

COMMUNITY CANVAS



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Severe Weather Calamities Leave Sri Lanka Reeling



Sri Lanka is grappling with the aftermath of a series of severe weather-related calamities that have caused widespread destruction across several parts of the country. Prolonged heavy rainfall, floods, and landslides have displaced thousands of families, damaged critical infrastructure, and disrupted key economic activities, particularly in the hill country and plantation regions. The **tea estate sector**, a cornerstone of Sri Lanka's economy, has been among the hardest hit. Extensive damage to tea bushes, soil erosion, and landslides have severely affected productivity, while several estate factories were forced to suspend operations.

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Tea Reimagined Awards Recognise Leadership Advancing a Sustainable Future for the Tea Sector



The **Plantation Human Development Trust (PHDT)** has received the Asia Tea Alliance (ATA) Social Impact Award in recognition of its long-standing commitment to improving the welfare, dignity, and resilience of plantation communities, and its role as a trusted partner in promoting a sustainable and inclusive tea sector in Sri Lanka.

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Driving Regional Excellence Through Strategic Planning and Collective Progress - 11th & 12th December



The Regional Progress Meeting held on the 11th and 12th of December served as an important forum to review performance, address challenges, and plan strategically for the future development of the plantation regions. Representatives from all seven regions participated actively in the discussions.

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Driving Regional Excellence Through Strategic Planning and Collective Progress...

A major focus of the meeting was the **Five-Year Strategic Plan**, which aims to ensure sustainable development, improved living standards, and inclusive growth within plantation communities. Participants discussed long-term priorities, implementation strategies, and the importance of coordinated action among regional stakeholders.

The meeting also included a detailed **budget discussion**, where financial allocations, resource optimization, and funding requirements were reviewed to support planned initiatives effectively. Emphasis was placed on transparency, accountability, and aligning budgets with development priorities.

In addition, **disaster-related matters under DITWAH** were discussed, highlighting preparedness, mitigation strategies, and response mechanisms to address climate-related and natural disaster risks affecting plantation regions.

A comprehensive review of **regional progress** was conducted, allowing each region to present updates on achievements, challenges, and best practices. These discussions reinforced the importance of continuous monitoring and collaboration to ensure steady progress across all regions.

Recognition and Appreciation – “Malaiyaga Mahilchchi” Programme



As part of the meeting, certificates of **Appreciation** were awarded to **PHDT Seven Regions** in recognition of their valuable contribution and commitment to the successful implementation of “**Malaiyaga Mahilchchi**”, the first phase of the **Indo-Lanka 10,000 Houses Programme** for the Malayagam community.

The ceremonial event was held on **12th October in Badulla**, under the patronage of **His Excellency President Anura Kumara Dissanayake**. This initiative marks a significant milestone in achieving the national vision of “**A Rich Country, A Beautiful Life**”, as outlined in the **Hatton Declaration**.

During the first phase of the programme, **2,000 selected beneficiaries** were provided with homeownership documents, symbolizing a new beginning for families who had long lived in line rooms and temporary shelters. The project is designed to uplift the living standards of the estate community by providing **safe, environment-friendly housing** along with essential infrastructure.

The recognition of regional contributions underscores the collective effort and dedication of all stakeholders in advancing the welfare and dignity of the Malayagam community.

Article By: Dhanushka Tharanga

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Tea Reimagined Awards...

The award was presented at the Asia Tea Alliance meeting held in Colombo on 27 November, which brought together key stakeholders from across the tea value chain to discuss building a regenerative, climate-resilient, and low-carbon tea industry.

Established in 2019, the Asia Tea Alliance promotes collaboration among Asian tea producers to address shared challenges such as climate change and sustainability, while ensuring smallholder representation.

For PHDT, this recognition reflects decades of work in improving access to health, education, housing, water, and livelihoods for plantation communities, reaffirming its commitment to people-centred and sustainable development in Sri Lanka’s tea sector.

Article By: Madawa Gunaratna

National Early Childhood Education Curriculum Framework Launched



The Sri Lanka National Early Childhood Education Curriculum Framework was officially launched on 21st November at the Auditorium of the Ministry, under the leadership of the Hon Prime Minister and the Minister of Education, Higher Education and Vocational Education.

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National Early Childhood Education Curriculum Framework Launched...

This landmark initiative introduces a nationally unified framework for early childhood education, which will be implemented across the country for children aged 3 to 5 years attending preschools. The framework has been developed by the National Institute of Education (NIE) and is aligned with the school primary education system, ensuring a smooth and child-friendly transition into formal schooling.

Promoting Holistic and Age-Appropriate Learning



The new curriculum framework focuses on holistic child development, moving away from inappropriate early academic practices such as letter writing, routine counting, and formal mathematical lessons. Instead, it promotes play-based and concept-based learning, encouraging creativity, curiosity, social interaction, and emotional development—key foundations for lifelong learning.

By emphasizing learning concepts rather than early academic pressure, the framework aims to create a safe, inclusive, play-based and developmentally appropriate learning environment for preschool children.

Supporting Resources for Development

To support effective implementation, the NIE has drafted comprehensive Guidelines and an Activity Book aligned with the curriculum framework. These materials are currently in the validation stage and will provide practical support for preschool teachers once finalized.

Nationwide Capacity Building

In preparation for nationwide rollout, the Ministry of Education, in collaboration with the Ministry of Women and Child Affairs, has already trained 100 Master Trainers including 4 PHDT Officers. These trainers will conduct district-level training programmes for preschool teachers across the country.

Following the finalization of curriculum documents and completion of teacher training, all qualified Child Development Officers (CDOs) in plantation sector will also receive targeted training to ensure inclusive and effective implementation of the framework.

A Milestone for Early Childhood Education

The launch of the National Early Childhood Education Curriculum Framework marks a significant milestone in strengthening the quality, consistency, and equity of preschool education in Sri Lanka. This initiative lays a strong foundation for children's learning, well-being, and future success.

Article By: Achini Weerasinghe

Building Safer Workplaces Through Continuous Improvement and Global Collaboration



A progress review of Occupational Safety and Health (OSH) activities implemented with the collaboration of the International Labour Organization (ILO) was held on 25 November 2025 at the Plantation Human Development Trust (PHDT). The meeting was chaired by the Director General (DG) and attended by ILO international and country officers, along with DH, MOP, IT, and PO.

During the meeting, ILO representatives reviewed the overall progress of ongoing OSH interventions and discussed the planned review visit to Glenanore and Sarnia Estates, which was scheduled for 27th November 2025. The team also deliberated on strategies to expand OSH activities to other selected estates, while simultaneously strengthening OSH structures and functions including OSH committees, reporting mechanisms, and worker participation in estates that had already received training and technical support.

On 27th November 2025, the ILO delegation visited the Badulla PHDT Regional Office. At this meeting, the Regional Director delivered a comprehensive presentation outlining the scope of OSH project activities, key achievements to date, and progress made in implementation across estates in the region. The Manager Health supplemented the presentation by providing detailed responses to questions raised by the ILO team, particularly on the functioning and composition of OSH committees, existing implementation gaps, and operational challenges faced at estate level.

The ILO team further inquired into several critical areas, including the extent of involvement of the Ministry of Labour, the status of occupational injury data collection, documentation, and reporting systems, and the inclusion of tea smallholders within OSH programmes. Discussions also focused on the ILO's plans to extend OSH activities to additional estates in the Badulla region and to other plantation regions in the future.

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Building Safer Workplaces Through Continuous Improvement and Global Collaboration...

In addition, the meeting explored the integration of new thematic areas into the OSH programme to enhance its scope and impact. These proposed areas included worker nutrition, violence and harassment at the workplace, occupational stress, substance abuse, and alcoholism, recognizing their growing relevance to worker health, safety, and overall productivity.

This meeting was also attended by representatives from PHDT, the MOP and PO, who contributed to discussions on coordination and implementation at both regional and estate level. The planned ILO visit to Glenanore and Sarnia Estates, as well as other estate-level field visits, were postponed due to heavy rainfall and adverse weather conditions, which posed safety risks and logistical constraints. It was agreed that the estate visits would be rescheduled at a later date, once weather conditions improve, to ensure safe access and meaningful engagement with estate management and workers.

Article By: Paba Paliawadana

Strengthening Systems Through Proactive Risk Management-Risk Mitigation Meeting Chaired by Director Engineering-PHDT

In a significant step toward reinforcing operational resilience, a high-level Risk Mitigation Meeting was recently chaired by the Director of Engineering PHDT, bringing together key stakeholders from across engineering, operations, safety, and project management functions. The meeting underscored PHDT's commitment to anticipating challenges and implementing structured solutions to ensure safety, reliability, and continuity in its engineering activities.

The session focused on identifying potential technical, operational, and environmental risks that could impact ongoing and upcoming projects. Participants engaged in a structured review of critical systems, past incidents, and near-miss reports, using data-driven insights to highlight areas requiring immediate attention. Emphasis was placed on moving beyond reactive responses and embedding risk mitigation into everyday engineering practices.

Addressing the gathering, the Director of Engineering/PHDT highlighted the importance of collective responsibility in managing risk. He emphasized that effective risk mitigation is not limited to compliance but is a strategic tool that safeguards people, assets, and organizational reputation. By encouraging open dialogue, the chair ensured that

concerns from all levels were heard and constructively addressed. Key outcomes of the meeting included the prioritization of high-impact risks, assignment of clear ownership for mitigation actions, and agreement on timelines for implementation. Preventive measures such as enhanced inspection regimes, design reviews, technology upgrades, and targeted training programs were discussed in detail. The meeting also reinforced the need for regular monitoring and review to ensure that mitigation strategies remain effective as conditions evolve.

Participants acknowledged that such forums play a crucial role in fostering a culture of safety and accountability. By aligning technical expertise with leadership direction, PHDT continues to strengthen its ability to deliver projects efficiently while minimizing uncertainty.

The Risk Mitigation Meeting concluded with a renewed commitment to collaboration and continuous improvement. Under the leadership of the Director General PHDT, the organization reaffirmed its proactive approach to risk management, an approach that not only addresses present challenges but also prepares PHDT to meet future demands with confidence.

Article By: S. Jayarathne

Implementation of “இலை நலம் - Leaf Wellness” Initiative in RPCs at Hatton Region



“இலை நலம் - Leaf Wellness” is a community-based initiative designed to strengthen unity among parents, children, and caregivers while promoting healthy living through nutrition, home gardening, and shared responsibility. The main purpose of this initiative is to **encourage home gardening within limited spaces** in Child Development Centres (CDCs) and to **ensure that children and mothers receive adequate nutrition** through natural, locally grown green leaves. **A round-shaped home gardening plot** will be established within the CDC premises to maximize space utilization and visual appeal. The gardening plot will consist of **four varieties of nutritious green leaves**, namely:

- Gotu Kola or Vallarai (Centella asiatica)
- Hathawariya (Asparagus racemosus)
- Mukunuwenna-Sessile Joyweed (Alternanthera sessilis)
- Karapicncha -curry leaves (Murraya koenigii)

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Implementation of “இலை நலம் - Leaf Wellness” Initiative in RPCs at Hatton Region...

These leaves will be cultivated and maintained with the active participation of parents, CDOs, and children, fostering ownership and sustainability.

As part of the initiative, “Kola Kenda” will be prepared **twice a month** using the harvested leaves. Parents will take part in the preparation and share the nutritious porridge with their children, promoting **child and maternal nutrition, parent-child bonding, and community togetherness**.

On each “Kola Kenda Day,” **one parent will lead a short awareness session** for other parents on topics such as child nutrition, hygiene practices, home gardening, positive parenting, or healthy lifestyle habits, encouraging peer learning and shared responsibility.

To ensure effective implementation, **initial awareness sessions have already been conducted at RPC level in selected estates**, introducing the concept, objectives, and practical approach of the “இலை நலம் – Leaf Wellness” initiative. These sessions laid the foundation for scaling up the program across more estates and CDCs in the future. Also, we are ensuring alignment, understanding, and readiness among estate management, CDOs, and health staff. These sessions support standardized implementation and scalability across estates.

Expected and observed impacts include:

- Improved access to nutritious, locally grown foods for children and mothers
- Increased parental involvement in CDC activities
- Enhanced knowledge and practice of home gardening
- Strengthened community interaction and shared responsibility
- Improved utilization of CDC spaces for health promotion activities

Through continuous monitoring and community participation, the “இலை நலம் – Leaf Wellness” initiative contributes to sustainable nutrition practices and holistic child development within plantation communities.

Article By: S.Anjalika Kumary

TB Awareness and Capacity Building Training Programme at Hatton Region at PHDT training center

On the 20th of November 2025, a training and awareness program on Tuberculosis (TB) was conducted for Estate Medical Assistants (EMAs) and one active Health and Welfare staff member from each estate, to reduce TB transmission, improve early identification, and strengthen

the referral and treatment follow-up system within estates. The training was conducted by Dr. Kanageshwari, Chest Physician, District Chest Clinic, Nuwara Eliya. A total of 59 participants attended the program from all 7 RPCs.



During the session, participants were provided with comprehensive knowledge on:

- Early signs and symptoms of TB
- Identification of high-risk groups
- Referral pathways to the District Chest Clinic
- TB treatment protocols and infection control measures

TB instruction materials, IEC materials, and other related resources were distributed to all participants. An after-action plan was introduced, requiring all trained participants to conduct field-level TB awareness programs within their respective estates and to identify high-risk individuals for screening and referral.

To strengthen coordination and follow-up, a **PHI-TB WhatsApp group** was formed to:

- Update newly identified TB patients
- Share screening and referral information
- Monitor treatment progress and compliance

Estate health staff were instructed to monitor Directly Observed Treatment (DOT) and ensure regular medication intake among TB patients. In addition, efforts are underway to establish DOT-providing centres at estate dispensaries, and guidance on implementing these centres was included as part of the training.

This program significantly strengthened the capacity of estate health staff to prevent, identify, refer, and monitor TB cases, contributing to improved TB control and public health outcomes in plantation communities.

Article By: S.Anjalika Kumary

Health Education programme (First aid Treatment for children) for Health and welfare staff.

A Health Educational Programme on First Aid Treatment for Children was conducted for the Health and Welfare Staff of Pussellawa & Elpitiya Plantations at the Pussellawa Tennis Club on 15th of November, 2025 with an overall participation of 40 Health & Welfare staff members from the above 02 Regional Plantation Companies.

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Health Education programme (First aid Treatment for children) for Health and welfare staff...



The programme was aimed to enhance the knowledge of the participants and to improve the practical skills as well as to provide immediate and the most appropriate first aid care for children during emergency situations such as cuts, burns, fever, choking, falls, and minor injuries commonly encountered within the plantation communities. The message was very clearly given by the resource person to the participants through interactive discussions and practical demonstrations. The staff were educated on early recognition of danger signs, basic life-saving measures and the importance of timely referral to health institutions for proper treatment. This programme definitely strengthened the capacity of the health and welfare staff to respond confidently and effectively, especially to child health emergencies, and thereby contributed to improved child safety and overall well-being within the plantation sector

Article By: Hashini Wickramasinghe

Importance of Child Development Centres (CDC) and Early Childhood Development (ECD) for children for SLSPC / Allakolla Estate.



A discussion was conducted on 20th of November, 2025 at Allakolla Estate Lower Division for CDC mothers, focusing on the importance of sending children to the Child Development Centre daily and the benefits of Early Childhood Development for children. Also, it was discussed how best the CDC building could be upgraded and the current nutritional status of the CDC children. The session highlighted the role of CDC's and ECD in promoting children's physical, cognitive, and emotional development while also, updating mothers on the progress and needs related to the CDC building. In addition, practical guidance on balanced nutrition, healthy feeding practices, and the prevention of malnutrition was discussed. This discussion helped raise awareness among mothers and encouraged their active participation in improving child development and nutritional outcomes within the estate community.

The Government midwife also advised the mothers at this meeting.

Article By: Hashini Wickramasinghe & Harichandran Dilakshi

District Level Training Programme for CDO's and PFWO's. For Elkaduwa Plantations, Uda Pussellawa Plantations and SLSPC



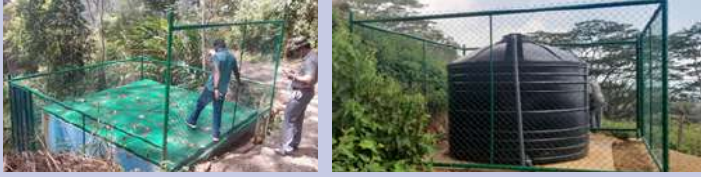
A District Level Three-Day Training Programme for CDO's and PFWO's of the estates coming under the Matale RDHS was conducted at the Matale RDHS conference hall on 25, 26, and 27 of November 2025 to improve the child and family well-being and with special focus on child health, nutrition, maternal health care, Gender-Based Violence (GBV), and Domestic Violence. The programme was organized for EPL, SLSPC, and UPL estate health staff. participation of;

- Dr. Chintha Gunarathne – Director, Estate and Urban Health Unit
- Dr. Dimuth Peiris – Community Physician, Estate and Urban Health Unit
- Regional Director of Health Services – Matale
- Dr. Senaka Jayasundara – Consultant Psychiatrist
- Dr. I.G.C.J.K. Rajapaksha – MO(CKD) - Matale
- Dr. Chathushka MO(MCH) - Matale
- Dr. Pamodya Kularathna – MO (Mental Health) - Matale
- Health Ministry Officials – 07
- Mr. Lalindra Abeywardena - Regional Director – PHDT
- Ms. H. Dilakshi - Project Assistant – Health -PHDT
- EMA – 01
- PFWOs – 05
- CDOs - 18

The training aimed to strengthen the knowledge, skills, and coordination of field-level officers in addressing key health and social issues affecting children and families within the plantation communities. Through interactive sessions, group discussions, and practical learning activities, participants gained a better understanding of integrated approaches to health promotion, protection, and referral services and thereby enhancing their capacity to support vulnerable children, women, and families within the Matale District.

Article By: Hashini Wickramasinghe

Completion of Indian Housing Water Projects with 100% Coverage - Kandy region



The Indian Housing Water Projects on the following estates have been successfully completed achieving 100% coverage for all housing units and ensuring every household now has reliable access to clean and functional water supply. Benefits:

- Consistent and uninterrupted access to clean water.
- Improved sanitation and hygiene standards.
- Enhanced quality of life within each housing estate.
- Reduced dependency on external or shared water sources.

Article By: Charaka Kulathunga

Improving Living Conditions: Kellebokka Estate Housing Project Completed



The Balance Work of Housing Project at Kellebokka Estate – Galahiriya Division (NLH 2021) has been successfully completed (100%), marking a significant milestone in improving living conditions for estate residents. The project focused on constructing safe and modern housing units to enhance the quality of life within the community. With the completion of this project, residents now benefit from improved housing facilities, reflecting the Government's commitment to supporting estate communities through sustainable development initiatives. The successful execution of this project underscores the importance of continued efforts to uplift living standards and provide better opportunities for all estate residents.

Article By: Charaka Kulathunga

Improving Living Standards through the Balance Work Housing Project



The Balance Work Housing Project at Kellebokka Estate, Upper Division (GGH 2018) has been successfully completed (100%), bringing meaningful improvements to the living conditions of estate

residents. The project provided safe and modern housing facilities, reflecting the government's ongoing commitment to supporting the estate communities and promoting sustainable development.

Article By: U.S.Karunaratne

Bidders Familiarized with IHP Mitigation Works During Site Visit - Kandy region



IHP site visit was held on 15th of November, 2025 with prospective bidders for the mitigation tenders. The visit aimed to familiarize bidders with the project site, including its current conditions and the scope of the planned mitigation work. Engineering support was provided by PHDT Kandy, whose team offered technical guidance and addressed queries from the bidders. The interaction facilitated a clear understanding of the project requirements, ensuring that bidders are well-informed for preparing their tender documents for submission.

Article By: Charaka Kulathunga

"Wawili Praja Suwa Diviya" Combined Health Clinics and Health Screening Programme



The "Wawili Praja Suwa Diviya" Combined Health Clinics and Health Screening Programme was conducted on 19th November 2025 at Reucastle Estate of Lalan Rubbers (Pvt) Ltd, with the participation of 154 estate workers and their family members. The Plantation Human Development Trust organized the programme to improve health awareness, promote preventive healthcare, and enable early detection of illnesses within the plantation community. The total value of the programme was Rs 3Mn.

This programme brought together several health services in one place, allowing the plantation community to receive essential medical care free of charge. It focused on preventive healthcare, early diagnosis, and timely referral for further treatment when needed.

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“Wawili Praja Suwa Diviya” Combined Health Clinics and Health Screening Programme...

A total of 154 participants attended the programme. Oral cancer screenings were provided to 66 adults, while eye screenings benefited 67 participants. The Well Women Clinic served 7 participants, and dental services were provided to 41 participants. In addition, OMF screening was conducted for 2 participants, TB screening for 41 participants, and STI screening for 43 participants.

Non-Communicable Disease (NCD) screening was carried out for 77 participants, including blood sugar and cholesterol tests, BMI calculation, weight measurement, and blood pressure checks. Dental screening and treatment were provided for both adults and children, and “Wawili Prajawata Suwathi Diviyak” Special Ayurveda Clinics were also conducted for children and adults.

Overall, this programme helped improve health awareness, identify health problems at an early stage, and promote better health among the plantation community.

Article By: Dileesha Madushani

A Step Towards Better Vision and Health for the Estate Community - Kegalle Region



The Plantation Human Development Trust, in collaboration with Candela Hospital, successfully conducted a Cataract Operation and Eye Screening Programme across several estates under Kegalle Plantations PLC and Kelani Valley Plantations PLC.

The programme was implemented at

- Higgoda Estate on 17th November 2025 - Kegalle Plantations PLC
- Eadella Estate on 18th November 2025 - Kegalle Plantations PLC
- Dothaloya Estate on 20th November 2025 - Kegalle Plantations PLC
- Ambadeniya Estate on 21st November 2025 - Kegalle Plantations PLC
- Udapola Estate on 24th November 2025 - Kegalle Plantations PLC
- Kelani Estate on 09th December 2025 - Kelani Valley

Plantations PLC

- Panawatta Estate on 11th December 2025 - Kelani Valley Plantations PLC
- Weniwella Estate on 12th December 2025 - Kegalle Plantations PLC

The initiative aimed to address vision-related health issues among plantation workers through early detection of eye conditions and the provision of cataract surgeries for eligible patients, thereby improving vision, daily functioning, and overall quality of life.

Through this programme, a total of 324 patients were screened across the above-mentioned estates. Of these, 74 patients underwent cataract surgery, while 18 patients were referred for further specialized treatment. In addition, 164 patients were identified with refractive errors and were advised on appropriate corrective measures. Through this initiative, PHDT ensured that estate workers received professional eye care services and access to life-changing cataract surgeries, significantly contributing to the reduction of visual impairment within the plantation community.

Article By: Dileesha Madushani

Impact of Ditwah Cyclone on Plantation Communities Keragala Estate – Upper Division (Line Nos. 5, 6 & 7)



On 28th November 2025, the island was severely affected by the Ditwah Cyclone, which caused widespread damage across the country. Plantation communities were among the vulnerable and were heavily impacted by this disaster. Many families lost their homes and personal belongings, and some areas became unsafe due to landslides.

The estates under the Plantation Human Development Trust (PHDT) in the Ratnapura Region were also affected. Strong winds and heavy rainfall damaged houses and disrupted the daily lives of estate communities.

Keragala Estate, which comes under Pussellawa Plantations Ltd., was one of the worst-affected areas. In the Upper Division, Line Nos. 5, 6, and 7 were identified as landslide-prone zones. As a safety measure, 46 families, with approximately 100 people, were temporarily evacuated and accommodated at the Tamil School.

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Impact of Ditwah Cyclone on Plantation Communities...

In response to the situation, on 01st December 2025, the PHDT Ratnapura Regional staff visited Keragala Estate, Upper Division. During the visit, dry ration packs were distributed to the affected families to help meet their immediate food needs.

This timely assistance brought relief to the affected community and demonstrated PHDT's continued commitment to supporting plantation families during times of crisis. Continued support and cooperation are essential to help these communities recover and rebuild their lives after this disaster.

Article By: Lankani Munasinghe

Programme on Sexually Transmitted Infections (STIs) and HIV



A comprehensive health awareness programme on Sexually Transmitted Diseases (STDs) and HIV – Prevention and Recognition was successfully conducted at the District Secretariat, Ratnapura, with the participation of key community-level officials and development personnel.

Programme Details

- Venue: District Secretariat, Ratnapura
- Total Participants: 63
- Category of Participants: Welfare Officers, selected Child Development Officers (CDOs) and Community Secretaries
- PHDT Officials: Project Officer, Health and Community Development Officer –PHDT, Ratnapura

The programme was conducted by Dr. Krishanthi Ubesekera, Consultant Venereologist, Teaching Hospital Ratnapura, who brought extensive expertise and practical insight into the subject matter.

Programme Overview

The primary objective of the programme was to strengthen knowledge and awareness among community-level officers on STDs and HIV, enabling them to recognize risks, promote prevention, and support early referrals and access to healthcare services within their respective communities.

Dr. Ubesekera provided detailed explanations on the modes of transmission of STDs and HIV, helping participants clearly understand how these infections spread and the factors that increase vulnerability. Special emphasis was placed on correcting common myths and misconceptions that often create stigma and prevent timely treatment.

Awareness on Signs, Symptoms, and Early Detection

The session also focused on identifying the early signs and symptoms of common sexually transmitted infections and HIV. Participants were educated on the importance of early recognition and prompt medical attention to prevent complications, reduce transmission, and improve treatment outcomes. The role of informed community officers in guiding individuals toward appropriate healthcare services was strongly highlighted while providing moral and ethical support.

Prevention Strategies and Responsible Behaviour

Effective prevention strategies were discussed in detail, including safe health practices, responsible personal behaviour, and the importance of regular medical check-ups. The session emphasized prevention as a shared responsibility of individuals, families, and communities, supported by informed and proactive community leadership, while providing moral and ethical support.

Available Healthcare Services

Participants were informed about the available healthcare services provided through the public health system, including free and confidential testing, counselling, and treatment facilities. The importance of confidentiality and non-discriminatory access to services was highlighted to encourage individuals to seek care without fear or hesitation.

Programme Outcomes

Overall, the programme significantly improved participants' knowledge, enhanced their understanding of prevention and early detection, and reduced misconceptions related to STDs and HIV. The session also strengthened participants' capacity to act as informed resource persons within their communities, promoting responsible health-seeking behaviour and supporting better sexual and reproductive health awareness at the grassroots level.

The programme was well received and marked an important step toward strengthening community-based prevention efforts and improving public health outcomes in the Ratnapura District.

Article By: Dimali Chandrasena

Gender Based Violence (GBV) Awareness Programme - Ratnapura Region



A Gender Based Violence (GBV) Awareness Programme was successfully conducted by the Plantation Human Development Trust (PHDT) with funding support from the Ministry of Women Affairs. The programme was organized for Plantation Family Welfare Officers (PFWOs) and Community Secretaries (CSs) on 21st November 2025 at the Auditorium of the District Secretariat (DS) Office, Ratnapura.

The District Women Development Officer from the District Secretariat Office served as the Resource Officer for the programme. A total of 63 participants attended the session, where PHDT was represented by the Regional Director, Community Development Officer and Project Officer Health.

Key Areas Covered

The programme focused on increasing knowledge and practical skills related to Gender Based Violence. The following key topics were discussed:

- **What is Gender Based Violence (GBV):**
Participants learned about different forms of GBV, including physical, emotional, sexual, and economic violence.
- **Why GBV Occurs:**
The session explained social, cultural, and economic reasons that contribute to GBV in communities.
- **Recognizing GBV by a Social Mobiliser:**
Participants were guided on how to identify signs of GBV while working closely with families and communities.
- **Responsibilities as a Trainer:**
The role of PFWOs and CSs as trainers and awareness creators was highlighted, emphasizing confidentiality, sensitivity, and correct guidance.
- **Next Steps if the Issue Cannot Be Solved Easily:**
Clear steps were shared on when and how to refer cases to relevant authorities and support services.
- **Treatment and Support Services:**
Information was provided on available places for treatment, including medical care, counselling, and legal support.
- **Follow-up of Identified Referrals:**
Participants learned the importance of proper follow-up to ensure safety, continued support, and positive outcomes for affected individuals.

The programme strengthened the capacity of Plantation Family Welfare Officers and Community Secretaries to respond effectively to GBV cases in plantation communities. It also encouraged participants to act as responsible social mobilizers and trainers to promote safer and more supportive environments for women and families.

Article By: Priyanthi Jayanath

CDC Evaluation Successfully Completed in PHDT Badulla Region



The PHDT Badulla Region completed the Child Development Centre (CDC) evaluation across **seven (07) Regional Plantation Companies (RPCs)** from 19th to 21st November 2025 successfully.

Following a comprehensive evaluation process, the **Best CDC** was selected from **Bibile Estate under HPL (Hapugastenna Plantations PLC)**, which achieved the **highest overall score** during the assessment.

The evaluation was conducted by the **Regional Health Manager** along with **ECD Officers-in-Charge** from the respective **Divisional Secretariats**, with the **Regional Director** participating as an observer.

The assessment focused on key areas including:

- **Management commitment**
- **Parental involvement**
- **Child growth monitoring**
- **Early Childhood Development (ECD) environment** within the CDCs

All evaluated CDCs demonstrated **above-average performance**, showing significant improvements in infrastructure, management, and service quality. In addition, **Child Development Officers (CDOs)** displayed excellent commitment and performance throughout the process.

This evaluation served as a platform to provide **special appreciation and encouragement** to all CDCs involved, recognizing their continued efforts to enhance early childhood care and development standards in the region.

Article By: Chinthani Rathnayake

Supporting Plantation Communities during Disaster: PHDT Nuwara Eliya Regional Office

Following recent disaster situations that affected several plantation areas in the Nuwara Eliya District, the PHDT Nuwara Eliya Regional Office actively engaged in relief and resettlement efforts to support affected plantation families. The primary objective of these efforts was to ensure the safety, well-being, and immediate needs of the community through close coordination with the Government institutions and plantation management.

The Regional Office worked collaboratively with key stakeholders, including the District and Divisional Secretariats, Disaster Management Centre (DMC), Regional Director of Health Services (RDHS), National Building Research Organization (NBRO), Plantation management, Cooperative Development Department, and the Ceylon Electricity Board (CEB). This collective approach enabled a timely and effective response to the needs of the plantation community.

To address urgent health and welfare requirements, emergency medical supplies valued at approximately Rs. 1 million were obtained through coordination with the RDHS. In addition, essential supplies were provided to affected families. Safety assessments and technical support were strengthened through the coordination of NBRO officers to severely affected areas, with logistical assistance provided by PHDT of estates RPC coming under PHDT Nuwara Eliya. Furthermore, plantation access roads damaged by landslides were restored with the support of the Divisional Council, improving access to affected locations and evacuation centres.

Special attention was given to families residing in evacuation centres. Transportation support was arranged to deliver food and beverages to camps located in hard-to-reach areas. Through discussions with the Ceylon Electricity Board, temporary electricity connections were provided to Certain RPC estates, ensuring uninterrupted power supply for residents despite initial delays.

PHDT staff also worked closely with the Divisional Secretary, plantation officials, and the Government Agent's office to ensure continuous support, effective coordination of essential goods distribution.

Moving Forward

Through strong coordination and a shared commitment to community well-being, the immediate needs of disaster-affected plantation families have been addressed. The PHDT Nuwara Eliya Regional Office remains committed to ongoing monitoring and continued support to help plantation communities recover and rebuild.

Article By: V. Abinaya

PHDT's Emergency Health Response to Support Estate Communities During the Disaster



The recent disaster caused widespread disruption across the estate sector, resulting in an acute public health emergency within plantation communities. Damage to road infrastructure and the breakdown of transport services severely restricted access to government hospitals. Simultaneously, affected families faced a sudden loss of income and financial instability, further limiting their ability to seek timely medical care. Consequently, the demand for essential medicines and primary healthcare services within estates increased significantly.

In response, the Plantation Human Development Trust (PHDT) launched an immediate emergency health intervention to protect the health and well-being of vulnerable estate populations. Working in close coordination with the Regional Director of Health Services (RDHS), PHDT ensured the rapid mobilization and distribution of essential medicines to estate-level health facilities.

As part of this intervention, **essential drugs** were distributed through the **Regional Medical Supplies Unit, Nuwara Eliya** to the **estate dispensaries**, strengthening frontline healthcare delivery. These medicines enabled **Estate Medical Assistants (EMAs)** to provide uninterrupted treatment to **community members** across affected estates, including **children, pregnant mothers, elderly individuals, and patients with chronic illnesses**.

The availability of medicines at the estate level reduced the need for hospital referrals during the critical post-disaster period and ensured continuity of care despite mobility constraints. This timely support played a crucial role in preventing the escalation of minor illnesses into severe health conditions and in addressing disaster-related health concerns promptly.

Through this coordinated and results-driven response, PHDT reaffirmed its commitment to ensuring equitable access to healthcare during emergencies and highlighted the effectiveness of decentralized health service delivery in disaster-affected and hard-to-reach plantation communities.

Article By: V. Abinaya

Volunteer Training on Self Mouth Examination on 12th December 2025 at RDHS office, Kalutara



Introduction

Volunteerism refers to selfless service provided by individuals to support community needs such as Health Education, Environment, and Social and welfare. And the Volunteers act as a bridge between the Community and other stakeholders; it is easy to communicate with them.

Qualities of a good volunteer

- Commitment and reliability
- Empathy and Compassion
- Good Communication Skills
- Team Spirit
- Positive Attitudes
- Cultural Sensitivity

Estate Community is the high-risk group for Oral Cancer due to factors such as Betel Chewing, Alcohol and Tobacco consumption and limited access to Dental Care Services. Considering the above facts, we trained the Volunteers to enhance their knowledge on correct self-mouth examination techniques, Community Awareness, Promotion of Early Detection and referrals.

Self-Mouth Examination Techniques

- Use a mirror and good lighting
- Check Lips, Tongue, inner cheeks, and throat
- Look for unusual colours, Sores, or swelling. They can identify Red patches {erythroplakia} or white colour patches {Leukoplakia} or white and red mixed patches in the mouth.

Behaviour Counselling

- Ask - ask the patient he or she chewing betel in every visit
- Advice - Brief advice against continuing betel chewing drinking or her or his current condition
- Assess - Assess the readiness to quit betel chewing

Article By: N.S. Singappulige

Roots to Wings: A Scholarship Programme Uplifting Plantation Children towards a Brighter Future



My name is Tharchinamurthi Danusha, and I am from Hapugastenne Tea Estate under Hapugastenne Plantations PLC. I am currently studying at the Swami Vipulananda Institute of Aesthetic Studies, Faculty of Visual and Technological Arts. I completed my G.C.E. Advanced Level examination with results of B/C/C, achieving a Z-score of 0.4195, with a District Rank of 2183 and a National Rank of 34758. I sincerely thank you for granting me this scholarship. Your support encourages me to continue my higher education with confidence and determination, and will have a meaningful impact on my future.



My name is Vasudevan Kishananthani, and I am from Glenanore Estate under Agarapathana Plantations PLC. I have been selected to the University of Jaffna, Faculty of Arts. I successfully completed my G.C.E. Advanced Level examination with results of A/A/B, obtaining a Z-score of 1.3478, with a District Rank of 301 and a National Rank of 7472. I am truly grateful for this scholarship, which provides essential support for my education and motivates me to work hard towards achieving my academic and career aspirations.



My name is Ravichandran Kishan, and I am from We Oya Estate under Kelani Valley Plantations PLC. I am currently studying at the University of Wayamba, Faculty of Management. I completed my G.C.E. Advanced Level examination with results of A/A/B, achieving a Z-score of 1.3477, with a District Rank of 256 and a National Rank of 5755. I sincerely thank you for awarding me this scholarship. Your generous support eases my financial burden and allows me to focus fully on my studies and future goals.



My name is Galigamuwa Vidanayalage Dulakshi Nisansala Jayawardhana, and I am from Kiriporuwa Estate under Kelani Valley Plantations PLC. I have been selected to the University of Kelaniya, Faculty of Arts. I successfully completed my G.C.E. Advanced Level examination with results of A/A/B, obtaining a Z-score of 1.4708, with a District Rank of 225 and a National Rank of 5088. I am deeply thankful for receiving this scholarship, which supports my education and inspires me to strive for excellence and personal growth.

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Roots to Wings:...



My name is Balasubramaniyam Banupriya, and I am from Kiriporuwa Estate under Kelani Valley Plantations PLC. I have been admitted to the University of Eastern, Faculty of Management Studies. I completed my G.C.E. Advanced Level examination with results of A/A/B,

achieving a Z-score of 1.3915, with a District Rank of 299 and a National Rank of 6563. I sincerely appreciate this scholarship, which gives me the opportunity to pursue my higher education with confidence and to work towards building a successful future.

Article By: K.A. Nethmini P Thilakarathna

Ahmed Tea Sponsors Scholarship Programme - Grant for University Entrants at the Initial Discussion held on 2nd December 2025 at PHDT Head office



A significant milestone in public-private partnership was achieved following a high-level meeting with Ahmed Tea, chaired by the Director General, reaffirming a shared commitment to education, child welfare, and community upliftment in Sri Lanka's plantation sector. The discussion focused on strengthening collaboration to address critical social needs, particularly access to education and nutrition for children from vulnerable plantation communities. A major outcome was Ahmed Tea's agreement to fully sponsor the Scholarship Programme, enabling deserving students to continue their education without financial barriers. To date, 147 scholarship applications have been received, highlighting the strong demand for sustained educational support.

The scholarship programme is designed not only as financial assistance but as a long-term investment in the future leadership and resilience of plantation communities. Ahmed Tea's sponsorship ensures continuity, transparency, and sustainability, offering hope and opportunity to hundreds of families.

Nutrition was also identified as a key priority, recognizing its direct link to learning outcomes. Ahmed Tea extended its support to mid-day meal programmes at Child Development Centres (CDCs), which play a vital role in improving attendance, concentration, and overall wellbeing of young children, particularly in food-insecure communities.

The Director General expressed appreciation for Ahmed Tea's proactive and socially responsible approach, emphasizing the importance of such partnerships in achieving inclusive development goals. This collaboration reflects a shared vision where public and private stakeholders work together to build a more educated, healthy, and empowered generation within the plantation sector.

Article By: Madawa Gunaratna

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Severe Weather Calamities Leave Sri Lanka Reeling

Estate workers, many of whom live in vulnerable housing, suffered significant losses as line rooms and access facilities were damaged or destroyed. Meanwhile, access roads, bridges, and internal estate roads were badly damaged or washed away, cutting off entire villages and plantations from nearby towns. In some areas, relief teams struggled to reach affected communities due to blocked roads and unstable terrain, delaying emergency assistance.

Thousands of displaced people were accommodated in temporary shelters, often under difficult conditions. Many families endured days without proper shelter, sufficient food, safe drinking water, or basic sanitation, increasing health risks, especially for children, the elderly, and pregnant women. A World Bank assessment estimates direct physical damages at over US \$4 billion. As climate-related disasters become more frequent and intense, these events underscore the urgent need for stronger disaster preparedness, resilient infrastructure, and targeted support for vulnerable communities to reduce the human and economic toll of future calamities. While the disaster has drawn international support, with aid from neighbouring countries and global organizations assisting relief operations and reconstruction planning. The crisis highlights Sri Lanka's growing vulnerability to climate-driven extreme weather events, underscoring the need for stronger disaster preparedness and resilient infrastructure. PHDT undertook extensive measures to calm affected communities and arrange essential facilities, successfully mitigating the impact of the disaster to a significant extent. These timely interventions were formally commended by the Ministry of Plantation and Community Infrastructure,

which acknowledged PHDT's valuable contribution in responding to this national disaster. A total of 53 deaths were reported from the plantation sector, while approximately 3,500 houses were damaged. Several affected families remain displaced and are currently accommodated in relief Centre's

Article By: Madawa Gunaratna

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Cyclone Ditwa Leaves Trail of Damage Across Sri Lanka’s Plantation Sector” Informative with Visual Focus

Badulla Region

Badulla Region - Kahagalla Estate



Badulla Region - Battawatte Estate



Badulla Region - Gowerakelie Estate



Badulla Region - Cullen Estate



Kandy Region

Inspection and supervision visits were carried out to assess the post-disaster status and after effects of the Ditwah cyclone in several plantation estates, which included Craighead Estate of KPL and Maravilla Estate of JEDB. The inspection was carried out on 02nd of December, 2025, to analyze the damages, safety conditions, and recovery needs of the plantation community. In addition, similar inspection and supervision visits were carried out on 09th of December, 2025, to Pussellawa Plantations PLC, which included Hellebodde, Sogama, and Sanquhar Estates. These visits focused on identifying remaining risks, monitoring rehabilitation activities, and ensuring necessary follow-up actions to safeguard the health, welfare, and living conditions of the plantation communities affected by the disaster.

Kandy Region - Hope & Duckwari Estates



Kandy Region - Craighead & Beaumont Estates



Kandy Region - Kellebokka Estate



Kandy Region - Mahavilla Estate



Hatton Region

During the cyclone Dithwa disaster period, approximately 1700 people were affected across the PHDT Hatton Region. a total 213 families were temporarily sheltered in designated safety centers.

The disaster causes significant infrastructure damages, with many houses either fully or partially damaged, 08 major road blocked and 03 bridges washed away. The most effected families from **Fairlawn, Abbotsleigh, Kenilworth, Bogahawatte, Gouravilla, Strathdon, Mayfield, Loinorn, Moray, Vellay Oya, Norwood, Wanarajah and Robgil Estates.**

The PHDT Hatton team coordinated closely with relevant authorities and departments to ensure necessary assistance support. staff were mobilized for damaged assessment need to provide essential health care assistance to effected communities.

Hatton Region - Kelliewatte Estate



Hatton Region - Fairlawn Estate



Hatton Region - Bogahawatte Estate



Hatton Region - Bambarakelley Estate



Nuwara Eliya Region

The country recently experienced a severe natural disaster due to prolonged and heavy rainfall, affecting several districts and creating a nationwide emergency. Continuous rains caused flooding, major landslides, soil erosion, and ground instability, resulting in extensive damage to roads, residential areas, staff quarters, cultivated land, and other infrastructure. Sadly, the disaster also led to the loss of human lives.

Large-scale landslides in various areas buried houses, damaged roads, and displaced many families. In particular, staff quarters line rooms in high-risk zones were damaged, with walls collapsing and structural weaknesses reported. Families residing in these quarters were promptly evacuated to ensure their safety. Landslides and fallen trees temporarily blocked main and access roads, disrupting transportation and access for emergency services.

Significant areas of cultivated land were also damaged, affecting livelihoods and increasing the risk of further incidents. Considering the threat to human life, authorities, in coordination with officers, local administrators, and community leaders, conducted continuous monitoring and risk assessments, evacuating residents from vulnerable areas to safer locations.

Temporary evacuation centres were established in schools, temples, kovils, Child Development Centres (CDCs), and other suitable public buildings, providing shelter and essential facilities. Special attention was given to the safety and well-being of children, elderly persons, and individuals with special needs.

Strong coordination among government institutions, local authorities, security forces, religious organisations, and communities enabled effective evacuation, rescue, and relief operations. Recovery and rehabilitation efforts are ongoing, focusing on restoring roads, assessing damaged staff quarters and residential buildings, and reducing future disaster risks.

Nuwara Eliya Region - St leonards Estate



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Nuwara Eliya Region - Glasgow Estate



Nuwara Eliya Region - Glasgow CDC



Nuwara Eliya Region - Greatwestern Estate



Nuwara Eliya Region - St leonards Estate



Nuwara Eliya Region - Alma Estate



Kegalle Region - Udapola Estate



Kegalle Region - Etana Estate



Ratnapura Region - Alupola Estate



Ratnapura Region - Pelmadulla Estate



Ratnapura Region - balangoda Estate



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Galle Region - Frocester Estate



Galle Region - Frocester Estate



A Friend in Need Is a Friend Indeed



In times of crisis, true compassion shines through action. During the recent severe weather calamity, heartfelt gratitude is extended to our generous donors who stood firmly with affected communities when it mattered most.

Special thanks go to Ahamad Tea for their unwavering support and commitment to humanitarian values. We also deeply appreciate the kindness and timely assistance of **M/S Ahamed Tea, Mr. Holloway, Mr. David Panter, and Rainforest Alliance** headed locally by **Mr Jehan Canagaratne**, whose contributions brought relief, hope, and reassurance to those facing hardship.

Their support helped address urgent needs and restored a sense of dignity and stability during an extremely challenging period. Such gestures remind us that solidarity and humanity transcend all boundaries.

Indeed, a friend in need is a friend in deed. These acts of generosity will be remembered not just for the aid provided, but for the compassion and leadership shown in a moment of national difficulty.

Article By: Madawa Gunaratna



INTER PLANTATIONS CRICKET TOURNAMENT - 2025

GALLE REGIONAL WINNERS

Elpitiya Plantations PL (B Team)

UPCOMING EVENTS.....

- Be Anjels Programme - distribution of school items and gifts to children in Mathurata area

Edited by: Madawa Gunaratna

Designed by: Dhanushka Tharanga