

# Koradekumbura Karate Village

## A Model Healthy Village in Sri Lanka

### カラテ村の健康村づくり





# The first visit to Koradekumbra Karate Village in Oct. 2016



We have started a discussion of cooperation for healthy village plan.





The 2<sup>nd</sup> visit in Dec.2016, we promote the cooperation and agreed to start the activities in Jan.2017





# Karate Children and Vilagers gathered at the ground





# Elderly health promotion has started with village committee From January 2017





# Multi-Media report health promotion activities of Karate Village

NEWS 21



**The young and not so young villagers of Koralekumbura engaging in their early morning exercise regime**

## Village awakens to healthy living

**Pix and text by Wellmada S. Rajamanthri**

From a village in Uva Parangama, in the Badulla District comes the heartening story of a group of villagers engaged in a daily keep-fit programme that has proved to be a great success, say villagers.

In spite of the cold weather conditions these days, the villagers are up by 4 a.m. and make their way to a playground to participate in an exercise regime from 5.30 a.m. to 6.30 a.m., conducted by a retired Public Health Inspector (PHI) and karate trainer. The programme started in August last year and conducted by Jayaweera Jayasundara in

**The man behind it all: Jayaweera Jayasundara**

"I have been suffering from arthritis for more than 10 years. I didn't get much relief from my medications. Within the first week that I attended the exercise group, my pain disappeared."

"I am a 60-year-old man who has been suffering from arthritis for more than 10 years. I didn't get much relief from my medications. Within the first week that I attended the exercise group, my pain disappeared."

**අතිවිශිෂ්ට නෑ, පිහැටි වෑ, කරක් මස නෑ**

**ආර්ථික, සියලු, කොළඹේ කෙල්ලේ දළේ කන්දර පිටවෙහිසවට වනවා**

**කෝ දුෂ්කර, කෝ කොළෙස්වරේල, කෝ ආතර්සිටිස්**



**මුළු ගමම කොළඹ නගරයේ පවැත්වෙන 'කොරළුකුම්බුරු' සංගමයේ සාමාජිකයන්ගේ සුවසේන සුවසේන**

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**කිරිඳිමඩ මහේ දුටුකො කපන් වළුන් පුළුප් පරණමහේ කර් අපුරු**

## කරාවේ ගම්මානය



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## කසරව පහර දෙන කතුන් කාලනයට 'මතුරු කලුවක්'

කොරළුකුම්බුරු සංගමයේ සාමාජිකයන්ගේ සුවසේන සුවසේන

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## නිහඳු පත්තක දමා කොරළුකුම්බුරු ගම්මානේ ව්‍යායාම්වල



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# 3<sup>rd</sup> Visit to Karate Village in March 2017





# Villagers welcome and celebrate the program in May 2017





# Elderly people celebrate the program





# Elderly Committee and Elderly Care Note in karate Village



Sl. No.	Name	Address	Phone No.	Date
1	A.M. Raju	...	...	11/11/11
2	A.M. Raju	...	...	11/11/11
3	A.M. Raju	...	...	11/11/11
4	A.M. Raju	...	...	11/11/11
5	A.M. Raju	...	...	11/11/11
6	A.M. Raju	...	...	11/11/11
7	A.M. Raju	...	...	11/11/11
8	A.M. Raju	...	...	11/11/11
9	A.M. Raju	...	...	11/11/11
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79	A.M. Raju	...	...	11/11/11
80	A.M. Raju	...	...	11/11/11



# With Elderly Committee Members in Karate Village





# 4<sup>th</sup> Visit to Karate Village in Nov.2017





# Discussion for the activities for 2018





# We continue cooperation of the activities in 2018

