

COMMUNITY CANVAS



Sri Lanka's First Community News Paper

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



I am Danushka Madhusanka from the Thalangaha Estate of Watawala Plantations PLC. I studied at Richmond College in Galle. I got 3As for my A/L in Arts stream (DR-68, IS-619, Z- 1.8818)



I am Arulselwan Shamila from the Frocester Estate of Horana Plantations PLC and studied at KL/ Millakanda T.M.V and passed my A/Ls with 3As.



I am Kisara Savinda Kodikara from the Adapana Estate of Mathurata Plantations PLC and I extend my heartfelt gratitude to the Plantation Human Development Trust (PHDT) for awarding me this valuable scholarship



I am Sivaperuman Aglish. I reside in the Lower Division of Radella Estate from Talawakelle Tea Estate PLC. I am studying at the University of Jaffna and attached to the faculty of Arts.



I am Darshan Varunika of Gonamotawa Estate of Agarapathana Plantations Plc and I studied at Bandarawela Tamil central collage – Bandarawela.

The **Roots to Wings Scholarship Programme** fits seamlessly into plantation community's mission of empowerment and growth. From what the PHDT emphasizes dignity, ambition, and transformation especially for plantation graduates. This scholarship acts as a tangible extension of those values, providing opportunities for upward mobility while reinforcing the idea that education is a tool for lasting change.

By highlighting it in **Community Canvas**, you're ensuring that it

becomes more than just a financial aid initiative it becomes a symbol of hope and progress for the entire community. it is offered as a start up package for the students to walk through this path in a more confidence and with a clear mind to entre the university

Student details cont. to Page 02...

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Awarding Scholarships to Plantation Children...

• Danushka Madhusanka...

and have been selected to Sabaragamuwa University of Sri Lanka. By now, I have already started my degree programme in Tourism & Hospitality Management. My ambition is to work for Sri Lankan Airline and to be a Famous Traveler in the world. Certainly, I am proud of myself and grateful to my mother. Because my mother is a Plantation Worker in Nabadawa Division of Thalangaha Estate. She is my everything, and I'm very proud of her.

I received a scholarship from the plantation human development trust. Actually, I was very happy and I'll spend the money for my higher studies. So, I would like to thank you, Especially the Chairman of PHDT and other all members. Thank you so much to giving me this opportunity. Finally, I wish that you will have the strength and courage to help more children like us in the future

• Arulselwan Shamila...

I am deeply grateful to the PHDT for the generous startup grant of Rs.50,000/= which will greatly support my initial expenses as I begin my journey at the facility of Arts, University of Peradeniya. My ambition is to be a teacher.

• Kisara Savinda Kodikara...

This support plays a significant role in facilitating my continued higher education. My mother, who has served over 30 years in the plantation sector and is currently employed as an administrative officer at the Andapana Estate, as a student, receiving such assistance is a tremendous encouragement and a meaningful contribution toward achieving my academic and professional goals. I am deeply thankful for this investment in my future and sincerely appreciate the support extended to me.

Article By: D.Venmathirajah

• Sivaperuman Aglish...

Arts. My mother works at Radella Estate. I obtained 1A and 2B passes at the at G.C.E A/L. My sincere appreciation to PHDT and the Donors.

• Darshan Varunika..

At the A/L exam in the maths stream I obtained 3A passes with a District rank of 3 and all island 29th rank and was selected to the University of Moratuwa to pursue my further studies at the Engineering faculty. I am deeply thankful for this scholarship

Article By: D.Venmathirajah

International Symposium on Sustainable Plantation Management on 20th May 2025



The **National Institute of Plantation Management**, established in 1979, is Sri Lanka's the only scientific and training institute dedicated to the plantation sector. It goes beyond training by conducting vital research and organizing international symposiums to share knowledge and technology. The government supports the commercialization and dissemination of research

outcomes to the grassroots levels. A recent international research seminar hosted by the institute included participation from key international and local representatives, highlighting its importance to sustainable industry development. The chief guest was **Hon. Minister Samantha Vidyaratne, Ministry of Plantation and Community Infrastructure**.

Clean Sri Lanka Programme - Community Mobilizing Phase in Galle Region



The Community Awareness Programme on the Clean Sri Lanka Ministry project was conducted across several estates, namely Millakanda Estate (Horana Plantations PLC), Rayigam Estate (Kotagala Plantations PLC), Divithura Estate and Lelwala Estate (Elpitiya Plantations PLC). The initiative aimed to raise awareness about environmental sustainability and promote clean and green practices within these plantation communities. Programme facilitated by PHDT.

Discussed in Implementation plan and it is objective.

- Purpose of Clean Sri Lanka project
- Surrounding cleanliness and good health practices
- Postal address
- Expenditure for relevant renovations
- Community Commitment
- Issuing of NIC, Birth Certificates and Marriage Certificate

Article By: B.M. Maduka

Awareness Session on Efficient Cook Stove Distribution Conducted for Estate Management and Officials. (NILCARBON Project)

An informative awareness session was successfully conducted in April 2025 for Estate Superintendents and Plantation Family Welfare Officers (PFWOs) regarding the upcoming free distribution of efficient cook stoves to plantation worker families under the NILCARBON Project. The session was chaired by the Regional Directors and his dedicated teams, emphasizing the project's importance in improving the health and well-being of plantation communities through sustainable cooking solutions. Mr. Dhanushka Daswatta from the Head Office, along with representatives from the NILCARBON team, provided comprehensive insights into the environmental and economic benefits of adopting energy-efficient cook stoves. The initiative aims to reduce firewood consumption, minimize indoor air pollution, and contribute to the region's broader climate resilience efforts. Active participation and engagement from estate management underscored a shared commitment to enhancing the quality of life for plantation workers and their families. The above events were conducted in Ratnapura, Badulla, Kegalle, Kandy and Galle regions respectively. The stoves will be given free of charge.



Badulla Region



Kegalle Region



Kandy Region



Ratnapura Region

Clean Sri Lanka Project



The Plantation Human Development Trust (PHDT) is actively supporting the Clean Sri Lanka Project involving in the initiatives led by the Ministry of Plantation and Community Infrastructure, aimed at improving living conditions in Sri Lanka's plantation sector.

PHDT is playing a key role in coordinating and implementing various aspects of the project across 78 sets of lines selected estates which include 1072-line housing units and 5000 beneficiaries residing in them. The PHDT engages with estimating repair works, conducting awareness programme for Estate Management, community mobilization, logistical support, technical assistance, quality controlling, coordinating ministry activities and final evaluation of project.

The project focuses on upgrading living conditions through re-roofing

of 50 lines, painting line rooms, repairing damages and cleaning the surrounding areas. Beyond physical improvements, the initiative will also provide residents with formal postal addresses and facilitate access to essential documentation services, including the issuance of identity cards and birth/death certificates. In addition, awareness programme and health camps will be conducted to educate and improve standards of the plantation community. The leadership and guidance for the project provided by the Hon. Minister, Mr. Samantha Vidyaratna, the Minister of Plantation & Community Infrastructure with the participation of Hon. Deputy Minister Mr. Sundaralingam Pradeep and the committee appointed by him for the task.



The Ministry expected to continue with this programme to improve the living standard of the community.

Article By: Dilan Senanayake

"Lassana Jeewithayakata Para Kiyamu" – A Training Module to Empower CDOs.



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“Lassana Jeewithayakata Para Kiyamu”



A comprehensive training programme titled “Lassana Jeewithayakata Para Kiyamu” was successfully conducted for Child Development Officers (CDOs) at the Pingarawa Teachers’ Training Centre on 30th April 2025. Organized by the Early Childhood Development Authority of Uva Province, this capacity-building initiative focused on equipping CDOs with the knowledge and practical skills required to implement child-friendly activity modules aimed at fostering holistic early childhood development.

The training covered a wide range of interactive and evidence-based modules designed to support the physical, emotional, cognitive, and social development of young children within estate communities. Participants were actively engaged through hands-on sessions, group discussions, and demonstrations of age-appropriate learning activities, enabling them to better support caregivers and child development centers at the grassroots level.

The programme not only enhanced the professional competencies of the CDOs but also reinforced their vital role in bridging the gap between families and early childhood services. The commitment and enthusiasm displayed by the participants underscored their dedication to creating nurturing and stimulating environments for plantation children to thrive.

Article By: R M C Rathnayake

Health Promotion Programme Empowers CDOs in Haputale MOH Area - Agarapatana Plantations on 24th April 2025



A health promotion programme was held at Boralanda Police School for 20 Child Development Officers (CDOs) from the Haputale MOH area, organized to enhance their well-being, skills, and community impact. The event focused on personal wellness, stress management, healthy lifestyles, and teamwork. The Plantation Human Development Trust (PHDT) coordinated the initiative, aiming to empower CDOs as effective change agents in plantation communities.

Article By: R M C Rathnayake

Parental Awareness Session on Child Growth Monitoring Held at Wewessa Estate - Balangoda Plantations



A parental awareness session was held at Wewessa Estate to educate families on the importance of child growth monitoring and regular attendance at Child Development Centres (CDCs). Organized by the PHDT regional team, the session covered interpreting growth charts, identifying nutritional issues, and the benefits of early intervention. Parents actively participated, showing greater awareness and commitment to their children’s health. The initiative strengthens

the connection between families and child development services in plantation communities.

Article By: R M C Rathnayake

PHDT Kandy, Kegalle & Hatton Regional Offices Celebrate Vesak 2025



Hatton Region



Kegalle Region



Kandy Region

To celebrate the spirit of the Vesak Festival, the Plantation Human Development Trust (PHDT) of the Kandy, Hatton, and Kegalle regions organized a special dansal to share kindness and compassion with estate communities and the general public. The event brought people together in the true essence of Vesak, promoting unity, generosity, and peace while honoring the teachings of Lord Buddha.

Parent Meeting Held at Haputale Estate to Strengthen Child Development and Nutrition Efforts - Agarapatana Plantations

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Parent Meeting...



A focused parent meeting was successfully conducted on 29th April 2025 at Haputale Estate to raise awareness and promote active engagement in Child Development Centre (CDC) activities. The session brought together 20 parents, who were sensitized on key aspects of early childhood development, the importance of regular growth monitoring, and practical strategies to improve child nutrition within the home environment.

Facilitated by the regional PHDT team, the meeting provided hands-on guidance on interpreting growth monitoring charts and identifying early signs of nutritional deficiencies. Parents were also introduced to simple, cost-effective methods to enhance the nutritional value of daily meals using locally available ingredients.

The session served as an interactive platform for parents to share experiences, ask questions, and strengthen their understanding of the role they play in their children's healthy development. The active participation and enthusiasm displayed by the attendees highlighted the growing community commitment to ensuring a healthier future for plantation children.

PHDT Badulla Regional Office Celebrates Vesak 2025 with Spiritual, Charitable, and Environmental Activities

In celebration of the Vesak Festival 2025, the staff of the PHDT Badulla Regional Office marked the day with a series of meaningful and community-centered activities. The day commenced with a

serene and insightful bana sermon delivered by Ven. Ekiriye Dhammarathana Thero from Sri Kalyanaramaya Temple, setting a spiritual tone for the observance and reminding participants of the core values of compassion, mindfulness, and service.



Following the sermon, an almsgiving was held for the children of the Hingurugama Child Development Centre (CDC), where the young participants were treated with cakes and chocolates, creating a joyful and memorable experience for them in the spirit of Vesak generosity. In alignment with the "Clean Sri Lanka" (Clean SL) initiative and the environmental ethos of Vesak, the team also engaged in a collective clean-up campaign around the office complex. This was complemented by the planting of fruit-bearing and ayurvedic plants, aimed at promoting sustainability and natural wellness within the premises.



The 52 participation of the Regional Director and all staff members reflected a deep commitment to community welfare, spiritual enrichment, and environmental responsibility. This Vesak celebration not only honored the teachings of the Buddha but also strengthened the spirit of unity and purpose within the regional office team.

Article By: R M C Rathnayake

"Wawili Praja Suwa Diviya" – A Combined Health Clinic at Kalupahana Estate - Kelani Vally Plantations PLC



Demonstrating a steadfast commitment to improving the health and well-being of estate communities, PHDT Kegalle, in collaboration with the Regional Director of Health Services (RDHS) and the Ministry of Health (MOH), successfully conducted a large-scale combined health clinic titled "Wawili Praja Suwa Diviya" at Kalupahana Estate on 29th April 2025.

The clinic brought together a range of 6 health screening services, offering estate residents access to much-needed medical care. With a total participation of 228 individuals, the event stood as a milestone in community healthcare outreach within the estate sector. Screenings Conducted and Outcomes:

- Oral Cancer Screening: 94 screened, 7 referred for further treatment
- Eye Screening: 102 screened, 90 referred for specialist care
- Chest Disease Screening (TB): 46 screened, 0 referrals
- STD Screening: 140 screened, 0 referrals
- Well-Women Clinic (Breast Cancer Screening): 110 screened, 0 referrals
- Dental Screening: 67 screened, 3 referred for dental treatment

These screenings enabled the early detection of potential health conditions, ensuring that patients identified with complications were referred for specialized medical intervention promptly.

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Wawili Praja Suwa Diviya...

This proactive approach is critical to minimizing the long-term impacts of chronic and preventable diseases within vulnerable communities.

Organizational Support:

The success of this event was made possible through the collaborative efforts of PHDT staff including the Assistant Accountant (AA) and Project Assistant (PA). From the Regional Plantation Companies (RPCs), key contributions came from the Child Development Officer (CDO), Plantation Family Welfare Officer (PFWO), and Estate Medical Assistant (EMA). Their collective coordination played a vital role in delivering a smooth and efficient healthcare programme.

A Step Forward in Estate Healthcare “Wawili Praja Suwa Diviya” represents a significant investment—both financially and socially—in the health of estate populations. The programme with an estimated value of Rs.4.56 million highlights PHDT’s strategic direction to bridge healthcare gaps and provide accessible, inclusive medical services directly within estate communities. Through such impactful programme, PHDT continues to lead with purpose, ensuring that estate residents not only have access to essential healthcare but also receive the guidance and follow-up necessary for long-term wellness.

Article By: Shamoora Cassiere

Establishment of Children’s Society in Palugaswewa Estate - Chilaw Plantations Limited



Under the guidance of PHDT Kegalle, a Children’s Society was established at Palugaswewa Estate to empower estate youth and promote personal development. With 25 children participating, the launch event featured activities focused on discipline, respect, cooperation, and leadership. The initiative aims to create a positive, child-centered environment through regular educational, creative, and social programs that strengthen community bonds and nurture future leaders.

Article By: Shamoora Cassiere

PHDT Ratnapura Regional Offices Celebrate Vesak 2025



To mark the Vesak festival, PHDT Ratnapura region organized a meaningful almsgiving at a local elders’ home, sharing compassion and care with senior citizens. Additionally, a Bana preaching was held at the regional office to invoke blessings for the PHDT team, fostering spiritual reflection and unity in celebration of this sacred occasion.

Article By: R V A N P Wijeratne

Empowering Parents, Enriching Futures - Hatton Region



Parental Awareness Programme on 14th May 2025 at Bogawanthalawa Tea Estate Plantation Parenting in today’s world comes with unique challenges and evolving responsibilities. Recognizing this, the Plantation Human Development Trust hosted a Parental Awareness Programme at the Bogawanthalawa Tea Plantation, focused on helping families adapt to the growing and changing needs of their children.

The session underscored the vital role of parents as a child’s first—and most influential—teachers. Through practical, culturally relevant strategies, parents were guided on how to raise emotionally intelligent, responsible, and resilient children.

Key Takeaways from the Programme

- **Be Role Models at Home** Children absorb what they see. A peaceful household free of visible conflict teaches children to manage relationships calmly and respectfully
- **Teach with Love and Discipline** Give children what they need, not everything they want. This instills gratitude, financial awareness, and discipline from an early age.
- **Promote Healthy Habits** Balanced meals and an active lifestyle are foundational to a child’s physical and mental well-being.
- **Emotional Intelligence Matters** Help children name and manage their emotions—especially anger—and guide them toward expressing feelings in safe and constructive ways.

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Empowering Parents,
Enriching Futures....

- **Build a Kind and Respectful Home** Kindness and respect shouldn't be occasional—they should be daily habits. These values create a nurturing and stable environment for children to grow
- **Teach Boundaries and Safety** Beyond “good touch” and “bad touch,” teach children about bodily autonomy. Reinforce that their body belongs to them—and no one may touch them without their permission
- **Rights and Responsibilities** Children must understand both their rights and their responsibilities. Empower them to be active, respectful, and accountable members of the family and community.

Community Impact:
This programme represents a vital step toward strengthening family bonds and empowering parents within the plantation community. By investing in parental education, we lay the foundation for a generation of confident, secure, and capable children

“When parents
grow, children
thrive.”

Article By: Jenova Gunaseelan

Awareness of Indian Grant
Housing Projects 2025 Phase
– V - Hatton Region



Indian Grant Housing Programme Stage II - Phase V - 4700
Houses List

No	Region	No of Project	No of Units
1	Badulla	55	2044
2	Kegalle	21	417
3	Kandy	36	717
4	Galle	7	147
5	Hatton	14	353
6	Nuwara Eliya	24	755
7	Ratnapura	14	267
Total		171	4700

The Ministry of Plantation and Community Infrastructure has approved the construction of 4,700 Houses under Indian Grant Housing Scheme month of April 2025. Out of these houses priority has been given to accommodate community living in disaster prone areas and as well as people living in temporary accommodation due to natural calamity. The PHDT has been entrusted by the Ministry to handle the land selections, facilitating the NBRO report, surveying and in addition.

to mobilizing the community, in the RPC's, JEDB, SLSPC and Elkaduwa Plantations, and the Initial work has been already commenced by PHDT and it is expected to complete the 4,700 houses in 2 years and hand over to the selected beneficiaries. The required land for housing will be provide by the respective RPC's and Government entities and PHDT will design and deliver treated water and also facilitate Internal road network and coordinate CEB to provide electricity at site.

Article By: Dilan Senanayake

An extensive awareness initiative was recently conducted on the “Indian Grant Housing Projects 2025 Phase – V,” which comprises a total of 14 housing projects aimed at enhancing the quality of life for plantation worker families in Sri Lanka. This critical phase of development focuses on the sustainable resettlement of these families into newly established cluster villages or small townships, ensuring long-term livelihood and social stability. The project is a result of the strong bilateral cooperation between the Government of India and the Government of Sri Lanka, formalized through a Memorandum of Understanding. A significant stakeholder meeting was held at the PHDT Training Centre, Strathdon Estate.

It brought together a wide spectrum of participants, including estate Managers, Assistant Managers and Plantation Family Welfare Officers from IHP-allocated estates, representatives from Regional Plantation Companies (RPCs), and regional officials such as Senior Director, Coordinating engineering assistant (CEA), Engineering assistant (EA), Technical Officer (TO), Project Officer (PO), Project Assistant (PA), and ICT Officer (ICTO). The awareness sessions covered critical topics such as the roles and responsibilities of the Plantation Human Development Trust (PHDT), RPCs, and the Estate Worker Housing Cooperative Societies (EWHCS), alongside those of implementing agencies and the beneficiaries themselves. Special emphasis was placed on the procedural requirements for estate management, particularly the documentation required for land release. Furthermore, the sessions guided stakeholders on how to identify suitable land for housing, considering factors such as slope, soil type, availability of water sources, accessibility, and the historical context of the land. These discussions are expected to enhance coordination among stakeholders and promote informed decision-making, thereby laying a solid foundation for the successful execution of the Indian Grant Housing Projects 2025 Phase – V.

Article By: H.W.S.Malshani

Reactivating Estate Worker Housing Cooperative Societies (EWHCS) in the Hatton Region

Estate Worker Housing Cooperative Societies (EWHCS) serve as vital institutions within the plantation sector, playing a critical role in improving living standards, promoting community ownership, and advancing social welfare, development, and financial inclusion among estate worker communities. When these societies become inactive, it presents a significant challenge to the effective implementation of welfare initiatives aimed at uplifting these communities. Recognizing this issue, the Plantation Human Development Trust (PHDT) – Hatton Region, in collaboration with the Department of Cooperative Development, has launched a targeted initiative to identify and revitalize inactive EWHCS. Under the strategic leadership of the Senior Director, field assessments were conducted to evaluate the operational status of selected cooperative societies and provide the necessary support to restore their functions and potential.

The following EWHCS were visited on 19th May 2025 & 20th May 2025 as part of this intervention:

Resource personal: Mr. Thushitha, Officer of Cooperative Department



Eildonhall Estate



Strathspey Estate

These visits were designed to identify operational challenges, engage with local stakeholders, and formulate strategic plans to facilitate the reactivation of the cooperatives. Through this proactive engagement, PHDT and the Department of Cooperative Development aim to reinstate these societies as effective platforms for social and economic empowerment. The reactivation of these EWHCS is expected to strengthen the support systems that are crucial for the wellbeing of estate worker communities, ensuring the continuity and impact of development programme in the plantation sector

Article By: *Jenova Gunaseelan*

Awareness of Ministry Approved Housing Project 2025 - Construction of Balance Work



On 19th May 2025, an important awareness meeting was convened at the PHDT Training Centre, Strathdon estate focusing on the “Ministry Approved Housing Project 2025 – Construction of Balance Work.” This meeting was a pivotal step in advancing the remaining phases of construction work under the Ministry-approved housing initiative, which aims to uplift the living standards of plantation worker communities through proper housing infrastructure. The session brought together a wide range of stakeholders directly involved in the implementation and management of the project. Participants included Ministry Housing Project Allocated Estate Managers, Assistant Managers and Plantation Family Welfare Officers (PFWOs) representing the Regional

Plantation Companies (RPCs), along with key regional personnel such as the Senior Director, Coordinating Engineering Assistant (CEA), Engineering Assistant (EA), Technical Officer (TO), Project Officer (PO), Project Assistant (PA), and ICT Officer (ICTO). Central to the discussions were various critical issues faced by the beneficiaries, particularly those related to delays, housing quality, and service provision. The session also covered the procedural and administrative requirements for signing off on mobilization claims, which are essential to initiate or continue construction activities at the estate level. This meeting served not only to reinforce communication among the involved parties but also to streamline operational processes, address ground-level challenges, and ensure the timely and effective completion of the balance construction work under the Ministry’s housing programme.

Article By: *H.W.S.Malshani*

Sexual Transmitted Diseases (STD) - Nuwar Eliya Region

Sexually Transmitted Diseases (STDs) remain a significant public health issue across the globe, especially in under-served and high-risk communities. The estate sector, which often includes plantation and agricultural workers in remote or semi-urban areas, faces unique challenges that heighten the risk of STD transmission and hinder access to proper care. Raising awareness and promoting regular screening in these communities is not just a health imperative, it is a social and economic necessity. Estate sector populations often live in isolated settings with limited access to healthcare facilities, sexual health education, and preventive services. Factors such as low literacy rates, economic dependency, cultural taboos around sexual health, and a high prevalence of migrant labor contribute to increased vulnerability to STDs.

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Women, in particular, are at greater risk due to gender inequality, lack of negotiation power in sexual relationships, and limited access to reproductive health services. Left unaddressed, STDs can lead to severe complications such as infertility, chronic pain, miscarriage, and increased susceptibility to HIV.

PHDT's Stand Against STDs in Plantation Sector

STD Screening

Early detection through regular STD screening is vital in reducing transmission rates and ensuring timely treatment. Screening helps identify infections even when symptoms are not present and crucial because many STDs can be asymptomatic but still cause long-term damage or be passed on to others.

In the Month of May-2025, PHDT conducted 2 STD Screening and awareness programs at Mahacoodagala Estate on 20.05.2025 and Concordia Estate on 26.05.2025, and altogether many adults were screened for STD by Dr.Geeth, Venerologist, STD Unit, District General Hospital, Nuwara Eliya.

The individuals diagnosed with STD will be notified for extensive treatment and counselling.



Raising Awareness: A Community Responsibility

Awareness is the first line of defense in preventing STDs. Educational programs tailored to estate workers in local languages and culturally appropriate formats are essential to increase understanding of:

- What STDs are and how they spread.
- The importance of using protection during sexual activity.
- Where and how to access screening and treatment.

Capacity building programme on STD for Estate Health Staff

Training estate health staff on the prevention, identification, and management of sexually transmitted diseases (STDs) is crucial for improving public health outcomes in estate communities. These areas often face barriers such as limited access to healthcare, low awareness, and social stigma surrounding sexual health. Equipping Estate Medical Assistants (EMAs) and Estate Public Health Midwives (PHMs) with accurate knowledge and practical skills enables early detection, appropriate referral, and effective health education at the grassroots level. This not only helps reduce the spread of infections but also empowers the community with preventive knowledge, promotes safer sexual practices, and reduces long-term health complications.

Moreover, trained staff can serve as trusted sources of information, helping to break down myths and encourage behavior change in a culturally sensitive manner. In this way, capacity building in STD prevention becomes a key pillar in strengthening estate healthcare systems and promoting overall community well-being.



Article By: V. Abinaya

Commemoration of Vesak festival at Nuwara Eliya region



The Vesak festival was commemorated with great spirit in the Nuwara Eliya region, marked by a heartfelt display of devotion and community service. A Kadala Dansal was organized, warmly serving all passersby and symbolizing the essence of giving and compassion that defines Vesak. The office premises were beautifully decorated with vibrant lanterns and serene Buddhist imagery, creating an atmosphere of peace and reverence. This celebration not only honored the life, enlightenment, and passing of Lord Buddha but also spread immense joy and unity among the society, fostering a sense of togetherness and shared humanity.

Article By: Rackshana

Health camp at Hunasgeria Estate – SLSPC in Kandy Region

A health screening programme was organized at Hunasgeria state plantation on 14th of May 2025. We arranged the screening for NCD, Dental and oral cancer, TB and well women clinic for 142 participants (workers and residents) through the RDHS Matale with the support of the estate management and the estate health and welfare team.

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Health camp at Hunasgeria...



At this health screening 18 identified patients were referred to the respective monthly clinics for further treatment.

Article By: Hashini Wickramasinghe

Awareness Programme on “Nutritional Plate” for Health Staff



An awareness programme on the Nutritional Plate was held on 30th April, 2025 at Rifle Corps Camp in Pallekelle for the entire health staff of Kandy, region. The programme was organized by PHDT, Kandy.

The aim of this programme was to educate the health staff about healthy eating habits and the importance of a balanced diet. The PHDT health team explained how to make a healthy budget meal using the nutritional plate with the right quantities of vegetables, grains, proteins, dairy and fruits. The health staff were given a detail education of how good nutritional food will help people to stay strong and healthy.

This programme helped the health staff to improve further, their knowledge on nutritional food diet so that they can pass this valuable message learnt to the worker

associates and to the resident worker population on estates and to improve their living status

Article By: Hashini Wickramasinghe

Clean Sri Lanka Project – 2025 Awareness Programme.

As part of the “Clean Sri Lanka Project” 2025, an awareness programme was conducted targeting the following estates:

- Rothschild Estate – PPL.
- Harepark State Plantation – SLSPC.
- Levellon Estate – JEDB.

This initiative was carried out by the PHDT Kandy Regional Office in collaboration with representatives from the respective estate management teams.

During the sessions, we discussed the implementation process for re-roofing and carrying out minor repairs on selected line rooms. Emphasis was placed on the importance of active beneficiary participation, as their support is crucial to the successful completion of the projects. In the meantime, we had given the material requirement to the Estate management which has to be borne by the RPC.



Rothschild Estate – PPL 29/04/2025



Harepark State Plantation – SLSPC - 08/05/2025

Article By: Charaka Kulatunga.

Awareness programme on home gardening On Kandy Region



Awareness program on home gardening and HHS cash management for CDC mother groups at Helleboode Estate (PPL), Memale Division on 09th May 2025

Article By: Sisira Dishanayake

Commemoration of Vesak festival - Galle Region

Programme was organized by the Office staffs PHDT Galle on 15/05/2025 at Bentota Estate - Elpitiya Plantation for the plantation and the village community.



- Awareness programme by the Environmental Officer at DS Elpitiya on Buddhist Teaching & it's impact on an environmentally friendly society.

- Continued Dansal with Halapa, Banana & Osupan.

Article By: M.D. Amarasinghe

Strengthening of Occupational Safety and Health (OSH) through Community Mobilization in the Plantations on Ratnapura Region



As a progressive step towards improving occupational safety and health (OSH) standards across plantations in Sri Lanka, plantation workers are being actively involved under the 'Safety + Health for All in South Asia' project launched in 2024 with an investment of Rs.14.4 million. This initiative was a joint effort among the International Labour Organization (ILO), Regional Plantation Companies (RPCs), the Sri Lanka Private Tea Factory Owners Association (SLTFOA) and Plantation Human Development Trust (PHDT),

The underlying methodology of this project was the direct involvement of workers to foster a culture of safety and well-being in their respective workplaces. Through regular estate-level visits, Management, staff and community members are encouraged to take ownership of OSH practices, bring in innovation ensuring that safety protocols are effectively incorporated into daily operations raising the standards.

Recent mobilization activities included discussions and assessment of such practices at Halpe Estate of Pussellawa Plantation Ltd and Avissawella Tea Factory managed by RTS Holdings (Pvt) Ltd. These visits provided

valuable opportunities to interact with OSH committees again which included estate representatives. Discussions focused on reviewing the progress of safety measures being implemented, identifying practical challenges and planning for continuous improvement.

Article By: R V A N P Wijeratne

Ratnapura District Health Steering Committee Meeting - Mobilizing the Estate Community through Collaborative Health Governance and Interventions



The active participation of multiple stakeholders at the Regional Health Steering Committee meeting held at the Ratnapura RDHS Auditorium on 29 April 2025 reflects our continued efforts to mobilize the estate community towards shared health priorities. The presence of key representatives including the Director of Estate and Urban Health, Ministry of Health and a Board Director of PHDT Dr. Chintha Gunaratne, Dr. Sarath Amunugama, Director Health – PHDT and Dr. J. Wijewardena, Deputy Regional Director of Health Services – Ratnapura and his Medical team, Regional Director PHDT Ratnapura Region, underscored the commitment to estate health. The Deputy Chairman of the Ratnapura District Planters Association and the representatives Regional Plantation Companies of the Region, namely, Agalawatte, Balangoda, Hapugastenna, Kahawatte and Pussellawa Plantation Companies actively involved in the programme demonstrating a strong collaborative front. Officials from the PHDT Head Office and the Regional Office also contributed to the discussion.

Through this multi-sectoral engagement, shared responsibility in addressing the current health challenges in the plantation sector is endorsed. Participants discussed ongoing health initiatives, identified needs and prioritized interventions aimed to improving the health and well-being of the plantation community strengthening our approach of inclusive planning and grassroots mobilization.

Article By: R V A N P Wijeratne

Supporting the Foundation of a Bright Future – PHDT's Commitment to Child Development Centres - Ratnapura Region



Child Development Centres (CDCs) established at plantations with the involvement of multiple stakeholders intended to ensure the holistic development of children up to five years. The supporting environment fosters physical, psycho-social and cognitive development of children at Child Development Centres through qualified Child Development Officers (CDOs) laying a solid foundation in a nurturing environment offering support to the individual children to reach their maximum potential. Those children who had such a privileged learning atmosphere blossom into highly talented youth in the latter years. As these children grow, PHDT continues to support their educational journey. University scholarships are awarded to those who qualify, helping them pursue higher education.

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Supporting the Foundation of a Bright Future.....

By regular visits and evaluations at CDCs, we ensure that standards are maintained, challenges are addressed, and best practices are shared. These visits allow close interaction with children, parents and staff and provide opportunities for continuous improvement. Through these efforts, PHDT ensures that children in the plantations are empowered to thrive in their chosen disciplines being ready to take their places as future leaders in the society contributing to the development process.

Article By: R V A N P Wijeratne

Estate Communities Empowered Through Community Mobilization and Financial Awareness Programs on Household Cash Management in Ratnapura Region



The Plantation Human Development Trust (PHDT) has been successfully mobilizing the estate communities through a series of programmes and sessions focused on improving household cash management. These sessions have helped estate residents to gain valuable knowledge on managing their earnings, prioritizing savings, and making appropriate spending decisions.

A key contributor to this initiative has been the active involvement of Estate Worker Housing Cooperative Societies that have played a vital role in encouraging families to save systematically and use their income wisely. In addition, the promotion of home gardening has supported this effort by enabling families to grow their own vegetables and fruits, reducing daily expenses and enhancing food security.

The “Clean Sri Lanka” project has further reinforced these positive changes. By raising awareness on cleanliness and hygiene, estate communities have taken proactive steps to maintain a cleaner environment. This leads to improve overall health and a reduction in preventable illnesses while keeping a pleasant living environment.

These combined efforts demonstrate how consistent community mobilization, financial literacy, and sustainable living practices can significantly uplift the quality of life for estate workers and their families.

Article By: R V A N P Wijeratne

Well Women Clinic Held at Wewessa Estate with Strong Support from MOH Badulla - Balangoda Plantations



A Well Women Clinic was successfully conducted on 28th April 2025 at Wewessa Estate with the dedicated support and collaboration of the Medical Officer of Health (MOH) Badulla and their healthcare team. This vital health initiative aimed to enhance the overall well-being of estate women by providing comprehensive screening and preventive care services, including breast and cervical cancer screenings, blood pressure

and diabetes checks, and health education on nutrition and reproductive health.

The clinic witnessed active participation from women across the estate, who benefited from personalized consultations and awareness sessions led by medical professionals. The programme served as a crucial platform to promote early detection, improve health literacy, and encourage regular health check-ups among plantation women—who often face limited access to medical services due to geographical and socio-economic challenges.

The success of the clinic reflects the strong partnership between the estate management, PHDT, and the MOH office, highlighting a shared commitment to advancing women’s health and fostering healthier communities within the plantation sector. 30 women were screened at the programme.

Article By: R M C Rathnayake

UPCOMING EVENTS.....

- PHDT Cricket Tournament 13-06-2025
- Clean Sri Lanka Ministry project
- Continuation of free distribution of cook stove project (Nilcarbon)
- Conservation of watersheds with Rainforest Alliance
- Capacity-building training for PHDT Staff at Radella, Nuwara Eliya. 12-06-2025

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