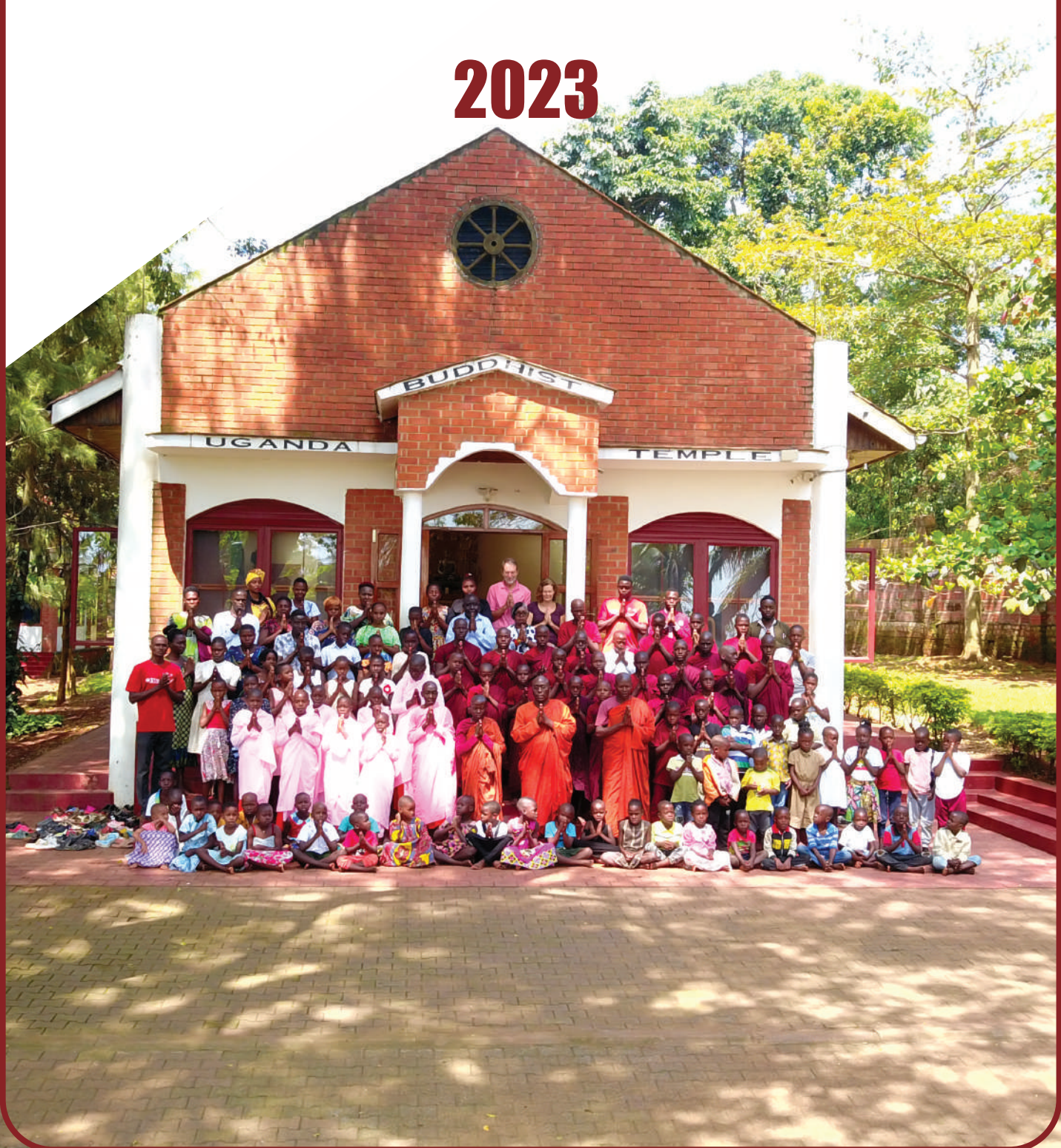




UGANDA BUDDHIST CENTRE

NOVEMBER NEWSLETTER

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HEALTH TRAINING WORKSHOP

Pain Relief Treatment and Physiotherapy

**November 30, 2023 and
December 1, 2023**

For details, please call

0775 019 180 / 0706 468 552

Organised and sponsored by:
Uganda Buddhist Centre, Entebbe and Moringa for Love, USA
and Seed Healthcare Partners, USA.



The Uganda Buddhist Centre in partnership with Moringa for Love, and Seeds Healthcare Partners, organized a 2-day health training workshop from November 30th to December 1st, 2023, at the Uganda Buddhist Centre. The focus of this workshop was on pain relief treatment and physiotherapy, aiming to empower medical professionals and uplift the well-being of the community.

The first component of the workshop enhanced the skills of medical doctors, particularly in the domain of pain relief treatment. Dr. T.C, the founder of Seed Healthcare Partners in USA conducted comprehensive training sessions on administering injections for various joint pains, including knee and shoulder pain. Additionally, medical professionals were equipped with physiotherapy techniques to aid patients in relieving pain effectively.

The second component focused on direct patient care, with more than 80 individuals aged 50 and above receiving personalized treatment, either through injections or physiotherapy. This hands-on approach ensured that the knowledge gained in the training sessions was immediately applied for the benefit of the community.

Moreover, the workshop extended its impact beyond the immediate participants by engaging 20 village health teams (VHTs) in a dedicated health education session. These VHTs, as the front-line healthcare providers in their respective villages, acquired valuable knowledge during the workshop. They are now tasked with disseminating this information, amplifying the workshop's impact across various communities.

Recognizing the diverse needs of the community, the workshop went a step further to address the vision concerns of patients aged 50 and above, as well as those requiring assistance in their reading.

By providing reading glasses, the organizers aimed to empower individuals with improved vision, enabling them to engage more fully in daily activities and promoting a sense of inclusivity within the community.

Furthermore, Dr. Patrick, the founder of Moringa for Love, provided a specialized training on the health benefits of moringa. Emphasizing its rich nutritional profile, including vitamins C and B, calcium, iron, among others, Dr. Patrick highlighted how incorporating moringa into daily diets can significantly boost our immune system. As a gesture of sustainable health promotion, each health team received a moringa tree seedling to plant at their homes.

Overall, this collaborative workshop stands as a symbol of holistic healthcare, addressing not only immediate medical needs but also emphasizing preventive measures and community engagement. By empowering medical professionals, treating patients directly, and educating village health teams, the workshop has sown the seeds of enduring health and well-being in the local community.



Dr. Ping Tung Cheung (Dr. T.C) demonstrating to healthcare providers how to use injection for pain relief.



Dr. T.C demonstrating injecting one of the patients with knee pain.



BUDDHIST PEACE SCHOOL HOLDS SPEECH/CLOSING DAY



The atmosphere at the Buddhist Peace School was charged with excitement and positivity as students, parents, and esteemed guests gathered for the Speech Day and Closing Ceremony of Term 3 for the 2023 academic year. It was a day filled with joy, showcasing the talents and knowledge that the children had acquired throughout the year.

The nursery section, with their adorable smiles and boundless enthusiasm, stole the spotlight as they took stage to present a delightful array of skits in the French language. The young performers, like little ambassadors of linguistic prowess, effortlessly weaved stories and laughter, leaving the audience in awe of their linguistic skills. It was heartwarming to see these budding linguists expressing themselves with such confidence and flair.

One of the highlights of the event was the cultural presentations that moved everyone. The nursery section, embodying the spirit of cultural diversity, mesmerized the audience with their vibrant and colorful displays. The air was alive with the beats of cultural music, the rhythm of dance, and the intensity of drama. The stage became a canvas for cultural expression, as the young talents conveyed stories through movement and music, fostering an appreciation for diversity among the audience.

As parents beamed with pride, it was evident that the event was more than just a showcase of academic accomplishments; it was a demonstration of the holistic education provided by the Buddhist Peace School. The emphasis on languages, cultural understanding, and the arts

was evident throughout the presentations, reflecting the school's commitment to nurturing well-rounded individuals.

In addition to the lively performances, the event provided an opportunity for parents to engage with teachers, fostering a sense of community and collaboration. The exchange of ideas and experiences further emphasized the importance of a supportive educational environment.

A particularly touching moment was the graduation ceremony of 12 bright and eager pupils from the nursery section to the primary section. The moment was filled with a sense of accomplishment and anticipation as these young graduates took a symbolic step forward in their educational journey. Dressed in miniature graduation caps and gowns, their faces grinned with pride and excitement.

The Speech Day and Closing Ceremony not only marked the end of a successful academic term but also reinforced BPS' vision, mission and core values to the community. It was a day filled with laughter, learning, and cultural appreciation, leaving everyone inspired and looking forward to the adventures that the next academic term will undoubtedly bring.



President of the graduates presenting her speech to the guests on behalf of her fellow pupils



The graduates presenting their cultural dance



The graduates during their graduation ceremony accompanied by their parents/guardians

SUPPORTING UGANDA BUDDHIST CENTRE

UBC activities are made possible by many supporters from around the world. Therefore, we are eternally grateful Buddhist Global Relief of USA, Huong Tu Lovingkindness Foundation USA, Buddhist Fellowship of Singapore, Tan Teo Charitable Foundation, and all our beloved donors from around the world.

UBC still needs your support:

To maintain resident teachers/monastics

To maintain the Temple

To build monks accommodation facilities

To construct and operation of Buddhist Secondary School

How to Donate

1. For donors in the USA

1. Please write out the Check/Cheque to:

Universal Virtue Buddhist Charities

2. Please Write in the Memo of the Check:

Dana for Uganda Buddhist Centre or Bhante Buddharakkhita

3. Please take a photocopy of the check and send it via email:

ugandabuddhistcentre@gmail.com

4. Please Mail the check to the physical address below:

Universal Virtue Buddhist Charities

C/O Hung Pham

10222 Larson Ave.

Garden Grove, CA 92843

Donate Online

Please follow the links below to make a secure donation online:

<https://ugandabuddhistcenter.org/donate-now/>

<https://dashboard.flutterwave.com/donate/hd1cwapst9gc>

Please note that this payment gateway accepts 3D secure transactions only.

This means that only cards that are Verified by Visa, and Mastercard secure code will be accepted. If your donation doesn't go through, kindly contact your bank to ensure you are secured. Thank you!

HOW TO DONATE. wire transfer

Beneficiary's Bank Details:

Bank Name : I & M Bank Limited

Bank Account Number: 41261302010523

Bank Account Name: Uganda Buddhist Centre

Swift Address: ORINUGKA

Bank Address: Orient Plaza, 6/6A, Kampala Road.

