

# COMMUNITY CANVAS



Sri Lanka's First Community News Paper



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## Investing in People, Preparing for Impact - PHDT's Professional Development Event 12<sup>th</sup>/13<sup>th</sup> June 2025, Radella, Nuwaraeliya, Srilanka



The Plantation Human Development Trust (PHDT) conducted a two-day Capacity Building Programme on 12th June 2025 at Radella Planters' Club, Nuwara Eliya, aimed at enhancing professional and interpersonal competencies among its staff. The programme focused on key areas such as teamwork, leadership, decision-making, communication, accountability, creativity, and regional unity.

### Signing of Memorandum of Understanding (MoU) Between Plantation Human Development Trust and Nilcarbon Lanka (Pvt) Ltd



On the 9<sup>th</sup> of June 2025, a Memorandum of Understanding (MoU) was signed between the **Plantation Human Development Trust (PHDT)** and **Nilcarbon Lanka (Pvt) Ltd** for the implementation of the **Clean Cooking Initiative (CCI) Cook Stove Project** across the plantation sector. This initiative aims to improve the quality of life for plantation families by introducing **modern stainless steel cook stoves** to replace traditional stoves currently in use.

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



I am Sithmi Vihanga from Agarapathana Plantations PLC – Glassgow Estate. My A/L Result was 2As & 1B and with a District rank of 131. Currently I am at Gampaha Wickramarachchi University, the faculty of Indigenous Medicine and Social Studies. My ambition is to be a councilor. This scholarship is very valuable given my economic background. I hope you will have the strength to give more scholarships to deserving children on the plantations.

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Roots to Wings: A Scholarship Programme...



I am Kugendran Yuvendren. I live at St.Coombs Estate Talawakelle at the Tea Research Institute.I got 2As and 1B pass at my A/L in the Arts stream and have been selected to University of Jaffna, Sri Lanka to Faculty of Arts. I am deeply grateful for this scholarship, which has eased my financial burden and inspired me to pursue my goals with greater dedication. Thank you for your generous support. My ambition to be a Political science lecturer and SLAS officer Sri Lanka administration service (SLAS).



My name is K.H Rasadi Nethmini from the Thalangaha Estate of Watawala Plantations PLC. I studied at Sangamiththa Balika Vidyalaya Galle.and got 3As for my A/L with the District rank 266.Now I am attached to the University of Sri Jayawardanapura,faculty of Art. I sincerely thank you for granting me this scholarship. Your generous support has not only eased my burden. I am truly grateful for the opportunity and encouragement this scholarship has given me.



My name is Pemaththu Hewage Akarsha Nethmini.I am from Ketadola Estate from Elpitiya Plantations PLC. I studied G/Ananda Central College – Elpitiya. My A/L results is 1B and 2C passes and a district rank of 33 and selected to the Sabaragamuwa University - Faculty of Bio System Technology. I am truly honored to receive this scholarship and thank the PHDT for choosing me to receive this grant.



I am Logithasan Dhanushkant. I am from Brookside Estate, Udapussellawa Plantations PLC. I studied at CP/W/Ragala High ( National) School Halgranoya. I got 1A and 2B passes at the A/L exam 2023 and was selected to the University of Jaffna - Faculty of Arts. Thank you for believing in me and investing in my future.

Article By: Nethmi Thilakarathne

Signing of (MoU) Between PHDT and Nilcarbon...

Modern cook stoves contribute to better health by burning fuel more cleanly and efficiently, which significantly reduces the emission of harmful smoke and gases. As a result, they improve indoor air quality and lower exposure to toxic fumes. This cleaner cooking environment helps reduce the risk of both chronic and acute respiratory conditions, along

with other diseases associated with poor air quality. Smoke from traditional stoves can cause serious illnesses like Chronic Obstructive Pulmonary Disease, bronchitis, asthma, pneumonia in children, and even lung cancer.

Clean cookstoves reduce harmful smoke, helping lower the risk of these respiratory diseases.

These innovative cook stoves are being provided **completely free of charge** by Nilcarbon Lanka (Pvt) Ltd to eligible plantation families. Furthermore, the company will offer **maintenance support for a period of 10 years** from the date of installation.

The modern cook stoves offer numerous benefits, including:

- **Improved thermal efficiency:** 54% compared to 10.62% in traditional stoves.
- **Reduced firewood consumption:** 500g per hour, compared to 1.3kg per hour in traditional models.
- **Significantly lower emissions,** contributing to a healthier indoor environment.
- **Substantial health benefits** due to reduced smoke exposure.

This project represents a major step forward in promoting sustainable practices and enhancing the well-being of plantation communities. On behalf of the Plantation Human Development Trust, Mr. **L. R. Perera**, Director General, signed the MoU.

Representing Nilcarbon Lanka (Pvt) Ltd, **Mr. Julian King**, Director and Co-founder of Nilcarbon UK, signed the MoU in the presence of Mr. R. Y. Kulatunga, Director Finance & Administration (PHDT) and Mr. Dhanushka Daswatte, Manager Monitoring and Evaluation.

Article By: Niroshana Ilangaratne

RSC Meeting on Plantations Health - Galle District



Regional Steering Committee (RSC) Meeting on Plantation Health in the Galle District was successfully held on 22<sup>nd</sup> May 2025 at the RDHS Office, Galle. Participants included officials from the Regional Director of Health Services (RDHS) Galle, Director Health, PHDT, Director Estates & Urban Health, RDS-RDHS Galle, MONCD, MOMCD, MO Planning, Consultant Community Physician, and the Health Education Officer (HEO) from RDHS Galle.

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## RSC Meeting on Plantations Health....

As part of ongoing efforts to uplift healthcare services in the plantation sector, a coordination meeting was held with the primary objective of strengthening collaboration among Government Health Authorities, Regional Plantation Companies, and the Plantation Human Development Trust (PHDT). This initiative aims to ensure the effective implementation of health-related programmes within estate communities, addressing both preventive and curative healthcare needs.

Key discussion points:

**Management of Estate Health Facilities:** Discussion on the potential transfer of estate hospitals and dispensaries to government administration to improve service delivery and sustainability.

**Child Nutrition:** Assessment of the nutritional status of children in the estates, with emphasis on early intervention to combat malnutrition and stunted growth.

**NCD Clinics and Follow-ups:** Strategies for enhancing the reach and efficiency of Non-Communicable Disease (NCD) clinics, and ensuring timely follow-up of referred cases to prevent complications.

**Opening of Homadola Estate Dispensary:** Plans to reopen or operationalize the dispensary at Homadola Estate to expand access to basic healthcare services for residents.

**Talgaswella Estate PMCU Issues:** Addressing existing concerns and operational challenges related to the Primary Medical Care Unit (PMCU) at Talgaswella Estate.

**Thripasha Onsite Feeding Programme:** Strengthening the Thripasha distribution and feeding programme to ensure better nutrition among infants and young children.

**Happy Estate Programme:** Promoting holistic well-being and a healthier living environment through this community-centered health and wellness initiative.

Article By: M.D. Amarasinghe

## NCD Clinic at Rayigam Estate on 23<sup>rd</sup> May 2025



In collaboration with the RDHS Office, STD Unit, and MOH Office Ingiriya, a special health programme was conducted with the primary goal of improving the health status of the estate community, who often hesitate or face challenges in seeking medical treatment.

Services Offered:

- NCD (Non-Communicable Diseases) screening Clinic -56 individuals screened, 2 referred for further care.
- Oral Cancer Screening-35 individuals screened, none referred.
- Eye Screening-56 individuals screened, 5 referred.
- STD Screening-35 individuals screened, none referred.

Article By: M.D. Amarasinghe

## Commemoration of World Environmental Day “Dalulanna Ida Denna” Programme on 05<sup>th</sup> June 2025 at Mawarala Division CDC, Indola Estate of Talawakele Tea Estate.



Participants:

Environmental Officer - DS Office Pasgoda, POH - PHDT, CDO - PHDT, Parents of CDC Children, CDO, PFWO

We celebrated world environmental day on 05<sup>th</sup> June at Mawarala Division CDC of Indola Estate together with the parents and the CDC Children. The theme of the day was “Dalulanna Ida Denna”. Main objective of the programme is to create awareness among the parents and the children about their living environment.

The main objective of this programme was to raise awareness among parents and children about the importance of maintaining a healthy living environment. As part of the initiative, a tree planting activity and an awareness session were organized to educate participants on the following key areas:

**Air Pollution:** Emphasis on reducing indoor air pollution to help prevent acute respiratory illnesses, especially among children and vulnerable groups.

**Waste Management:** Highlighting proper waste disposal practices as a critical measure to control mosquito breeding and prevent vector-borne diseases such as Dengue and Chikungunya.

**Plastic Waste:** Addressing the harmful effects of plastic waste on the environment and promoting sustainable waste reduction practices

Article By: M.D. Amarasinghe

Clean Sri Lanka Program - Community Mobilizing Phase -Galle Region



Deniyaya Estate



Anningkanda Estate



Ensalwatte Estate

A **Community Awareness Programme** under the **Clean Sri Lanka Ministry Project** was successfully conducted at the following estates:

- **Deniyaya Estate** – Talawakelle Tea Estate PLC
- **Ensalwatte Estate** – Maturata Plantations PL
- **Anningkanda Estate** – Maturata Plantations PLC

The programme saw active participation **from estate management, community representatives**, and beneficiaries. The key focus was on discussing the **implementation plan** of the project, aligned with its core objectives.

Main Objectives of the Clean Sri Lanka Project Included:

- Promoting **clean and healthy living environments** within estate communities.
- Encouraging **good hygiene and sanitation practices**.
- Addressing **postal address issues** for better access to services.
- Reviewing **expenditure for necessary renovations** to improve community infrastructure.
- Fostering **community commitment** and ownership of cleanliness initiatives.
- Facilitating the **issuance of essential documents** such as National Identity Cards (NICs), Birth Certificates, and Marriage Certificates.

This initiative aims to enhance both the physical environment and administrative accessibility for estate residents, contributing to long-term well-being and improved quality of life

Article By: B.M. Maduka

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Capacity Building Programme for PHDT Staff...

Staff from all seven PHDT regions, along with the Head Office participated in engaging activities that encouraged collaboration, innovation, and personal development. The serene setting facilitated deep reflection and bonding,

reinforcing PHDT’s commitment to organizational growth and community impact. This initiative represents a major step in strengthening PHDT’s human resource capacity and aligning staff with its mission to uplift plantation communities.

“Wawili Prajawata Suwathi Diviyak” – Ayurvedic Clinics Empowering the Health of Estate Communities

As part of its ongoing commitment to uplift the wellbeing of estate communities, the Plantation Human Development Trust (PHDT) – Kegalle Region, in collaboration with the Department of Ayurveda, successfully conducted a series of Ayurvedic clinics under the theme “Wawili Prajawata Suwathi Diviyak” in May 2025. This timely initiative was aimed at addressing the health concerns of estate workers through traditional Ayurvedic treatments and guidance.



Clinic Schedule and Locations:

- May 15, 2025 – Sunnycroft Estate (MVPL)
- May 16, 2025 – Parambe Estate (KGPL)
- May 21, 2025 – Ambadeniya Estate (KGPL)
- May 22, 2025 – Talduwa Estate (MVPL)
- May 23, 2025 – Pallegama Estate (KGPL)

These clinics served as a vital bridge, integrating traditional ayurvedic healing practices into the healthcare framework for estate populations, many of whom face significant barriers to accessing routine medical services. By doing so, they not only respected cultural beliefs but also enhanced health-seeking behavior, fostering trust between the communities and healthcare providers.

Individuals suffering from certain chronic conditions such as osteoarthritis, stroke-related complications, spinal issues, joint pain, fractures, and muscle or tendon injuries often prefer Ayurvedic treatment for long-term relief and holistic care.

Community Participation:

The clinics saw a strong turnout, reflecting the genuine health needs of the estate population:

- Sunnycroft Estate – 56 participants
- Parambe Estate – 55 participants
- Ambadeniya Estate – 52 participants
- Talduwa Estate – 105 participants
- Pallegama Estate – 78 participants

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## “Wawili Prajawata Suwathi Diviyak”....

Impact and Services Provided:

Each clinic provided individualized medical attention, with Ayurvedic practitioners offering diagnoses and prescribing natural remedies suited to the participants' health conditions. The key objectives of this initiative were:

- To provide Ayurvedic treatment for common ailments identified among estate workers
- To promote awareness on preventive health through Ayurveda
- To distribute necessary Ayurvedic medicines free of charge
- To direct estate workers with chronic or recurring illnesses for further Ayurvedic consultation

In addition to consultations, selected estate workers were advised to follow up at designated Ayurvedic hospitals or clinics, ensuring continuity of care.

Article By: Sulaksha Dilshan

## “Wawili Praja Suwa Diviya” – A Unified Health Effort for Plantation Communities

As part of its ongoing mission to uplift the health standards of estate populations, PHDT Kegalle, in collaboration with the Regional Director of Health Services (RDHS) and respective Medical Officers of Health (MOH), successfully organized two impactful health clinics under the banner “Wawili Praja Suwa Diviya” a Combined Health Clinic Programme held in the month of May 2025.



These clinics were conducted at Sunnycroft and Talduwa Estates, under the purview of Malwatte Valley Plantations PLC, with a combined participation of over 330 estate residents. The programme focused on early detection, awareness, and referral for critical health issues, with an emphasis on preventive care.

### 1. Sunnycroft Estate – 15 May 2025 - Malwatte Valley Plantations PLC

- Participants: 136 estate residents
- Total Programme Value: LKR 2,745,000

Medical Screenings Conducted:

- Oral Cancer Screening: 57 screened | 04 referred
- Eye Screening: 62 screened | 30 referred

- Chest Diseases (TB Screening): 30 screened | 00 referred
- STD Screening: 82 screened | 00 referred
- Well-Women Clinic (Breast Cancer Screening): 03 screened | 02 referred
- Dental Screening: 37 screened | 07 referred

Team Participation:

- PHDT, Kegalle: 2 Project Assistants (PA)
- RPC: Estate Managers, Child Development Officers (CDO), Plantation Field Welfare Officers (PFWO), Estate Medical Assistants (EMA)

### 2. Talduwa Estate – 22 May 2025 - Malwatte Valley Plantations PLC

- Participants: 195 estate residents
- Total Programme Value: LKR 3,885,000

Medical Screenings Conducted:

- Oral Cancer Screening: 79 screened | 02 referred
- Eye Screening: 85 screened | 00 referred
- Chest Diseases (TB Screening): 69 screened | 00 referred
- STD Screening: 76 screened | 00 referred
- Well-Women Clinic (Breast Cancer Screening): 17 screened | 01 referred
- Dental Screening: 45 screened | 02 referred

Team Participation:

- PHDT, Kegalle: Community Development Officer (CDO), Project Assistant (PA)
- RPC: Estate Managers, CDOs, PFWOs, EMAs

Program Highlights & Outcomes

This multi-sectoral health initiative focused on the early detection and management of:

- Oral Cancer • Eye Diseases • Chest Diseases (TB) • Sexually Transmitted Infections (STIs) • Breast Cancer (Well-Women Clinics) • Dental Problems

Identified patients were referred to relevant medical institutions for further investigations or treatments, ensuring continuity of care beyond the initial screening. This proactive model plays a vital role in improving long-term health outcomes not only within the estate communities, but also the people of the neighbouring areas.

### A Unified Commitment to Plantation Health

Collaboratively by PHDT, RDHS, and MOH, the “Wawili Praja Suwa Diviya” clinics exemplify the strength between health and development sectors in addressing grassroots health challenges. The dedicated involvement of PHDT personnel, plantation management, and health professionals underscores a shared vision of sustainable, equitable healthcare access for the plantation communities as well as for the nearby village communities. The success of these clinics sets a strong foundation for continued initiatives across more estates in the region, aligning with PHDT's mission to build a healthier, more empowered plantation workforce.

Article By: Sulaksha Dilshan

## Bid Opening Meeting for Chesterford IHP Water Project



On the 5<sup>th</sup> of June 2025, the Plantation Human Development Trust (PHDT), Kegalle Region conducted a Bid Opening Meeting at its office premises for the Water Supply Project under the Chesterford

Integrated Housing Programme (IHP). This initiative reflects PHDT's ongoing commitment to ensuring transparency, accountability, and community-focused development in the estate sector.

The purpose of the programme was to select a qualified contractor for the project through a competitive and transparent bidding process. The bid opening was conducted in compliance with standard procurement procedures, ensuring fairness and equal opportunity for all potential service providers. The National Competitive Bidding (NCB) circular has been followed.

Key Participants: • Contractors (bidders)  
PHDT, Kegalle: • Secretary • Assistant Accountant (AA) • ICT Officer (ICTO) • Project Assistant (PA)

The event was held in an open and systematic manner, where all submitted bids were formally opened in the presence of both PHDT officials and representatives from the bidding contractors. All necessary documentation was reviewed and recorded for further evaluation by the technical committee.

This meeting also demonstrated PHDT's emphasis on transparency in development projects, particularly those that aim to improve the living standards of estate communities through reliable access to clean water and basic infrastructure. As PHDT continues to implement housing and utility infrastructure under the IHP model, such transparent bidding and evaluation practices remain at the core of its operational principles.

Article By: Sulaksha Dilshan

## Awareness on Income Generating projects and product marketing strategies

### Income Generating Programme: Starting a Small Business

Starting a small business can be a powerful step toward financial independence and community development

### How to Start a Small Business

Identify Available Resources, Choose a Business Suitable for the Location Demand in the area (e.g., food, farming, retail), Access to raw materials, Transportation and accessibility, Competitor analysis.

### Seek Advice from Divisional Secretariat (DS) Officers Who Are the Supporters to Meet?

Divisional Secretariat Office, Small Enterprise Development Agencies (SEDA) Banks and Microfinance Institutions, Chamber of Commerce or Cooperative Societies.



### Procedures to Register a Business

Choose a Business Name, Visit the Divisional Secretariat or relevant local authority, fill out the application form, Submit Required Documents Pay Registration Fees Receive Your Business Registration Certificate (BR)

### Importance and Impact of Business Registration (BR)

Legal Identity, Access to Credit and Eligibility for Government Support Builds, Trust with Customers and Partners, Supports Business Growth. This programme aims to empower individuals and communities by providing the knowledge and support needed to launch sustainable businesses. With proper guidance, legal setup, and local support, your small business can thrive and contribute meaningfully to the local economy.

Article By: Yuprishiya Martin

## Ministry of Plantation and Community Infrastructure 397 Housing Projects 2025

The plantation sector provides a significant share of Sri Lanka's national economy. The population serving in this sector. There are about 244,500 families and a population of 966,700 living in the plantation sector in Sri Lanka. Mainly, the plantation community occupy small attached houses called 'line rooms', constructed during the British period. There are 160,000 line houses in the estates and now, they are in a very bad state which needs to be replaced at the earliest. Provision of adequate appropriate shelter with basic needs is a key factor which can motivate and influence worker families to remain in the estates, ultimately leading to increased productivity. During the past two decades, the Government of Sri Lanka (GoSL) has provided approximately 25,000 individual houses to them.

However, several Ministry housing projects were stopped from 2016 to 2018 due to funding restrictions and other unavoidable reasons. In the last few years, the Ministry has taken action to restart abandoned projects in stages and the balance 397 housing units were decided to be completed by end of this year. Accordingly, the PHDT is in the process of taking charge of the construction works of the balance housing project this year.

The Ministry of Plantation & Community Infrastructure has been allocated approximately Rs. 842 Mn to complete 397 housing units to this year including providing water and electricity facilities to them. It is expected to complete all of them during this year as planned

Article By: Dilan Senanayaka

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### 397 Housing Projects 2025....

| No           | Region       | RPC              | Estate          | Division        | Project Year | Total Units | Remaining Units to be Completed |
|--------------|--------------|------------------|-----------------|-----------------|--------------|-------------|---------------------------------|
| 1            | Galle        | Kotagala         | Delkith         | Princeylon      | 2017         | 21          | 21                              |
| 2            | Ratnapura    | Balangoda        | Balangoda       | Marathanna      | 2016         | 31          | 31                              |
| 3            | Kegalle      | Malawatta Velley | Vincit          | Vincit          | 2021         | 20          | 20                              |
| 4            | Kandy        | JEDB             | Kandaloya       | Memale          | 2017         | 28          | 28                              |
| 5            | Kandy        | SLSPC            | Kellebokka      | Upper           | 2018         | 28          | 18                              |
| 6            | Kandy        | JEDB             | Mountjeen       | Mountjeen       | 2018         | 15          | 10                              |
| 7            | Kandy        | Pussellawa       | Stellenberg     | Whyddon         | 2016         | 38          | 30                              |
| 8            | Kandy        | SLSPC            | Galpihilla      | Raxawa          | 2021         | 19          | 19                              |
| 9            | Kandy        | SLSPC            | Kellebokka      | Galhiriya       | 2021         | 20          | 20                              |
| 10           | Kandy        | JEDB             | Mahavila        | Mahavila        | 2021         | 14          | 14                              |
| 11           | Hatton       | Bogawantalawa    | Osborn          | Castlerigh      | 2017         | 30          | 30                              |
| 12           | Hatton       | Kotagala         | Chrystelersfarm | Chrystelersfarm | 2020         | 12          | 12                              |
| 13           | Hatton       | Maskeliya        | Brwnswick       | Queensland      | 2018         | 40          | 40                              |
| 14           | Hatton       | Maskeliya        | Glentilt        | Glentilt        | 2018         | 20          | 20                              |
| 15           | Nuwara Eliya | Agarapatana      | Sandringham     | Sandringham     | 2021         | 11          | 11                              |
| 16           | Nuwara Eliya | Agarapatana      | Diyagama        | 3rd             | 2018         | 30          | 30                              |
| 17           | Nuwara Eliya | Agarapatana      | Diyagama        | 3rd             | 2021         | 8           | 8                               |
| 18           | Nuwara Eliya | Maturata         | St.Lenords      | Lower           | 2021         | 20          | 20                              |
| 19           | Nuwara Eliya | Hatton           | Waltrim         | Factory         | 2018         | 15          | 15                              |
| <b>Total</b> |              |                  |                 |                 |              | <b>420</b>  | <b>397</b>                      |

### Cluster Review Meeting for Estate Superintendents – SLSPC



A cluster Review Meeting was held on 27<sup>th</sup> of May 2025, at Madulkalle planter's club in Madulkalle for estate Superintendents of the Sri Lanka State Plantations corporation (SLSPC). The meeting focused on three main areas; Engineering, health and social mobilization.

Review Included:

- Balance Housing. (GGH, NLH)
- Balance Housing infrastructure. (water & Electricity)
- IHP infrastructure. (water)
- IHP Land Selection and related balance work.

### Health screening programme at Midlands Estate – SLSPC



A health screening program was organized at Midlands Estate on 16<sup>th</sup> of May 2025. We arranged the screening for NCD, Dental, oral cancer and TB screening for 110 participants (workers and residents) through the RDHS Matale with the support of the estate management and the estate health and welfare team. At this health screening 10 identified patients were referred to the respective monthly clinics for further treatment.

Services Offered:

- NCD (Non-Communicable Diseases) screening Clinic -100 individuals screened, 10 referred for further care.
- Oral Cancer Screening-50 individuals screened, 5 referred.
- Dental Screened - 20 individuals screened, 6 referred.
- TB screened - 56 individuals screened, none referred.
- Well-women Screened - 5 individuals screened, none referred.

Article By: Hashini Wickramasinghe

- Clean Sri Lanka (Major & Minor Repairs)
- Review of CDC attendance & MSWR.
- Progress on nutrition & weighing status.
- Status of onsite Thripasha feeding.
- Monthly reports of PFWO's and CDO's.
- EWHCS status. (Audits, AGM's, By Law Registration)
- EWHCS monthly reports.

Article By: Hashini Wickramasinghe

### Quarterly Review Meeting for Health and Welfare Staff

A Quarterly Review Meeting was held on 27<sup>th</sup> of May 2025, at Madulkalle planter's club in Madulkalle for estate health & welfare staff of Sri Lanka State Plantations corporation (SLSPC).

The meeting focused on three main areas: Engineering health and social mobilization.

- Review Included:
- Review of CDC attendance & MSWR.
- Progress on nutrition & weighing status.
- Status of onsite Thripasha feeding.
- Monthly reports of PFWO's and CDO's.
- EWHCS status. (Audits, AGM's, By Law Registration)
- EWHCS monthly reports.



Article By: Hashini Wickramasinghe

## TB Awareness and Screening Programme at Kaloogalla Estate on 29<sup>th</sup> of May 2025



A Tuberculosis (TB) Awareness and Screening Programme was successfully conducted at Kaloogalla Estate on the 29<sup>th</sup> of May 2025, targeting the estate community. The primary objective of the programme was to educate residents about TB, a serious but curable infectious disease that primarily affects the lungs and spreads through airborne droplets when an infected person coughs or sneezes.

The awareness session focused on key areas such as:

- **Symptoms of TB** (persistent cough, weight loss, night sweats, and fever)
- **Modes of transmission**
- **Importance of early diagnosis and completion of treatment**

In addition to the educational component, on-site TB screening services were provided to facilitate early detection among community members, many of whom have limited access to regular healthcare services.

This initiative marked a significant step in enhancing public health awareness and reducing the risk of TB transmission within the estate. Tuberculosis (TB) is more prevalent among individuals living in overcrowded and poorly ventilated housing conditions. Factors such as inadequate nutrition, and habits like smoking can further increase the risk and severity of the disease.

The event saw strong participation and interest from estate residents, whose active involvement contributed to its success. The estate management also provided full support, helping ensure smooth coordination and outreach.

*Article By: Hashini Wickramasinghe*

## World Environment Day celebrations.



World Environment Day was celebrated with the children of Raxawa Division Child Development Centre (CDC) on

Galpihilla estate (SLSPC) on 5<sup>th</sup> of June 2025. The event focused on raising awareness about environmental protection and the importance of preserving nature. The children actively participated in various activities such as tree planting, educational sessions, which helped them understand their role in safeguarding the environment. It was a meaningful day that encouraged the young participants to become responsible caretakers of the nature and the environment.

*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:

Midlands Estate - SLSPC  
Nicholoya Estate - SLSPC

This initiative was carried out by the PHDT Kandy Regional Office staff 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 this project.

In the meantime, we have given the material requirement to the Estate management and the cost of which has been borne by the estate / SLSPC. The overall responsibility of the completion of this project is with the Estate Management and with the support of the PHDT Team.



Midlands Estate



Nicholoya Estate

*Article By: Charaka Kulathunga / Sisira Disshanayaka.*

## Mobilization Beneficiary meeting



A mobilization meeting with beneficiaries was held on 2<sup>nd</sup> June 2025, at Mount Jean Estate regarding the completion of the balance work under the GGH 2018 Project. The meeting was attended by the Estate Manager, Regional Director, EA, POH, CDO, and the PFWO. A total of 13 housing beneficiaries participated. Following the meeting, a site visit was conducted to assess the current status.

*Article By: Charaka Kulathunga*

## EWHCS Training Programme

The EWHCS Training Programme for Treasurers and Clerks was held on 6<sup>th</sup> June 2025 at the Cooperative Training Centre in Pallekelle. Organized by officials from the Cooperative Department and supported by the Commissioner of Cooperatives, the programme saw strong participation from attendees.



Article By: Sisira Disshanayaka.

## A Health Screening Programme Held at Cecilton Estate

Balangoda Plantations PLC – 26<sup>th</sup> May 2025

With the support of the Regional Director of Health Services Ratnapura and his team of professionals, two health screening programmes are conducted in each Estate annually bringing in immense health benefits to the Estate community.

These programmes include dental screening, eye screening, Body Mass Index (BMI) assessments, blood pressure monitoring, blood sugar (random/fasting) and cholesterol level testing. Participants also receive guidance on healthy dietary practices and appropriate behaviour that are essential for a healthy life.

On 26<sup>th</sup> May 2025 at Cecilton Estate, managed by Balangoda Plantations PLC, a health screening programme was conducted benefiting 321 members of the estate community representing all age categories.

The programme was implemented with the support of dedicated medical professionals, including the Medical Officer from Cecilton Primary Medical Care Unit (PMCU) with his team, the Dental Surgeon from the MOH Office in Pambahinna, Estate Management and the PHDT Regional staff.

This initiative not only provided health assessments but also raised awareness among the estate community about the importance of early detection and prevention of common health issues.



Article By: R V A N P Wijeratne

## Home Gardening in Estate Communities: A Step towards Better Living

Home gardening has been a valuable activity among Estate communities utilizing the available land area and resources. These small but meaningful efforts have brought many benefits to estate families, helping them in their daily lives.

In many Estates, families have started growing vegetables, fruits, and herbs in their small home gardens near their line rooms. These gardens not only make their environment beautiful but also provide meaningful benefits. It inculcates a positive mindset among the young and aged alike

One of the most important outcomes of home gardening is better household cash management. When families grow their own vegetables, they can save money that would otherwise be spent at the market. This saved money can be used for other essential family needs such as education, health, and daily expenses.

In addition, home gardening creates opportunities for family bonding and teamwork. Everyone from children to elders can take part in planting, watering, and harvesting. This builds a sense of responsibility and pride in their surroundings. Families can now enjoy fresh, healthy produce straight from their own backyard. This is especially helpful during times when market prices are high or access to fresh food is limited.

At the same time, Child Development Centres have also joined hands in promoting home gardening. With the support of parents, small gardens are maintained in the CDCs. These home gardens serve as learning spaces where children observe how plants grow and understand the value of nature and healthy food.

In summary, a home gardening among estate communities is a simple but powerful tool for improving daily life. It supports better nutrition, helps save money, teaches important life skills, and brings families and communities together while protecting the surroundings.



Article By: R V A N P Wijeratne

## Kahawatte Plantations PLC and Plantation Human Development Trust – WaSSIP Project Providing Safe Drinking Water at Rilhena Estate – Bopitiya Division

Kahawatte Plantations PLC and Plantation Human Development Trust (PHDT) have taken an important step to improve the well-being of its community by launching a drinking water supply project under the WaSSIP program at Rilhena Estate's Bopitiya Division where safe drinking water was scarce.

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## WaSSIP Project Providing Safe Drinking Water at Rilhena Estate – Bopitiya Division....

Kahawatte Plantations PLC and Plantation Human Development Trust (PHDT) have taken an important step to improve the well-being of its community by launching a drinking water supply project under the WaSSIP program at Rilhena Estate's Bopitiya Division where safe drinking water was scarce.



With an investment of Rs.65 million, this project directly benefits 77 households by providing them regular access to clean and safe drinking water. Water connections have been extended to the Child Development Centre too.

Conducting community mobilization sessions was an integral part of the project's success. Thereby, sessions raised awareness about the project and created a sense of ownership. A community mobilization session was conducted again on the 21<sup>st</sup> May 2025 as an ongoing process and included raising awareness about the environmental protection, tariff collection and encouraging the community to involve in managing and maintaining their water system under the guidance of the Estate Worker Housing Cooperative Society.

The tariff collection and awareness activities are continuing smoothly, with strong community participation. This project not only meets a basic daily need but also helps the plantation community take responsibility of nurturing and taking care of an essential resource.

Kahawatte Plantations PLC and PHDT remain committed to uplifting the lives of the estate community through meaningful and lasting development projects like this.

Article By: R V A N P Wijeratne

## Estate Worker Housing Cooperative Society Annual General Meeting

An Estate Worker Housing Cooperative Society Annual General Meeting (AGM) is a formal gathering held once a year by the members of the cooperative society, typically made up of estate workers, to review the society's performance and make key decisions about its future.

Here's a breakdown of what such an AGM typically involves:

### 1. Purpose of the AGM

- Review of the Past Year: To evaluate the progress made in housing development, maintenance, finances, and

other services.

- Decision Making: To approve plans for the coming year, including budgets, new housing projects, repairs, and member-related matters.
- Transparency & Accountability: To present audited financial statements and committee reports to the members.
- Member Participation: To give all members a chance to voice concerns, raise suggestions, and vote on resolutions.

### 2. Common Agenda Items

- Welcome and Opening Remarks by the Chairperson or President
- Reading and Approval of Previous AGM Minutes
- Presentation of the Annual Report by the Secretary or Managing Committee
- Financial Report and Audit Statement by the Treasurer
- Discussion on Housing and Welfare Projects
- Elections (if required) for the managing committee or office bearers
- Appointment of Auditors for the next year
- Member Questions and Suggestions
- Closing Remarks

### 3. Key Features

- Quorum Requirement: A minimum number of members must be present for the meeting to proceed legally.
- Democratic Process: Each member usually has one vote, and decisions are made based on majority approval.
- Documentation: Proper minutes are recorded and filed as an official record.

### 4. Importance for Estate Workers

- Ensures their housing and welfare needs are addressed.
- Promotes collective ownership and responsibility.
- Provides a platform for grievances and improvements.
- Builds community spirit and self-governance.

Meetings Conducted Dates:

Hopton Estate (HPL) – 2025-05-23

Aislaby Estate (MVPL) – 2025-06-04

Telbedde Estate (BPL)– 2025-06-14



Article By: N. Sarojini

## NCD Screening Campaign Marks World Hypertension Day at PHDT Regional Office Badulla

In commemoration of World Hypertension Day, a comprehensive Non-Communicable Disease (NCD) screening program was held at the PHDT Regional Office in Badulla, in collaboration with the NCD Unit of the Regional Directorate of Health Services (RDHS).

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## NCD Screening Campaign....

This year's global theme, "Measure Your Blood Pressure Accurately, Control It, Live Longer," underscored the importance of early detection and proper management of hypertension.

The screening targeted a wide audience, including all staff members of PHDT Badulla, officers from Madulsima Plantations, and treasurers of the Estate Worker Housing Cooperative Societies (EWHCS). Participants underwent blood pressure and general health checks, followed by personalized counseling sessions conducted by a multidisciplinary team comprising the Medical Officer for NCDs, a Public Health Inspector (PHI), and a Public Health Nursing Officer.

In addition to the clinical assessments, an awareness session was held to emphasize the importance of adopting and maintaining a healthy lifestyle. The discussion focused on the characteristics of a healthy individual, practical guidelines for daily wellness, and the critical role of lifestyle choices in preventing NCDs such as hypertension, diabetes, and heart disease.

This initiative not only promoted early detection and prevention but also encouraged participants to take proactive steps toward long-term health and well-being. The event was widely appreciated for its timeliness, relevance, and practical impact on the plantation and administrative communities.



Article By: R M C Rathnayake

## Promoting Wellness: Healthy Lifestyle Clinic at Highforest Estate - Mathurata Plantation

On the 24<sup>th</sup> of June 2025, a Healthy Lifestyle Clinic was successfully conducted at Highforest Estate under the guidance and organization of PHDT-Nuwara Eliya in collaboration with the Regional Director of Health Services (RDHS), Nuwara Eliya. This initiative aimed to uplift the health and well-being of estate communities through a comprehensive range of preventive and curative health services.

The program brought healthcare professionals to deliver holistic care covering sexual health, oral health, psychological well-being, nutrition, and dental services, particularly for children. PHDT gratefully acknowledge the support and expertise of:

- Dr. Geeth, Venereologist, STD Unit, Nuwara Eliya

- Dr. Hiruni, Medical Officer, STD Unit, Nuwara Eliya
- Dr. Randeni, Regional Dental Surgeon, Oral Health Unit, Nuwara Eliya
- Ms.Kavya, School Dental Therapist, Ragalla MOH office

Key Services Offered:

### Sexually Transmitted Disease (STD) Awareness and Screening



Awareness was raised among participants on the importance of preventing STDs, followed by voluntary screening.

### Oral Cancer Awareness and Screening



A large number of estate workers took part in screenings aimed at early detection of oral cancer and other potentially malignant disorders (OPMD). 301 adults were screened and 10 adults were referred for extensive

treatment at District General Hospital, Nuwara Eliya. It is essential for referred patients to undergo regular follow-ups at the cancer clinic to ensure timely and appropriate treatment. This population is particularly vulnerable due to the high prevalence of smoking & betel nut chewing. Therefore, targeted awareness programs are crucial."

### Psychological Counseling



Focused psychological support and counseling sessions were provided, recognizing the growing need for mental well-being in estate communities.

### Nutritional Screening and Counseling



Individual assessments and dietary counseling were conducted to address nutritional gaps and promote healthier eating habits.

### Dental Screening and Treatment Program for Children



Oral health were examined for the children and those who needed the treatment were treated on-spot.

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Promoting Wellness: Healthy Lifestyle Clinic....

The programme stands as an evidence to the power of collaborative community health efforts. By addressing multiple aspects of well-being, this program not only provided essential services but also empowered individuals with knowledge and support to lead healthier lives. Continued efforts like these are vital in strengthening the healthcare framework within estate communities, ensuring that no one is left behind on the path to wellness.

Article By: V. Abinaya

Field Inspection for IHP 4700 Housing Project Badulla Region - 15<sup>th</sup> June 2025



A comprehensive land inspection is currently underway under the IHP 4700 Housing Initiative in the Badulla Region, targeting a total of 54 proposed housing projects. As of 15th June 2025, land investigations for 20 of these projects have been successfully completed.

The inspections are being carried out with the active participation of the respective Estate Superintendents and the dedicated support of the Regional Director, Engineering Assistants, and two undergraduate students from the University of Moratuwa, currently engaged in internship training with our organization.

The site visits focus on assessing land suitability, accessibility, and alignment with development criteria. The collaborative effort ensures both technical and administrative factors are considered during the feasibility assessments.

This initiative marks a significant step forward in expediting the housing development process and improving the living standards of estate communities in the region.

Article By: C P Kumara

Director Health’s Visit to Kegalle Region for Monitoring & Evaluation Training



On 22<sup>nd</sup> May 2025, the Director Health (DH) paid an official visit to the PHDT Kegalle Region to oversee and participate in a training session focused on monitoring and evaluating the skills and performance of health staff across the region. The training aimed to assess current field practices, enhance data accuracy, and improve service delivery among plantation health staff. This initiative is part of PHDT’s broader effort to ensure that its health interventions are not only consistent but also effective and evidence-based.

Key Objectives of the Training:

- To evaluate the skill levels and performance of field health staff.
- To identify gaps in current health service delivery and documentation.
- To introduce practical strategies for improved monitoring and reporting.
- To promote standardized practices across all estates in the region.

Participants:

- Director Health – PHDT, Head Office
- Deputy Regional Director – PHDT, Kegalle
- Assistant Accountant – PHDT, Kegalle
- Project Assistant – PHDT, Kegalle

During the session, the Director Health also engaged directly with the team, sharing valuable insights on strengthening plantation health systems and encouraging continuous professional development among field officers.

This visit highlighted PHDT’s commitment to maintaining high standards in community health, reinforcing the importance of skilled health staff in delivering quality services to estate populations.

Article By: Sulaksha Dilshan

UPCOMING EVENTS.....

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

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