



சேவை

SEVAI

WE SERVE WITH HUMANITY



சர்க்கரை நோய் விழிப்புணர்வு: ஆரோக்கியமான எதிர்காலத்தை நோக்கி ஒரு கூட்டு முயற்சி

ஒவ்வொரு ஆண்டும் நவம்பர் மாதம் உலக நீரிழிவு நோய் விழிப்புணர்வு மாதமாக (Diabetes Awareness Month) கடைப்பிடிக்கப்படுகிறது. குறிப்பாக, நவம்பர் 14-ம் தேதி உலக நீரிழிவு தினமாக உலகம் முழுவதும் நினைவுகூரப்படுகிறது. ஒரு அமைதியான நோயாக நம் சமூகத்தைப் பாதித்து வரும் நீரிழிவு நோய் குறித்து விழிப்புணர்வு ஏற்படுத்துவது நமது லயன்ஸ் சங்கத்தின் (Lions Club) மிக முக்கியக் கடமைகளில் ஒன்றாகும்.



நீரிழிவு நோயின் அறிகுறிகள் (Symptoms to Watch)

பல நேரங்களில் சர்க்கரை நோய் எந்தவித வெளிப்படையான அறிகுறிகளும் இன்றி உடலில் ஊடுருவுகிறது. பின்வரும் மாற்றங்களைக் கண்டால் உடனடியாக மருத்துவ ஆலோசனையைப் பெறுவது அவசியம்:

- அதிகப்படியான தாகம் மற்றும் அடிக்கடி சிறுநீர் கழித்தல்.
- காரணமின்றி உடல் எடை குறைதல்.
- தீராத பசி மற்றும் உடல் சோர்வு.
- காயங்கள் ஆற நீண்ட காலம் எடுத்துக் கொள்ளுதல்.
- கைகால்களில் மரத்துப்போதல் அல்லது ஊசி குத்துவது போன்ற உணர்வு.

தடுப்பு மற்றும் மேலாண்மை (Prevention & Management)

சர்க்கரை நோயை முழுமையாகக் குணப்படுத்த முடியாவிட்டாலும், முறையான வாழ்க்கை முறை மாற்றங்கள் மூலம் அதைக் கட்டுக்குள் வைத்து இயல்பான வாழ்க்கையை வாழ முடியும்.

1. உணவு மேலாண்மை: "உணவே மருந்து" என்ற தத்துவத்தின்படி, மாவுச்சத்து நிறைந்த உணவுகளைத் தவிர்த்து, புரதம் மற்றும் நார்ச்சத்து (Fiber) நிறைந்த உணவுகளை அதிகம் உட்கொள்ள வேண்டும். குறிப்பாக, சிறுதானியங்கள் மற்றும் நீர்ச்சத்து நிறைந்த காய்கறிகள் சிறந்தது.
2. உடல் உழைப்பு: வாரத்தில் ஐந்து நாட்கள், தினமும் 30 நிமிடங்கள் விறுவிறுப்பான நடைப்பயிற்சி (Brisk Walking) செய்வது ரத்தத்தில் உள்ள குளுக்கோஸ் அளவை சீராக வைக்க உதவும்.
3. மன அழுத்தம்: இன்றைய பரபரப்பான உலகில் மன அழுத்தம் சர்க்கரை அளவை உயர்த்தும் முக்கிய காரணியாகும். தியானம் மற்றும் முறையான உறக்கம் இதற்கு சிறந்த தீர்வாகும்.
4. தொடர் கண்காணிப்பு: ரத்த அழுத்தத்தையும், சர்க்கரை அளவையும் சீரான இடைவெளியில் பரிசோதிப்பது இதய பாதிப்பு மற்றும் சிறுநீரகப் பாதிப்புகளில் இருந்து நம்மைக் காக்கும்.

எமது லயன்ஸ் சங்கத்தின் பங்கு

லயன்ஸ் சர்வதேச அமைப்பின் (Lions International) ஐந்து முக்கிய இலக்குகளில் நீரிழிவு நோய் ஒழிப்பும் ஒன்றாகும். நமது மாவட்டத்தின் கீழ் உள்ள பகுதிகளில் இலவச ரத்தப் பரிசோதனை முகாம்கள், விழிப்புணர்வுப் பேரணிகள் மற்றும் ஆரோக்கியமான உணவு குறித்த கருத்தரங்குகளை நாம் முன்னெடுக்க வேண்டும்.

"ஆரோக்கியம் என்பது ஒரு சொத்து மட்டுமல்ல, அது நமது பொறுப்பும் கூட."

இந்த விழிப்புணர்வு மாதத்தில், நாம் ஒவ்வொருவரும் குறைந்தது ஒருவருக்காவது சர்க்கரை நோய் குறித்த விழிப்புணர்வை ஏற்படுத்துவோம் என உறுதி ஏற்போம்.

"வருமுன் காப்போம், சர்க்கரை நோய் இல்லாத சமுதாயத்தைப் படைப்போம்!"



Lionism in Ascent: Strategic Growth and Empathetic Service Define Our November Drive

By Lion Manoharan Santhuru
Chief Editor

The month of November has served as a powerful testament to the unwavering commitment, strategic foresight, and boundless humanity that defines Lions International District 306 D12. As we reflect on this pivotal period, we recognize that our achievements—from the rigorous deliberations in Mannar to the widespread mobilization for Diabetic Day, and even the vital emphasis on family harmony—are all threads woven into the fabric of our Governor's inspiring theme: "We Serve with Humanity." This theme is more than a slogan; it is the guiding principle that elevates our work from simple charity to profound, empathetic service, ensuring that every decision, every project, and every club interaction is steeped in dignity and genuine care for the communities we serve.

Our strategic compass for the second half of this service year was reset and fortified during the Second Cabinet Meeting, held in the historic and vibrant environment of Mannar. The location itself, symbolizing resilience and renewal, provided the perfect backdrop for critical discussions that will shape the District's trajectory. This meeting was a cornerstone event, drawing together the dedicated leadership from across the District to engage in robust planning and crucial decision-making. The discussions were intense, productive, and focused singularly on the betterment of our District 306 D12 and the enrichment of Lionism within our territories. Among the most crucial matters discussed were the mechanisms for enhancing fiscal transparency, streamlining project coordination across zones, and implementing innovative strategies to address persistent community needs identified through recent assessments. Decisions were finalized regarding the allocation of resources for major upcoming initiatives, ensuring that the financial commitment of our members is translated into maximum impactful service where it is most needed. Furthermore, the meeting solidified the District's commitment to internal strength, with detailed plans approved for bolstering club administration through enhanced digital tools and peer-to-peer mentoring systems.

A highlight of the Mannar Cabinet meeting was the official recognition of our exemplary progress in membership growth. It is with immense pride that we acknowledge the District's exceptional performance, which resulted in our esteemed Governor being awarded by the Multiple Lions International 306. This prestigious recognition is a direct affirmation of the tireless efforts of every Zone and Region Chairperson, Club President, and recruiting Lion. It signals that our message of service is resonating deeply within the community, attracting individuals who are eager to commit their time, talent, and passion to humanitarian work. Growth is not merely a number; it represents a renewal of energy, an influx of fresh ideas, and a widening of our capacity to serve more people in need. The Governor's award is a victory shared by the entire District, validating our strategic focus on sustainable, quality growth that emphasizes retention as much as recruitment, ensuring that every new member is seamlessly integrated and empowered to contribute immediately to our service agenda.

Integral to maintaining this momentum is the continuous investment in our internal capacity, emphasized by the mandatory leadership training sessions and learning that were planned and reviewed during the Mannar gathering. Lionism thrives on proactive, enlightened leadership. Therefore, the commitment to providing high-quality, relevant training—focused on modern governance, ethical decision-making, effective public speaking, and project management—is paramount. These sessions are designed not just to transmit knowledge but to cultivate a culture of continuous learning and accountability across all levels of the District. Future training will place a special emphasis on leveraging digital tools for communication and project management, ensuring our leaders are equipped to operate effectively in the 21st-century service landscape. The objective is clear: to ensure that the leadership pipeline is robust, ethical, and fully prepared to navigate the complexities of humanitarian service, guaranteeing that the high standards set this year become the enduring norm for our District.

The early part of November was completely dominated by our intensive, two-week mobilization for Diabetic Day, culminating in the magnificent mass celebration on the 14th. The period from November 1st to November 14th saw a staggering array of projects and activities implemented by nearly every club in the District, showcasing our collective commitment to fighting this global epidemic. Our activities extended far beyond simple awareness campaigns. Clubs organized thousands of free blood sugar screening camps in marketplaces, temples, churches, and public squares, providing critical early detection services to thousands of unsuspecting citizens. These screenings were strategically paired with educational seminars led by volunteer doctors and nutritionists, focusing on preventative lifestyle changes, dietary management, and the crucial importance of regular exercise. We distributed comprehensive educational materials in multiple local languages, ensuring that the message of prevention reached every demographic. The sheer logistical feat of coordinating these numerous, simultaneous projects across the District demonstrates our organizational maturity and the dedication of our membership to a unified health mission.

The climax of this period was the Mass Celebration on November 14th, a magnificent event that served as a powerful focal point for public engagement, advocacy, and celebration of our service commitment. This event was not merely a gathering; it was a declaration of war on diabetes, bringing together policymakers, medical experts, community leaders, and thousands of Lions and citizens. The celebration provided a high-profile platform for key announcements, sharing success stories, and reinforcing the urgency of sustained diabetic care. It showcased the collective impact of the two-week campaign, reminding us that through unified action, our District can genuinely move the needle on public health issues. The energy and visibility generated by this mass event will undoubtedly resonate long after the month concludes, leaving a lasting legacy of health consciousness in the communities we serve.

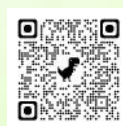
Shifting focus from large-scale service to personal rejuvenation, November also included a vital emphasis on family harmony, highlighted by the much-anticipated Family Outing, which, for many, included the exciting Malaysian trip. In the context of the Governor's theme, "We Serve with Humanity," this focus on the family is not a luxury, but a strategic imperative. We recognize that the intensity of Lionism—the endless meetings, the demanding projects, and the emotional labor of humanitarian work—places significant demands on our members and, by extension, on their families. Therefore, the importance of the family outing cannot be overstated. It serves as a necessary, rejuvenating pause, allowing our Lions to reconnect with their spouses, children, and loved ones away from the pressures of service demands. These moments of shared joy and relaxation are crucial for maintaining the inner peace and harmony that are essential for boosting the future activities of Lionism. A Lion who is supported, rested, and at peace within their own home is a more effective, more empathetic, and more sustainable servant leader in the community. The Malaysian trip, specifically, offered a unique opportunity for cross-cultural fellowship and shared experience, reinforcing the global identity of our organization while strengthening the interpersonal bonds among the District's leading families, ensuring that the foundation of our service is one of personal well-being and strong domestic support.

In closing, the month of November has been a dynamic equilibrium of action and reflection. From the strategic decisions made at the Mannar Cabinet Meeting that propelled our administrative efficiency and earned our Governor well-deserved international recognition for membership growth, to the widespread, impactful Diabetic Day campaigns that demonstrated our collective commitment to public health, our District has performed exceptionally. Yet, all this demanding work is sustained by the quiet, essential commitment to inner peace and family harmony reinforced by our recent fellowship and travel. As we look ahead, we must remember that the greatest service we can offer the world flows from a place of personal well-being. We must integrate the professionalism of the Mannar meeting, the urgency of the Diabetic Day fight, and the tranquility of the family outing into one holistic philosophy. Under the enduring banner, "We Serve with Humanity," let us carry this energy forward, ensuring that our collective strength and our individual compassion continue to define Lions International District 306 D12 as a beacon of service excellence for all. Our dedication to humanity—both in the community and within our own families—is the ultimate promise of our enduring legacy.

LION DISTRICT 306 D12

We Serve With Humanity

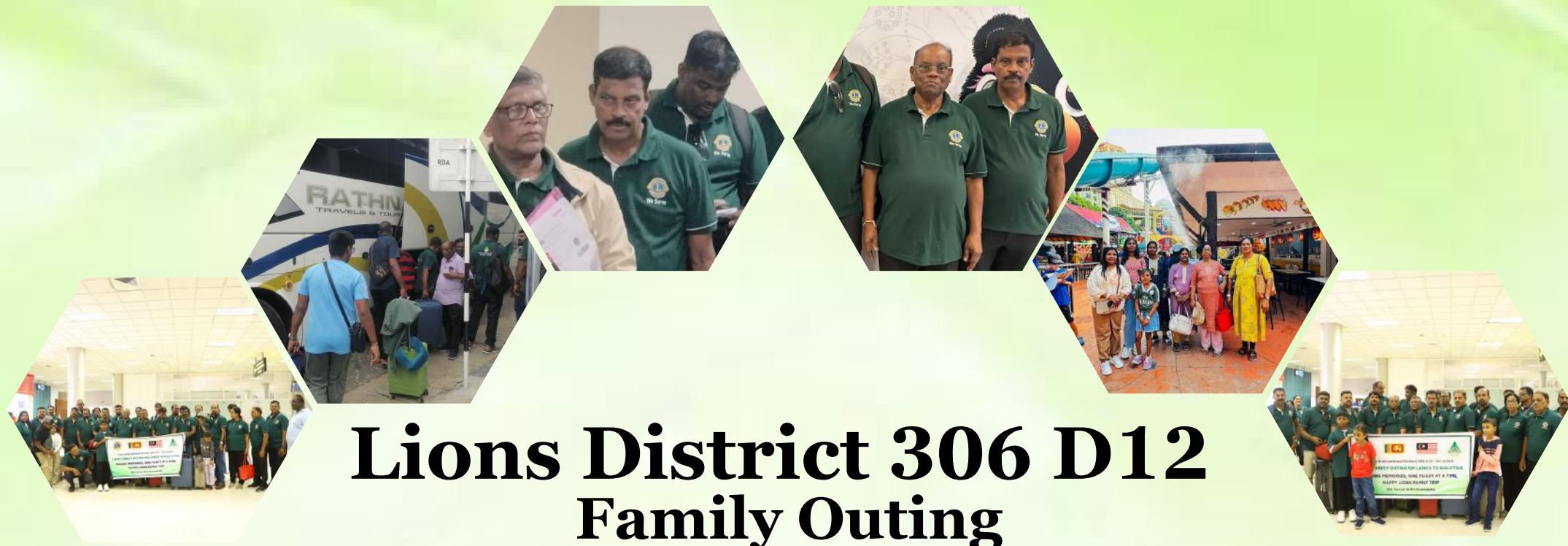
☎ 0212224496
📍 No 125, Main Street, Jaffna
✉ liondistrict306d12@gmail.com



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www.liondistrict306d12.org.lk





Lions District 306 D12 Family Outing



Sri Lanka To Malaysia



Diabetes Checking



Peace Poster Exhibition



2nd Cabinet Meeting



Humanitarian Service



New Ladies Committee Orientation



Cubs' and Leos' Corner

Colour This Picture



உங்கள் ஆக்கங்களை பிரசுரிக்க, நீங்கள் நிறந்தீட்டிய படங்களை உங்கள் பெயர் , தொலைபேசி இல , முகவரி என்பவற்றை குறிப்பிட்டு liondistrict306d12@gmail.com மின்னஞ்சலிற்கு அனுப்பி வையுங்கள்.



News Letter Team



Editor-in-Chief
Lion M. Shanthuru



Graphic Designer
Lion Dr S. Manogaran MAF



Photographer
Lion M. Rameshkumar

Team Members

Lion M. Nithika
Lion M. Sanmikka
Lion M. Bhavatharan

CALENDER OF EVENTS 2025/2026

December (2025)		January (2025)	
4	2nd Mass Orientation Program	1	07th LCIF week
5	International LEO's Day	3	5th Monitoring Committee Meeting
7	4th Monitoring Committee Meeting	14	Thai Pongal Celebration in Jaffna (MD 306)
15-18	ISAME Forum	24	MJF Night
20	2nd Mass Induction		
21	District Christmas Celebrations Night D3 & D12		
28	Seminar on Humanitarian Impacts		

Publisher

Lion District 306 D12

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