

# COMMUNITY CANVAS



Sri Lanka's First Community News Paper



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## Clean Sri Lanka Projects Successfully Concluded at Kellebokka Estate, Matale



The closing ceremony of the “Clean Sri Lanka Projects” was successfully held and concluded on **25<sup>th</sup> of October 2025**, at **Kellebokka Estate / Diyanilla Division - Sri Lanka State Plantations Corporation**, with the participation of the Honorable Minister of Plantation and Community Infrastructure as the Chief Guest and the Secretary to the Ministry and the Chairman of PHDT as the guest of honor. The event was well attended by officials from the Ministry of Plantation and Community Infrastructure, local politicians, Government officials, Chairmen of SLSPC and Elkaduwa Plantations Ltd, Superintendents and Assistant Superintendents of SLSPC and Elkaduwa Plantations Ltd, and Estate staff,

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## Hayleys Plantations Recognizes their Staff



2025 marked the third edition of the Staff Awards and the second edition of Great Division to Work Staff Symposium.

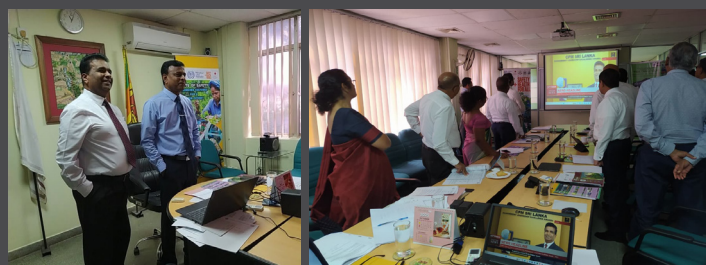
### Objectives

The event aims to acknowledge and celebrate the outstanding performance, dedication, and contributions of employees across all divisions and levels. It seeks to recognize and reward excellence,

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## Plantation Media

### PHDT Launched - First Web TV Channel



The Plantation Human Development Trust (PHDT) proudly launched the **Thottam TV Web TV Channel** on **31<sup>st</sup> October 2025** at the PHDT Head Office board room. The event was held in the distinguished presence of **PHDT Chairman Mr. B. K. Prabath Chandrakeerthi**, Board Directors, the **Director General**, and the **Head Office directors** of the institution.

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## Clean Sri Lanka Projects Successfully Concluded at Kellebokka Estate...

Director Engineering, Regional Director, Engineering Assistant of Kandy region of the **Plantation Human Development Trust (PHDT)** and members of the **worker community** and residents of Kellebokka estate.

As part of the Clean Sri Lanka Projects significant improvements to 04 sets of lines work was satisfactorily completed at Kellebokka Estate. (02 sets of lines with re-roofing) The initiatives included **re-roofing and minor repairs** to the selected estate line rooms. Out of the **four sets of line rooms** on the estate under this program **two received major renovation work (Line no 5 & 6)**, while the remaining **two were attended with minor repairs (Line no 3 & 4)** to improve the living conditions of estate residents. Also, individual postal addresses were given to the residents and displayed in front of their respective line rooms for which the minister highly appreciated the initiative taken by the present government. Also, thanked the PHDT for coordinating the entire event with the support of the chairman, General Manager of SLSPC and the ever-reliable Superintendent of Kellebokka Estate and his dynamic team.

The successful completion of these projects marks an important milestone in improving the infrastructure and quality of life within the plantation community aligning with the government's broader goals for sustainable plantation development specially towards the social welfare activities for the estate community.

Article By: U.S. Karunarathne

## PHDT Launched its first Web TV Channel...

The newly introduced Thottam TV Web TV channel will serve as a dedicated platform to showcase a wide array of PHDT's ongoing initiatives and the progress made within the estate community. The channel will feature **PHDT activities, major events, scholarship programmes**, sports news, and many other informative segments designed to highlight development efforts and community engagement.

We warmly welcome **plantation-related news and updates** from all stakeholders. If you wish to feature any activity or share important information through Thottam TV, please contact us via email at **dmc@phdt.lk**.

Article By: Dhanushka Tharanga

## Hayleys Plantations Recognizes their Staff...

motivate employees and strengthen engagement across all Hayleys Plantation companies. Furthermore, it promotes a performance-driven culture, fosters teamwork and collaboration and supports talent retention and development by recognizing dedication, innovation and leadership potential.

### • Categories of Awards

The Hayleys Staff Awarding Ceremony honours excellence across all three plantation companies through Gold, Silver, and Bronze Awards in five key areas: Office, Field, Factory, Welfare/HR, and Supportive Staff. These categories recognize outstanding performance, innovation, teamwork, and dedication in driving productivity, quality, and employee well-being across estate operations.

### • Key Highlights

The event serves as a joint recognition platform for the three plantation companies, featuring a knowledge-sharing symposium on best practices and innovations. It provides a showcase of excellence through success stories and engagement initiatives, includes leadership acknowledgments for exceptional contributions, and integrates cultural and motivational segments to inspire unity and team spirit.

### • Outcomes

The ceremony aimed to motivate employees, strengthen organizational culture, and retain talent through recognition and reward. It promoted knowledge sharing across companies and establishes a unified, transparent recognition system within the Hayleys Plantations Sector.

### • Any Other Relevant Details

This flagship annual event reflects Hayleys Plantations' commitment to people-centered growth, sustainability, and excellence. Jointly organized by Talawakelle Tea Estates PLC, Kelani Valley Plantations PLC, and Horana Plantations PLC. It celebrated collective success across the Sector. Winners were chosen through a fair and structured evaluation process, ensuring transparency and integrity.

Article By: Thalitha Ravimaran

## Winds of Change: Positive Steps in Reducing Effects of Harmful Alcohol Use



A community-based alcohol prevention programme for plantation communities was launched in the Nuwara Eliya District in August 2025 through the Ministry of Health's Directorate of Estate & Urban Health (D/E & UH), in collaboration with the RDHS Nuwara Eliya and ADIC. The Estate and Urban Health Unit provided coordination and technical leadership, while ADIC contributed strategic and technical support related to training, community mobilization, and monitoring.

The Plantation Human Development Trust (PHDT) continues to facilitate the effective implementation of this initiative.

### • Background

Alcohol misuse remains a significant challenge in plantation communities and is recognized as a major barrier to social and economic development. Excessive alcohol consumption contributes to poverty, domestic violence, educational disadvantages, and various health problems. This programme was designed to address these issues using evidence-based prevention approaches and capacity-building strategies at the community level.

### • Objective

The primary objective of the programme is to reduce alcohol-related problems in selected Happy Estates by strengthening the capacity of estate health staff, Medical Officer of Health (MOH) teams, and community volunteers to prevent and address alcohol-related issues.

### • Expected Outcomes

1. Reduced household expenditure on alcohol, leading to increased savings
2. Decrease in alcohol-related violence within the community
3. Reduction in the practice of serving alcohol at household functions and estate events
4. Lower frequency and quantity of alcohol consumption among users
5. Complete cessation of alcohol use among individuals who voluntarily commit to quitting

### • Capacity-Building Training

District-level health staff, Community Development Officers (CDOs), and Plantation Field Women Officers (PFWOs) participated in a comprehensive capacity-building training programme. The training covered the following key areas:

1. Health and social harms associated with alcohol use
2. Evidence-based alcohol prevention strategies
3. Effective communication methods for facilitating behaviour change

A two-day training session was held in Nuwara Eliya with 40 CDOs and PFWOs in attendance. After the training, officers were tasked with initiating alcohol-prevention activities among 15 selected families within their estate communities. With support from family members, they conducted a preliminary survey to identify individuals who consume alcohol.

Progress Review Meeting held on 11<sup>th</sup> November 2025, during this meeting, officers presented their experiences and initial outcomes from the field:

#### 1. CDO Working with Youth & Children

A CDO encouraged members of Youth and Children's Clubs to share personal and family-related challenges anonymously by placing written notes in a secure box at the CDC. Children were specifically encouraged to describe the difficulties they face when their fathers had been intoxicated. Upon reviewing these notes, she was able to identify affected families and gain insight into the emotional and practical hardships experienced by the children. She then provided mentorship and guidance on coping strategies. Children were also encouraged to communicate openly with their fathers about how their drinking affects them, thereby initiating constructive dialogue at home.

#### 2. CDO Engaging Directly with Alcohol Users

Another CDO chose to work directly with individuals who consume alcohol. She discussed with them how their drinking negatively impacts their children's education highlighting concerns such as the lack of money for books, clothing, stationery, and nutritious food. As a result of continued awareness, this father showed significant improvement by reducing alcohol consumption and providing financial support for his family and children for their educational needs. She emphasized that saving money could significantly improve their children's future opportunities, contributing to better employment prospects and stronger, happier families.

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## Winds of Change:...

### 3. CDO Experience

A CDO shared a notable success story involving a father whose child regularly attends the CDC. Through continuous engagement and supportive discussions, she observed improvements in his personal hygiene and behaviour. The child later expressed, *"Now I like my father. Earlier he looked dirty, but now he looks very nice."* This demonstrates the meaningful impact of the intervention on both the parent and the emotional well-being of the child.

### 4. PFWO Experience

One PFWO reported positive outcomes following her interventions within the community. She described a family that significantly reduced alcohol consumption during festive seasons such as Deepavali. With the money saved, the family was able to purchase a television—an addition that brought joy to the household, as they now spend time together watching programmes.

She also shared another example of a family that saved money formerly spent on alcohol and used it to host a memorable and culturally significant ceremony to celebrate their daughter's menarche. This created a meaningful and happy occasion for the entire family.

This approach combining youth engagement, family involvement, and culturally relevant communication strategies has proven effective in reducing harmful alcohol use within the plantation community.

Article By: Dr. Paba Palihwadana

## Renovation of Child Development Centers - PHDT Badulla Region



The PHDT Badulla Regional Office commenced renovation work on several Child Development Centres (CDCs) on the 6th and 7th of November 2025. This initiative is funded by the Ministry of Plantation and Community Infrastructure and aims to improve facilities for children in the plantation community. Renovation activities are currently in progress at the CDCs in Glen Alpin, Dickwella, Attampitiya, Warwick, Bibile, and Shawlands estates. These upgrades focus on creating safer, child-friendly spaces that support early learning and development.

The PHDT Badulla Regional Office continues to oversee the ongoing work to ensure timely completion and adherence to quality standards. The project remains actively underway, with positive progress reported across all sites.

Article By: A. M. C. P. Kumara

## Strategic Planning - Discussion with the Regional Plantation Company Representatives - PHDT Badulla Region Estates



On 24<sup>th</sup> October 2025, a very important and timely discussion was held focusing on the five-year strategic plan for the plantation community, aimed at improving the productivity of Regional Plantation Companies (RPCs) through engineering and software program development. The session was chaired by the Director General and Regional Director, with the participation of 08 senior management representatives from 07 RPCs.

The PHDT Badulla Regional Office was represented by the Regional Director, Accountant, Coordinating Engineering Assistant, Engineering Assistant, Manager – Health, Community Development Officer, ICT Officer, and Secretary.

This evening session, conducted at Haldummulla Club, Haputale Estate, provided a valuable platform to review key achievements obtained so far, identify existing gaps, and discuss main focus areas, year-wise implementation plans, monitoring and evaluation frameworks, and the sustainability plan.

These strategic points were developed by the PHDT regional staff, incorporating the insights of the Regional Director and the ideas of health and welfare staff working closely with the plantation community, ensuring that the plan remains practical, inclusive, and community-focused.

Article By: R. M. C. D. Rathnayake

## Assessment of Sexual health education and awareness among plantation community - Balangoda Plantation PLC



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## Assessment of Sexual health education and awareness among plantation community...

A special awareness discussion on Sexual Health and Sexually Transmitted Diseases (STDs) was successfully conducted on 28<sup>th</sup> October 2025 with the active participation of estate workers and welfare officers. The session was organized by the STD Unit, Badulla, and chaired by Dr. Crishan Vethanayagam, Medical Officer In-Charge, together with his dedicated team. The PHDT Manager – Health facilitated the program, ensuring a productive and meaningful exchange of knowledge.

This program was a timely initiative, recognizing the growing need to strengthen awareness on sexual health among plantation communities, where access to accurate information and health education is often limited. Through open discussion and interactive learning, participants gained valuable understanding of STD prevention, healthy relationships, and personal responsibility, paving the way for healthier, more informed estate communities.

Article By: R. M. C. D. Rathnayake

## Beneficiary Awareness Meeting on Indian Housing Project – Talgaswella Estate of Elpitiya Plantation PLC



A Beneficiary Meeting under the Indian Housing Project was held on 21<sup>st</sup> October 2025 at Talgaswella Estate of Elpitiya Plantations PLC, with strong participation from estate stakeholders and community members. The meeting was organized by the Plantation Human Development Trust (PHDT) Galle Regional Office. Participants included the Regional Director, Community Development Officer, and Project Officer Health from PHDT, together with the PFWO, estate field staff, housing beneficiaries, and Water Committee members.

The meeting focused on reviewing ongoing housing development activities and reinforcing community responsibilities to ensure a cleaner and safer living environment. Beneficiaries were advised to maintain cleanliness around housing construction sites and keep their premises well organized, emphasizing the importance of a healthy and pleasant living space.

Participants were encouraged to begin **kitchen gardening** promoting home grown vegetables, improved nutrition and

enhanced greenery around the new houses. This initiative supports sustainable living and contributes to long term household food security.

A special discussion was held with the **Water Committee**, covering essential areas such as the collection of water charges, accurate meter readings, regular pump maintenance, and shared responsibility among committee members to ensure effective water supply management. **Wastewater management** was highlighted as a priority concern. Beneficiaries were advised to construct proper drainage systems to prevent stagnation and reduce environmental pollution. Collective efforts were encouraged to strengthen sanitation and improve overall environmental conditions.

The meeting concluded with a strong commitment from all participants to work together to enhance the living environment, promote sustainability, and ensure the effective management of community resources for long-term benefits.

Article By: N.S. Singappulige

## Health Screening Programme at Gulugahakanda Estate – A Collaborative Effort for a Healthier Community



A comprehensive Health Screening Programme was conducted on 23<sup>rd</sup> October 2025 at Gulugahakanda Estate, organized by the PHDT Galle Regional Office in collaboration with the Regional Director of Health Services (RDHS) Office Galle and the PMCU Wanduramba. The programme aimed to strengthen preventive healthcare, promote early detection of health risks, and enhance access to essential health services for the plantation community. This initiative reflects PHDT's continued commitment to uplifting the health and wellbeing of estate families through community centered, accessible, and inclusive healthcare interventions.

### Health Services & Key Screening Outcomes

- **BMI Screening**
- **NCD Screening** - Total Screened: 82 | Referred: 18
- **Eye Screening** - Total Screened: 75 | Referred: 07
- **Oral Cancer Screening** - Total Screened: 62 | Referred: 00
- **Screening for Hemoglobin (Hb) Levels** - Total Screened: 40 | Referred: 13

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## Health Screening Programme at Gulugahakanda Estate

The main objectives of the programme were to promote early detection of non-communicable conditions, improve awareness on maintaining healthy lifestyles, and strengthen linkages between estate communities and local healthcare service providers. The encouraging participation of community members demonstrates increasing interest in preventive healthcare and the willingness to adopt healthier habits.

This collaborative effort among PHDT Galle Regional Office, RDHS Galle, and PMCU Wanduramba signifies a strong commitment towards building healthier, empowered, and resilient plantation communities.

Article By: N.S. Singappulige

## Household Cash Management Awareness Programme at Drayton Estate Kotagala Plantations PLC

Management is not just a term—it is something that plays a vital role in our daily lives. Last week, I visited the Drayton Estate, and I would like to express my sincere thanks for this wonderful opportunity. This programme is very valuable for the younger generation, and it was a truly great experience for me.



Household Cash Management is the process of managing household finances by tracking cash inflows and outflows, meeting daily expenses, paying bills on time, and planning for both short-term and long-term goals such as saving and investing. The key purpose is to balance the need for accessible cash while creating opportunities to grow savings, ensuring a stable financial foundation for the household.

There are five main components of cash household management.

1. Budgeting and Tracking
2. Liquidity Management
3. Bill Payment
4. Saving and Investing
5. Goal Planning

**Budgeting and Tracking** involve monitoring where money comes from and where it goes through a planned budget. This helps ensure there is enough cash available to cover immediate and short-term needs. Examples include managing expenses like groceries and online purchases. This process is also known as **Liquidity Management**.

Next, we consider **Bill Payment**, which means making sure bills are paid promptly to avoid late fees and to maintain good credit standing. **Saving and Investing** are important financial habits used for long-term growth and to achieve major financial goals.

Another key aspect is **Goal Planning**, which supports specific objectives such as saving for a down payment, a vacation, or retirement.

Overall, financial management involves planning, organizing, directing, and controlling financial activities. It helps ensure resources are allocated and used effectively. Good household cash management is essential for building a secure financial future.

Article By: Dhilanthi Loorthusamy

## Strengthening Child Development: KPL CDO Quarterly Review Highlights



The 4<sup>th</sup> quarterly review meeting of Kotagala Plantation PLC, Child Development Officers was held on 27<sup>th</sup> October 2025 at the Drayton Training Center. All 22 CDOs participated, providing updates and presentations from their respective Child Development Centers.

During the meeting, CDOs highlighted notable improvements in CDC attendance, nutritional status of children, and the range of recent activities implemented across the centers. Estate-wise presentations incorporated PowerPoint slides, pictorial displays, and other visual tools, allowing clear demonstration of achievements as well as areas requiring attention.

The session also provided CDOs with an opportunity to enhance their presentation and communication skills while discussing essential aspects of CDC management. Key topics included monitoring daily operations, maintaining hygiene standards, tracking child development progress, and addressing estate-level challenges.

Overall, the review meeting not only assessed CDC performance but also strengthened the professional capacity of CDOs, promoting better supervision, reporting, and overall functioning of CDCs throughout the Kotagala plantation sector.

Article By: Anjalika



## Preserving Excess Food - De-hydration Project at Moraliya Estate Malvatte Valley Plantations PLC



The Plantation Human Development Trust (PHDT), inaugurated the newly established Dehydration Project at the PHDT Range Office, Moraliya Estate on 10<sup>th</sup> November 2025. This marks an important advancement in introducing value-addition initiative in manufacturing dehydrated food with proper hygiene practices. It is targeted to dehydrate jack as a pilot project and thereafter, the project will be extended towards other vegetable and fruit dehydration with an end product by attractive quality packaging with a brand name.

The objective of this project is to create awareness among the plantation community of the importance of preserving food; i.e., edible garden products (vegetables, fruits, etc.) which are easily available within the plantations for their food security, especially taking into consideration of the seasonal harvests such as jack, breadfruit, etc., which could be preserved by dehydrating in order to use at any time. This will create opportunities for self-employment, through which the economy of the plantation community could be uplifted.

The opening ceremony was inaugurated with the participation of the following officials:

- Director General – PHDT
- Director Engineering – PHDT
- Regional Director – PHDT, Kegalle
- Consultant – Projects, PHDT
- Manager – Projects, PHDT
- Community Development Officer (CDO) – PHDT, Kegalle
- Engineering Assistant (EA) – PHDT, Kegalle
- Project Assistant (PA) – PHDT, Kegalle
- Assistant Managers from Vincit and Moraliya Estates

During the event, participants inspected the facility on the operational framework designed for the dehydration process. The programme was concluded with a walkthrough of the premises and discussions on future expansion possibilities.

*Article By: Shamoora Cassiere*

## Talent Corner

### “Sithroo” Art Exhibition 2025 Organized By PHDT Kegalle at Ederapolla Tamil School



The Plantation Human Development Trust (PHDT) – Kegalle successfully organized a colourful Children’s Day Celebration Programme featuring the “Sithroo” Art Exhibition on 17<sup>th</sup> October 2025 at the Ederapolla Tamil School. The event was held to celebrate the creativity and talent of children in the estate community, providing them with a platform to express their imagination through art. Over 317 participants took part in the exhibition, showcasing a wide range of artistic creations that reflected their ideas, dreams, and vibrant perspectives.

The “Sithroo” Art Exhibition highlighted the importance of nurturing creativity and encouraging children to engage in constructive and expressive activities. The programme also created an enjoyable environment filled with colour, inspiration, and learning for both students and attendees. This initiative by PHDT – Kegalle stands as a valuable effort to promote the holistic development of children in plantation communities, emphasizing art, education, and emotional well-being as key aspects of their growth.

*Article By: Shamoora Cassiere*

### PHDT – Ratnapura Region Engages RPCs on 5-Year Social Welfare Development Plan



The Plantation Human Development Trust (PHDT) – Ratnapura Region held a successful discussion with Regional Plantation Company (RPC) representatives on 13<sup>th</sup> November 2025 at the auditorium of TRI Low Country Station, Karapincha. The session was chaired by Director General Mr. Lal Perera and represented by the Regional Director, PHDT Ratnapura Mr. Narada Wijeratne with his team and focused on aligning estate-level strategies with the proposed five-year social welfare and development plan.

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## PHDT – Ratnapura Region Engages RPCs on 5-Year Social Welfare Development Plan

The meeting commenced with the traditional lighting of the oil lamp, followed by a welcome address from the Regional Director, who highlighted the objectives: sharing the regional development vision, understanding RPC priorities, and strengthening collaborative efforts for socially and environmentally sustainable estate sector development.

### Key Highlights of the Regional Director's Presentation

Having reviewed the annual social development activities and estate proposals emphasized the importance of having Plantation Family Welfare Officers (PFWOs), at Estate level, worker shortage and the social development measures required to retain them to optimize productivity were elaborated.

### Director General's Strategic Guidance

Director General Mr. Lal Perera underscored the importance of structured planning, transparency, and proactive engagement with evolving Government policies. He reaffirmed strengthened Government–PHDT collaboration and RPCs future expectations.

His presentation covered the need of an integrated approach for the next five years, including:

- Housing & Infrastructure, converting line rooms into usable modern units, repairs, upgrading sanitation, NBRO-guided relocation plans, and land allocation for future development.
- Emphasized the compliance & governance and advised on proper record keeping and asset registers maintenance and conformity to the requirements when utilizing public funds.
- He also requested to include training programmes aimed at improving childcare, health & nutrition.
- Also highlighted were areas in youth development, digital transformation – SMART PHDT data base, and communications using both digital and printed materials such as new digital newsletter, quarterly magazine and a plantation-focused TV channel.
- Representatives from the RPCs extended heartfelt appreciation to the Director General for his leadership and vision while thanking the Regional Director and entire team PHDT Ratnapura for the continued support and professionalism.
- The meeting concluded by thanking the Tea Research Institute for accommodating the programme.

Article By: G. A. M. G. Arachchi

## Childrens Growth Monitoring For Child Development Officers (CDOs) - Hapugastenne Plantations PLC



A comprehensive Quarterly Review Meeting was conducted for Child Development Officers at Hapugastenne Tea Estate Office on 11<sup>th</sup> November 2025. The meeting brought together key personnel representing Estate Management and relevant staff along with PHDT Officials from Health, Mobilization and Engineering divisions.

### Summary of Key Activities & Observations

All CDCs in Hapugastenne tea estate were visited as a follow up and inspected whether previous recommendations have been implemented with improvements. This meeting demonstrated a strong commitment to improving child development activities and enhancing operations efficiently.

A significant improvement was observed in the growth monitoring aspect of children with the support of Public Health Midwives.

It highlighted the need of continuously enhancing service quality while engaging the parental committees more effectively. The discussion focused on enhancing learning spaces for children which will foster an environment where children showcase their talents and creativity which can be stimulated by inculcating, curiosity and active participation.

Article By: Dimali Chandrasena

## Awareness programme basic co-operative By - Law Held for Community Secretaries of Estates Coming under PHDT Ratnapura Region



A special Training Programme on Cooperative Law was successfully held on 31<sup>st</sup> October 2025 at the Samudhi Reception Hall in New Town, Ratnapura.

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## Awareness programme basic co-operative By Law...

and facilitated by the Plantation Human Development Trust (PHDT) – Ratnapura Region.

The programme was designed specifically for Community Secretaries representing Estates under the PHDT Ratnapura Region, aiming to strengthen their understanding of cooperative procedures and legal frameworks connected to Estate Welfare, Community and members development. During the session, participants received comprehensive awareness and guidance on:

- The Estate Worker Housing Cooperative Society (EWHCS) By-laws
- The Sabaragamuwa Province Cooperative Enactment, No. 05 of 1972

Officers of Department of Cooperative as resource persons explained the legal responsibilities, operational guidelines, and technical requirements that govern EWHCS activities. Discussions also highlighted common administrative issues faced by cooperative societies and practical approaches to resolving them.

Organizers emphasized that this capacity-building initiative is expected to reduce existing issues related to EWHCS operations and empower responsible officers with enhanced knowledge, clarity on legal obligations, and improved service skill.

The Department of Cooperative Development and PHDT Ratnapura confirmed their continued commitment to supporting estate communities through targeted training and awareness programmes aimed at strengthening cooperative governance and overall community wellbeing

Article By: Priyanthi Jayanath

## Field Workers Empowered Through Menstrual Hygiene Session at Great Western Estate - Thalawakele Plantations PLC



On October 16, 2025 a menstrual hygiene awareness session was held at the Great Western Estate, specifically aimed at supporting the female field worker community. The event was conducted by the Plantation Human Development Trust, Nuwara Eliya Region, with a total of 20

participants in attendance. The purpose of the programme was to promote better understanding, health, and dignity among estate women regarding menstrual well-being.

The session began by explaining the menstrual cycle and the physical and emotional changes experienced during adolescence. Myths vs. Truths surrounding menstruation were also addressed, helping to dispel common misconceptions through accurate, scientific information. A strong focus was placed on maintaining hygiene during menstruation and the safe disposal of sanitary products. The session also covered menopause as an important phase of menstrual health. Participants learned about the physical and emotional changes women may experience during this stage, such as hot flashes, mood swings, and other common symptoms. Basic health care tips and ways to manage menopause with confidence and self-care were also shared, especially to support older participants.

The programme concluded with an open discussion, allowing participants to reflect, ask questions, and reinforce what they had learned.

This timely initiative was designed to foster awareness, confidence, and respect around menstruation, helping female estate workers manage their health with greater understanding and dignity.

Article By: V. Abinaya

## Helping Mothers Help Their Children: A Nutrition Awareness Programme by PHDT



On 24<sup>th</sup> October 2025, a special Nutrition Awareness Programme was conducted at Ragalla Estate Upper Division, targeting mothers of children identified with low nutrition. The programme was organized by the Plantation Human Development Trust (PHDT) Nuwara Eliya Region, with the participation of 15 mothers from the estate community.

Child nutrition remains a pressing concern in the plantation sector, with limited accessibility, affordability, and poor awareness being major contributors to under nutrition. In the PHDT Nuwara Eliya region, statistics reveal that only 42% of children fall within the healthy weight range a clear indication of the need for proactive educational interventions.

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## Helping Mothers Help Their Children: A Nutrition Awareness Programme by PHDT...

PHDT, recognizing child care as a cornerstone of estate community development, has been working to empower parents with critical knowledge to improve nutritional outcomes. During the session, mothers were educated on the importance of nutrition during the first five years, exclusive and continued breastfeeding, healthy food practices for toddlers and preschoolers, and low-cost, high-nutrition cooking methods. The programme also addressed broader early childhood development practices, promoting a holistic approach to child well-being.

Additionally, the session emphasized the importance of regular weight monitoring, noting that currently, only 85% of estate children participate in monthly growth assessment programmes. Improving this participation rate is essential to identify and address nutritional gaps early.

Through this initiative, PHDT aims to enhance awareness, promote sustainable nutrition habits, and support long-term health improvements for children in the plantation sector.

Article By: V. Abinaya

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



My name is Parameswaran Devagaran, and I am from Osborne Estate under Bogawanthalawa Tea Estates PLC. I completed my G.C.E. Advanced Level examination with results of A/A/B, achieving a District Rank of 199 and a National Rank of 8214, with a Z-score of

1.1832. I have been selected to pursue my higher studies at the Eastern University, in the Faculty of Management. I am sincerely grateful for the scholarship awarded to me, as it helps ease my financial burden and motivates me to work towards achieving my academic and career goals.



My name is Ganeshan Prashan, from Opatha Estate under Kahawatte Plantations PLC. I successfully completed my G.C.E. Advanced Level examination with results of A/A/B, securing a District Rank of 426 and a National Rank of 7,662, with a Z-score of 1.1946. I have been

admitted to the University of Jaffna, Faculty of Commerce. I am truly thankful for receiving this scholarship, which reduces my financial challenges and encourages me to pursue my higher education with confidence and determination.



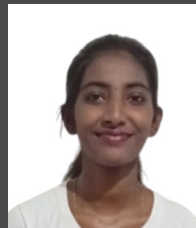
My name is Chandrakumar Akshika, and I come from Hapugastenna T Estate under Hapugastenna Plantation PLC. I completed my G.C.E. Advanced Level examination with results of A/B/C, obtaining a District Rank of 1,654 and a National Rank of 26,549, with a Z-score of 0.6676. I have been offered admission to

the Swami Vipulananda Institute, Faculty of Arts. I extend my sincere appreciation for this scholarship, which provides me with valuable financial support and strengthens my commitment to achieving my academic ambitions.



My name is Athurage Liyanage Nisan Madhusanka, from Enasalwatte Estate under Mathurata Plantations PLC. I completed my G.C.E. Advanced Level examination with results of A/A/B, achieving a District Rank of 205 and a National Rank of 2,323, with a Z-score of 1.7044. I have been selected to the

University of Peradeniya, Faculty of Arts. I am deeply grateful for the scholarship granted to me, as it lightens my financial responsibilities and inspires me to pursue my educational and professional aspirations with determination.



My name is Perimbanathan Dilsika, and I am from Mooloya – Upper Division under Pussellawa Plantations PLC. I achieved excellent results at the G.C.E. Advanced Level examination, earning a District Rank of 8 and a National Rank of 591, with a Z-score of 1.4048. I have been admitted to the University of Ruhuna, Faculty of

Biosystem Technology. I am sincerely thankful for receiving this scholarship, which greatly reduces my financial burden and encourages me to work hard toward my academic and career goals. This Scholarship was supported by ETP.

Article By: K.A. Nethmini P Thilakarathna

## The Annual Estate Health Review for Matale RDHS for the Period 2024. (January to December)



### Overview

The Annual Estate Health Review – 2024 was successfully held at the RDHS Office in Matale with the participation of key stakeholders representing the Ministry of Health, Regional Health Services, and the estate sector health teams.

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## The Annual Estate Health Review...

The review aimed to evaluate the current status of estate health services, identify existing gaps, and strengthening the multisectoral collaboration to improve the key health indicators of the estate community.

### Objectives

- Identify the gaps and challenges in estate health services.
- Monitor progress of ongoing RDHS activities, including Health Screening Programs.
- Strengthening the coordination between MOH's, estate management, estate communities, and allied sectors to ensure to improve the key health indicators specially of the estate community.

### Participants

The review was attended by a distinguished group of officials and frontline health workers, including: -

- Dr. Chintha Gunaratne – Director, Estate and Urban Health Unit, Ministry of Health.
- Dr. Dimuth Peiris – Community Physician, Estate and Urban Health Unit, Ministry of Health.
- Regional Director of Health Services – Matale.
- Medical Officers of Health (MOH's) from Ukuwela, Rattota, Pallepola, Yatawatte, Ambanganga, and Matale.
- Public Health Midwives (PHM's), Public Health Inspectors (PHI's), and Medical Officer's
- Regional Director - PHDT – Kandy.
- Project Officer – Health (POH).

### Highlights of the Review

- Comprehensive discussions on estate health indicators, service delivery challenges, and resource constraints.
- Review of health screening programs conducted across estates under RDHS supervision.
- Identification of priority areas requiring urgent intervention.
- Strengthening of partnerships among Ministry of Health, PHDT, estate management, and community leaders.

### Way Forward

- Participants agreed on several key action points to enhance estate health services, including:
- Improved coordination between estate health units and MOH offices.
- Increased focus on maternal health, NCD screening, and sanitation improvements.
- Enhanced monitoring mechanisms to track progress of ongoing programs.
- Strengthening community engagement and health education initiatives.

Article By: Hashini Wickramasinghe

## Improvements to Estate Living Conditions - Mountjean Estate - JEDB



Under the Ministry Housing Project (balance work) at Mountjean Estate – Mountjean Division (GGH-2018) the finishing work is currently in progress with 95% of the project work already completed. Construction is moving according to schedule with ongoing efforts dedicated to completing the remaining housing work to further improving the living conditions of the estate community.

Article By: Charaka Kulathunga

## Ministry decides to re-commence the stalled project since the economic crisis at Stellenberg Estate at Pussellawa Plantations PLC



Ministry officials visited the housing site on 31<sup>st</sup> of October 2025, to Stellenberg Estate Whydond Division together with the PHDT officials from Colombo and Kandy along with the estate management. Since, the balance work of the housing project has still not commenced the visit mainly focused specially to inspect the site and the construction done and to decide on undertaking the balance work for the project with the approval of the ministry

Article By: Charaka Kulathunga

## “Nurturing Nature, Nourishing Future” A Heartfelt Journey of the RA Watershed Management Project at Glenugie Estate



On the 8<sup>th</sup> of November 2025, Glenugie Estate became a vibrant hub of gratitude, collaboration, and hope as a distinguished delegation visited to witness the success of the RA Watershed Management Project.

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## A Heartfelt Journey of the RA Watershed Management Project at Glenugie Estate...

This meaningful initiative, jointly funded by **Kirin Company and Glenugie Estate**, has been a shining example of sustainable environmental stewardship in Sri Lanka's hill country.

The day began with a warm welcome to the visiting team, which included **Mr. Oshima – Director of Kirin**, and his team, along with **Mr. Midori**, **Mr. Shimizu**, and the **PR Team** accompanied by two journalists from Japan. Also joining the event were **Mr. Hera** from the **Japan International Cooperation Agency**, **Ms. Vihangi** and **Mr. Jehan CanagaRetna**, Country Representatives of Rainforest Alliance Sri Lanka, **Mr. D. Venmathirajah (Consultant Project)**, **Mr. Madawa Gunaratna (Project Manager – PHDT Head Office)**, the **Regional Director** and team of **PHDT – Hatton Region**, as well as the **Manager, Field Officers, and Beneficiaries of Glenugie Estate**.

The event was graced by the **Principal, Teachers, and Students of Glenugie Tamil Vidyalaya (T.V.)**, who brought warmth and joy to the occasion with their heartfelt welcome. The day's proceedings began with a simple yet symbolic **opening ceremony**, featuring **ribbon cutting** and the **unveiling of a project signboard**. The guests also **planted native trees**, marking a lasting commitment to the conservation of the estate's vital watershed areas.

The schoolchildren, with the guidance of their teachers, arranged a **beautiful traditional welcome**—adorning the guests with malai made of natural flowers and tea leaves, and offering flower bouquets. Their smiles and enthusiasm created a touching atmosphere, reminding everyone of the real reason behind these efforts — to secure a greener, healthier future for the next generation.

Adding depth to the day's significance, **PHDT** conducted a special session titled **"Green Environment Protection Awareness"**, educating the students on the importance of **environmental protection, tree planting, and watershed management**. The programme emphasized the shared responsibility of every individual to safeguard natural resources and maintain the balance of our ecosystems.

The event reached its heartfelt conclusion with an inspiring **Vote of Thanks** delivered by two young students, who proudly declared:

"We will protect our nature, and we will protect our water resources."

Their simple yet powerful words captured the true essence of the day — a reminder that these efforts are not just

projects, but legacies being built for future generations.

The success of the RA Watershed Management Project at Glenugie Estate stands as a testament to the power of collaboration between communities, organizations, and global partners — proving that when we come together for the planet, the results are truly transformative.

**"When we protect nature, nature protects us."**

Article By: *Eliyas Jenowa*

## Cluster Review Meeting for Managers & EWHCS Chairmens - Udapussellawa Plantations PLC



The Cluster Review Meeting for Managers and EWHCS Chairmen of UPL was held on 7<sup>th</sup> of November 2025, with the participation of three Estate Managers and seven PHDT staff members including the Regional Director, Assistant Accountant, Engineering Assistant, Project Officer Health, Project Assistant Engineering, Project Assistant Health, and ICT Officer. The meeting focused on several key review areas including the progress of the Indian Housing Project (IHP), implementation of the Clean Sri Lanka balance work Programme and the Five-Year Social Welfare Plan. (2026 to 2030) Discussions also, covered the attendance of the Child Development Centres (CDC's) and the receipt of Monthly Social Welfare Reports (MSWR & EWHCS status report). Updates were provided on the nutritional and weighing status of estate children below 05 years and the status of onsite Thripasha feeding program and the submission of monthly reports by Plantation Family Welfare Officer's (PFWO's) and the Child Development Officer's (CDO's). Additionally, the meeting reviewed the operational status of the Estate Workers Housing Cooperative Societies (EWHCS) including Audits, Annual General Meeting's (AGM's), and by law registrations. The functionality and progress of the "SMART-PHDT" IT System was discussed and will be first implemented on the 04 estates of UPL in Kandy region first as a "Pilot Project".

Article By: *Hashini Wickramasinghe*

## UPCOMING EVENTS.....

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

*Edited & Designed by: Dhanushka Tharanga*