

COMMUNITY CANVAS



Sri Lanka's First Community News Paper



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CPM Donates 100 Mobile UV light Sterilizers to Strengthen Infection Prevention in Industrial settings



CPM has donated 100 mobile UV light room sterilizers to the Director General of Plantation Human development Trust, supporting ongoing efforts to strengthen infection prevention and control measures in industrial settings.

The UV light room sterilizers are mounted on **mobile trolleys**, allowing them to be easily moved between suitable rooms and areas. Germicidal UVC technology can effectively inactivate a wide range of microorganisms, including many bacteria and viruses, without leaving chemical residues.

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



I am Kalaiselvam Adhistaluxmi from Cannavarella Estate, Namunukula Plantations PLC. I am delighted and deeply grateful to have been selected to the University of Jaffna to pursue my higher studies in the Faculty of Arts. This achievement would not have been possible without the constant encouragement of my parents, the guidance of my teachers, and the support of everyone around me who believed in my potential. I am truly thankful for the "Roots to Wings" Startup Grant, which has given me the confidence and means to take this important step in my academic journey. I am committed to making the most of this opportunity, working hard in my studies, and one day giving back to my community by supporting other young people from the plantation sector who dream of higher education.

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Best Website – Corporate Social Responsibility



It is with great pleasure that we share the remarkable achievement of the Plantation Human Development Trust (PHDT) in winning the Bronze Medal at the BestWeb 2026 Awards, under the Best Website – Corporate Social Responsibility (CSR) Category.

This achievement is a true reflection of the collective effort, commitment, and support of all members of PHDT. We would like to extend our sincere gratitude and appreciation to everyone who contributed towards this success.

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CPM Donates 100 Mobile UV light Sterilizers...

The use of UV disinfection offers several advantages, including chemical-free treatment, broad-spectrum microbial inactivation, rapid disinfection and relatively low routine maintenance.

However, UV disinfection has limitations, including its line-of-sight nature and reduced effectiveness when surfaces are shielded by objects, dust or organic matter. Therefore, routine cleaning and established infection-control practices remain essential.

Safety is the highest priority when using UVC equipment.

- Direct exposure to germicidal UVC radiation can cause serious injury to the eyes and skin.
- Accordingly, the units should only be operated by trained personnel, strictly following the manufacturer's instructions and approved institutional safety procedures.
- Rooms must be cleared of all people before treatment, warning signs must be displayed, and no one should enter while the UV source is operating.

The donation of these **100 mobile UV light room sterilizers** by CPM is a valuable contribution towards enhancing infection prevention and environmental hygiene in factory settings. With safe and appropriate use, the equipment will support industrial facilities in their efforts to provide safer environments for staff.

Article By: Dr. Paba Palihewadana

Estate Visit and Monitoring of EWHCS - PHDT Badulla



An estate visit was conducted on 31st July 2026 to Newburgh Estate and Demodera Estate to monitor the activities and progress of the Estate Workers' Housing Cooperative Societies (EWHCS). The visit was carried out

to review the functioning of the societies, examine their administrative and financial activities, and identify areas requiring further support and improvement.

During the visit, discussions were held with the Estate Manager, Assistant Manager, Treasurer, Secretary and Vanisa Service Assistant regarding the current status of the EWHCS. Particular attention was given to the maintenance of society records, membership activities, savings, loan facilities, financial management, committee activities and the implementation of cooperative services for estate workers.

The monitoring also focused on the proper maintenance

of cash books, savings ledgers, loan ledgers, receipt books and other relevant documents. The officers were advised to maintain accurate and up-to-date records and ensure transparency in all financial transactions.

The participation of members in cooperative activities was also discussed. Strengthening regular savings, providing loans to eligible members, improving member awareness and encouraging active participation in committee meetings and Annual General Meetings were highlighted as important areas for the sustainability of the societies.

The estate management and EWHCS representatives were encouraged to work closely with the relevant officers of PHDT to address identified issues and improve the overall performance of the societies. The importance of regular monitoring, proper documentation, financial discipline and effective communication among committee members was emphasized.

Output

The estate visit to Newburgh Estate and Demodera Estate on 31.07.2026 provided an opportunity to assess the current functioning of the EWHCS and to discuss necessary improvements with the responsible estate and society representatives. Continued monitoring and guidance will help strengthen the societies, improve their services to members and ensure effective management of cooperative activities.

Article By: N Sarojani

Best Website – Corporate Social Responsibility...

Thank you all for your valuable support and dedication. This achievement belongs to all of us, and together, we can achieve even greater milestones in the future.

Article By: Diluk Priyantha

Roots to Wings:...



I am Ravichandran Madushandhan from Craig Estate, Maskeliya Plantations PLC. I am proud and grateful to have secured a place at the University of Rajarata to follow my studies in the Faculty of Management. I extend my heartfelt thanks to my parents, teachers, and well-wishers whose unwavering support carried me through the years of hard work leading up to this moment.

I look forward to making the best use of this opportunity, striving for excellence in my studies, and contributing meaningfully to the growth and development of the community that raised me.

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Roots to Wings:...



I, Nandakumar Kavinraj from Kinellan Estate to the Faculty of Engineering at the University of Ruhuna it still feels surreal to write that sentence, but it is now my reality. This journey was never mine alone. My parents believed in this outcome long before I did, and my teachers gave freely of their time and patience to get me here.

Namunukula Plantations PLC's "Roots to Wings" Startup Grant has given real, tangible support at a moment when it matters most the very start of university life. I don't take this opportunity lightly. My plan is to study with discipline, graduate as an engineer my community can be proud of, and find ways to give back to the estate that raised me, whether through knowledge, mentorship, or opportunity for the next generation.



Engineering has fascinated me for as long as I can remember the idea of solving real problems with real solutions. Today, that fascination becomes a formal pursuit as I, Rajeshwaren Yadurshan Sharma, join the Faculty of Engineering at the University of Ruhuna. I carry with me the sacrifices of my parents at Nayabedde Estate, Agarapathana Plantations PLC, who gave

up so much so that I could continue my education, and the patience of teachers who never stopped explaining a concept until I truly understood it. I intend to work hard, earn my place among Ruhuna's engineers, and eventually bring back skills and solutions that can genuinely help my estate and the wider plantation community grow.



There is a quiet pride in being able to say, I am Chandramohan Sujitha from Glenalpine Estate, and I have been selected to the University of Colombo, Faculty of Arts. It is a moment I have worked towards, and one my whole family has worked towards with me. I owe this to my parents, who never let circumstance limit their ambitions for me, and to my teachers, who saw potential in

me long before I saw it in myself. Looking ahead, I hope to use these years at Colombo not just to grow personally, but to become someone who can open doors for others from plantation communities who are told to dream small.

Prepared By: Rackshana Jayasekaran

Volunteer Training on Prevention of Oral Cancer & Certificate Awarding Ceremony - PHDT Galle

Introduction:

The estate sector is considered a high-risk population for oral cancer due to the high prevalence of tobacco use, betel

chewing, and alcohol consumption among the community. In order to address this issue, the National Cancer Control Programme (NCCP), in collaboration with the Plantation Human Development Trust (PHDT), organized a training programme for Estate Volunteers.

The main purpose of the programme was to equip Estate Volunteers with the necessary knowledge and skills to conduct awareness activities among the estate community, encourage self-examination of the mouth, identify suspicious oral lesions at an early stage, and refer suspected cases for further investigations and treatment. Estate Volunteers play an important role in reaching the estate community and are well positioned to disseminate health messages and promote preventive practices within their respective communities.

Objective:

The main objective of the training programme was to enhance the knowledge and skills of Estate Volunteers to:

- Create awareness among the estate community regarding oral cancer prevention.
- Encourage the community to practise regular self-examination of the mouth.
- Identify possible warning signs and suspicious oral lesions at an early stage.
- Encourage individuals with suspicious signs or symptoms to seek appropriate medical and dental attention.
- Promote early detection and referral of suspected oral cancer cases.



Resource Personnel:

The training programme was conducted with the participation of the following resource personnel:

- Dr. Prasanna Jayasekara – Director, National Cancer Control Programme (NCCP)
- Dr. Malithi Kumari – Registrar, National Cancer Control Programme (NCCP)
- Dr. Dammika Samarasinghe – Regional Dental Surgeon, RDHS Office, Galle

Participation:

Estate Volunteers from estates in the Galle District coming under the purview of Namunukula, Watawala, and Elpitiya Estates participated in the training programme.

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Volunteer Training on Prevention of Oral Cancer...

Training Programme:

The training consisted of awareness sessions, group activities, and role plays designed to provide participants with practical knowledge and confidence in conducting oral cancer awareness activities within their communities.

The volunteers were trained to identify the following warning signs during a mouth examination:

- A mouth ulcer or sore that does not heal for a prolonged period.
- White patches in the mouth (Leukoplakia).
- Red patches in the mouth (Erythroplakia).
- Unusual lumps or swelling in the mouth.
- Difficulty or pain when chewing or swallowing.

Following the training, the volunteers demonstrated improved knowledge and confidence in delivering awareness presentations and communicating key oral cancer prevention messages to the estate community.

Certificate and Plaque Awarding Ceremony:

As a recognition of their valuable contribution to organizing oral cancer screening activities, creating awareness, and facilitating referrals, plaques and certificates were awarded to volunteers who had performed well in these activities. The certificate and plaque awarding ceremony served as an appreciation of the commitment and efforts of the Estate Volunteers in supporting oral cancer prevention and early detection activities within the estate community.

Conclusion:

The training programme successfully enhanced the knowledge and skills of Estate Volunteers in oral cancer prevention, self-mouth examination, early identification of suspicious signs, and referral of suspected cases. The active participation of the volunteers will contribute significantly to strengthening oral cancer awareness and promoting early detection among the estate community.

Article By: M. D. Amarasinghe

Raising Awareness, Promoting Early Detection: Oral Cancer Screening in Hatton



As part of its continued commitment to strengthening the health and well-being of plantation communities, the **Plantation Human Development Trust (PHDT) – Hatton Region**, in collaboration with the **Regional Director of Health Services (RDHS), Nuwara Eliya**, conducted an Oral Cancer Screening and Awareness Programme for workers of Glentilt and Glenugie Estates under Maskeliya Plantations PLC on **30 and 31 July 2026**.

Objectives

- To increase awareness among plantation workers about oral cancer, its causes, risk factors, signs and symptoms.
- To promote early identification and screening of potentially suspicious oral lesions.
- To educate workers on the harmful effects of betel chewing, tobacco use and other risk behaviours.
- To identify workers requiring further assessment and facilitate timely referral to appropriate health-care services.
- To promote healthy oral hygiene practices among CDC children.
- To strengthen collaboration between PHDT, plantation management and government health services in addressing oral health issues within plantation communities.

Activities

- The two-day initiative brought together awareness, prevention, early detection and referral, with the technical support of Dr. Lashan, who conducted the oral cancer screening.
- Workers participated in interactive awareness sessions focusing on the causes and risk factors of oral cancer, early warning signs and the importance of seeking timely medical attention.
- Particular emphasis was placed on the health risks associated with betel chewing, tobacco use and other harmful oral habits.
- Real-life photographs and educational videos were also used to help participants understand the potential consequences of these behaviours and encourage healthier lifestyle choices.

Output

- A total of 266 plantation workers participated in the screening programme, with 23 individuals identified as requiring further assessment and referred to Dickoya Base Hospital for appropriate follow-up and management.
- This referral component ensured that the programme extended beyond screening to support timely access to further care.
- Recognizing the importance of building healthy habits from an early age, the programme also included an Oral Health Promotion Programme for children attending Child Development Centres (CDCs).

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Raising Awareness, Promoting Early Detection...

- With the support of Ms. Shanilka, School Dental Therapist attached to the Maskeliya MOH area, children received practical guidance on proper tooth-brushing, maintaining good oral hygiene, regular dental care and preventing common oral health problems.
- The initiative demonstrated the value of a **community-centered and collaborative approach to oral health**, bringing together PHDT, government health services, plantation management and community members.

By combining awareness, behaviour change communication, screening, referral and health education, the programme contributed to creating greater awareness of oral cancer and encouraging healthier practices among workers, children and families within the plantation community.

Conclusion

The initiative highlighted that effective oral cancer prevention requires more than screening alone. Awareness, behaviour modification, early detection, referral and continuous health education are all essential components of reducing the burden of oral disease. PHDT remains committed to strengthening partnerships with health-sector stakeholders and supporting similar preventive health initiatives across plantation communities, with a continued focus on **early detection, prevention and improving the overall quality of life of plantation families.**

Article By: Anjalika

Restoring Hope at Rookwood Estate to Support a Fire Affected set of line rooms (line number 02 consisting of 10 units) through the “Clean Sri Lanka” Programme. (special project) - PHDT Kandy



As part of the Clean Sri Lanka Programme, PHDT Kandy Region supported the restoration of a fire damaged set of line rooms at Rookwood Estate Colombia Division, under the Janatha Estate Development Board (JEDB). A fire occurred on 15 of January 2026, causing damage to the entire 10 units and making living conditions difficult for the residents. Following a request from the Chairmen and the Estate Management PHDT provided roofing sheets and paint materials for the restoration.

Objectives

The main objective was to repair the damaged house and provide the affected residents with a safer, more

comfortable, and improved living environment. The intervention also aimed to restore the house to a suitable condition following the fire incident.

Activities Implemented

PHDT – Kandy Region provided the required roofing sheets and paint materials. The damaged roof was repaired to provide better protection from weather conditions, and the house was subsequently painted to improve its condition and appearance. The total cost of the roofing sheets and paint materials was approximately Rs. 895,004.48.

Output

The restoration work was successfully completed, with the damaged roof repaired and the house painted. The intervention has significantly improved the condition of the property and provided the residents with a safer and better living environment. This support helped the affected family restore their home and regain comfort and stability following the fire damage, reflecting PHDT's continued commitment to supporting plantation communities and improving the well-being of affected estate communities.

Article By: Ranjith Ekanayake

A Community Dialogue on CDC Attendance Improvement and Nutritional Improvement - PHDT Kandy



Introduction

A Community Dialogue on CDC Attendance Improvement and Nutritional Improvement was conducted in the BlackForest Division of Rothschild Estate on 16th July 2026 to strengthen community participation in early childhood development and promote better nutritional practices among young children. The dialogue provided an opportunity for parents, caregivers, community members to discuss challenges affecting children's regular attendance at the CDC and identify practical ways to improve their health, nutrition, and overall well-being.

Objectives

- To identify barriers affecting regular attendance at the CDC.
- To encourage parents and caregivers to ensure consistent participation of children in CDC activities.
- To improve awareness of healthy and nutritious food practices for young children.
- To promote community and parental involvement in supporting children's development and nutrition.

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A Community Dialogue - PHDT Kandy...

Activities Implemented

A participatory community dialogue was conducted with parents, caregivers, CDC staff, and community members. Discussions focused on the importance of regular CDC attendance, factors contributing to absenteeism, and possible community-based solutions. Participants also discussed child nutrition, balanced diets, healthy food choices, hygiene, and appropriate feeding practices. Questions, experiences, and suggestions were shared openly to encourage collective responsibility for children’s well-being.

Outputs/Outcomes of the Activity

The dialogue increased community awareness of the importance of regular CDC attendance and improved understanding of proper nutrition for young children. Parents and caregivers identified practical measures to reduce absenteeism and support healthy eating habits at home. The activity also strengthened communication between the community and CDC, encouraged greater parental involvement, and promoted a shared commitment to improving children’s attendance, nutrition, and early childhood development outcomes in the BF Division of Rothschild Estate.

Article By: H. Wickramasinghe

“It’s Our English Day” Programme at Parambe Estate



Introduction

This programme is a tool to encourage the children to learn the English language through cultural activities that attracts the children with ease, rather than directly learning through book works.

An English Day Programme was successfully conducted on 13 August 2026 at Parambe Estate, Wewathenna Division, managed by Kegalle Plantations PLC under Kegalle Region. The programme was attended by the Director General of PHDT, Regional Director, Project Officer – Health (POH), Technical Officer (TO), ICT Officer (ICTO), Project Assistant – Engineering, Estate Managers. The principal and staff of Parambe Tamil School, together with the beneficiaries, also participated in the programme.

The programme contributed to several important areas of children’s development:

- Improved English Language Skills: Children gained greater confidence in using simple English words, phrases and sentences.
- Increased Confidence: Singing, speaking, dancing and role-playing activities encouraged children to express themselves confidently.
- Improved Communication Skills: Children received opportunities to listen, speak and interact with others in English.
- Enhanced Creativity: Songs, dramas, drawing and storytelling helped develop creativity and imagination.
- Improved Pronunciation and Vocabulary: Regular exposure to English supported children in learning new words and improving their pronunciation.
- Early Preparation for School Education: Basic English exposure at the Child Development Centre (CDC) level helps strengthen children’s readiness for primary education.

Objective:

The English Day is to provide children with an engaging environment to learn and practice English through a variety of interactive and enjoyable activities. Singing, speaking, dancing, role-playing, storytelling, drawing and other creative activities encourages children to actively use the English language while developing their confidence, thereby developing the children’s psychosocial environment.

Outputs/Outcomes of the activity:

The programme demonstrated the value of introducing English language activities at an early stage, particularly for children living in estate communities. Through enjoyable and participatory learning methods, the initiative helped create a positive attitude towards learning English while supporting children’s overall personal and educational development.

The English Day Programme reflects the continued commitment of PHDT – Kegalle Region to improving educational opportunities and developing the skills and confidence of children in estate communities.

Article By: Sammani Perera

Bringing Healthcare Closer: Estate Health Day at Labookkelle - PHDT Nuwara Eliya



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Estate Health Day at Labookkelle...

Introduction

An Estate Health Day Programme was conducted on 25 July 2026 at Labookkelle Estate, AGPL, with the collaboration of the Plantation Human Development Trust and the RDHS Office. The programme aimed to bring essential preventive healthcare and health education services closer to the plantation community. A total of 310 participants benefited from the programme.

Objectives

- To promote preventive healthcare practices among the estate community.
- To facilitate early identification of common health conditions through screening.
- To increase awareness of communicable diseases, nutrition and mental health.
- To provide health screening services for women and children.
- To strengthen collaboration among PHDT, health authorities and estate stakeholders.

Activities Implemented

A range of health screening services were conducted during the programme. Non-Communicable Disease (NCD) screening included blood pressure examination, blood sugar and BMI assessments. Vision screening was also carried out. Participants were provided with communicable disease screening for tuberculosis and sexually transmitted diseases. A Well-Women Screening Programme, adult oral health screening and child dental screening were also conducted. In addition to the screening services, a Health Education Programme was conducted covering communicable disease prevention, nutrition and mental health. The programme was supported by a multidisciplinary team from the RDHS Office, including Medical Officers, the District Tuberculosis Control Medical Officer, Regional Dental Surgeon, Dental Surgeon, HEOs, Nursing Officers, PHIs and PHMs. PHDT staff and estate representatives, including the DGM, Estate Manager, Assistant Manager, EMA, PFWO and CDOs, also participated in the programme.

Outputs/Outcomes of the Activity

A total of 310 community members participated in the Estate Health Day and received access to a variety of preventive health services. The programme provided opportunities for early identification of health concerns and improved awareness of important health topics, including disease prevention, nutrition and mental health. The active participation of the RDHS Office, PHDT and estate stakeholders strengthened coordination in delivering comprehensive health services to the plantation community and contributed to promoting a culture of preventive healthcare at estate level.

Article By: Gihani Maheshika

EWHCS Coordinating Committee Meeting - PHDT Ratnapura



The bi-annual Coordinating Committee Meeting of the Estate Worker Housing Cooperative Societies (EWHCS) was held on 23rd July 2026 at the Ratnapura Regional Office of the Plantation Human Development Trust (PHDT). The meeting was attended by the Assistant Commissioners of Cooperative Development of the Ratnapura and Colombo districts, representatives from each of the five Regional Plantation Companies, including the Regional Director, Community Development Officer, and Accounts Executive.

The meeting focused on policy decisions and the future development of the 59 Estate Worker Housing Cooperative Societies operating under the PHDT Ratnapura Regional Office. During the meeting, members reviewed the progress of the housing cooperative societies, identified weak areas, and discussed measures to improve their operations and services. Legal matters relating to the societies were also considered, with necessary decisions taken with the guidance of Assistant Commissioners.

A key area of discussion was the future investment strategy of the EWHCS. Participants considered ways to strengthen investments and emphasized the importance of preparing separate development and investment plans tailored to the needs of each Estate Worker Housing Cooperative Society. The discussions are expected to support the cooperative societies in strengthening their investment activities while improving the welfare and benefits provided to their members.

The meeting provided an important platform for stakeholders to review the current performance of the EWHCS and establish strategies aimed at strengthening their future operations, investments, and member welfare programmes.

Article By: Priyanthi Jayanath

Cluster Review Meeting - PHDT Ratnapura



A Cluster Review Meeting was successfully held on 11th August 2026 at Hatherleigh Estate. The meeting was jointly organized by the PHDT and Hapugastenna Plantations PLC. The

Regional Director and staff of PHDT Ratnapura Region and the Managers of Hapugastenna Plantations PLC actively participated in the discussion.

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Cluster Review Meeting...

The main objective of this review meeting was to improve the welfare of the estate community, with a special focus on children and families.

During the meeting, several important matters were discussed in detail. The primary discussion was about the welfare and healthy growth of the estate children. The participants reviewed the present condition of the children and discussed the need to improve the daily routine and learning activities of the Child Development Centers in the estates. It was emphasized that the CDOs should continue to provide an active, clean and child-friendly environment. Another key matter discussed was the loan facility provided to the estate community through the Estate Workers' Cooperative Societies (EWHCSs). The participants discussed how the loan programme is currently supporting the workers and explored ways to make the process more easy and beneficial for the families.

The Indian Housing Scheme and the Government assisted Housing Programme was also a major topic of the discussion. The officials reviewed the current status of the scheme and discussed the challenges faced by the families and the support needed to improve their living conditions. The meeting was highly productive, as all participants shared their valuable ideas and experiences openly. This discussion helped to identify the main challenges and to agree on clear future actions. It also strengthened the collaboration between PHDT and HPL management for the betterment of the estate community. The meeting concluded with a common decision to take necessary steps to improve the Child Development Centers, to make the cooperative loan system more effective, and to give full support for the success of the Housing Scheme.

Article By: Madhushika Chamodi

Strengthening Support, Building Resilience: Psychosocial First Aid Training Programme



Introduction

The Psychosocial First Aid Training Programme was conducted by the Mental Health & Psychosocial Support Network on 11 and 12 August 2026 at the PHDT Auditorium, Nuwara Eliya. The two-day programme brought together 50 Estate Health and Welfare staff, with 25 participants attending each day, to strengthen their knowledge and

skills in providing immediate psychosocial support within estate communities.

Objectives

The programme aimed to strengthen the capacity of Estate Health and Welfare staff to:

- Provide immediate psychosocial first aid to individuals experiencing emotional or psychological distress.
- Recognize signs of psychological distress at an early stage.
- Provide appropriate initial support during emergencies and routine community situations.
- Facilitate appropriate support and referrals for individuals who require further assistance.

Activities Implemented

The two-day training focused on strengthening the practical capacity of participants to respond appropriately to individuals experiencing psychological distress. Participants were introduced to the importance of psychosocial first aid and its role in supporting individuals during emergencies as well as in routine community settings.

The programme provided an opportunity for Estate Health and Welfare staff to develop their understanding of identifying psychological distress and responding with appropriate initial support. The training also emphasized the importance of connecting individuals with suitable support and referral services when further assistance is required.

A total of 50 participants took part in the programme, with 25 participants on each day, creating an opportunity for focused learning and participation.

Outputs/Outcomes of the Activity

The programme strengthened the capacity of 50 Estate Health and Welfare staff to recognize psychological distress and provide appropriate initial psychosocial support within estate communities.

By enhancing the knowledge and preparedness of frontline staff, the training contributed to strengthening the availability of community-level psychosocial support and appropriate referral pathways, particularly during emergencies and situations where individuals may require additional assistance.

The programme reflects PHDT-NEL's continued commitment to supporting the mental well-being and resilience of plantation communities by strengthening the capacity of staff who work closely with communities at estate level.

Article By: Gihani Maheshika

Community Engagement Session on Household Cash Management - PHDT Kandy Region



Introduction

A Community Engagement Session on Household Cash Management was conducted on 16th of July 2026 at the Black Forest Division of Rothschild Estate. The session was organized to strengthen community members' understanding of responsible household financial management and to address challenges they experience in managing their income and expenditure.

Objectives

The main objectives of the Programme were to identify challenges in household financial management and strengthen participant's knowledge of budgeting, cash management, and financial planning. The programme also aimed to promote regular savings, reduce the risk of excessive debt, and encouraged parents to prioritize their children's education and well-being.

Activities Implemented

The session focused on improving household financial management through proper budgeting, cash management, and responsible spending practices. Participants were encouraged to identify financial challenges, prioritize essential household needs, avoid excessive borrowing, and develop regular savings habits. The importance of planning for both expected and unexpected expenses, as well as saving for children's future educational needs, was also emphasized.

Participants were further encouraged to consider nearby Child Development Centers (CDCs) as an affordable option for supporting children's early learning and development. The session promoted practical financial planning to improve household stability and informed participants that follow-up visits would be conducted to monitor progress, provide guidance, and support the implementation of the practices discussed.

Outcomes of the Activity

The session enhanced participants' awareness of responsible household cash management and strengthened their understanding of budgeting, financial planning, and

regular savings. Participants were encouraged to adopt healthier financial practices, avoid unnecessary debt, and improve their overall household financial stability.

The programme also highlighted the importance of prioritizing children's needs and planning for their education. Overall, the session promoted greater awareness of responsible financial decision-making and encouraged participants to apply effective cash management and savings practices within their households.

Participants: Regional Director, Estate Manager, Coordinating Engineering Assistant, Project Officer- Health, Community Development Officer, Accounts Assistant, PFWO, CDO, and 30 participants

Article By: Ravi Sasireka

Mobile Service to Address ETF-Related Issues for Estate Workers - PHDT Kegalle Region



Introduction:

The Kegalle Regional Office of the ETF Board implements a mobile service for the people who have taken the membership to extend their service in the plantations of Kegalle District.

Objective:

Aiming at providing an opportunity for the community to directly discuss and resolve issues relating to their ETF membership, accounts, contributions and other ETF-related matters. The mobile service brought the relevant officials directly to the estate, enabling workers to obtain guidance and assistance without having to travel to the ETF District Office.

The Plantation Human Development Trust (PHDT) – Kegalle Region, in collaboration with the Employees' Trust Fund (ETF) Board, initially conducted a mobile service programme on 22 July 2026 at Dewalakanda Estate, Dunadin Division, with the objective of providing convenient access to ETF-related services for estate workers.

The programme was attended by the Regional Manager – ETF, Kegalle District Office, together with three Senior Officers from the ETF Kegalle District Office. Representatives of PHDT, including the Community Development Officer, along with the Estate Management, Welfare Staff and estate workers, also participated in the programme.

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Mobile Service to Address ETF-Related Issues...

The Plantation Human Development Trust (PHDT) – Kegalle Region, in collaboration with the Employees’ Trust Fund (ETF) Board, initially conducted a mobile service programme on 22 July 2026 at Dewalakanda Estate, Dunadin Division, with the objective of providing convenient access to ETF-related services for estate workers.

The programme was attended by the Regional Manager – ETF, Kegalle District Office, together with three Senior Officers from the ETF Kegalle District Office. Representatives of PHDT, including the Community Development Officer, along with the Estate Management, Welfare Staff and estate workers, also participated in the programme.

The initiative reflects the commitment of PHDT – Kegalle Region to strengthening access to essential services and ensuring that estate workers receive timely assistance in resolving matters related to their employee welfare and social security benefits. The ETF is a social security programme established under Sri Lankan law to provide benefits to eligible employees.

Outputs/Outcome of the activity:
The successful conduct of the mobile service further strengthened collaboration between PHDT, ETF officials and estate management, while creating greater awareness among estate workers regarding their ETF rights and services.

Further, 50 people obtained the services of the ETF Board with regard to amendments such as names, date of birth/age, document shortages, claiming issues, etc.

Article By: K Dharmaraj

“Root of Wellness” Screening programme
PHDT Kandy



Introduction

The Root of Wellness Screening Programme was conducted at Beaumont Estate on 21 July 2026 to promote early

detection and prevention of non-communicable diseases (NCDs) and other common health conditions among community members. The programme provided an opportunity for residents to access essential health screening and treatment services close to their community.

Objectives

- To promote awareness of NCD prevention and early detection.
- To identify individuals at risk of common health conditions through screening.
- To assess participants’ nutritional status through BMI screening.
- To provide eye and dental screening services.
- To promote early detection of oral health problems, including oral cancer.
- To provide appropriate dental treatment and health advice where required.

Activities Implemented

A comprehensive community health screening programme was conducted, including NCD screening, eye screening, and BMI assessment. Dental examinations were carried out to identify oral health problems, and necessary dental treatment was provided. Oral cancer screening was also conducted to facilitate early identification of suspicious conditions and appropriate referral for further care.

Participants were provided with health education and guidance on maintaining healthy lifestyles and oral health.

Outputs/Outcomes of the Activity

A total of 111 patients participated in the Root of Wellness Screening Programme at Beaumont Estate. In addition, 7 schoolchildren received dental screening. Dental and general health conditions were assessed, and appropriate health education and guidance were provided. Five patients were identified as requiring further NCD management and were referred to the clinic for follow-up care.

The programme improved access to preventive health services, supported early identification of health risks, and increased awareness of the importance of regular health and dental screening among the community.

Article By: H. Wickramasinghe



Inter Plantation Softball Cricket Tournament for Plantation Executives - 2026 - PHDT Kegalle



Introduction:

The Inter Plantation Six a side Softball Cricket Tournament for Plantation Executives is an annual event, which is organized by the PHDT Regions and subsequently an All-Island final tournament will be held.

Accordingly, the Inter Plantation Softball Cricket Tournament – 2026 was successfully held on 25 July 2026 at the Ruwanwella Public Ground, Ruwanwella.

Objective:

Bringing together teams representing leading Regional Plantation Companies (RPCs) in a spirit of sportsmanship, introduction between the players, teamwork and unity. This event facilitates bridging between the RPCs and building relationships.

The tournament was graced by the Director General of the Plantation Human Development Trust (PHDT) as the Chief Guest. The event was also attended by several distinguished guests, including the Chairman of Chilaw Plantations Ltd, CEO of Kurunegala Plantations Ltd, Regional Director of PHDT, Kegalle, Regional General Manager of Kelani Valley Plantations PLC, and Assistant General Manager of Chilaw Plantations Ltd.

Group Senior Managers, Group Managers, Senior Managers, Managers, the Manager – Administration & HRD of Kurunegala Plantations Ltd, team members and staff members of PHDT – Kegalle Region also participated in the event.

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Beyond the Boundary: Building Unity through Cricket PHDT Nuwara Eliya



Introduction:

More than a game, the Inter Plantation Cricket Tournament – 2026 brought together plantation communities through a shared spirit of teamwork, sportsmanship and healthy competition. Organized by the Plantation Human Development Trust – Nuwara Eliya Regional Office, the tournament was held on 18 July 2026 at the Radella Athletic & Cricket Club, Nuwara Eliya, with the participation of eight Regional Plantation Companies.

Objectives

- To promote physical fitness and healthy lifestyles through sports.
- To encourage teamwork, unity and mutual respect among plantation communities.
- To strengthen relationships and interaction among employees of different RPCs.
- To provide opportunities for plantation-sector employees to showcase their sporting talents.

Activities Implemented

The tournament brought together teams representing Agarapathana, Hatton, Kegalle, Maturata, Talawakelle Tea Estates, Kelani Valley, Elpitiya and Udapussellawa Plantations. The event was graced by Mr. Menaka Athukorala, Managing Director & Chief Executive Officer of Hatton Plantations PLC, as the Chief Guest, together with distinguished representatives from PHDT, the health sector, plantation companies and the government sector.

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Inter Plantation Cricket Tournament - PHDT Kegalle



Six Regional Plantation Companies of Kegalle Region competed in the tournament:

- Kegalle Plantations PLC
- Kelani Valley Plantations PLC
- Malwatte Valley Plantations PLC
- Chilaw Plantations Ltd
- Kurunegala Plantations Ltd
- Lalan Rubbers (Pvt) Ltd

Outputs/Outcomes of the activity:

Following a series of competitive matches, Lalan Rubbers (Pvt) Ltd emerged as the Champions, grabbing the opportunity to take part at the All-Island final match, which will be held on 22nd August 2026, while Kurunegala Plantations Ltd secured the Runner-Up position.

The individual awards recognized outstanding performances throughout the tournament. The Best Batsman award was won by a player from Kurunegala Plantations Ltd, while the Best Bowler and Player of the Tournament awards were presented to players representing Lalan Rubbers (Pvt) Ltd. Beyond the competitive nature of the tournament, the event provided a valuable platform for employees and representatives of the plantation sector to interact, build friendships and strengthen professional relationships. It promoted teamwork, discipline, sportsmanship and unity among the participating plantation companies.

The event concluded with the presentation of trophies and awards to the winning teams and outstanding players. Appreciation was extended to all participating teams, officials, organizers, supporters and guests whose contributions helped make the Inter Plantation Softball Cricket Tournament – 2026 a successful and memorable event.

Article By: Dileesha Jayarathna

Edited by: Dr. Paba Palihawadana

Designed by: Dhanushka Tharanga

Inter Plantation Cricket Tournament - Nuwara Eliya



Teams competed across four categories, creating an exciting and competitive atmosphere throughout the tournament. Udapussellawa Plantations PLC emerged as the Cup Champions, with Maturata Plantations PLC as runners-up. Elpitiya Plantations PLC won the Plate Championship, followed by Kelani Valley Plantations PLC. Agarapathana Plantations PLC secured the Bowl Championship, while Talawakelle Tea Estates PLC became runners-up. In the Shield Category, Kegalle Plantations PLC emerged as champions, with Hatton Plantations PLC as runners-up.

Outputs/Outcomes of the Activity

The tournament created a valuable platform for employees from different plantation companies to connect beyond their usual workplace, while promoting teamwork, friendship, sportsmanship and healthy competition.

Individual excellence was also recognized. Mr. Adhisha of Kegalle Plantations PLC was awarded Best Batsman, while Mr. Kaavinda of Elpitiya Plantations PLC received the Best Bowler award. Mr. Malinga Ekkannayake of Udapussellawa Plantations PLC was named Man of the Series.

The successful tournament demonstrated the power of sport to bring people together, strengthen relationships and foster a stronger sense of unity across the plantation sector.

Article By: Regional Director Nuwara Eliya

UPCOMING EVENTS.....

- ILO Advocacy Programme on “Health and Safety for All” in Plantations – 09/09/2026
- ILO Orientation Workshop on “Health and Safety for All” in Plantations - Welfare Officers, EMA & CDOs, Volunteer Group 10/09/2026
- ILO Orientation Workshop on “Health and Safety for All” in Plantations - Field Officers, Factory Supervisors & Key Officials -11/09/2026