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“Malaiyaga Mahilchchi” – A Milestone for Hill Country Community Housing



The first phase of the **Indo-Lanka 10,000 Houses Programme** for the Malayagam community was ceremonially held on the **12th of October at Bandarawela** under the patronage of **President Anura Kumara Dissanayake**. This initiative marks a significant step toward realizing the national vision of “A Rich Country, A Beautiful Life” as outlined in the **Hatton Declaration**. During this phase, **2,000 selected beneficiaries** received homeownership documents, symbolizing a new beginning for families who have long lived in line rooms and temporary shelters. The project aims to uplift the living standards of the estate community, providing them with **safe, environment-friendly homes** and essential infrastructure.

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Plantation Leaders Gather for CEOs' Forum 2025



The CEOs' Forum was successfully held on 24th September 2025 at the PHDT Head Office, Battaramulla with the participation of key stakeholders from the plantation sector. The forum was graced by PHDT Chairman Mr. B.K. Prabath Chandrakeerthi, PHDT Director General Mr. Lal Perera, Additional Commissioner General of Labour (Engineering) Mr. K.M.U.B. Kulasekara, Commissioner of Labour (Labour Standards Division) Ms N.R. Ranawaka together with the CEOs and representatives from Regional Plantation Companies (RPCs).

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Awareness Program on the Value of Estate Workers' Housing Cooperative Society to Women and Households



An awareness program on the importance of the Estate Workers' Housing Cooperative Society (EWHCS) was held on 01st October 2025 at the Child Development Centre, Maratenna Division, Balangoda Estate under the management of Balangoda Plantations PLC. The session aimed to enhance the knowledge and attitudes of EWHCS members, focusing on the society's roles, responsibilities, and contribution to members' and estate's development.

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“Malaiyaga Mahilchchi” – A Milestone for Hill Country Community Housing...

The selection process was carried out with transparency and specific criteria, including being an estate worker (registered, retired, or casual), a minimum of five years of residence in the estate, membership in the estate cooperative housing society, and no prior housing assistance. Additional marks were granted for families with children, elderly or disabled members, and disaster-affected residents, based on reports from the National Building Research Organization (NBRO).

Each house is funded jointly by the Government of India (Rs. 2.8 million) and the Government of Sri Lanka (Rs. 0.4 million) for infrastructure development. Beyond housing, the project also focuses on improving access to clean water, electricity, healthcare, education, and livelihood opportunities, contributing to a dignified and sustainable future for the Malayagam community.

Transport & attendance of beneficiaries as per the selected list was facilitated by PHDT Head office and regions in collaboration with RPC / Estate management.

Region	Beneficiary Participants
Kandy	Out of 447 Participated 422
Rathnapura	Out of 307 Participated 302
Nuwaraeliya	Out of 228 Participated 223
Hatton	Out of 137 Participated 135
Galle	Out of 121 Participated 118
Badulla	Out of 794 Participated 794

Article By: Udara harashana

Awareness Program on the Value of Estate Workers’...

Key participants included Mr. Narada Wijeratne, Regional Director of the Plantation Human Development Trust (PHDT) for the Ratnapura Region; Mrs. Priyanthi Jayanath, Community Development Officer; as well as the Senior Assistant Superintendent, Family Welfare Officer, Field Officer, and members of the EWHCS.

During the session, Regional Director Mr. Wijeratne provided a comprehensive overview of the Cooperative Society, which was established in 1992. He highlighted its evolution and its current role in supporting estate infrastructure, housing, and providing educational financial assistance for members’ children.

Community Development Officer, Mrs. Jayanath outlined

four key objectives of the Cooperative Society.

1. Enhancing living standards through infrastructure development
2. Supporting livelihood initiatives for economic growth
3. Strengthening relationships between members and estate management
4. Promoting sustainable community development and household cash management

The program also emphasized the importance of active member participation in decision-making, budget approval, and membership management. Members were reminded of their responsibilities and the collective effort required to ensure the society’s progress and equal access to benefits.

Overall, the awareness session successfully strengthened members’ understanding of cooperative principles and equipped them with practical knowledge to manage the society effectively and sustainably and wished to thank the Estate Management, Staff and Cooperative members for their enthusiasm.

Article By: Priyanthi Jayanath

Empowering Early Childhood Health Promotion



Master Trainer Programme on Preschool Health Promotion Successfully Conducted

The Health Promotion Bureau of the Ministry of Health conducted a comprehensive four-day **Training of Master Trainers on Preschool Health Promotion** from **30th September to 3rd October 2025** at the **HPB Auditorium**. The programme brought together **40 participants**, including health staff, preschool teachers, Early Childhood Development (ECD) and education officers, VTA instructors, Western Province ECD authority and representatives from the Plantation Human Development Trust (PHDT).

PHDT was represented by:

- Achini Weerasinghe – Project Manager
- Malki Apsara – Project Officer
- Dr. Paba Palihawadana – Medical Officer of Plantation

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Empowering Early Childhood Health Promotion

This initiative aimed to enhance the capacity of professionals working in preschool settings to foster healthy behaviors in early childhood. Special focus was given to reaching plantation communities where access to health and education remains limited.

Programme Highlights

The training emphasized child-friendly, interactive approaches to health promotion. Key behavior outcomes targeted included personal hygiene, proper nutrition, physical activity, screen time management, adequate sleep, positive parenting, and encouraging independence and critical thinking in children.

Participants were introduced to a range of communication tools tailored for both children and caregivers. These included:

- **For Children:** Nursery rhymes, storybooks, drama, and play-based activities
- **For Parents:** Social media content, short videos, and WhatsApp messages
- **For Trainers and Teachers:** A comprehensive set of IEC materials including flashcards, teacher handbooks, audio recordings, and jigsaw puzzles.

Interactive Learning Approach

The programme featured participatory learning methods such as interactive lectures, group activities, role plays, and practical demonstrations. Participants also developed action plans and training proposals, which they can implement within their local contexts.

Monitoring and Evaluation

Training impact was assessed through pre- and post-training evaluations and participant's feedback.

Training Resources and Certification

All participants received a set of IEC materials, flash cards to support their ongoing work in preschools. Upon completion, they were awarded certificates recognizing their contribution and commitment to advancing early childhood health promotion.

Article By: Dr. Paba Paliheewadana

“Diri Liyata Saviyak” – Menstrual Hygiene Awareness Programme - Kegalle Region

A Menstrual Hygiene Awareness Programme titled “Diri Liyata Saviyak” was successfully conducted at Dewalakanda Estate of Kelani Valley Plantations PLC on 26th September 2025. The programme was organized with the aim of

enhancing awareness and promoting good menstrual hygiene practices among the estate's female population, particularly the Mothers Supporting Group.



The session was attended by 46 participants, including representatives from PHDT – PA, Public Health Midwife (PHM) – Yatiyanthota, PFWO/CDO, and female group members below the age of 50.

The programme focused on several key objectives, including:

- Developing a plan to improve accessibility to hygiene products through the Estates Worker Housing Cooperative Society (EWHCS).
- Enhancing productivity among female estate workers by ensuring better health and hygiene practices.
- Guiding and training estate-resident women to adopt healthy and sustainable menstrual care routines.

This important awareness initiative was jointly supported by the Plantation Human Development Trust (PHDT) – Kegalle, the Medical Officer of Health (MOH) – Yatiyanthota, and Dewalakanda Estate.

The programme created a valuable platform for open discussion and knowledge sharing, empowering women to manage their health confidently and contribute more effectively to their families and workplace.

Article By: Shamoora cassiere

“Wewili Praja Suwa Diviya” – Combined Health Clinics Programme Organized by PHDT – Kegalle Region



A comprehensive health camp titled “Wewili Praja Suwa Diviya” was successfully conducted by the Plantation Human Development Trust (PHDT) – Kegalle on 30th September 2025 at the Katugampola Area Estate, managed by the Kurunegala Plantations Ltd.

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“Wewili Praja Suwa Diviya” ...

The health camp aimed to enhance the overall well-being of the estate community by providing accessible and diverse healthcare services free of charge within the estate premises.

A range of essential medical and health-related activities were carried out during the programme, including:

- Dental Clinic
- Eye Clinic
- Body Mass Index (BMI) Checkup
- Random and Fasting Blood Sugar Tests
- Blood Pressure Monitoring
- Cholesterol Level Checkup
- Nutrition and Medical Counselling Sessions
- Oral Cancer Screening
- Health Education Sessions

The initiative received valuable support from the RDHS Kurunegala Health Team, the MOH Office – Pannala, and Elabadagama Hospital, whose dedicated contributions ensured the success of the event.

A total of 102 estate residents participated in the health camp, along with the Area Superintendent, Assistant Manager, Medical Officers, Public Health Midwives (PHMs), hospital staff, office staff, field staff, and representatives from PHDT including the Assistant Administrator (AA) and Project Assistants (PAs).

The total value of the programme was approximately LKR 2,040,000.00 reflecting the significant investment made towards promoting the health and well-being of the plantation community.

The “Wewili Praja Suwa Diviya” health camp stands as a commendable effort to foster a healthier estate workforce and to strengthen community health awareness through collaborative efforts between PHDT, healthcare authorities, and estate management.

Article By: Shamoora cassiere

Celebrating Childhood: International Children’s Day 2025 at Dayagama West Estate



In celebration of International Children’s Day, a vibrant event was held on 3rd of October 2025 at the Staff Club Hall, Dayagama West Estate, organized by PHDT – Nuwara

Eliya in collaboration with the estate management which comes under Agarapathana Plantation PLC. The programme brought together over 150 children and their parents, creating a joyful atmosphere of unity, learning, and celebration.

The event was designed to provide children a platform to express themselves, enhance their confidence, and enjoy a day dedicated entirely to them. The day featured a variety of performances by children, including songs, dances, and speeches, showcasing their creativity, talent, and enthusiasm.

A key attraction of the day was the Children’s Art Exhibition, which displayed colorful drawings and paintings prepared by the children. This not only encouraged their artistic abilities but also gave parents and community members the opportunity to appreciate the creativity and imagination of their children. Parents also engaged in the event, strengthening their involvement in early childhood development and creating a supportive atmosphere for learning and growth.

All the participating children were treated to a complimentary lunch and refreshments, followed by the distribution of special gifts, adding an extra touch of joy to their day. The thoughtful arrangements ensured that every child felt appreciated and included. The event created a cheerful and festive atmosphere, filled with laughter and excitement as the children eagerly engaged in the various activities organized for them. Their smiling faces and enthusiastic participation were clear reflections of their delight and gratitude. Overall, the program proved to be a heartwarming success, leaving lasting memories for children.

PHDT Nuwara Eliya remains committed to promoting the well-being and development of estate children through such meaningful programmes that celebrate childhood and reinforce the importance of creating safe, inclusive, and inspiring spaces for every child.

Article By: Health Team - NEL

Commencement Of New Water Projects



Under the Indian Housing Project (IHP), Green Gold Housing (GGH), and New Life Housing (NLH) initiatives, significant progress has been made in improving infrastructure across several estates. A total of 11 water projects have been commenced,

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Commencement of New Water Projects

Covering six Regional Plantation Companies (RPCs):

- Agalawatte Plantation Company
- Elpitiya Plantation Company
- Talawakelle Plantation Company
- Udupussallawa Plantation Company
- Hatton Plantation Company
- Agarapatana Plantation Company

These projects include the following estates:

- Labookelle Estate
- Meddecombra Estate
- Logie Estate
- Concordia Estate
- Waltrim Estate
- Sandringham Estate
- Somerset Estate
- Dayagama Estate

The projects are designed to provide reliable and safe water supply systems to enhance the living standards of estate communities.

In addition, one housing project at Sandringham Estate, along with its related water project, has been successfully completed, marking a key milestone in the overall implementation of the program.

The total cost incurred for the projects during this period is approximately Rs. 39 million, reflecting a continued commitment to uplifting the living conditions of plantation sector families through sustainable development initiatives

Article By: Sanjula Thathsarani

Promoting Sexual Health: STD Awareness and Screening at Hauteville Estate



A Sexually Transmitted Diseases (STD) Awareness and Screening Programme was successfully conducted on 09th of October 2025 at Hauteville Estate, drawing the active involvement of community development officers, estate health staff, and factory management. A total of 50 individuals participated in this important awareness and screening session. The programme was conducted by health professionals from the STD Unit – Nuwara Eliya, including a Consultant Venereologist, Nursing Officer, and Public Health Inspector. The session aimed to educate the estate community on sexual health, promote preventive practices, and provide on-site screening and referrals for early treatment.

Key Objectives of the programme:

- Raise awareness on STD prevention
- Promote safe sexual behaviour
- Address stigma and fear related to STDs
- Conduct on-site screening and encourage early diagnosis
- Reduce the spread of infections through education and intervention
- Interactive health education sessions were conducted, highlighting early symptoms, the importance of medical consultation, and the role of community support in preventing STD transmission. Screening services were offered confidentially, with follow-up arrangements made for individuals diagnosed with infections.

PHDT Nuwara Eliya, in collaboration with the estate, ensured effective organization and community participation. The programme reinforced the importance of ongoing awareness and access to reproductive health services in the estate sector.

Article By: K.B.Gihani Maheshika

Indian Grant Housing Infrastructure Water Project



We are pleased to announce the successful completion and handover of the *Safe Drinking Water Project* at **Halpe Estate – Waga Division**, under Pussellawa Plantations Ltd. The project, which had a total allocation of **Rs. 3,965,457.77**, was officially handed over to the estate management on **28th September 2025**.

Funded by the **Ministry of Plantation and Community Infrastructure**, this initiative aims to improve the quality of life for estate residents by providing reliable access to safe and clean drinking water.

A total of **25 families** from the estate community have directly benefited from this project, ensuring better health, hygiene, and overall well-being.

This project marks another significant step toward sustainable development and upliftment of plantation communities.

We extend our gratitude to everyone who contributed to making this project a reality, especially the field staff and the estate management team for their coordination and dedication.

Article By: M.A.C. Lankani Munasinghe

Commemoration of World Children's Day 2025



Theme: 'Nurture with Love – To Lead the World'

PHDT Ratnapura Participates in Celebrations at Balangoda Estate CDCs

In celebration of World Children's Day 2025, the Child Development Centre (CDC) at Balangoda Estate came alive with color, creativity, and joy on 1st October 2025, as children, parents, and community members gathered to honor and uplift the voices of the youngest generation.

The event, held under this year's heartfelt theme "Nurture with Love – To Lead the World", emphasized the vital role of love, care, and opportunity in shaping the future of every child.

As a key institution dedicated to plantation welfare, PHDT Ratnapura proudly joined the commemoration, reinforcing its long-standing commitment to the well-being and development of children in plantation communities.

The celebrations were packed with vibrant and meaningful activities—from cultural showcases to interactive learning sessions—that aimed to recognize children's rights and promote holistic early childhood care and development (ECCD).

This year's message—"Nurturing Every Child, Building a Brighter Future"—underscored the importance of safe, inclusive, and nurturing environments for all children. It also served as a call to action for families, educators, communities, and institutions to ensure every child has access to quality education, healthcare, and opportunities for personal growth.

Weekly Highlights & Activities

1st October – Little Artist Corner

- Children expressed themselves through art using eco-friendly materials.
- Theme: Importance of ECCD

2nd October – Dress-Up Day

- Children dressed as their future dream professions, sparking imagination and ambition.
- Theme: Role of parents in home-based ECCD

3rd October – Musical Day

- A lively day of music, dance, and games to support sensory development and motor skills.
- Theme: Child Nutrition

6th October – Learning Through Play

- Fun educational games that built cognitive skills through color, shape, and matching exercises.
- Theme: Happy Family & ECCD

7th October – "I Am Special" Day

- Children created crowns and medals, celebrating their uniqueness and self-worth.
- Theme: Child Protection & Child-Friendly Homes

PHDT Ratnapura

Active participation in this celebration demonstrates its commitment to nurturing future generations. Events like these not only bring joy and inspiration, but also reinforce the collective responsibility of building a world where every child is seen, heard, and given the opportunity to lead.

Article By: Dimali Chandrasena

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Plantation Leaders Gather for CEOs' Forum 2025



The sessions covered important areas including Health activities, Engineering activities, Occupational Safety & Health (OSH) practices, followed by general discussions on sectoral priorities. The event provided a valuable platform for open dialogue, experience sharing, and collective decision-making towards the sustainable development of the plantation community.

Article By: Diluk Priyantha

4th Quarter Cluster Review Meeting – Agarapatana Plantations



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4th Quarter Cluster Review Meeting...

Held on 16th October 2025 at Rohampton Regional Office, Haputale, Meeting successfully conducted with participation of Superintendents of Agarapatana Plantations. Chief Executive Officer of Agarapatana Plantations joined and shared valuable insights. PHDT Regional Staff represented by Manager – Health, Community Development Officer, Coordinating Engineering Assistant, and Regional Secretary.

CDC attendance status reviewed — improved areas appreciated, attention areas highlighted. Age analysis & workforce % discussed, emphasizing EWHCS, CDC, positive management commitment, and strong health/welfare teams. Key EWHCS components and current progress reviewed. Updates shared on IHP housing status, Clean Sri Lanka Program, and related engineering activities

Article By: R. M. C. Rathnayake

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



My name is Wijekumar Nithya Tharaki, and I am from Opatha Estate under Kahawatte Plantations PLC. I have been selected to the University of Peradeniya, Faculty of Arts. I successfully completed my G.C.E. Advanced Level examination with results of A/A/B, obtaining a Z-score of 1.5325, with a District Rank of 254 and

a National Rank of 4103. I sincerely thank you for granting me this scholarship. Your generous support motivates me to continue my higher education with confidence and dedication while working hard to achieve my academic and career goals.



I am Karthikesan Nishanthani, and from Meddekanda Estate under Balangoda Plantations PLC. I have been offered admission to the Swami Vipulananda Institute of Aesthetic Studies, Faculty of Drama and Theatre. I completed my G.C.E. Advanced Level examination with results of B/B/C, obtaining a District Rank

of 1566 and a National Rank of 24965. I am truly thankful for this scholarship, which supports me in pursuing my passion for drama and theatre. Your generosity has inspired me to work even harder and to use this opportunity to build a better future.



My name is Kobikrishnan Kavis Hasitha Pavan, and I am from Dewalakanda Estate under Kelani Valley Plantations. I have been selected to the University of Jaffna, Faculty of Engineering. I successfully completed my G.C.E. Advanced Level examination with results of A/A/B, achieving a Z-score of 1.5934,

with a District Rank of 78 and a National Rank of 2564. I wish to extend my heartfelt gratitude for awarding me this scholarship. It greatly assists me in continuing my studies in engineering and encourages me to strive for academic excellence and future success.



I am Kuni Hewage Nethmi Apsara De Silva, and from Hapugastenne Estate under Maskeliya Plantations PLC. I have been selected to the Rajarata University, Faculty of Management. I successfully completed my G.C.E. Advanced Level examination with results of A/A/B, achieving a Z-score of 1.2977, with a District Rank of 129 and a National Rank of 6371. I am deeply grateful for receiving this scholarship. It provides me with both financial support and inspiration to continue my education and to make a meaningful contribution to society in the future.



I am from Kotiyagala Estate under Bogawanthalawa Tea Estates PLC and my name is Thamilchelvem Nithiyawathi and have been selected to the South Eastern University, Faculty of Arts. I completed my G.C.E. Advanced Level examination with results of A/A/B, obtaining a Z-score of 1.3425, with a District Rank of 143

and a National Rank of 7573. I sincerely thank you for awarding me this scholarship. Your kindness and support have given me the strength to pursue my academic goals with confidence and to work towards building a successful future

Article By: K.A. Nethmini P Thilakarathna

NCD Clinic Conducted at Ketandola Estate Under Elpitiya Plantations PLC. – A Step Towards a Healthier Community



A successful Non-Communicable Disease (NCD) Clinic was conducted on 19th September 2025 at Ketandola Estate under Elpitiya Plantations PLC, organized by the PHDT – Galle Regional Office in collaboration with the Regional Director of Health Services (RDHS) Office, Galle, and the PMCU, Wanduramba. The event was sponsored by the Ministry of Fisheries, Rural and Estate Infrastructure Development under the Southern Provincial Council.

The clinic was designed to promote preventive health care and early detection of NCDs among estate workers and surrounding villagers,

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NCD Clinic Conducted at Ketandola Estate...

strengthening PHDT’s ongoing commitment to uplift the overall health and well-being of the plantation community.

Services Provided:

- NCD Clinic
- Oral Cancer Screening
- Eye Screening
- Well women programme
- Dental Clinic for Children

Screening Details:

- NCD Screening: 94 participants | Referred: 20
- Eye Screening: 94 participants | Referred: 12
- Oral Cancer Screening: 35 participants | Referred: 0
- Well women programme: 15 participants | Referred: 01
- Dental Clinic for Children: 15 participants | Referred: 01

The main objectives of the programme were to identify and manage early stage NCDs to prevent complications, raise awareness about lifestyle related diseases and the importance of regular health check-ups, strengthen linkages between estate communities and local healthcare services, and promote community responsibility for maintaining good health through preventive measures. The event witnessed active participation from both youth and elderly community members, showcasing growing awareness and enthusiasm towards healthier living.

This initiative highlighted the collective effort of the PHDT Galle Regional Office, RDHS Galle, and supporting institutions in ensuring accessible and inclusive healthcare for plantation communities, reinforcing PHDT’s mission of creating healthier, empowered, and sustainable estate societies.

Article By: N.S. Singappulige

Quarter Review Meeting for EMAs, PFWOs, and CDOs of Agarapatana Plantations



The 4th Quarter Review Meeting for EMAs, PFWOs, and CDOs of Agarapatana Plantations was successfully conducted on 16th October 2025 at the Kahagalla Staff Club, with the active participation of 43 field and community officers. Representing the PHDT Regional Office, the Manager – Health, Community Development Officer, and

Regional Secretary participated, ensuring a productive and well-coordinated session.

The meeting served as an important platform to review and strengthen community development operations across the estates. Key focus areas included CDC attendance and functionality, utilization of CDC funds, monthly parental meetings, and community-based activities that contribute to the overall well-being of estate families. Improved performance was commended, while attention was directed to areas requiring further supervision and follow-up by superintendents.

A detailed discussion on age analysis and workforce percentages was also held, emphasizing the crucial role of EMAs, PFWOs, and CDOs in retaining the existing workforce and building a more motivated, stable, and healthy community. Participants were encouraged to adopt proactive approaches in addressing workforce challenges and promoting employee welfare.

The session concluded with an interactive group activity, designed to generate practical strategies and innovative ideas for workforce retention and improvement. The activity fostered teamwork and creative problem-solving, reaffirming the collective commitment of all participants towards strengthening the plantation community through effective collaboration and positive engagement.

Article By: R. M. C. Rathnayake

Awareness Program on Water Hygiene Practices for Healthy Communities at Kotagala Plantations PLC



Role of Community-Based Organizations in Maintaining Health Aspects of Water Supply

An awareness program was conducted on 16th September 2025 under the World Vision–supported water projects for the estates under Kotagala Plantations PLC, focusing on the theme “Water Hygiene Practices for Healthy Communities.”

The main objective of the program was to strengthen the role of Community-Based Organizations (CBOs) in maintaining the health and safety aspects of water supply within the estates and to promote community participation in ensuring the provision of safe and clean drinking water.

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Awareness Program on Water Hygiene Practices for Healthy Communities...

During the session, participants were educated on the causes, symptoms, and prevention of waterborne diseases such as diarrhoea, cholera, typhoid, dysentery, and hepatitis A. The discussions and demonstrations emphasized the importance of maintaining hygienic practices at all stages of water management—from source to household use.

Key areas covered included:

- Regular cleaning and disinfection of water tanks and containers to prevent contamination.
- Safe water collection, storage, and distribution practices within the community.
- Use of boiling, chlorination, and filtration methods for water purification.
- Importance of personal hygiene, especially handwashing before handling water and food.
- Establishment of community monitoring systems through CBOs to ensure ongoing maintenance and safety of water sources.

The program also stressed the shared responsibility between estate management, CBOs, and community members in protecting water catchment areas, ensuring proper waste disposal, and preventing environmental pollution that may affect water quality.

By the end of the session, participants had enhanced their knowledge of safe water management practices and the critical role of CBOs in promoting healthy, resilient, and well-informed estate communities under Kotagala Plantations PLC.

Article By: Anjalika

Cluster Review Meeting – Maskeliya Plantations



A Cluster Review Meeting for Maskeliya Plantations PLC was held on 23rd September 2025 at the Maskeliya Planters' Club. The meeting was attended by the Deputy General Manager and the Estate Managers of the respective estates under this Regional Plantation Company (RPC).

During the session, discussions were held on the progress and current status of key areas including engineering, health, and community mobilization. Upcoming matters and planned activities related to each sector were also reviewed, and necessary actions were identified to ensure effective implementation and coordination among all divisions. The meeting provided a valuable platform for managers and the DGM to share updates, address challenges, and strengthen collaboration to improve overall estate performance under Maskeliya Plantations PLC.

Article By: Jenowa Gunaseelan

“Harvest of Love – Family Day” at Maskeliya Plantations PLC - Mousakellie Estate



A special community event titled “Parent–Children Gathering, Cooking & Enjoyment Day” was successfully conducted on 14th October 2025 at Mousakellie Estate under the theme “Harvest of Love – Family Day.” This program was organized as part of the WHO-assisted Community Empowerment initiative, aiming to promote family togetherness, strengthen community bonds, and improve the overall health and well-being of estate families.

The event emphasized the importance of positive parenting, family relationships, healthy lifestyles, and community participation in shaping a strong and healthy generation. The program served as a model for integrating family-based engagement with community health promotion.

The “Harvest of Love – Family Day” program at Mousakellie Estate successfully combined elements of health education, family bonding, and community empowerment into one meaningful event. By engaging parents and children in shared activities, the program reinforced the idea that healthy families are the foundation of healthy communities. The initiative also reflected the impact of WHO-assisted empowerment programs in enhancing community participation, promoting sustainable behavioral change, and supporting the emotional and social well-being of plantation communities.

It is recommended that similar family-based activities be conducted periodically across other estates to strengthen family relationships, community cohesion, and the overall health and happiness of plantation populations.

Article By: Anjalika

Ayurvedic Clinic for JEDB Hope Estate



On September 17, 2025, an Ayurvedic Clinic was successfully held at the Hope Estate dispensary, organized to deliver traditional Ayurvedic medical care to the estate community.

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Ayurvedic Clinic for JEDB Hope Estate...

The event attracted around 200 estate workers and residents, who received free medical consultations and Ayurvedic medicines. The clinic was funded with Rs. 200,000.00, supported financially by the Hanguranketha Ayurveda Department, the AG Office, and the Estate Management. This initiative made a valuable contribution to enhancing the health and well-being of estate workers and their families by providing accessible, holistic healthcare services grounded in traditional Ayurvedic practices.

Participants: Regional Director, Engineering Assistant, Project Officer Health, Community Development Officer, Project Assistant from PHDT Kandy, The Estate management and Health & Welfare staff of Hope Estate.

Article By: Hashini Wickramasinghe.

Meeting with Honorable Governor of Central Province



On 23rd of September 2025, a meeting was held at the Governor’s Office in Kandy with the Honorable Governor of the Central Province Professor Sarath Abeykoon to discuss vital adult & child health care activities, child nutrition initiatives and other related matters with regard to all the social welfare activities undertaken by PHDT. A detailed presentation was done by the “PHDT TEAM” of the work carried out at present and the future work to be undertaken on the estates in the whole of Kandy Region.

The discussion focused mainly on the implementation of the “Onsite Thripasha Feeding” programme and to achieve a 100% coverage of the government “Morning Meal” programme to all the Child Development Centres (CDC’s) in the province. These programmes aim to enhance the nutritional status and the good health of young CDC children by providing regular, nutritious meals. The Governor expressed his fullest support for the initiatives and emphasized the importance of coordinated efforts by all to ensure the successful implementation and long term sustainability of all the ongoing activities.

A comprehensive health screening Programme was successfully conducted at Selagama Estate on 30th of September 2025, organized by the Plantation Human Development Trust (PHDT) Kandy Region with the

S/No	Test.	Total number of Participants.	Referred to the clinic.
01.	NCD Screening Programme	61	0
02	Dental & Oral Cancer Screening Programme	87	2
03	TB Screening Programme	48	0

support of the Estate Management. The initiative aimed to enhance the overall well-being of the estate workers and their families by providing accessible and essential healthcare services. This health screening was conducted in collaboration with the local health authorities and medical professionals of the Matale RDHS. The programme offered a range of free health checkups including Body Mass Index (BMI) measurement, blood pressure and blood sugar testing, oral cancer screening, dental treatment, and chest disease examinations. Over 100 estate workers/residents participated. This programme was supported by 2 doctors, 14 medical staff, and 2 PHDT staff. In addition to medical screening, participants received valuable guidance on nutrition, hygiene, and preventive care. The programme was highly appreciated by the community and underscored the importance of regular health services in rural estate areas.

Article By: Hashini Wickramasinghe.

Tuberculosis Awareness Programme at Dickoya Estate



A Tuberculosis (TB) Awareness Programme was conducted on 8th October 2025 at Dickoya Estate to enhance knowledge and awareness among estate workers about Tuberculosis — its causes, transmission, prevention, and treatment options. This initiative aimed to promote early detection and timely medical intervention to reduce TB prevalence within the estate community.

Objectives

- To educate estate workers on what TB is and how it spreads.
- To create awareness about preventive measures to stop the transmission of TB.
- To promote early diagnosis through sputum collection and testing.
- To inform workers about available TB treatment services and support from nearby hospitals.

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Tuberculosis Awareness Programme at Dickoya Estate...

- To reduce stigma and misconceptions related to TB within the community.

Program Activities : The session began with an introduction to TB and its impact on community health. A health officer explained the causative organism (*Mycobacterium tuberculosis*) and described the main symptoms such as persistent cough, fever, night sweats, weight loss, and fatigue.

Participants were informed about how TB spreads through droplets released when an infected person coughs or sneezes, and the importance of covering the mouth and nose, maintaining ventilation in houses, and ensuring regular health check-ups.

Practical demonstrations were conducted on how to collect sputum samples properly for diagnosis and where to submit them for testing. Participants were also made aware that TB treatment is completely free of charge at government hospitals and that directly observed treatment (DOTS) ensures full recovery when followed correctly.

Community Testimony : A significant and touching part of the program was the testimony shared by a mother from the community. She spoke about her daughter who had passed away from TB after not completing her medication. Her story offered a real-life perspective on the dangers of ignoring TB symptoms and not adhering to treatment. This emotional account created a strong awareness among the participants about the importance of early detection, treatment adherence, and family support.

Key Messages Delivered

- TB is preventable and curable.
- Early detection through sputum testing saves lives.
- Completing the full course of medication is essential for recovery.
- Maintain good ventilation and hygiene to prevent spread.
- Stigma reduction is important to encourage patients to seek care early.
- Free TB treatment and diagnosis are available at nearby government hospitals.

Outcomes and Feedback

The participants actively engaged in the discussion and clarified doubts about symptoms and treatment. Many expressed willingness to undergo sputum testing if they developed a persistent cough. Health volunteers also agreed to support the community in identifying suspected cases.

Conclusion

The TB awareness session at Dickoya Estate successfully improved the understanding of workers regarding the disease and highlighted the importance of community participation in TB prevention and control. The personal testimony made the session more impactful, leaving a lasting impression on the participants.

Recommendations

- Conduct regular follow-up awareness programs and screening clinics.
- Encourage household-level awareness to identify symptoms early.
- Strengthen collaboration with the nearest hospital's TB unit for testing and case management.
- Engage community volunteers and estate health staff in continuous monitoring and support.

Article By: Yuprishiya

Cluster Review Meeting for Estate Superintendents and EWHC'S Chairmen - JEDB



A cluster Review Meeting was held on 15th of September 2025, at Hantane Estate Club in Kandy for Estate Superintends / EWHC'S Chairmen of Janatha Estate Development Board (JEDB). The meeting focused on three main areas Engineering, Health & Mobilization.

Review Included:

- Review of CDC attendance & MSWR receivals.
- Progress of nutrition & weighing status.
- Status of Onsite Thripasha feeding.
- Monthly Reports of PFWO's & CDO's.
- EWHC'S status (Audits, AGM's, By law Registrations).
- Ministry Housing Balance work in progress.
- IHP Progress.
- IHP Infrastructure Work Progress.
- Clean Sri Lanka Work Progress.

Participants: Regional Director, Engineering Assistants, Project Officer Health, Community Development Officer, Secretary from PHDT Kandy & JEDB Estate Superintendents 14.

Article By: Hashini Wickramasinghe.

Mountjean Estate, Balance Housing Project- Nearing Completion to enhance community living Conditions



Under the Ministry of Plantation and Community Infrastructure, the Balance Worker Housing Project at Mountjean Estate, Mountjean Division (GGH 2018), has reached significant progress. Window installation has been completed, and final finishing work is currently underway, marking approximately 90% completion of the project. The work is progressing according to schedule, with continuous support and collaboration among ministry officials, estate management, and beneficiaries, under the close guidance and supervision of the PHDT engineering team. Once completed, this project will greatly contribute to improving the living standards and overall well-being of the deserving estate community

Article By: Charaka Kulathunga.

Sogama, Sanquhar, Hellebodde, Rothschild, Melfort, Kaloogala International Children's Day Celebrations - Pussellawa Plantations



The International Children's Day celebrations were held on 8th of October 2025, at the Pussellawa Tennis Club bringing together children 5 years of age from the estates of Sogama, Sanquhar, Hellebodde, Rothschild, Melfort, and Kaloogala. The event was very joyful, happy and a memorable occasion for the kids who participated and who will be leaving the CDC's next year for higher education. Each child was provided with a glass of milk, cream cracker biscuits with Marmite, lunch and gift packs generously sponsored by Hemas. Various games and fun competitions were held and the winners were given prizes sponsored by the Plantation Human Development Trust (PHDT). The entire event was excellently organized and coordinated by the management team of PPL along with the PHDT team. This memorable programme brought smiles to the faces of all the CDC children who participated.

Article By: Hashini Wickramasinghe.

Quarterly Review Meeting for Health & Welfare Staffs / EWHC'S Clerks



A Quarterly Review Meeting was held on 15th of September 2025, at Hantane Estate club in Kandy for Health & Welfare Staff, EWHCS's clerks of Janatha Estate Development Board (JEDB). The meeting focused on two main areas: Health & Mobilization.

Review Included:

- Review of CDC Attendance & MSWR receivals.
- Progress of Nutrition & Weighing status.
- Status of Onsite Thripasha feeding.
- Monthly Reports of PFWO's & CDO'S.
- EWHCS status (Audits, AGM'S, By Law Registrations)
- EWHCS Monthly Progress Reports

Participants:- Regional Director, Project Officer Health, Community Development Officer, Secretary of PHDT, Child Development Officers , Plantation Family Welfare Officers & Estate Medical Assistants, EWHCS's clerks from JEDB estates.

Article By: Hashini Wickramasinghe.

Remembrance Notice



It is with deep sadness that we remember our dear colleague and friend, Dhanushka Daswatta. He was an invaluable part of our team, known for his dedication, kindness, and positive spirit. Dhanushka touched the lives of everyone he worked with, always bringing warmth, professionalism, and a genuine care for others.

Though he is no longer with us, his impact will continue to be felt in the work we do and the memories we share. We are grateful for the time we had together and the legacy he leaves behind.

Our thoughts and deepest condolences are with his family, friends, and all who knew him and will be greatly missed, but never forgotten.

With heartfelt remembrance,
TEAM PHDT

Edited & Designed by: Dhanushka Tharanga