



NEWSLETTER



2024 – 01st QUARTER [January – March]

Kegalle Plantations PLC

PLANTATION HUMAN DEVELOPMENT TRUST - KEGALLE

Introducing 5S System

By implementing the 5S System, parents can create a more organized, efficient, and enjoyable living space for themselves and their families.



Ambadeniya Estate

Parental Awareness Programme



Etana Estate



Ambadeniya Estate

The purpose of this programme is to educate parents about the child safety, nutrition, sanitation. 20 people participated in this programme.

“Poshana Paye” Programme

This programme is a vital initiative aimed at enhancing the nutritional status of children enrolled in the Child Development Centers (CDC). Through this programme, parents are empowered with knowledge and resources to make choices regarding their children's dietary intake.



Drugs Distribution Programme

Drugs distribution programme was conducted to distribute free grant drugs to facilitate health and nutritional level of Estate children.



Estate	Total Value: Rs
Etana, Madeniya, Pallegama	60,821.02

Re-Opening of Etana Northland CDC

Having considered on the safety measures for the children by the estate, the Northland Division CDC was re-opened. The primary purpose of this is to provide basic education to the children. The required guidance and counseling were provided by PHDT, and the support of Plantation management was given for this purpose.



Oral Cancer Screening Programme



The oral cancer screening programme was conducted to facilitate estate workers to maintain effective oral hygiene practices among the resident estate population, who are carrying out unfavorable health habits such as betel chewing, smoking, etc., and with this programme, estate workers gained the opportunity to check oral cancer and the identified patients were referred to hospitals for further treatments. This programme was conducted with the Regional Dental Surgeon – RDHS Office – Kegalle.



Estate	Participation	Value of the programme
Eadella	39	50,000.00
Atala	29	50,000.00
Etana	23	50,000.00

Hygiene kits Distribution Programme

The programme was launched with the support of UNICEF and facilitated by PHDT to improve the health status of plantation children aged 0-5 years.



Estate	No of Hygiene kit	Value
Golinda	57	56,875.17
Etana	50	49,890.50
Ambadeniya	60	68,848.89
Hathbawa	23	22,949.63
Udapola	41	40,910.21
Madeniya	37	36,918.97

Estate	No of Hygiene kit	Value
Pallegama	20	19,956.20
Dothaloaya	44	43,903.64
Weniwella	57	56,875.17
Atala	117	116,737.77
Yataderiya	67	66,853.17

Special Ayurvedha Clinic for Children on Weight Management



The programme was implemented with a special Ayurvedic Clinic with a view to focusing on weight management. The clinic provides appropriate solutions to children's weight-related problems by combining traditional Ayurvedic principles with modern nutrition science. Through personalized counseling, dietary recommendations, herbal supplements and lifestyle adjustments were gained.



The aim is to promote weight management, fostering their overall well-being and vitality. This programme was conducted with the Ayurvedic Department – Kegalle and follow up programme are being conducted by the PHDT Health Team.

Awareness Programme on Dengue, disposal of garbage and other public health issues

An Awareness Programme on Dengue and other public health issues were tailored specifically in the plantations with the facilitation of PHDT, Kegalle. Through interactive sessions and informational materials, the residents were educated about the prevention of Dengue fever and the importance of proper garbage disposal in mitigating mosquito breeding grounds. Additionally, PHDT addressed various other public health concerns relevant to the community. By fostering awareness and understanding, our initiative aimed to empower residents to take proactive measures to safeguard their health and enhance the well-being of the entire estate.



Education on prevention of anemia and providing of wormy treatments to Plantation Community

Our program facilitated distribution of 500 mg of mebendazole to our estate residents. Mebendazole is an essential drug for the treatment of common intestinal worm infections in many communities. The programme aims to improve the health and well-being of estate residents by providing access to essential medicines. PHDT Kegalle facilitated this program.



Weniwella Estate

Parambe Estate



Disaster Management Awareness Programme for Estate Community

PHDT Kegalle organized a disaster management awareness programme to improve disaster preparedness among our estate community. The initiative aims to educate residents about various potential hazards and equip them with practical knowledge and skills to mitigate risks and respond effectively to emergencies. Through interactive workshops, training sessions and information materials, participants were briefed on evacuation procedures, first aid measures and strategies to protect property and life.



Community Home Gardening Awareness Programme & Distribution of Vegetable Seeds



The aim is to empower residents with the knowledge and skills needed to cultivate and effectively manage household finances. From growing nutritious produce to budgeting wisely, the programme provides participants with practical knowledge to enhance their well-being and sustainability. PHDT Kegalle facilitated this programme.

Ayurvedic Health Camp for Adults at Doteloya Estate

An Ayurvedic health camp was organized for the elderly people in the plantation sector and this camp not only provides consultations with Ayurvedic doctors but also provides access to essential Ayurvedic medicines with the assurance that those in need had access to appropriate medicines to address their specific health concerns. Additionally, PHDT directed individuals to attend Ayurvedic clinics, where they were also given ongoing treatment and guidance for their well-being. Our programme aimed to empower individuals to embrace the principles of Ayurveda for their well-being. This program was conducted with the Ayurvedic Department – Kegalle which is being followed up by PHDT Health Team.



Total Amount: Rs: 50,000.00

Cluster Review Meeting



A Cluster Review Meeting was conducted for Estate Managers, where discussions were held to conduct joint programmes and activities with PHDT, Estate Management and EWHCS.

Following points were discussed at the meeting for better understanding and to get facilitation on PHDT programmes and activities:

- Timely submission of Reports & Documents by PFWOs / CDOs and EWHCS Clerks
- Discussion on practical issues implementing morning meal programme
- Distribution of CD & NCD Awareness Posters & Leaflets to Estates
- Improve CDC Attendance
- Improve Nutritional Status and weight of Children by providing morning meal
- Maintenance of Critical Incident Diary
- Submission of EWHCS Monthly progress Reports
- Status of WANISA Development Fund Contribution
- Awareness on Leptospirosis



Quarterly Review Meeting for Health, Welfare & EWHCS Staff



- This meeting was conducted with Health Staff of Plantation Companies. Discussed health related matters and updated on PHDT activities.
- Further, this was a forum, where all the Health, Welfare & EWHCS Staff were called over to discuss various matters related to their job responsibilities.



- EWHCS Audit Progress
- Maintaining Books
- Meetings (AGMs / Committee meeting)
- EWHCS monthly reports
- Wanisa Development Fund Collection
- EWHCS Training Programme in 2023
- Handing Over/ Taking Over Notes
- CDC Morning Meal Fund
 - * Audit Community Productivity & 5S Concept
 - * Education / School dropouts
 - * Household Cash Management.