. Thambyrajah

- handed over to the Nuffield School a brand new Audiometer, which cost £ 1,850, and had been purchased by a grant from the BMA.
- undertook ENT / Audiology assessment of new admissions to the School, which included syringing of ears and fitting of digital hearing aids
- reviewed children who had hearing aids fitted the previous year, and issued new hearing aids to some
- undertook ENT teaching to medical students from the Jaffna medical school.

Medical students from the Plymouth Medical School who visited the Nuffield school made a generous donation to the school and OPK donated the balance money needed to purchase a Braille machine for the use of blind students at the school. Two generous

donations amounting to a sum of £1,500 from Prof. V. Manoharan and Dr. Rajeev Samaranayake was sent to the Nuffield school enabling them to purchase a hearing aid mould making machine.

Following a presentation made by Dr. Thambyrajah at an OP awareness dinner held in Colombo, some Rotarians who were present came forward to assist in the purchasing of hearing aid batteries at cost price for use by the school.

During Dr. Thambyrajah's visit to the Mullaitivu Deaf school, he was informed by the teachers there about what a difference the hearing aids donated during his previous visit had made to the children in the school. Mrs. Anne East is in the process of preparing a Teaching Video to be used by the school in conducting future teaching classes. Also, it is worth mentioning that friends of OPK privately sponsor 15 children at the school, in addition to paying for special meals to the children on an occasional basis.

OP SL

OP Sri Lanka, under the leadership of Tissa Jayatilaka, continues to supervise the activities of Oru Paanai in Sri Lanka. Tissa paid another visit to the north this year as well, and accompanied by Anusha Devi, visited a number of schools himself to see at first hand how OP 's feeding programme is functioning. Tissa was also associated with Dr. Ana

Thevathasan and Dr. Asoka
Thenabadu in organising an OP
Awareness Dinner, which was held at
the Colombo Golf Club in May. We
must also mention that Dr. Thenabadu,
who has been a good friend to Oru
Paanai, sadly passed away a few
weeks after organising this dinner.

WATER FOR WANNI

As most of you aware, OP was involved in a pilot project ,Water for Wanni, which was launched in July last year. The aim of this project was to raise enough money, about £10,000, to construct 10 wells in the Wanni area. In fact, a sum of £27,000 was raised and 22 wells were constructed under the direct supervision of Dr. Dan Muthuveloe. In November 2016, Hon. D.M.Swaminathan, Minister of Rehabilitation, Housing and Hindu Affairs, offered to matchfund any monies raised by OP to construct more wells, which are urgently needed. The trustees of OP discussed this offer at length at their meeting held on 15/12/2016 and were delighted with the offer made by Minister Swaminathan to matchfund the funds raised by OP for the Water for Wells project.

We expect to proceed with the construction of more wells in the Wanni soon.

OP Trustees List 2016

Dr. K. Nandhabalan

Dr. Ranjit Thambirajah

Dr. Dan Muthuveloe

Dr. S.V.Devendra

Dr. N.Rajakumaran Dr. Leela Muthuveloe Mrs. Shyamala Devendra Prof. R. Swaminathan

Dr. S. Kathirgamanathan Dr. Nirmala Subanandan

Dr. Deutram Thambapillai

Dr. K.Balasubramaniam

Dr. N. Cristanthansish

Dr. N .Sriskantharajah

FUNDRAISING ACTIVITIES IN 2016

Charity Bicycle ride down under

At the time the last Newsletter went to print, our tower of strength, Prof. Swaminathan, was in the process of completing his charity bicycle ride from Christchurch to Auckland and back to raise funds for OP. His herculean bicycle ride resulted in £5,500 being raised for OP, and it is this kind of selfless effort that helps us to bridge the funding gap between our incomings and outgoings.

Satya shines again – brighter than ever

Shri Satynarayanan, the keyboard maestro from Chennai, who has almost single handedly won recognition for the keyboard as an instrument of classical music. performed once again for Oru Paanai in a concert staged at the Bharatva Vidya Bhavan in Hammersmith on the 25th of June 2016. The large audience present enjoyed a scintillating performance from him, and he was backed by a very talented band of musicians, including both his parents. The audience was so impressed by the quality of the concert, and there were numerous requests for a repeat performance in the near future. About £2,900 was raised for OP on the day.

Oru Paanai Dinner Dance

A fund raising dinner dance organised under the Oru Paanai banner was held on the 24th of September in the popular venue VIP Lounge in Edgware, London, Around 260 OP supporters who graced the occasion felt that this dinner dance was an outstanding success. All were highly appreciative of the food, the pulsating music provided by the band SkyHigh and the entertainment laid on by the Bollywood dancers. It was an uplifting occasion, which resulted in raising over £6,000 for OP. We are hugely grateful to all those who came along to support us, as well as the numerous donors who gave us generous donations even if they could not be present on the day.

OP Sports Club vs Yarl CC cricket match

The annual cricket match was played on the 16th of July at the West Harrow Sports Ground. The match, which was played in a highly competitive spirit, resulted in a tie. The individual awards were handed over to the winners by Mr. Somasunderam Skandakumar, who made a surprise appearance at the event. A donation to OP was made from the sale of short eats on the day.

90 Glorious years – Stourbridge Fundraiser

A fund raiser for Oru Paanai, held by St Michael's church in Norton in Stourbridge in July. The event was a musical evening with dinner titled "90 Glorious Years", celebrating the Queen's 90th Birthday. The show was hosted by Maggie O'Hara a famous Black Country singer and entertainer.

The evening attracted a crowd of just over a hundred people, packing out the church hall.

Maggie had her audience enthralled with her singing. The audience also heartily joined in a



sing along of old favourites. John Nicholson conducted an entertaining Quiz on "...the lesser known facts about the Queen". The evening raised a sum of £1500.00, which was donated to Oru Paanai.

Faith Groups support for OP

Money was raised for Oru Paanai in a service held in All Saints Church, Battersea on the 30th of November and at a Quaker Meeting for Worship held in Bristol at the end of November. We are very grateful to both these groups for their very welcome support for our charity.

Charity Sponsored Cycle Ride by 11 year old Chris Dean

On Monday 22nd August 2016, I went on a sponsored 15 mile bike ride with my Dad for charity. The charity I chose was called Oru Paanai, which provides rice, vegetables and curry ingredients to give to the schools of Sri Lanka. This is so that poor schoolchildren can have nutritional and well balanced lunches because they are not provided free school meals and some children were going for a full day without eating because their families were unable to provide lunch.

I raised all the money on one day, in the morning I was sponsored by many people in my church, and in the afternoon members of my family also sponsored me, since it was my birthday party. By the end of the day I had raised £300 in sponsorship.



began at home. We cycled to the Bonded Warehouse in Stourbridge, an old building next to the canal. We cycled alongside the canal, passing through Stourton and Kinver before stopping at a pub called the Vine for lunch. After that we went on our way down the canal a little more before climbing a steep, hilly road and ending up next to Norton road. If we had gone down Norton road we would have found our

The route we took was a circuit that

cycled the short distance to my house.

The reason I chose the charity Oru

Paanai is because my grandparents,

house but not have done 15 miles, so

stopped off at a cafe called the Fig and

Favour and had a break, after that we

we cycled through Hagley until we

who originate from Sri Lanka, are trustees and founders of the charity. Oru Paanai is also very little recognised compared to other larger charities, such as Barnados or MacMillan Nurses, so it would be good to express what Oru Paanai actually is and help people learn about it.

(This lovely item was written by young Christopher Dean and we have published it without editing as it would lose its authenticity. We also hope that Chris would inspire other young people to follow his example and fund raise for Oru Paanai, however young they may be — Ed)

WE ARE VERY GRATEFUL TO ...

- Our regular donors, whose contributions are the bedrock of our fund raising
- The occasional one off donors who have donated large sums, mostly anonymously
- The organisers of events like musical concerts for giving freely of their time
- Prof. Swaminathan who has single handedly raised more money than any other for OP
- The Canberra Group, led by Chelva Kumaranayagam, for their regular contributions and occasional sponsorship of special treats for the children we support
- One Child Foundation for sharing with OP the task of feeding needy children in Srilanka
- Anusha Devi, our Project Lead in Jaffna, who singlehandedly manages OP's programme
- Stewart Hills, who does an excellent job in publishing our Newsletter every year, at minimal cost

FORTHCOMING EVENTS IN 2017

We hope to stage several fund raising events in 2017, although the details such as dates and venues have yet to be finalised. The OP Badminton Tournament organised by OP, in which 4 teams will participate, has been pencilled in for the 19th of February. We will keep you updated on this once other details are finalised. Please come and support us whenever you can, as we rely on your support to continue our programme.

WHAT YOU CAN DO TO HELP OP

- Become regular monthly contributors to OP, if you are not already doing so
- Increase your contributions if you feel you can afford to do so
- Come along to our Dinner Dance and give generously when you do
- Do sponsored fund raisers, like running half marathons, charity bicycle rides
- Donate money to mark special

- birthdays / anniversaries, in lieu of presents
- Donate a small percentage of any bonuses / awards you receive to Oru Paanai
- Spread the word about OP's desperate need for support
- Remember Oru Paanai in your wills when you wish to leave something for charity

Please take a little time to think how you can help us achieve our aim. Oru Paanai is an established charity now, with a reliable process for getting across help to where it is needed most. Nearly every penny you donate to OP goes straight to the children, with less than 2% of the money being spent on admin costs.

We hope we have earned your trust and faith in the work we are doing, and that you will feel inclined to support us in our mission to alleviate hunger in schoolchildren in our land of birth.





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Please consider using the Standing Order mandate enclosed with this newsletter

Oru Paanai

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