

COMMUNITY CANVAS



Sri Lanka's First Community News Paper



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Clean Sri Lanka National Programme Inaugurated at Oyata Estate



On 06th July 2025, the Clean Sri Lanka National Programme was officially inaugurated at Oyata Estate, No. 01 Upper Division, Line No. 01 (20 Units), under the esteemed patronage of the Hon. Minister and Deputy Minister of Plantation and Community Infrastructure Development.

The inauguration ceremony was graced by a distinguished gathering, including the Secretary and the Additional Secretaries of the Ministry of Plantation and Community Infrastructure with the Officials of the Ministries, Additional Secretary of the Ratnapura District, Divisional Secretaries, Directors, other Government Officials. Provincial Council Members, the Director/Chief Executive Officer of Kahawatte Plantations PLC, Estate Manager of Oyata Estate, Director Engineering, and the Regional Director of the Plantation Human Development Trust (PHDT), staff and the enthusiastic and supportive Estate beneficiaries.

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Launch of the 1st Edition of "Tea Dialogue" Magazine



The Plantation Human Development Trust (PHDT) proudly launched the inaugural edition of its newly initiated magazine, "Tea Dialogue" on 27th June 2025 at the PHDT Head Office. This publication marks a significant milestone in creating a platform dedicated to knowledge sharing and thought leadership within the Sri Lankan Plantation Industry.

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



My name is Lokupathirage Sasidu Lochana Dilshara, and I live in Neuchatel Estate under Horana Plantations PLC. I am currently pursuing my higher education at the University of Kelaniya, Faculty of Science, specializing in Biological Science. I sat for the G.C.E. Advanced Level examination and obtained results of 1B 2C pass, with a Z-score of 1.0114, securing District Rank 506.

I am deeply grateful for this scholarship. It is a tremendous support for my education and my future aspirations. Thank you sincerely for believing in me and investing in my academic journey.

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Roots to Wings: A Scholarship Programme...



My name is Nandana Kumar Sajith Kumar, and I am from Rayigama Estate under Kotagala Plantations PLC. I am currently studying at the Swami Vipulananda Institute of Aesthetic Studies, Faculty of Dance. I completed my Advanced Level examination under the SSC stream.

Thank you so much for this incredible opportunity. Your support means everything to me, and I am truly honored to be a recipient of this scholarship. I promise to make the most of it and work hard toward achieving my goals in the field of arts



I am Krishnamoorthy Krishnapriya from Calsay Maha Eliya Estate, which is part of Thalawakelle Tea Estates PLC. I am currently pursuing my higher studies at the Eastern University, Faculty of Commerce, as a member of the 2023 (2024) batch. I successfully completed my G.C.E.

Advanced Level examination with results of A/B/C, earning a Z-score of 1.0698 and achieving a District Rank of 212.



I am P. Pannerchelvam Hanisha from Luckyland Estate, which comes under Kegalle Plantation PLC. I am currently reading for my degree at the Eastern University of Sri Lanka, Faculty of Arts 2023 (2024) batch. At the G.C.E. Advanced Level examination, I achieved excellent results of

A/A/B, with a Z-score of 1.2918, placing me at District Rank 180 and National Rank 8655.



My name is Sundararaj Dhilukshan, and I am from Kahawatte Plantations PLC – Opata Estate. I am currently a student at the University of Kelaniya, Faculty of Management, from the 2023 (2024) batch. I successfully completed my G.C.E. Advanced Level examination with

outstanding results of 3A passes, achieving a Z-score of 1.6991, securing District Rank 115 and National Rank 2318. From the bottom of my heart, thank you for this scholarship. Your generosity and support will have a lasting impact on both my education and future career aspirations. I am truly grateful for this opportunity.

Article By: K.A. Nethmini P Thilakarathna

Clean Sri Lanka National Programme...

The event was organized and facilitated through close collaboration between the Ministry Officials, the RPC, Opata Estate, PHDT's Ratnapura Regional Office and the beneficiaries. The Secretary Ministry of Plantation Industries and PHDT while welcoming the participants, explained about the Clean Sri Lanka Ministry Project. The Hon Minister and the Hon Deputy Minister in their addresses, further explained about the project and the development work envisaged for the Plantations in the future.

A major highlight of the day was the active and enthusiastic participation of the estate community. The event was made vibrant with cultural performances by the children from the R/Tamil School, Opata. The joyful spirit was further uplifted by the distribution of books to the students provided by PHDT. The Additional Secretary (Tea Development and Plantation Policy) proposed the vote of thanks.

After the official function, cleaning of line surroundings was ceremonially commenced under the distinguished patronage of the Hon Minister and Hon Deputy Minister who visited the individual line rooms and met the residents and exchanged views.

This landmark event signifies the future contribution of the plantation sector to the Clean Sri Lanka National Programme.

Article By: R V A N P Wijeratne

Launch of the 1st Edition of "Tea Dialogue"...



"Tea Dialogue" brings together insightful articles contributed by a diverse range of writers, including industry experts, academics, field professionals, and development practitioners. The magazine explores key themes such as Plantation

Development, Digitalization of Plantation, Trends in vital statistics, sustainability, innovation & Investment, and emerging challenges facing the sector.

The launch event highlighted PHDT's ongoing commitment to supporting the Plantation sector by promoting informed dialogue, fostering collaboration, and showcasing the voices that shape the future of the industry. This publication will serve as an informative and reflective space to inspire stakeholders at all levels.

Article By: Diluk Priyantha

Regional Progress Review Meeting at PHDT Head Office



The Regional Progress Review Meeting was held on 06th June 2025 at the PHDT Head Office Board Room with the participation of the Director General, Director Finance, Director Engineering, Director Health, Regional Directors, and both Head Office and Regional staff of PHDT. The main objective of the meeting was to review the current progress of hardware-related activities implemented across the Regions. Key focus areas included housing projects, water and sanitation initiatives, health programmes, community mobilization efforts, and the progress of the Clean Sri Lanka National Programme. Each Region presented updates on their achievements, ongoing work, and challenges faced during implementation. The meeting provided a platform to evaluate Regional performance, identify gaps, and share best practices. Senior Management, including the Director General, provided valuable feedback and guidance to improve the efficiency and effectiveness of field operations. The discussion also aimed at accelerating the implementation of pending activities and ensuring that all Regional programme align with the organizational targets for the year.

Article By: Dhanushka Tharanga

Hybrid Tea kids' Preschool initiative - in Nuwara Eliya Region



The **Hybrid Tea Kids Preschool Initiative** is a transformative approach and restructuring of the existing Child Development Centres (CDCs) within estate communities. The aim is to attract more preschool-aged children by offering a higher standard of early childhood education, reducing the need for parents to send their children to distant preschools outside the community. This re-imagined preschool model is designed to align with both national Early Childhood Development (ECD) standards and the guidelines of the Plantation Human Development Trust (PHDT).

It was launched collaboratively by the Regional Director and his team, led by the Director General of PHDT, RPC in

partnership with Estate Management.

CDCs have traditionally served as safe, reliable spaces where children are cared for and educated while their mothers work in the estates. These centres are operated by the Regional Plantation Companies (RPCs) and overseen by designated Child Development Officers (CDOs). However, attendance has declined in recent years as parents have increasingly sought education options beyond the estates.

In response, the Hybrid Tea Kids initiative introduces a hybrid preschool model that raises educational standards through the recruitment of qualified preschool teachers and the integration of modern, child-friendly creative learning methodologies

Community Awareness & Mobilization

Awareness efforts have involved:

- Engaging the health team, CDOs, PFWO, and EPHM
- Conducting door-to-door visits and meeting with community leaders
- Small group discussions at weighing points to gain community buy-in
- Securing the community's agreement to support and contribute to the new preschool setup

Key Features of the Initiative:

- Alignment with national and international preschool education standards
- A child-centered, play-based, and trilingual learning approach
- Appointment of dedicated & qualified preschool teachers
- Evening homework support classes for children aged 6–10
- Continuous monitoring and support by PHDT and ECD officers
- Strong community engagement & motivation of parents & community leaders

Progress to Date:

- Strong support and readiness have been expressed by several estate management teams and community groups
- Many mothers and estate workers are enthusiastic about the new preschool model and its protective environment
- Awareness campaigns have been actively conducted through door-to-door visits and group discussions with parents
- Teachers training programme by the Head Office Health Division team.
- The official opening of the newly organized preschool model is planned for **August 2025**.

Article By: Achini Weerasinghe

Engineering Team Field Visits to PHDT Kandy Region



Kandal Oya Estate



Mahavila Estate



Kellebokka Estate



Galpihilla Estate

A two-day field visit was conducted on July 22nd and 23rd, 2025, organized by the Plantation Human Development Trust (PHDT) to monitor the progress of estate housing and welfare initiatives under the Green Gold Housing Project, New Life Housing (NLH 2021), and Indian Housing Project (IHP).

The inspection covered Kandaloya Estate, Mahavila Estate, Galpihilla Estate, and Kellebokka Estate in the PHDT Kandy region, including ongoing water supply improvement projects at each site aimed at addressing access, distribution, and long-term service needs. The visiting team included the Director Engineering of PHDT, Mr. Dilan Senanayake, regional officers, and final-year undergraduate trainees Miss. M.R.F. Afrina and K.M.N. Miss. Kalpani Thilakarathne pursuing a BSc (Hons) in Town & Country Planning, who are currently undergoing practical training with PHDT. Mr. Senanayake provided strategic instructions to the Regional Directors and other relevant officers, emphasizing the need to accelerate construction timelines, ensure the consistent supply of building materials, and strengthen coordination between contractors and site supervisors. Officers were also directed to improve essential services such as electricity and water, address safety hazards, and implement terrain-specific environmental safeguards to enhance overall sustainability and community well-being.

During the visit, the team also took part in a health screening programme organized at Kandaloya Tamil Maha Vidyalyaya. The programme offered services including general health assessments, BMI checks, blood sugar and vision testing, dental screening, and respiratory and malaria awareness sessions. With the participation of over 200 estate residents, the initiative highlighted the need for regular healthcare access and community-based outreach in estate areas.

Article By: K.M.M. Kalpani Thilakarathna

Beneficiary Awareness Programme Held for Indian Housing Programme (1300 Units) Infrastructure Water Project at Talgaswella Estate – Middle Division coming under Elpitiya Plantations Ltd.



A successful Beneficiary Awareness Programme was held on 27th June 2025 at Talgaswella Estate, Middle Division, involving the beneficiaries of the above project. The meeting was attended by, including the Estate Management and staff, the team from the Plantation Human Development Trust (PHDT), Galle Region.

A beneficiary meeting was conducted to inform them about the following:

- Balance construction work of the IHP.
- Cleaning around the beneficiary-owned houses and other necessary tasks as per guidance.
- The upcoming water project is to be initiated.

Article By: B.M. Maduka

“Poshana Paye” Nutrition Enhancement Programme



Reflecting on its origins, the “Poshana Paye” Nutrition Enhancement Programme was launched in the latter part of 2023, and since then, it has made meaningful strides in promoting health and nutrition across the estate communities. PHDT Kegalle is pleased to report that, as of today, 18 estates in the Kegalle Region have benefited from this impactful initiative.

One of the highlights of the programme was a hands-on session on preparing the traditional herbal drink “Kola Kenda”, made of varieties of nutritious green leaves, known for its health benefits and is especially suited for growing children. Participants not only learned about the health benefits of this nourishing drink, but also enjoyed it together as a community through this on-site feeding session, reinforcing the message of collective well-being and traditional wisdom.

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Nutrition Enhancement Programme...

The event also included discussions and interactive sessions that highlighted the importance of balanced diets, natural ingredients, and sustainable eating habits. The friendly and informative approach helped parents understand how even small changes in daily nutrition can make a big impact on their children's health and growth.

The event further featured interactive discussions on the importance of balanced diets, the use of natural ingredients, and the adoption of sustainable eating habits. Delivered in a friendly and engaging manner, these sessions helped parents understand how small, manageable changes in daily nutrition can have a significant impact on their children's health, growth, and development.

In continuation, the "Poshana Paye" Nutrition Enhancement Programme was conducted on the 9th of July 2025, where the Kiriporuwa Estate of Kelani Valley Plantations PLC experienced with the warm smiles of children and their families, as the PHDT Kegalle team facilitated with the "Poshana Paye" Programme a community initiative focused on promoting nutritional awareness and healthy practices among estate families. The programme was held at the Child Development Centre of Kiriporuwa Estate, which served as a meaningful platform to educate parents and children about the value of proper nutrition in early childhood development. With a project value of LKR 25,000/- the event was coordinated by the Project Assistant and Community Development Officer of PHDT, Kegalle with the enthusiastic participation from local families.

Article By: Shamoora Cassiere

Health Screening Programme Held at Vogan Estate under Kotagala Plantations Ltd.



Combined Health Clinic and Screening Programme held on Vogan Estate on 19th June 2025. The event was organized by PHDT Galle Region in collaboration with the RDHS office & STD Unit and MOH office Ingiriya. The Medical Camp rendered the following services, and 70 plantation workers benefited; 16 identified patients were referred to the respective authorities for further treatment. PHDT Galle

organized this event with the coordination of the RDS-RDHS Kalutara, Doctors & Staff of Base Hospital Matugama & MO & the Staff of the MOH office Matugama.

Article By: M.D. Amarasinghe

Beneficiary Meeting Held for Water and Sanitation Supplying Implementation Project (WaSSIP) at Hemingford Estate – Dickdeniya Division, coming under Pussellawa Plantations Ltd.



A successful beneficiary meeting was held on 30th June 2025 at Hemingford Estate, Dickdeniya Division involving the beneficiaries of the above project. The gathering brought together a range of stakeholders, including the Estate Management and staff, the team from the Plantation Human Development Trust (PHDT), Ratnapura Region, the Engineer from WaSSIP District Office, Ratnapura and beneficiaries of the project.

The project, valued at Rs. 92 million, aims to improve access to clean water for the estate community which was a long felt need. A total of 166 households are set to benefit from this initiative supported by the Government of Sri Lanka, WaSSIP, Pussellawa Plantations Ltd and PHDT, which underscores the commitment of these stakeholders to enhance their quality of lives. The project is nearing completion at present.

The meeting focused on critical aspects of the project's implementation and its sustainability. Discussions included provision of individual water connections to each housing unit and the health benefits to families, the collection of tariffs, recruitment of a Caretaker and a Tariff Collection Officer, and strategies to ensure the long-term sustainability of the water project through the Estate Worker Housing Cooperative Society (EWHCS). Emphasis was also placed on maintaining cleanliness and hygiene around the water facilities and the protection of catchment areas.

This collaborative endeavor marks a significant milestone in improving access to safe and sustainable water supply for the Estate community at Hemingford Estate as well as selected families in the nearby village, Dickdeniya.

Article By: R V A N P Wijeratne

Quarterly Review Meeting for Child Development Officers of the Estates of Kahawatte Plantations PLC



The Quarterly Review Meeting for the Child Development Officers (CDOs) of the Kahawatte Plantations PLC was successfully held on 18th June 2025 at Pelmadulla Estate. A total of 19 CDOs actively participated in the session, representing various estates. The meeting was also attended by the Regional Director and the team from the Plantation Human Development Trust (PHDT), Ratnapura, including the Project Officer of Health and the Community Development Officer.

Further discussions were also held with the Child Development Officers on improving CDC attendance and child nutrition.

Strategies for improving child attendance, parental engagement and importance of Early Childhood Care and Development (ECCD) were elaborated requesting them to disseminate the knowledge at the CDC level.

A significant portion of the meeting was dedicated to the improvement of child nutrition, recognizing its critical role in early childhood development. CDOs were encouraged to implement nutrition-focused interventions, monitor child growth regularly, and to ensure timely distribution of supplementary nutrition.

Key Focus Areas and Strengthening Measures:

1. Enhancing Child Development Centre (CDC) Attendance

Discussions centered around current challenges in CDC attendance. Strategies were shared to:

- Strengthen parental awareness on the benefits of consistent CDC attendance.
- Promote collaborative outreach efforts between CDOs and estate management to identify and support families with low attendance.
- Utilize mobile outreach programs for remote areas with transportation difficulties.

2. Improving Child Nutrition

Given the foundational role of nutrition in early childhood development, a dedicated session addressed:

- The implementation of nutrition-focused interventions, including meal planning and diversified diets
- Regular child growth monitoring and the use of tracking tools to identify early signs of malnutrition.

- Introducing home-based nutrition education sessions for parents.

3. Promoting Early Childhood Care and Development (ECCD)

CDOs were reminded of their pivotal role in disseminating ECCD knowledge. Recommendations included:

- Conducting interactive awareness sessions with parents on cognitive, emotional, and physical development.
- Strengthening play-based learning methods within CDCs to support holistic development.

4. Strengthening Parental Engagement

The importance of consistent and meaningful parental involvement was emphasized:

- CDOs were instructed to hold regular parents' meetings and introduce feedback mechanisms to improve CDC services.
- Share success stories and case studies during meetings to inspire behavior change.

The meeting concluded with a commitment from all participants to implement the shared strategies effectively and to regularly monitor progress at the estate level. PHDT pledged continued technical support and guidance to ensure measurable improvements in child development outcomes across the estates.

Article By: Dimali Chandrasena

Reaching a hand for an Energetic Future: Volleyball Training Camp - Parambe Estate



The Golinda Tamil School in Parambe Estate was filled with excitement and team spirit on the 26th of June 2025, as a Volleyball Training Camp was held; an initiative organized with the aim of promoting sports and physical well-being among estate youth. The event was graced by the presence of a Parliament Minister, other political representatives, the Additional District Secretary, Estate Management, District Sports Officer, Community Development Officer of PHDT, Kegalle and several school principals, teachers, estate welfare staff, and community leaders. Their presence reflected the strong support for youth development and community sports within the estate sector.

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Volleyball Training Camp...

As part of the programme, volleyball equipment and play items were distributed to both the estate sports teams and school teams, providing them with the necessary tools to train and compete effectively. This act of support was met with enthusiasm and gratitude from the estate volleyball team members, school children, and youths from the estate who actively participated in the event.

The highlight of the day was an energetic volleyball training session, aimed at enhancing the skills of young players and introducing the game to new enthusiasts. Guided by experienced trainers and sports officers, participants received hands-on coaching, technical tips, and team-building strategies and boosting both confidence and competence.

This programme was more than just about sports—it was about building discipline, teamwork, and resilience among the youth. It also played a key role in popularizing volleyball across the estate community, encouraging more young people to engage in sports as a positive outlet for energy, growth, and unity.

By creating opportunities of this nature, PHDT Kegalle continues to foster the holistic development of estate communities empowering the next generation through sports, education, and active engagement, with a view to sustaining a healthy, strong and energetic future generation.

Article By: Shamoora Cassiere

Awareness Meeting – Clean Sri Lanka Project



An awareness meeting was held on 25th June 2025 at the PHDT Training Centre, Strathdon, as part of the Clean Sri Lanka Project, funded and supported by the Ministry of Plantation and Community Infrastructure. The meeting was chaired by the Senior Director and served as a platform to promote sustainable community practices and environmental cleanliness within Plantation Region.

In addition to project awareness, the meeting also focused on the redevelopment of selected Lion residences and the reform of minor infrastructure structures within the estates.

The session was well-attended by both officials and local

residents, encouraging collaborative dialogue and community engagement.

Key Participants:

- Hon. Manjula Suraweera Arachchi – Member of Parliament (MP)
- Chairman, District Coordinating Committee – Nuwara Eliya
- Representatives of Regional Plantation Companies (RPCs)
- Superintendents, General Managers, and Estate Managers
- Members of the Estate Community

RPC / Estate :

- Maskeliya Plantation PLC – Brounswick Estate
- Kotagala Plantation PLC - Drayton Estate
- Madulseema Plantation – Venture Estate
- Bogawantalawa Tea Estate Plantation PLC – Norwood Estate
- Horana Plantation PLC – Bambarakke Estate
- Hatton Plantation PLC – Strathdon Estate

Article By: S. Linton

Special Nutrition Programme



“Together for the Healthy Start”

The Special Nutrition Program is a community-based initiative designed to combat under nutrition among children under 5 years old in plantation communities. With the generous support of World Vision Lanka, this 90 days program is being successfully implemented in Bogawantalawa, Watawala, Devon, and Pathana areas.

A Collaborative Effort for Healthier Futures

- Funding Partner: World Vision Lanka
- Implementing Areas: Bogawantalawa, Watawala, Devon & Pathana
- Target Group: Children under 5 identified as underweight

Programme Summary

- The program began with the support of Public Health Midwives (PHMs) who provided data on underweight children within each area.

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Special Nutrition Programme...

- Awareness sessions were conducted to educate parents on child nutrition and the underlying causes of malnutrition.
- This was followed by an intensive 12-day feeding and training programme delivered by trained community volunteers.

Feeding and Training Components

- Parents were trained to prepare **nutritious meals using locally available vegetables** and ingredients
- Daily feeding sessions were held for the children, alongside live cooking demonstrations and nutrition education for parents.
- **Weight tracking** was conducted on **Day 1 and Day 12** by PHMs to monitor progress.
- **Follow-up home visits** were carried out by volunteers to support families in improving food practices and the home environment were trained on healthy food preparation using locally available nutritious vegetables.

Expected weight gain milestones.

- After 12 Days : +200g
- After 1 month: +400g
- After 90 days: +900g

These achievable milestones serve as clear targets for both parents and field teams to monitor healthy growth progress in children

To ensure long-term nutritional improvements:

- Parents were encouraged to develop home gardens using easily accessible ,locally available nutrient-rich vegetables.
- Ongoing guidance is provided during volunteer home visits to reinforce best practices.

Voices from the community

"Thanks to this program, I learnt how to cook healthy meals using what's already, available and I feel hopeful again."

A mother from Watawala Estate.

Next Steps:

- Continue follow-up visits and provide ongoing family support
- Expand the program to reach more estate divisions
- Train additional community volunteers and equip PHMs with essential nutrition materials
- Strengthen household-level food security through home gardening and sustainable practices

With Gratitude:

We extend our heartfelt appreciation to **World Vision Lanka** our dedicated project facilitators, **Plantation Managers, Child Development Officers, Volunteers, Field Health Teams, and most importantly the most committed parents** who continue to strive each day to ensure a brighter healthier future for their children.

Article By: Anjalika Kumary

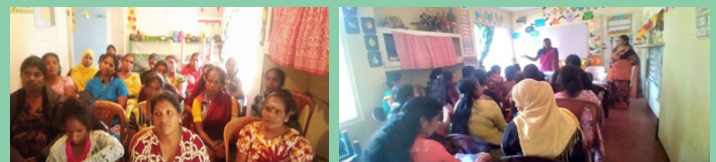
Health Screening Programme at Hunugala Estate & Millawana Estate – EPL



A health Screening Programme was organized at Hunugala Estate on 20th of June and Hunugala Estate on 24th of June 2025. We arranged the screening for NCD, Dental, Oral Cancer and TB screening for 142 participants (workers and residents) through the RDHS Matale with the support of the Estate Management and the Estate Health and Welfare Team. At this health screening, 37 identified patients were referred to the respective monthly clinics for further treatment.

Article By: Hashini Wickramasinghe.

Women Empowerment Programme at Shannon Estate



"A man may lead the family, but a woman leads the heart of the family."

Theme: The Role of Women in the Family and Opportunities at Home

The Women Empowerment Programme held at Shannon Estate of Hatton Plantation on 24th June 2025, focused on recognizing and strengthening the important role of women within the family and community. Although traditionally men are often seen as the head or leader of the family, it was emphasized that women are the guiding force who nurture, support, and lead the family towards the right path. With a woman's emotional strength, wisdom, and commitment, the family unit becomes stronger and more harmonious.

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Women Empowerment Programme...

Key Points Discussed:

1. How to Be a Happy Woman and Build a Happy Family
 - Embracing self-worth and confidence
 - Creating a supportive, respectful, and loving environment
 - Practicing good communication within the family
 - Managing stress and balancing responsibilities
2. Opportunities Women Can Get from Home

Even while staying at home, women can create value for themselves and their families through various opportunities, such as:

Cash Management:

- Learning to budget, save, and manage household expenses wisely. Financial literacy helps women take control of their family's economic well-being.

Home Gardening:

- Growing vegetables, herbs, and fruits not only reduces household food costs but also promotes healthy living and can become a source of income.
- Self-Employment & Entrepreneurship: Engaging in small home-based businesses like:
 - Tailoring or embroidery
 - Cooking and selling snacks or food items
 - Making handicrafts or eco-friendly products
 - Online services (where possible)

The programme empowered women to realize that they are not just caretakers, but creators, managers, and leaders within their families and society. With the right skills and mindset, women can transform their homes into centers of productivity and happiness.

Article By: Jenova Gunaseelan

Nutritional awareness and weighing day at Upper Division Mooloya Estate – Pussellawa Plantations



A Quarterly Review Meeting was held on 27th of June 2025, at Pussellawa Tennis Club at Sogama estate for estate health & welfare staff of Pussellawa Plantations PLC (PPL). The meeting focused on three main areas. Health, Social Mobilization and Engineering.

Review Included:

- Review of Child Development Centers (CDC) attendance & Monthly Social Welfare Returns (MSWR).
- Progress on nutrition & weighing status.
- Status of on-site Thripasha feeding.
- Monthly reports of PFWO's and CDO's.
- EWHCS status. (Audits, AGM's, By-Law Registration)
- IHP Infrastructure Water projects.
- Proposed re-roofing projects for 2025 to 2026.
- Clean Sri Lanka project.

*Article By: Hashini Wickramasinghe,
Sisira Dishanayake.*

Clean Sri Lanka Project – 2025



As part of the Clean Sri Lanka Project 2025, awareness programme was conducted for the following estates.

- Hope Estate – Janatha Estates Development Board.
- Rangala Estate – Sri Lanka State Plantations Cooperation.
- Ratwatta Estate - Elkaduwa Plantations Ltd.

During the sessions, we discussed the implementation process for re-roofing and carrying out minor repairs on selected line rooms. Emphasis was placed on the importance of active beneficiary participation, as their support is important to the successful completion of this project.

The Estate Superintendents and the estate health and welfare staff were briefed about the concept of Clean Sri Lanka National Project. The PHDT will ensure the coordinating part of this programme alone, with providing roofing sheets, materials, ensure quality of work proper usage of materials and timely completion of the projects. The projects are funded by the Ministry of Plantation and Community Infrastructure and ably supported by the estate management.

Article By: Charaka Kulathunga.

Strengthening Plantation Sector Health Services: Highlights from the 2nd Quarter Health Steering Committee Meeting – 2025



The 2nd Quarter Health Steering Committee Meeting for the year 2025 was successfully held on 2nd July 2025 at the Strathdon Training Center in the Hatton Region, in collaboration with the Regional Director of Health Services (RDHS) Office of Nuwara Eliya District.

Representation made from Plantation Human Development Trust (PHDT), the Director of Health, Medical Officer – Plantation, Senior Director PHDT Hatton, Regional Directors of PHDT Nuwara Eliya and Kandy, Health Manager, and health staff from Hatton, Nuwara Eliya, and Kandy regions were present.

The meeting saw the participation of key officials from the RDHS Office, including the RDHS, Consultant Community Physician (CCP), Medical Officers in Planning, Maternal and Child Health (MOMCH), Mental Health, Non-Communicable Diseases (MONCD), Occupational Environmental Health and Safety, Epidemiology, and the Regional Dental Surgeon.

Representation made from various Regional Plantation Companies (RPCs) also attended the meeting, including the Chairman of the Dickoya District Planters' Association, General Manager of Bogawanthalawa Plantations, Deputy General Managers of Elpitiya, Maskeliya, and Horana Plantations, Group Manager of Kotagala Plantations, and Managers of Madulsima and Pussellawa Plantations.

The discussion focused on several important health initiatives including the organization of medical camps with special emphasis on Non-Communicable Disease (NCD) screening, Oral Potentially Malignant Disorders (OPMD) screening in the estate sector, the implementation of wellness centers in estates, provision of on-site Thripasha feeding for Child Development Centres (CDCs), and conducting training for Estate Medical Assistants (EMAs) on epidemic diseases.

The RDHS highlighted several key challenges in delivering effective health and welfare services in the Nuwara Eliya District, including a shortage of medical staff and limited transport facilities. In response, representatives from the Plantation Human Development Trust (PHDT) and Regional Plantation Companies (RPCs) expressed their commitment to extending their fullest possible support to enhance the

health and well-being of the estate community.

The meeting facilitated productive discussions on improving health services and coordination among stakeholders in the plantation sector.

Article By: V. Abinaya

Empowering Health: Nutrition Programme for Estate Workers Housing Cooperative Society (EWHCS)



Introduction

Nutrition plays a critical role in maintaining the health, energy, and productivity of estate workers and their families. Recognizing this, the Estate Workers' Housing Cooperative Society has initiated a comprehensive Nutrition Program aimed at improving the dietary habits and overall well-being of its members. This program is designed not only to address nutritional deficiencies but also to promote awareness and sustainable health practices within the estate communities.

Objectives of the Program

- **Improve Nutritional Awareness**

Educate members about the importance of balanced diets, essential nutrients, and healthy cooking practices.

- **Address Malnutrition**

Identify and support individuals, especially children and pregnant/lactating mothers, suffering from under nutrition or anemia.

- **Promote Home Gardening**

Encourage households to grow nutritious vegetables and fruits in their home gardens to ensure food security and variety.

- **Enhance Access to Nutritious Food**

Provide subsidized or free nutritious meals and food packs through the society on selected days.

Article By: N. Sarojini

Supervisory Visit Highlights the Value of Daily Attendance and Quality Engagement at Plantation CDCs at Downside Estate Malwatte Valley Plantations PLC



During a recent supervisory visit to several Child Development Centres (CDCs) within the plantation community, we had the opportunity to engage directly with the children by singing

songs, conducting fine motor skill activities, and practicing alphabet recognition. These interactions not only created a joyful and stimulating learning environment but also offered valuable insights into the teaching methods and engagement levels of Child Development Officers (CDOs).

Such visits are essential in observing firsthand the extent and effectiveness of early childhood education practices implemented by the CDOs. Encouragingly, the majority of children participated actively and enthusiastically in the activities, reflecting both their receptiveness and the nurturing approach adopted by CDC staff. This occasion also served as a meaningful platform to engage with parents, emphasizing the critical importance of consistent, daily attendance at CDCs. Through direct observation of both the children's developmental capabilities and the dedication of CDOs, it was possible to illustrate how regular participation significantly contributes to a child's cognitive, social, and emotional development.

As of the first quarter of 2025, the PHDT Badulla region is home to 207 fully functional Child Development Centres, playing a pivotal role in laying the foundation for early childhood development across plantation communities. Continued support, parental involvement, and close monitoring remain key to ensuring the long-term success of these centres

Article By: R M C Rathnayake

Line Visits Encourage Healthy Habits Through Personalized Engagement at Downside Estate Malwatte Valley Plantations PLC



As part of routine fieldwork, line visits were conducted to promote simple yet essential health habits among estate communities. These visits offered a valuable opportunity for direct engagement, allowing for meaningful one-on-one conversations at the households' doorsteps. Unlike formal programs that deliver broad health education in one session, this approach focuses on raising awareness of everyday practices through consistent, informal interaction, which often proves more impactful.

The visits aimed to foster a broader community vision regarding the importance of maintaining small but significant health habits such as hygiene, nutrition, and early detection of health issues. By directly observing and discussing the health conditions within the home environment, we were able to offer personalized health messages, which resonated more deeply with the community.

During these interactions, posters were used as communication tools, and many residents expressed enthusiasm and requested sample materials for use in their own homes. Their willingness to adopt these practices into their daily lifestyle reflects a growing awareness and readiness for change.

To ensure sustainability and measure even modest progress, regular monitoring is essential. Although the changes may appear small at first, they are noteworthy and encouraging. For this ongoing effort to be successful, it is important for Plantation Family Welfare Officers (PFWOs) to continue their presence in the estates, working closely with Child Development Officers (CDOs). This collaborative, grassroots-level approach is key to building lasting behavioral change and strengthening community health outcomes.

Article By: R M C Rathnayake

Strengthening Child Protection Efforts in Estate Communities

Over the past few months, several incidents of child abuse have been reported from estate areas, some of which have involved lapses in the responsibilities of relevant parties including biological parents. In response, we engaged with the Commissioner of Probation and Child Care Services and their team to explore collaborative solutions.

The Plantation Human Development Trust (PHDT) expressed its commitment to supporting child protection efforts and has agreed to work closely at the divisional level. The following key updates and initiatives reflect this ongoing collaboration:

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Strengthening Child Protection Efforts in Estate Communities

- **Appointment of CRPOs:** Two Child Rights Promotion Officers (CRPOs) have been appointed to each Divisional Secretariat (DS) Office to strengthen on-ground child protection mechanisms.
- **National Commitment:** Sri Lanka has been a signatory to the United Nations Convention on the Rights of the Child (CRC) since 1991, affirming its commitment to safeguarding children's rights at all levels.
- **Provincial Structure:** The Department of Probation functions under the 13th Amendment, with Provincial Commissioners managing child welfare within local Governments.
- **Post-Abuse Care:** The Probation Department coordinates with the National Child Protection Authority (NCPA) to provide care for abused children and ensure legal action is taken.
- **Divisional Response Teams:** Quick-response teams have been activated at the divisional level to address child abuse cases. A "Care Package" system has been introduced to support affected families — a solution praised at the recent National Committee meeting.
- **Birth Certificate Access:** Approximately 2% of children in estate communities still lack birth certificates, complicating their access to services. Mobile registration programmes are being conducted and can be expanded further into plantation areas.
- **Children's Clubs:** Child Development Centres have established Children's Clubs, which serve as safe spaces and engagement hubs for children. Efforts are underway to connect these clubs more closely with divisional officers to maximize their effectiveness.
- **Leadership Emphasis:** The Director General emphasized the importance of prioritizing Children's Clubs as a central component of collaborative child protection strategies.

This ongoing coordination marks a significant step toward creating safer and more supportive environments for children in estate communities. The PHDT remains committed to playing an active role in protecting and uplifting the lives of vulnerable children across its operational areas.

Article By: Achini Weerasinghe

Nutritional awareness and weighing day at Upper Division Mooloya Estate – Pussellawa Plantations Ltd.

A nutritional awareness programme was conducted on the 25th of June 2025 at the Upper Division CDC, Mooloya Estate, for members of the Mother's Committee. organized by PHDT, the session aimed to enhance mothers' understanding of healthy eating habits and the importance



of a balanced diet. Participants were introduced to the concept of the "Nutritional Plate" and guided on how to prepare wholesome meals using locally available ingredients. The programme emphasized how a balanced diet contributes to maintaining strength and overall health. Mothers were also encouraged to share this knowledge with fellow estate workers and their families. The session significantly improved their awareness and understanding of nutritious dietary practices.

Article By: Hashini Wickramasinghe.

NBRO Drone Team visit to Survey IHP 1300 ongoing site for Mitigation Planning.



The National Building Research Organization (NBRO) Drone Team carried out a comprehensive drone survey of selected ongoing IHP 1300 housing project sites on 10th & 11th of July, 2025. The purpose of this drone survey was to collect detail data necessary for the preparation of site specific mitigation plans. This inspection was conducted at "Kellebokka Estate" in coordination with officials from the Ministry, AGA office and PHDT Kandy.

Article By: Charaka Kulathunga.

UPCOMING EVENTS.....

- Clean Sri Lanka Ministry project
- Continuation of free distribution of cook stove project (NIL Carbon)
- Conservation of watersheds with Rainforest Alliance
- Best CDC Competition
- Inter RPC Cricket Tournament

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