

# CHRONICLES

*"A stranger's compassion can make a world of difference."*

- Oprah Winfrey



## BRAIN, SPINE, NERVES AND NEURO

### What is Neurology?

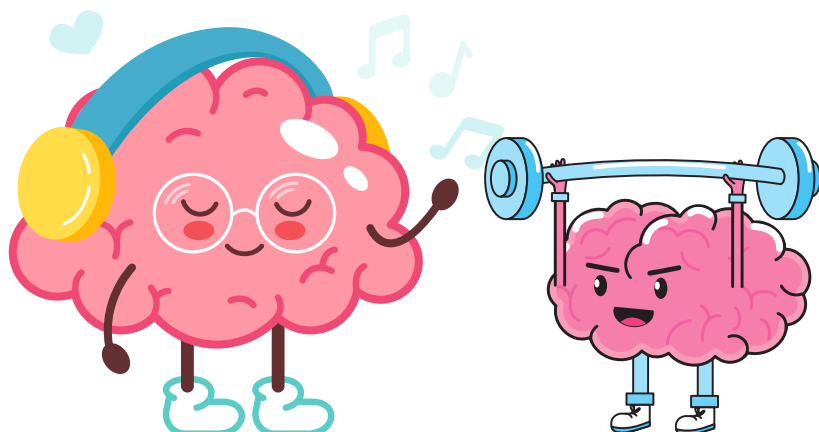
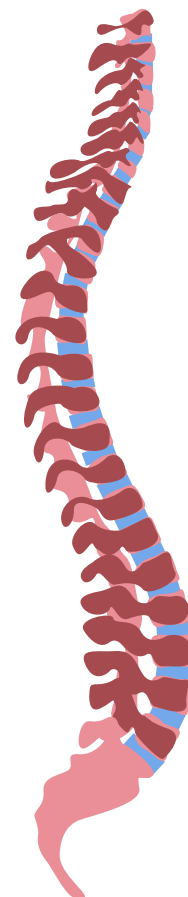
Neurology is a branch of medicine that deals with the study of the nervous system, its structure, functions, and disorders.

The nervous system is a complex network of nerves, neurons, and cells that regulate various bodily functions, including movement, sensation and cognition.

Neurologists specialise in diagnosing and treating disorders of the nervous system, including neurological diseases and conditions.

### Signs of a Neurological Disorder

- Difficulty speaking or slurred speech
- Difficulty walking
- Numbness or tingling
- Problems with balance
- Shaking or tremors
- Confusion, dizziness, headaches
- Muscle stiffness and spasms
- Weakened facial, arm, and/or leg muscles (can be on just one side of the body)



### 10 Tips to Maintain Neurological Health

- Exercise regularly
- Follow a nutritious diet
- Get sufficient sleep
- Manage stress
- Engage in mental stimulation
- Maintain a healthy weight
- Protect your head
- Limit alcohol consumption
- Stay hydrated
- Socialise and stay connected

# HEALTH CAMP AT VISAKA VIDYALAYA



## NURSES DAY





# Welcome!



Dr Hafsa Fareed  
Medical Officer  
Medical Services



Dr Aradhana Muttiah  
Medical Officer  
Medical Services



Dr Nipuni Abeyratne  
Medical Officer  
Medical Services



Mr Lakshan Fernando  
Stores Executive  
Supply Chain



Mr Nishantha Mederipitiye  
Manager - Finance  
Finance



Mr Nishantha Perera  
Chief Security Officer  
Operations Department



Ms Yashodhara Konara  
Trainee Clinical Pharmacist  
Operations Department



Mr Kasun Eranga  
Customer Relations Executive  
Operations Department



Mr Guruge Iraj  
Housekeeping Supervisor  
Operations Department



Ms Devaka Janaki  
Housekeeping Supervisor  
Operations Department

## MOTHER'S DAY CELEBRATIONS



Durdans commemorated Mother's Day by presenting beautiful flower bouquets and gifts to new mothers who had given birth during the Mother's Day weekend.

Throughout the weekend, more than 10 mothers received gifts, expressing their gratitude for the assistance and commitment of the Durdans staff in ensuring the safe arrival of their newborns.

