

COMMUNITY CANVAS



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PHDT 33rd Annual General Meeting – 27th March 2026 at Grand Monarch, Thalawathugoda



The 33rd Annual General Meeting (AGM) of the Plantation Human Development Trust (PHDT) was successfully held on 27th March 2026 at 9:30 a.m. at Grand Monarch, Thalawathugoda. The meeting commenced with the formal convening of the AGM, followed by an address from the Chairman, Mr. Prabath Chandrakeerthi, who highlighted PHDT's achievements and ongoing initiatives in uplifting plantation communities. A memento was presented to the Chairman in recognition of his dedicated leadership.

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Nurturing Tomorrow's Leaders: PHDT Scholarship Awards 2026



In line with the 33rd Annual General Meeting of PHDT, a special Scholarship Awards Ceremony was held on 27th March 2026 at Grand Monarch, Thalawathugoda. During the event, 26 students from the plantation sector who gained university entrance were recognized and awarded scholarships in appreciation of their outstanding academic achievements.

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PHDT Strengthens Coordination with Implementing Agencies to Accelerate IHP- 4700 Programme



Introduction

A high-level coordination meeting was held on April 9, 2026, at the Head Office of the Plantation Human Development Trust (PHDT), bringing together key stakeholders involved in the implementation of the IHP-4700 Programme. The discussion focused on addressing challenges faced by Implementing Agencies (IAs) and strengthening collaboration to ensure the programme's smooth and effective execution.

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PHDT 33rd Annual General Meeting...

The Director General, Mr. Lal Perera, addressed the gathering, emphasizing PHDT's ongoing projects and commitment to community development.

The meeting concluded with a vote of thanks delivered by Mr. R. V. A. N. P. Wijeratne, Regional Director – Ratnapura, expressing gratitude to all participants, partners, and supporters who contributed to the success of the AGM.

The 33rd AGM not only highlighted PHDT's achievements over the past year but also reinforced its commitment to education, community development, and excellence across the plantation regions.

Article By: Diluk Priyantha

Nurturing Tomorrow's Leaders: PHDT Scholarship Awards 2026...

This initiative was generously sponsored mainly by **AHMAD Tea**, reaffirming their commitment to supporting education and empowering youth within plantation communities.

The ceremony highlighted PHDT's continued dedication to enhancing educational opportunities and encouraging the next generation to pursue higher education and contribute meaningfully to society.

Article By: Diluk Priyantha

PHDT Strengthens Coordination with Implementing Agencies to Accelerate IHP- 4700 Programme...

The meeting was chaired by the Director General of PHDT, with the participation of officials from the National Building Research institution (NBRI), National Housing Development Authority (NHDA), and State Engineering Corporation (SEC).

At the outset, the Director General emphasized the importance of maintaining a unified approach among all partner agencies. He noted that collective decision-making prior to engaging with the Ministry is essential, particularly in light of the recent appointment of new Ministry officials. This approach, he stated, would help avoid shortcomings experienced during the earlier IHP-1300 Programme.

Key highlights

A key highlight of the meeting was the introduction of a unified system by PHDT for handling NBRI reports in future projects. It was also revealed that NBRI has completed a comprehensive feasibility study covering the entire IHP-4700 Programme at a cost of Rs. 60 million, with PHDT

assuming responsibility for the initiative.

Output of the meeting

Several critical implementation issues were discussed and resolved:

Land-related concerns received significant attention, with a directive issued to extend all 7-perch land plots to 10 perches to ensure adequacy and sustainability. It was clarified that existing NBRI reports remain valid without expiry, provided no significant land changes have occurred. (PHDT Technical Officers will conduct inspections where necessary.) The Director General instructed that project activities should commence only after submission of contour plans and Basic Outline Designs (BOD). Additionally, any rejection of NBRI reports by relevant authorities must be formally documented in writing to maintain transparency and accountability. The meeting also stressed the importance of handling projects on a case-by-case basis, ensuring that each site's unique conditions are properly considered. Implementing Agencies were encouraged to proceed with field activities where required documentation is available, while ensuring proper pre-development surveys and planning.

Key operational aspects such as road access, water management, and land subdivision planning were also addressed. Agencies were instructed to identify requirements early and submit requests accordingly. Preliminary zoning and safety-focused conceptual plans will be prepared in collaboration with technical partners. Beneficiary-related issues were another focal point. The Director General directed agencies to publicly display selected beneficiary lists and ensure all application details are fully completed. Any rejections by oversight bodies must be formally communicated to the Ministry while continuing project implementation. On administrative matters, PHDT confirmed that pending NBRI invoices have been forwarded for settlement, while discussions are ongoing with the Ministry to streamline payment procedures, including possible approvals based on initial report submissions. The meeting also addressed site-specific challenges, including land availability issues in Rilhena and Keragala Estates, with field visits planned to identify alternative solutions. Unresolved regional issues will be handled directly by the PHDT Head Office to ensure timely resolution.

Concluding the session, the Director General reaffirmed PHDT's commitment to proactive coordination, transparency, and efficiency in delivering the IHP-4700 Programme, highlighting that strong partnerships among all stakeholders remain key to achieving its objectives.

Article By: Swarna Jayaratna

Training Session for CDOs on Menstrual Hygiene and Sexual Reproductive Health On 18th March 2026



Commemorating International Women’s Day 2026

As part of the commemoration of International Women’s Day 2026, a structured training program on Menstrual Hygiene and Sexual Reproductive Health (SRH) was conducted for Child Development Officers (CDOs) representing all seven Regional Plantation Companies (RPCs) in the Hatton region. Objective of the training programme

The program aimed to enhance the knowledge, attitudes, and practical skills of CDOs, enabling them to effectively educate children and families while addressing sensitive health issues within plantation communities.

Strategies adopted

The training was conducted in two sessions to ensure active participation and effective knowledge sharing, with a total of 132 CDOs were attended. The sessions covered key areas including the concept and importance of SRH, menstrual hygiene management, proper use of sanitary napkins, and safe and environmentally appropriate disposal methods. Special emphasis was placed on addressing common myths, taboos, and harmful cultural practices related to menstruation, particularly within the plantation sector. In addition, the program incorporated important concepts on adolescent health and psychosocial wellbeing, focusing on emotional changes during puberty, body awareness, and confidence building among young girls. CDOs were also guided on delivering age-appropriate awareness through creative and participatory methods such as demonstrations, storytelling, and interactive activities to ensure better understanding among children.

The role of CDOs as community change agents was strongly emphasized, encouraging them to engage with parents, promote positive behavioral changes, and ensure that no child is neglected in accessing essential health education. Creating a supportive and stigma-free environment for discussing SRH topics was highlighted as a key responsibility. The training was conducted by Mr. Shivakumar, providing expert knowledge and practical insights. The program was aligned with national health guidelines through the Health Promotion Bureau, ensuring standardization and sustainability.

Output of the training

Overall, the program significantly enhanced the capacity, confidence, and communication skills of CDOs. This initiative is expected to contribute to improved awareness, healthier practices, and better wellbeing among women and children in plantation communities, supporting long-term positive social and behavioral change.

Outcomes and Impact to the community

The training resulted in:

- Improved knowledge and confidence among CDOs on SRH and menstrual hygiene
- Enhanced ability to address sensitive topics effectively within communities
- Increased readiness to implement awareness programs for children and parents
- Strengthened commitment to breaking stigma and promoting healthy behaviors
- Promotion of safe, hygienic, and environmentally responsible practices

This initiative marked an important step towards empowering women, protecting child health, and improving overall wellbeing in plantation communities. By investing in the knowledge and skills of CDOs, the program contributes to long-term sustainable change and supports the vision of healthier and more informed communities.

Article By: Anjalika

Health First! Over 330 Residents Benefit From Mega Health Camp - PHDT Nuwara Eliya



Bringing healthcare closer to the plantation community

The Health Day Programme was successfully conducted on 14 March 2026 at Harrow Factory, Fernlands Estate under Elpitiya Plantations PLC, providing essential healthcare services to the plantation community.

Organized by the Plantation Human Development Trust (PHDT) and facilitated by Fernlands Estate, the programme was conducted under the guidance of the Regional Director of Health Services (RDHS), ensuring effective coordination and service delivery.

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Mega Health Camp - PHDT Nuwara Eliya Region...

Key Objective

Develop Healthier working population within the estate

A total of 350 participants (290 adults and 60 children) attended the programme, receiving essential medical care, screenings, and health education.

- 80% worker population
- 20% Residents

Comprehensive Health Services

Participants benefited from a wide range of services including:

- Blood Pressure, Blood Sugar and Cholesterol Testing
- Body Mass Index (BMI) Assessment
- Tuberculosis (TB) and STD Screening
- Vision Screening
- Well-Women Clinic
- Adult and Child Dental Care

These services supported early detection and prevention of major health conditions such as diabetes, hypertension, and communicable diseases.

Health Education and Awareness

The programme also focused on educating the community on:

- Nutrition and Healthy Living
- Prevention of Communicable Diseases
- Mental Health Awareness

Strong Multi-Sector Collaboration

The success of the programme was driven by the joint efforts of RDHS health professionals, PHDT – Nuwara Eliya Region, and Estate management, ensuring effective service delivery to the community to their door step.

Output of the Health day programme

This initiative highlights the importance of accessible and preventive healthcare, contributing towards building healthier and more resilient plantation communities.

Article By: V.Abinajah

Oral Cancer Awareness & Child Dental Care Programme Kirklees Estate, Kegalle Plantations PLC

Introduction

- Kirklees Estate became the center of a vital community health initiative on 19th March 2026, as an Oral Cancer

Awareness & Screening Programme, together with a Child Dental Care Programme, was successfully conducted under PHDT – Nuwara Eliya Region.

- The initiative was designed to bring preventive oral healthcare closer to the estate community, with a strong focus on early detection and health education.
- With oral cancer remaining a significant but preventable health concern, the programme aimed to empower residents with knowledge and encourage early health-seeking behavior.



Objectives at the programme

- Strengthen early detection of Oral Potentially Malignant Disorders (OPMD) within the community
- Increase awareness on oral cancer prevention and associated risk factors
- Discourage harmful habits such as betel chewing and tobacco use
- Promote lifelong oral hygiene practices among adults and children
- Ensure timely dental screening and follow-up care for children
- Support effective referral pathways for further clinical management

Activities (Implemented) carried out

- The programme commenced with an engaging awareness session focusing on oral cancer prevention, highlighting early warning signs and major risk factors.
- Participants were sensitized on the harmful effects of betel chewing, smoking, and poor oral hygiene practices, with emphasis on behavior change for long-term health benefits.
- Following the awareness session, oral screening was conducted for adults to identify early signs of Oral Potentially Malignant Disorders (OPMD).
- In parallel, a child dental care segment was carried out, where children underwent dental examinations to assess:
 - Presence of dental caries
 - Overall oral hygiene status
 - Need for further dental intervention
- Individual counseling was provided for participants identified with risk conditions, reinforcing the importance of early treatment and regular check-ups.
- The clinical services were led by Dr. Lashan, Dental Surgeon – Nuwara Eliya, ensuring professional delivery of care and accurate screening outcomes.
- The programme was successfully implemented with the strong coordination of PHDT officials and estate staff, including the Medical Officer (MH), Public Health Assistant (PAH), Estate Manager, Assistant Manager, PFWO, CDOs, and Field Officers.

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Oral Cancer Awareness & Child Dental Care Programme

Outputs / Outcomes

- The programme reached a total of 85 adults and 26 children from the estate community.
- Several individuals with suspected Oral Potentially Malignant Disorders (OPMD) were identified and promptly referred for further medical evaluation.
- Among children, 10 were identified as requiring follow-up dental care, ensuring timely intervention and continued monitoring.
- The programme significantly improved community awareness on:
 - Early detection and prevention of oral cancer
 - Risks associated with betel chewing and tobacco use
 - Importance of maintaining good oral hygiene practices
- Participants demonstrated increased willingness to adopt healthier oral habits following the educational sessions.
- The initiative further strengthened collaboration between healthcare providers and estate management, enhancing the effectiveness of community-based health interventions.

Overall, the programme reinforced PHDT's continued commitment to preventive healthcare and improving the quality of life within plantation communities.

Article By: V.Abinajah

The Green Gold Housing Infrastructure Water Project at Kiribathgala - Ratnapura Region



The Green Gold Housing Infrastructure Water Project at Kiribathgala Estate, Kiribathgala Division, has been successfully completed, delivering a vital improvement to the daily lives of estate residents.

Funded by the Ministry of Plantation and Community Infrastructure, the project was implemented at a total cost of Rs. 3,422,266.00. Construction and development work were completed on 31st March 2026, and the project was officially handed over to the Estate Management and the community on 07th April 2026. The primary objective of this important initiative is to provide safe and reliable water access to seven families, thereby contributing to improved health and living conditions.

Project Output

The successful completion of this water project demonstrates a strong commitment to uplifting estate communities through sustainable infrastructure development. By addressing a fundamental need such as access to clean water, the initiative promotes long-term well-being and enhances the overall quality of life for its beneficiaries.

Project Outcome

With improved access to water, beneficiaries now enjoy better hygiene, reduced health risks, and greater convenience in their daily lives. This accomplishment represents a meaningful step toward building stronger, healthier, and more resilient communities in Kiribathgala Estate.

Article By: Lankani Munasinghe

Cluster Review Meeting with Child Development Officers of Regional Plantation Companies under PHDT, Ratnapura Region via Zoom on 31/03/2026



A comprehensive review meeting was recently convened with Child Development Officers (CDOs) representing all Regional Plantation Companies (RPCs), aiming to evaluate ongoing child welfare initiatives, identify operational challenges, and strengthen collaborative strategies for early childhood development across plantation communities.

The primary objective of the session was to assess the progress of child development programs implemented within RPCs, particularly focusing on early childhood care, nutrition, preschool education, and safeguarding mechanisms. Participants engaged in discussions and data reviews to ensure that interventions are aligned with national child protection standards and development goals. During the meeting, highlighting key indicators such as preschool enrollment rates, nutritional status improvements, immunization coverage, and parental engagement levels. With the utilization of start-up funds, a meal must be provided for children attending Child Development Centres (CDCs). Additionally, the Morning Meal Programme has been expanded and strengthened across several CDCs in the region. However, the review also brought attention to several persistent challenges. Some Estates reported inconsistencies in data collection, which hinder accurate assessment of child development outcomes.

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Cluster Review Meeting in Ratnapura Region...

Additionally, socio-economic issues such as parental migration, low income levels, and limited awareness of early childhood importance continue to affect program effectiveness.

Output of the Meeting

The meeting resulted in several designed to enhance the effectiveness of child development programs across RPCs:

1. Standardized Monitoring Framework: A unified monitoring and reporting template was agreed upon to ensure consistency in data collection and evaluation across all RPCs.
2. Strengthened Coordination Mechanism: A quarterly coordination platform was proposed to maintain regular communication among stakeholders and monitor progress on agreed actions.
3. Resource Mobilization Strategy: Participants agreed to explore partnerships with Government agencies, NGOs, and private sector stakeholders to address resource limitations and upscale successful interventions.

Outcome of the Meeting

Beyond immediate outputs, the meeting is expected to generate several long-term outcomes that will positively impact children living in plantation communities:

1. Stronger Child Protection Systems: Through increased awareness and improved coordination among stakeholders.
2. Greater Community Engagement: Continued emphasis on parental education and community involvement is expected.

In conclusion, the review meeting served as a vital platform for reflection, learning, and strategic planning.. The success of these efforts will depend on sustained commitment, effective implementation, and continuous monitoring in the months ahead.

Article By: *Dimali Chandrasena*

Empowering Estate Women Through Self Employment

A special awareness program was held on 24th March 2026 at Alupolla Division of Alupolla Estate, under Hapugastenne Plantations PLC.

Objective of empowering Estate Women

This program focused on educating estate women, especially those who are not currently working on the estate, about the importance of starting self-employment activities.

Key observations

- The discussion created a valuable space for women to share their daily challenges and financial concerns.
- Many participants openly expressed that their current household income is not enough to meet their day-to-day needs. Rising expenses and family responsibilities have made it difficult for them to manage with limited income sources.

Strategies adopted

- During the session, women were encouraged to think about alternative ways to earn an income from home.
- The idea of self-employment was introduced as a practical and flexible solution.

Findings

- Many participants agreed that starting small home-based businesses could help them support their families while managing household duties.
- The women also discussed some of the main challenges they face when trying to start self-employment.
- The two biggest concerns identified were the lack of initial capital and the lack of proper training or skills needed to begin such activities.



Guidance given by the trainers

Addressing these concerns, the Community Development Officer from the Plantation Human Development Trust in Ratnapura shared several helpful suggestions. She explained that regular attendance at estate work is important, as it helps maintain a steady income and eligibility for financial support. She also encouraged women to become members of the Estate Worker Housing Cooperative Society. Through this membership, they can apply for necessary loans that can be used as starting capital for their self-employment ventures.

Future plans

- In addition, the officer highlighted the opportunity to receive training through the VIDATHA Training Center.
- These training programs can help women gain practical skills and knowledge needed to start and manage their own small businesses successfully.

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Empowering Estate Women Through Self Employment ..

- The Estate Welfare Officer was also informed to continue discussions with the community and provide further awareness and guidance on this initiative. Ongoing support and encouragement will be important to help these women take their first steps toward self-employment.
- This program was an important step toward empowering estate women. By improving awareness, building confidence, and connecting them with resources, it has opened new possibilities for women to improve their financial stability and contribute positively to their families and communities

Article By: Priyanthi Jayanath

Formation of Water Committee IHP 1300 Kandahena estate Namunukula Plantations PLC 08th of April - PHDT Badulla Region



A Water Committee was successfully formed in the community to ensure the proper management and maintenance of water resources. A meeting was held with the participation of community members, where the importance of clean and safe water was discussed.

During the meeting, members were selected for key positions such as President, Secretary, Treasurer, and committee members. The roles and responsibilities of each member were clearly explained, including maintaining water sources, collecting funds for maintenance, and ensuring fair distribution of water among all households.

The committee also decided to conduct regular meetings to review progress and address any issues related to water supply. The formation of this committee will help improve water management, promote hygiene, and ensure sustainability of the water system for the benefit of the entire community

Article By: N Sarojani

Quarterly Review Meeting for EWHCS Treasurers – Strengthening Financial Governance

The Quarterly Review Meeting for Treasurers of Estate Worker Housing Cooperative Societies (EWHCS) was successfully held on 20th March 2026 at the Regional Office in Badulla. The meeting brought together key stakeholders including the Assistant Commissioner of the

Cooperative Development Department, Headquarters Inspector, Regional Director, Community Development Officer, and Treasurers representing various societies. The primary objective of the meeting was to strengthen financial management practices and ensure compliance with established by-laws.



Activities

- During the session, detailed discussions were conducted on the roles and responsibilities of treasurers, with special emphasis on maintaining accurate financial records, ensuring transparency in transactions, and safeguarding society funds.
- The importance of conducting Annual General Meetings (AGMs) on time was also highlighted.
- Treasurers were advised to actively support the preparation and presentation of financial reports and to ensure proper documentation during AGMs.
- Furthermore, attention was given to the timely completion of annual audits. Participants were reminded of the necessity of keeping accounts updated and organized to facilitate smooth and efficient auditing processes.

Overall, the meeting served as an important platform to enhance the knowledge and capacity of treasurers, while reinforcing good governance practices within EWHCS. It also emphasized the collective responsibility of all stakeholders in maintaining accountability and transparency for the sustainable development of the societies.

Article By: N Sarojani

Root of Wellness Screening Programme PHDT Kandy Region



Objective:

The objective of the “Root of Wellness” screening programme was to promote early detection and prevention of common health conditions among estate communities and school children, while improving access to essential health services through multi-disciplinary health screening and referral support.

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Root of Wellness Screening Programme...

Activities

The programme was conducted on 27th March 2026 at the Delta Estate Dispensary with the participation of 20 doctors and health staff from Kandy RDHS, along with estate-level officers including the Assistant Superintendent, Project Officer – Health, Community Development Officer, and Estate Medical Assistant. Comprehensive health screening activities were carried out, including dental and oral cancer screening, non-communicable disease (NCD) screening, tuberculosis screening, and eye screening for both estate residents and school children.

Output

A total of 90 beneficiaries (54 estate residents and 36 school children) were screened during the programme. Among them, 10 individuals were identified through dental and oral cancer screening and referred for further treatment, while 3 individuals were referred following NCD screening. The programme successfully enhanced early detection of health conditions and strengthened access to follow-up care within the estate community.

Article By: Hashini Wickramasinghe

Model Estate concept follow-up visit - Kandy Region



Objective

The objective of the follow-up visit was to improve the quality and functionality of Child Development Centers (CDCs), enhance attendance, and strengthen the nutritional status and overall well-being of children under five years of age in the estate community.

Activities

During the follow-up visit, assessments were carried out on existing CDC facilities, including the learning environment, infrastructure conditions, and availability of essential resources. Discussions were held with relevant stakeholders to identify gaps and provide recommendations for upgrading facilities to ensure a safe, hygienic, and

child-friendly environment. In addition, strategies were explored to improve CDC attendance through strengthened parental awareness, regular monitoring, and enhanced community engagement. Special attention was also given to the nutritional status of under-five children, focusing on balanced diets, growth monitoring, and the effective implementation of supplementary nutrition programmes.

Output

Key observations and recommendations were documented to support the improvement of CDC infrastructure and service delivery. Increased emphasis was placed on parental involvement and community participation to enhance CDC attendance. The visit also reinforced the importance of nutritional monitoring and support systems for under-five children, contributing to improved early childhood development, better health outcomes, and overall well-being within the estate community.

Article By: Hashini Wickramasinghe

Successful Completion of IHP Water Supply Project at Midlands Estate-Kandy



The Indian Housing Water Project (IHP – 4000 units) at **Midlands Estate, Top Division**, under the **Sri Lanka State Plantations Corporation (SLSPC)**, has been successfully completed, achieving 100% water supply coverage for all completed housing units. Every household now has reliable access to safe and fully functional water, ensuring a consistent and uninterrupted water supply. This achievement has significantly improved sanitation and hygiene standards across the estate and enhanced residents' quality of life by supporting essential daily activities such as cooking, cleaning, and personal hygiene. Furthermore, the project has reduced dependence on external or shared water sources, providing greater convenience and promoting long-term sustainability for the estate community.

Article By: U. S. Karunarathne

The 24th edition of the inter plantation rugby 7's



The 24th edition of the inter plantation rugby 7's were held on 04th of april, 2026 at Dickoya Maskeliya Cricket Club. (DMCC) A total of 08 teams out of which 03 were combine sides from the regional plantation companies were playing for the Cup,(Bartleet-MY MEYER Trophy) Plate, Bowl and the shield championships.

The chief guest for the event was Mr. Menaka Athukorala Managing Director of Hatton Plantations PLC. The guest of honour was Mr. Mark Dirkze Director / Chief Executive Officer of BC Agro-Tronics Private Limited. The special guests were Mr. Lal Perera Director General of the Plantation Human Development Trust (PHDT), Mr. Sinhaka Ruwan Managing Director of Finlays Colombo Limited, Mr. Altaf Hameed Manager Cooperate Sales of Dimo Fertilizer.

The Platinum sponsor for the tournament this year was BC Agro-Tronics Private Limited and the Gold Sponsor was Finlays Colombo Private Limited. Also, there were so many other sponsors who came forward to support

this "Flag Ship" annual event of DMCC. The entire tournament was organised by the DMCC committee with the able leadership of the Club President Mr. Lalindra Abeyawardena and the tournament Director Mr. Manjula Samarakoon and the DMCC rugby committee.

The tournament was very well organised by the DMCC committee with a carnival atmosphere. The event was well attended by a large crowd from the regional plantation companies, Tea brokering firms, Tea buyers, Sponsors, Planting executives and their families and well wishes.

The Cup Champions were Malwatta Valley Plantations PLC for the fourth consecutive year. The Plate Champions were Kotagala & Agarapathana combine team. Bowl champions were Kellani Valley Plantations PLC and the Shield champions were Hatton Plantations PLC.

Results

- Cup Finals:- Malwatta beat Maskeliya & Namunukula combine team 31/07
- Plate Finals:- Kotagala & Agarapathana combine team beat Elpitiya 17/14
- Bowl Finals:- Kellani Valley beat Talawakelle 19/14.
- Shield Finals:- Hatton beat Balangoda & Madulsima combine side 24/00

The player of the tournament was Randul Senanayaka of Malwatta Valley Plantations PLC the former rugby captain of Royal College Colombo. He was awarded a trophy and a special cash price from the compliments from Dimo Fertilizer.

Article By: L. K. Abeyawardena

Serendib Iron-fortified Adhishakthi Flour Demonstration



A programme was conducted for the community of Yataderiya Estate under the purview of Kegalle Plantations PLC on 19th March 2026 at Yataderiya Estate Tamil School, in which the Officials of Serendib Flour Mills conducted the demonstration via Zoom. The Regional Director of PHDT, Kegalle attended with the Community Development Officer Mr. Dharmaraj along with the participation of the estate management, selected workers and staff to convey the importance of this project within the resident population.

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Serendib Iron-fortified Adhishakthi Flour Demonstration

M/S Serendib Flour Mills initially delivered 700 Kgs. of flour directly to Parambe Estate on 6th April 2026 according to an order that placed by the estate, the delivery was done at no extra cost to the consumers

Article By: *Dileesha Jayarathna*

Training Programme for Child Development Officers to Enhance Knowledge and Skills - PHDT Galle Region



Introduction

On March 23, 2026, the PHDT Galle Regional Office conducted a training programme at the Talgaswella Estate CDC to enhance the professional competencies of Child Development Officers (CDOs). The event was attended by the Regional Director, Senior General Manager Mr. Chandana Liyadipita, estate managers, and parents. Talgaswella CDC was chosen as the venue for its status as a regional model of excellence, fostering a collaborative environment for sharing best practices in early childhood development.

A Model Learning Environment

The session opened by highlighting how quality early education shapes a child's future, particularly in plantation communities. Participants learned that well-managed centres positively impact physical, cognitive, and social development. Using the Talgaswella CDC as a benchmark, the programme demonstrated how creative planning and commitment can transform a basic facility into a vibrant, nurturing space for young learners.

Enhancing Outdoor Play and Learning

A primary focus was placed on innovative, cost-effective outdoor play. The training emphasized that both structured and unstructured play are vital for physical growth and problem-solving. Through practical demonstrations, CDOs were shown how to use locally available materials to build engaging play equipment. This encouraged officers to implement similar creative solutions in their own centres to foster child creativity and social interaction.

Strengthening Administrative Skills

To ensure operational efficiency, the programme addressed administrative and documentation requirements. CDOs received guidance on professional correspondence, systematic record-keeping, and progress reporting. Maintaining accurate data on attendance and development is essential for monitoring and accountability. This session aimed to streamline the management of Child Development Centres, ensuring they meet professional standards for evaluation.

Promoting Home Gardening Initiatives

The training introduced small-scale gardening as a tool for teaching nutrition and environmental sustainability. By integrating these projects into daily routines, children learn responsibility and healthy eating habits. These initiatives extend beyond the classroom, encouraging families to adopt eco-friendly practices at home and contributing to the overall social and educational development of the plantation community.

Creating Child-Friendly Spaces

The concept of "play houses" was used to demonstrate how to design safe, stimulating indoor environments. By using affordable materials, participants learned to create spaces that inspire imaginative exploration. This segment challenged CDOs to rethink their centre layouts, ensuring the atmosphere remains attractive and supportive of various learning activities.

Conclusion

This impactful initiative combined theory with hands-on learning at a model CDC. By empowering CDOs with practical strategies and professional motivation, the programme helps uplift the standards of childcare in plantation communities. Continued investment in these training efforts ensures a healthier, more educated future generation and a better quality of life for families across the region.

Article By: *M. L. Sandaruwan*

Awareness Programme on Microfinance and Household Management - Kandy Region



On 31st of March, an Awareness Programme on Microfinance and household management was conducted at the Hunasgeria Dispensary to enhance financial awareness and improve household financial management.

Areas covered during the session

The session covered the basics of microfinance, emphasizing the importance of regular savings and financial security during emergencies. It also focused on simple financial planning, including budgeting, prioritizing essential expenses, and avoiding unnecessary spending.

Special emphasis was given to planning for children's needs such as education, health, and nutrition, highlighting the importance of saving for their future. Participants were also guided on managing household expenses, distinguishing needs from wants, and practicing disciplined spending. The programme further highlighted effective household management by encouraging family involvement in financial decisions and promoting a culture of saving.

In addition, key social issues within the community were identified and discussed in detail. Concerns such as substance abuse (including drug and alcohol use), irregular school & CDC attendance, lack of interest in studies, problems faced by teachers & students and lack of parental supervision were highlighted.

The discussion emphasized the negative impact of these issues on family well-being, children's future, and the overall development of the community.

Output of the Awareness Programme on Microfinance and household management Possible measures to address these issues were also explored. The session was practical and helped participants to gain a better understanding of financial planning, expense management, responsible parenting, and the importance of addressing social issues for a safer and more secure future.

Participants: Regional Director, Project Officer - Health, Community Development Officer, Welfare Officer, Public Health Midwife

Article By: Ravi Sasireka

The Happy Estate Programme, aimed at strengthening Child Development Centre (CDC) attendance - Kandy Region



The programme was conducted on 31st March 2026 at the Hunnasgeriya Estate Dispensary with the participation of estate health staff, PHM, and estate management. Awareness sessions and interactive discussions were carried out for parents, focusing on the importance of early learning, regular CDC attendance, balanced nutrition, routine health check-ups, and good hygienic practices for young children. Guidance was also provided to strengthen collaboration among parents, health staff, and estate administration to ensure continuous monitoring of children's development.

Objective

The objective of the Happy Estate Programme was to strengthen Child Development Centre (CDC) attendance by increasing parental awareness and promoting active community participation in early childhood development, nutrition, health care, and hygiene practices.

Output

The programme resulted in improved awareness among parents regarding early childhood development and the importance of consistent CDC attendance. Increased parental engagement and community support were observed, contributing to better child participation in CDC activities. This initiative helped enhance learning opportunities, nutritional status, and overall development of children within the estate community.

Article By: Hashini Wickramasinghe

Talent Corner

“Sithroo” Art Exhibition 2025 Organized By PHDT Kegalle Region - 2025



1st Place

Name: K. k. Y. D. Narmada

Age group: 6-10

Estate: Dewakalanda

RPC: Kelani Valley Plantations PLC



2nd Place

Name: H. A. N. D. Dasanayake

Age group: 6-10

Estate: Muwankanda

RPC: Lalan Rubber (Pvt) LTD



3rd Place

Name: A.G. M. B. Vijerathna

Age group: 6-10

Estate: We - Oya

RPC: Kelani Valley Plantations PLC



INTER PLANTATIONS CRICKET TOURNAMENT - 2025 HATTON REGIONAL WINNERS - HORANA PLANTATIONS PLC

UPCOMING EVENTS.....

- Be Angels Programme - Distribution of school items and gifts to children in Mathurata area
- Startup Grants Programme - 15th May 2026

Edited by: Dr. Paba Palihawadana
Madawa Gunaratna

Designed by: Dhanushka Tharanga