

COMMUNITY CANVAS



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PHDT Shines at Management Leadership Excellence Awards 2026



The Plantation Human Development Trust (PHDT) received 14 awards at the prestigious Management Leadership Excellence (MLE) Awards 2026, held on 15th September 2026 at the Monarch Imperial Hotel, Colombo.

The recognition highlights PHDT's significant contributions to community development, leadership, and organizational excellence within Sri Lanka's plantation sector. At the awards ceremony, PHDT achieved an impressive second place ranking nationally, earning recognition as one of Sri Lanka's leading institutions for excellence in management, leadership and overall organizational performance. A notable highlight of the evening was the recognition of three PHDT Directors for their outstanding leadership. Furthermore, Mr. Lal Perera, CEO/Director General of PHDT, received five awards under the C-Suite category in recognition of his exemplary leadership, commitment to enhancing transparency, and contributions to advancing management excellence within the plantation sector.

Cont. to Page 02...

The CEOs Forum 2026 – Occupational Safety and Health (OSH) Advocacy Programme - Colombo



The CEOs Forum 2026 – Occupational Safety and Health (OSH) Advocacy Programme was successfully held on 3rd September 2026 at the Moonwalk Hall, Lotus Tower, Colombo, bringing together senior leaders and key stakeholders from the plantation sector to strengthen the commitment towards workplace safety and employee well-being. The programme commenced with a welcome address and an overview of the objectives by Dr. Sarath Amunugama, Director – Health, PHDT

Cont. to Page 02...

Cont. from Page 01...

PHDT Shines at Management Leadership Excellence Awards 2026



The event also recognized five Emerging Managers from Regional Plantation Companies (RPCs) for their commitment towards continuous improvement and initiatives aimed at enhancing the well-being and development of plantation communities. This achievement & recognition reflects the growing emphasis on professional leadership, innovation, and effective management at the estate level.

1. Elpitiya Plantations PLC - Dunsinane Estate
2. Agarapathana Plantations PLC - Kahagalla Estate
3. Balangoda Plantations PLC - Cecilton Estate
4. Pussellawa Plantation Ltd - Hellbodde Estate
5. Kelani Valley Plantations PLC - Battalgalla Estate

These multiple accolades underscore PHDT's continued efforts to improve the quality of life of plantation communities through innovative programmes, transparent practices, effective leadership, and service excellence.

The recognition received at the MLE Awards 2026 marks another significant milestone for PHDT as it continues to strengthen its commitment in serving plantation communities across Sri Lanka.

Article By: Director General - PHDT

The CEOs Forum 2026...

The ILO Country Director, Ms. Joni Simpson, delivered an insightful address, followed by a session on the Importance of Occupational Safety and Health conducted by Mr. Samant Yogindra, OSH Specialist – ILO.

Mr. Lal Perera, Director General – PHDT, presented an overview of PHDT activities and the implementation of the OSH programme across the plantation sector. The programme concluded with a vote of thanks delivered by Mr. Prashanthan, National Coordinator – ILO.

The forum served as a valuable platform for strengthening

collaboration and reaffirming the plantation sector's commitment to promoting safe, healthy and sustainable workplaces

Sri Lanka's Highest-Ranked Community Service Organization

Article By: Diluk Priyantha

A PROUD MOMENT FOR PLANTATION HUMAN DEVELOPMENT TRUST!



We are honoured to celebrate the **Diamond Excellence Award 2026**, recognizing the Plantation Human Development Trust for its outstanding contribution to Community Development, Sustainable Human Capital Advancement, and social impact Leadership.

Honouring Excellence. Inspiring Communities.

This recognition reflects our continued commitment to improving the lives and wellbeing of plantation communities through meaningful development initiatives, partnerships, innovation, and dedicated service.

Empowering Communities, Supporting Plantation Families, Investing in Human Development, Building a Sustainable Future.

A heartfelt thank you to everyone who has contributed to this journey and continues to work toward a stronger, healthier, and more empowered plantation community.

Article By: Diluk Priyantha

Awareness Visit on Proper Garbage Disposal - Madulsima Plantations PLC - PHDT BADULLA

Introduction

An awareness visit was conducted at Roberry Estate, Rathkelle Division, with the objective of promoting proper garbage disposal practices and improving environmental cleanliness within the estate community

Cont. to Page 03...

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Awareness Visit on Proper Garbage Disposal...



The programme focused on creating awareness among residents about the importance of responsible waste management and maintaining a clean and healthy living environment. During the visit, discussions were held with the Estate Manager, Assistant Manager, Plantation Family Welfare Officer, Child Development Officer, and members of the estate community.

During the visit, discussions were held with the Estate Manager, Assistant Manager, Plantation Family Welfare Officer, Child Development Officer, and members of the estate community. The discussions provided an opportunity to understand the existing garbage disposal practices and to identify areas where further awareness and community participation are required.

Objective

Promoting proper garbage disposal practices and improving environmental cleanliness within the estate community.

Activities implemented

The importance of separating waste at household level, wherever possible, was also highlighted. Community members were encouraged to distinguish between biodegradable and non-biodegradable waste and to adopt environmentally friendly methods of waste management. They were further encouraged to avoid burning or indiscriminately dumping waste within the estate. The Plantation Family Welfare Officer and Child Development Officer were encouraged to play an active role in promoting good waste-management habits among families and children. Children, in particular, were encouraged to develop responsible habits from an early age and to become ambassadors for cleanliness within their families and communities.

The Estate Management was also requested to provide necessary support for maintaining suitable garbage collection and disposal arrangements. Regular monitoring of waste disposal areas and community-level cleaning activities were identified as important measures to maintain a clean environment.

Outcome of the awareness session

The awareness visit to Roberry Estate, Rathkelle Division was productive and provided an important platform to promote

responsible garbage disposal and environmental awareness. Continued cooperation among the Estate Management, Plantation Family Welfare Officer, Child Development Officer, and estate community will be essential to sustain proper waste-management practices. The discussion provided an opportunity to understand the existing garbage disposal practices and to identify areas where further awareness and community participation are required. The estate community responded positively to the awareness programme and expressed their willingness to contribute towards maintaining cleanliness in their residential areas. The visit highlighted the importance of collective responsibility and continuous community participation in addressing garbage disposal issues. It is recommended that similar awareness programmes, household-level guidance, and community cleaning activities be conducted regularly to encourage sustainable waste-management practices and create a cleaner, healthier, and more environmentally friendly estate community.

Article By: N Sarojani

Field Visit to Warwick Estate – Abaragala Division – Malwatte Valley Plantations PLC in Badulla Region



Review of CDC Development and Water Infrastructure

Introduction

On 10th September 2026, a field visit was conducted to Warwick Estate with the participation of the Director General – PHDT, Regional Director, Coordinating Engineering Assistant, and Manager – Health and Mobilization. The Estate Manager also participated in the visit and provided necessary support and information. The visit focused primarily on reviewing the ongoing development of the Child Development Centre (CDC) funded by the Ministry of Plantation and Infrastructure, while also assessing water infrastructure requirements within the estate.

Objectives

The main objectives of the visit were to:

- Inspect the ongoing construction/upgrading work of the CDC at Warwick Estate.
- Review the progress of the CDC development against the planned requirements.
- Identify any issues or gaps affecting the timely completion of the construction.
- Provide necessary guidance to the regional team to accelerate the upgrading process.
- Inspect existing water connections and requirements in estate residential housing.

Cont. to Page 04...

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Field Visits - Badulla Region...

Activities Implemented

The visit commenced with an inspection of the CDC construction site. The progress of the construction was reviewed by the Director General together with the regional team and the Estate Manager. The existing work, requirements, and areas requiring further attention were discussed during the site inspection. Following the inspection, the Director General emphasized the importance of expediting the upgrading work to ensure that the CDC can provide a safe, suitable, and child-friendly environment for children in the estate community. The regional team was instructed to closely monitor the progress and take necessary action to minimize delays and facilitate the timely completion of the project. The team subsequently conducted line visits within the estate to inspect the existing water connections and assess the water supply arrangements serving the residential lines. The observations made during these visits were discussed with the relevant officers, and necessary guidance was provided to the regional team regarding planning, design, and implementation considerations for future water supply projects. The visit also provided an opportunity for the regional team and estate management to discuss practical challenges and requirements related to infrastructure development and community facilities.

Outcomes / Outputs

- The field visit resulted in several important outcomes:
- The progress of the Ministry-funded CDC upgrading project was directly reviewed and areas requiring attention were identified.
- The regional team received clear instructions from the Director General to accelerate the CDC upgrading process and maintain close follow-up until completion.
- Existing water connections and supply arrangements in the estate lines were inspected and practical requirements were identified.
- Guidance was provided to strengthen the planning and implementation of future water supply projects, particularly based on actual field requirements.
- Collaboration between PHDT regional officers and estate management was strengthened through direct discussion and joint field observations.
- The visit enabled management to obtain a clearer understanding of the infrastructure needs of the estate community and support more effective follow-up actions.

Overall, the visit served as an important management and monitoring exercise, strengthening coordination between PHDT, estate management, and the regional team while ensuring that ongoing CDC and water infrastructure initiatives remain focused on the needs of the plantation community.

Article By: R M C D Rathnayake

Awareness for JEDB Estates at Hanthane Club – PHDT Kandy Region



Introduction

As part of the Indian Housing Project (IHP) – Disaster Housing Programme, a special awareness meeting was conducted on 24th of August, 2026 at Hantane Estate for Estate Superintendents, Estate Welfare Officers and other relevant officers of the Janatha Estate Development Board (JEDB) with the participation of JEDB chairman. The programme aimed to strengthen their understanding of the procedures and requirements involved in the implementation of the approved housing project.

Objective

The main objective was to enhance the knowledge of Estate Superintendents and field level officers on the technical, preliminary documentations and coordination requirements necessary for the smooth and timely implementation of the IHP Disaster Housing Programme.

Activities Implemented

During the awareness programme, participants were briefed on land inspections, NBRI reports, perimeter identification, blocking out, surveying, contour plans and consent letters. Guidance was also provided on EWHCS audits, NBRI and drone survey reports, as well as requirements for internal roads, site clearing and levelling, temporary water, electricity & drainage arrangements including properly diversion of storm water. The importance of maintaining properly sealed and signed survey documents and effective coordination with relevant officers was also emphasized.

Output

The awareness programme successfully improved the understanding of JEDB Estate representatives regarding the key procedures and documentation required for the housing projects. It also strengthened coordination between JEDB estates and PHDT – Kandy Region, supporting better preparation and smoother implementation of the IHP Disaster Housing Programme for plantation communities with a time schedule.

Article By: Charaka Kulathunga

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



I am Muthukuda Arachchige Rashmi Bhagya from Neuchatel Estate, Horana Plantations PLC. It is a proud moment for me to have entered the Faculty of Biosystems Technology at the University of Sabaragamuwa. I owe this milestone to my family, who stood beside me at every step, and to my teachers, who shaped my dreams with patience and care. I sincerely

thank the “Roots to Wings” Startup Grant for easing the financial burden of my studies and for showing me that the plantation community is valued. I promise to give my best to my education and to use what I learn to uplift the community that raised me.



My name is Maduwala Madduma Withanage Anupama Jeewantha, and I come from Elpitiya Estate, Elpitiya Plantations PLC. Being selected to study in the Faculty of Medicine at the University of Sabaragamuwa is a dream I am honoured to see come true. I am grateful to my parents for their sacrifices, to my teachers

for their guidance, and to everyone who encouraged me along the way. The “Roots to Wings” Startup Grant has given me valuable support as I begin this demanding journey. I am determined to study diligently and, in time, to serve my community and my country with dedication and compassion.



I am Udaya Kumar Sadeesh from Watapotha Estate, Agalawatte Plantations PLC. I am truly humbled to be studying Business Information Systems at the University of Sri Jayewardenepura. My parents’ unwavering belief in me and my teachers’ guidance brought me to this point, and I remain thankful to them

both. The “Roots to Wings” Startup Grant has given me the encouragement and resources to begin my university life with confidence. I intend to work hard, build my skills for the modern business world, and one day open doors for other young people from the plantation sector.



I am Ramadhas Dhashmidha from Galathura Estate, Balangoda Plantations PLC. I feel immensely fortunate to have been selected to the Faculty of Bio System Technology at the University of Jaffna. I offer my heartfelt thanks to my parents for their love and support, and to my teachers, who inspired me to aim higher.

The “Roots to Wings” Startup Grant has been a great source of strength, helping me step into this new chapter of my life. I am committed to making full use of this opportunity, and I hope to contribute to the growth of my community

and to inspire others from the estate sector to pursue their ambitions.



I am Vellasamy Kalai Priya from Kataboola Estate, Kahawatte Plantations PLC. I am filled with joy and gratitude to be pursuing Communication Studies at Eastern University. My journey would not have been possible without my parents’ blessings, my teachers’ guidance, and the kindness of those who believed in me. I

sincerely appreciate the “Roots to Wings” Startup Grant, which has given me both the means and the motivation to move forward. I will study with commitment and honesty, and I look forward to using my voice and skills to support young people from the plantation community who aspire to higher education.

Prepared By: Rackshana Jayasekaran

“Root of Wellness” Screening programme - PHDT Kandy Region - Pussellawa Plantations PLC



Introduction

The Root of Wellness Screening Programme was conducted at Sogama Estate on 21st of August, 2026 to promote the early detection and prevention of non-communicable diseases (NCD) and other common health conditions among community members. The programme provided residents with an opportunity to access essential health screening and treatment services within 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 the early detection of oral health problems, including oral cancer.
- To provide appropriate dental treatment and health advice where required.

Cont. to Page 06...

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“Root of Wellness” Screening programme...

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 appropriate dental treatment was provided where required. Oral cancer screening was also conducted to facilitate the early identification of suspicious conditions and appropriate referral for further care.

Participants were provided with health education and guidance on maintaining healthy lifestyles, preventing NCDs, and maintaining good oral health.

Outputs/Outcomes of the Activity

A total of **114 community members participated** in the Root of Wellness Screening Programme at Sogama Estate. In addition, **35 schoolchildren received** dental screening. The health and dental conditions of participants were assessed, and appropriate health education, advice, and treatment were provided. Five participants 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 within the community, supported the early identification of health risks and oral health problems, and increased awareness of the importance of regular health and dental screening among community members.

Article By: H. Wickramasinghe

Estate Managers Take the First Step Toward Safer Plantations

ILO-supported OSH programme opens with strong turnout and candid feedback

When the ILO-supported Occupational Safety and Health (OSH) programme for the plantation sector held its first session for Estate Managers of TTEL, EPL and UPL, the turnout spoke for itself. Against a target of participants, 72 Managers attended, exceeding the goal by almost half. For a programme still in its opening phase, that level of commitment is an encouraging sign of how seriously the sector now treats workplace safety.

The hidden danger

One of the session’s most striking findings was that 88% of work-related deaths in the sector result from occupational disease rather than visible injury. Accidents command attention because they are sudden and easy to see. Long-term exposure to hazards is quieter, and far deadlier. This is why the programme promotes a preventive, systems-based approach rather than reacting after harm has occurred.

From principles to practice

Participants were introduced to the Workplace Safety Plan framework, which moves from Risk Identification to Safety Goals, then to Training and Education, and finally to Evaluation. They also worked through the Hierarchy of Controls, which ranks protective measures from most to least effective: Eliminate, Substitute, Engineering controls, administrative controls, and finally Personal Protective Equipment (PPE).

The discussion went beyond obvious physical dangers to cover psychosocial hazards, basic hygiene provisions, and the heat and weather welfare measures estates are expected to provide for their workers.

Legal and technical foundations

The session grounded participants in OSH obligations under the Factories Ordinance No. 45 of 1942 and related legislation, along with ILO Conventions No. 155 and 187. A technical briefing followed on factory, field and boiler-room safety, including statutory requirements for steam boilers, machine guarding and lifting equipment.

Turning knowledge into action

To help Managers put learning to use, the programme’s implementation roadmap was shared: an 8-step process built around the Plan-Do-Check-Act (PDCA) cycle, together with the monitoring and evaluation framework for the wider programme. Estate-level management now has a clear picture of how the rollout will work and how progress will be measured. The training follows the ILO-supported cascade approach, so that what managers learn can be passed down through their estates.

Feedback that will shape what comes next

Engagement, at 41%, was the area with the most room for improvement. Participants asked for more time for questions and discussion, and for more interactive, case-study-based methods in future sessions. This feedback will inform the design of upcoming sessions and provides a valuable baseline for the programme.

Looking ahead

The session has left Estate Managers of TTEL, EPL and UPL with a stronger grasp of OSH principles, their legal obligations and the cascade training approach, all in preparation for rolling out OSH systems across their estates. With strong attendance, honest feedback and a clear set of next steps, the programme is well placed to build on this start. The task ahead is to turn shared understanding into safer, healthier workplaces for everyone who works on the estates.

Article By: Rackshana Jayasekaran

Dengue Awareness and Community Dialogue Strengthens Community Participation in Dengue Prevention - PHDT Kegalle - LALAN RUBBER Pvt Ltd



The Plantation Human Development Trust (PHDT) – Kegalle organized a Dengue Awareness and Community Dialogue programme to strengthen awareness and community participation in the prevention and control of dengue within the estate

community. The programme provided an opportunity for community members to gain knowledge about dengue, its transmission, common risk factors, and practical measures that can be taken to prevent the spread of the disease.

Dengue remains an important community health concern, particularly in areas where stagnant water and improperly managed waste can create suitable breeding places for mosquitoes. Therefore, active participation by community members is essential to identify and eliminate potential mosquito breeding sites and maintain a clean and healthy living environment.

The programme was conducted with the participation of CDO – PHDT, POH – PHDT, and estate community members, creating a platform for open discussion and sharing of community-level concerns related to dengue prevention.

Objectives

- The main objectives of the programme were to:
- Increase community awareness of dengue prevention and control measures.
- Improve knowledge regarding dengue transmission, symptoms, and risk factors.
- Identify common mosquito breeding places within the community.
- Encourage households and community members to maintain clean and hygienic surroundings.
- Promote regular removal of stagnant water and unnecessary containers that can collect rainwater.
- Encourage community participation in dengue prevention activities.
- Identify community-level concerns and discuss appropriate preventive actions through dialogue.

Activities Implemented

The programme commenced with an awareness session focusing on dengue prevention and the importance of maintaining a clean environment. Participants were provided with information on how dengue is transmitted and the importance of preventing mosquito breeding within and around residential areas.

The discussion highlighted common places where mosquitoes can breed, including discarded containers, tyres, bottles, blocked drains, roof gutters, and other locations where stagnant water can accumulate. Community members were encouraged to regularly inspect their surroundings and remove or properly manage

potential breeding sites.

A community dialogue was also conducted to provide an opportunity for residents to discuss their concerns and experiences related to dengue prevention. Participants shared information about environmental and sanitation issues that may contribute to mosquito breeding in the community. The discussion encouraged residents to take collective responsibility rather than considering dengue prevention as an individual household responsibility alone.

The CDO and POH provided guidance on the importance of early attention to environmental risks and encouraged community members to work together with PHDT and relevant stakeholders. The importance of maintaining proper waste disposal practices and keeping common areas clean was also emphasized.

Community members were encouraged to continue dengue prevention activities regularly, particularly following rainfall, when stagnant water can accumulate in different locations.

Programme Outcomes

The programme increased awareness among community members regarding dengue prevention, mosquito breeding sites, environmental sanitation, and community responsibility. Participants gained a better understanding of practical measures that can be implemented at household and community levels to reduce dengue-related risks.

The community dialogue also provided a valuable platform to identify local environmental concerns and encourage residents to actively participate in preventive activities. The programme strengthened communication between PHDT representatives and the estate community and promoted a more collaborative approach to dengue prevention.

As an outcome, community members were encouraged to regularly inspect their homes and surroundings, eliminate stagnant water, manage waste responsibly, and maintain clean communal areas. Continued awareness, community participation, and regular follow-up are expected to contribute to a healthier and safer environment within the estate community.

Article By: K. Dharmaraja

Discussion on Training of Cinnamon Peeling Technicians to Enhance Livelihood Opportunities for Estate Residents - - LALAN RUBBER Pvt Ltd



Cont. to Page 08...

Cont. from Page 07...

Discussion on Training of Cinnamon Peeling Technicians

Introduction

The Plantation Human Development Trust (PHDT) – Kegalle organized a discussion on the proposed training of Cinnamon Peeling Technicians on 09 September 2026 at Mahaoya Group under Lalan Rubbers. The initiative aims to create improved livelihood and employment opportunities for estate residents through practical and industry-oriented vocational training.

The discussion brought together representatives from Lalan Rubbers, the National Apprentice and Industrial Training Authority (NAITA), the Export Development Board (EDB), and PHDT. The programme focused on developing relevant technical skills among estate residents and establishing a pathway from training to suitable employment opportunities within the estate.

Objectives

- The main objectives of the discussion were to:
- Explore opportunities to provide technical and vocational training in cinnamon filling.
 - Improve employment and livelihood opportunities for estate residents.
 - Identify suitable residents to participate in the proposed training.
 - Develop industry-relevant skills among the estate community.
 - Facilitate employment opportunities for trained workers.
 - Strengthen coordination among Lalan Rubbers, NAITA, EDB, and PHDT.
 - Establish a sustainable link between vocational training and employment

Activities Implemented

The discussion commenced with an overview of the proposed Cinnamon Peeling Technician training programme and its potential benefits to the estate community. Participants discussed the importance of providing practical training aligned with actual industry requirements.

The potential roles of NAITA and EDB in providing technical and institutional support were discussed. Participants also considered suitable methods for identifying interested estate residents and facilitating their participation in the training programme. The Group Senior Manager and Estate Manager discussed the requirements and possible arrangements for implementing the programme at estate level. PHDT representatives highlighted the importance of community mobilization and supporting residents to access relevant training opportunities.

Programme Outcomes

The discussion established a common platform for collaboration among Lalan Rubbers, NAITA, EDB, and PHDT.

The proposed training is expected to strengthen the technical skills of estate residents and improve their employability.

The initiative will also support the development of a pool of trained workers who can be considered for cinnamon-related employment according to estate requirements. Continued stakeholder coordination will support the successful implementation of the programme and contribute to sustainable livelihood development within the estate community.

Article By: K. Dharmaraja

Quarterly Review Meeting for Child Development Officers - PHDT Ratnapura

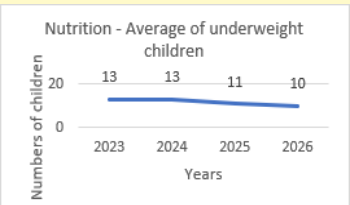
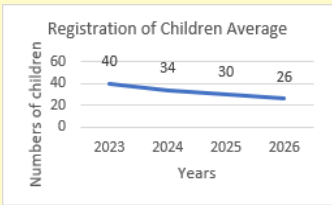


A Quarterly Review Meeting for Child Development Officers (CDOs) was held on 31 August 2026 at Meneripitiya Training Centre, with the participation of the Regional Director, Community Development Officer, Project Assistant – Health, and selected CDOs representing five Regional Plantation Companies in the region.

The meeting focused on reviewing the progress of child development and health activities conducted through Child Development Centres (CDCs). Participants reviewed CDC attendance data for the past 20 months using data visualizations to identify trends and support effective planning. The review highlighted a decline in CDC registration as a percentage of children in the respective divisions from 2023 to 2026.

Nutrition interventions at CDCs were also discussed. Participants shared successful practices and experiences, noting improvements in children's nutritional status while emphasizing the need for further progress. The meeting also reviewed report submissions, data accuracy, and the importance of timely reporting.

The meeting provided a valuable platform to exchange knowledge, identify challenges, and strengthen teamwork among CDOs. PHDT Ratnapura continues to closely monitor the progress and impact of the programme across the identified 28 CDCs to enhance child development and health outcomes within plantation communities.



Article By: Madhushika Chamodi

New Planning Approach Introduced for Safe Housing Development in Plantation Sector - PHDT Ratnapura



Plantation Human Development Trust, together with officers of the National Building Research Institute (NBRI), has successfully carried out field assessments and preliminary planning activities at several plantation estates as part of a new approach to identifying suitable land for Indian Housing Projects.

The initiative is significant as this method is being introduced for the first time in the plantation sector, with the aim of supporting systematic land-use planning and identifying suitable plots for residential construction.

The estates covered 1st phase under the programme include Galaboda, Alupola, Rassagalla, Meddekande, Rye/Wikiliya, Balangoda, and Palmgarden. The field assessments were conducted to gather the technical and site-specific information required to progress towards the conceptual planning stage. During the assessments, the team examined the existing conditions of the estates and evaluated the suitability of available land for future residential development and construction. A key outcome of the programme is the preparation of proper blocking-out plans for the identified areas. These plans will provide a clear framework for future housing development and help identify appropriate locations for residential buildings while considering land conditions, development requirements, access, and safety considerations. The initiative is expected to be particularly useful in ensuring that housing construction within plantation communities takes place on land that has been properly assessed and planned. By identifying suitable plots in advance, the programme can help reduce potential risks associated with unsuitable land and support safer and more organized residential development.

The successful completion of the field assessment and conceptual planning stage represents an important step towards safe, systematic, and properly planned housing development within plantation estates. The technical information and observations gathered by the field teams will support the preparation of detailed conceptual plans and provide guidance for future construction activities.

Through this initiative, the Plantation Human Development Trust and NBRI aim to promote systematic land-use planning, safer construction practices, and improved living conditions for plantation communities. The proposed plans are expected to contribute to the development of suitable and safe residential areas while supporting the long-term planning and sustainable development of the estates.

The introduction of this planning approach marks an important development for the plantation sector, providing a practical foundation for future housing programmes and helping ensure that residential construction is carried out in a safe, organized, and sustainable manner

Article By: M A C L Munasinghe

TB Awareness and Screening Programme Held at Horana Plantations PLC - Hatton Region



A Tuberculosis (TB) Awareness and Screening Programme was successfully conducted at Gouravilla Estate on 10 September 2026, in collaboration with the Regional Directorate of Health Services (RDHS), Nuwara Eliya.

The programme was led by **Dr. Kanageshwary, Medical Officer – Chest Specialist**, who provided awareness on TB, including its symptoms, transmission, prevention, early detection and treatment. The programme was supported by the estate management, Regional Director, health officials and the PHDT team, highlighting the importance of collaboration in preventing communicable diseases within plantation communities.

Field-to-Field Awareness

As part of the programme, **field-to-field awareness activities** were conducted to reach community members directly. Participants were educated on the early signs and symptoms of TB, the importance of seeking medical attention promptly and the need to complete treatment if diagnosed. Special attention was given to reducing misconceptions and stigma related to TB and encouraging individuals with symptoms to come forward for screening.

Understanding Tuberculosis

TB is an infectious disease caused by **Mycobacterium tuberculosis**, most commonly affecting the lungs. Pulmonary TB can spread through the air when an infectious person coughs, sneezes or speaks, particularly during prolonged or close contact.

Community members were encouraged to seek medical attention if they experience symptoms such as **a cough lasting two weeks or more, sputum production, chest pain, fever, night sweats, unexplained weight loss, loss of appetite, weakness or shortness of breath**. TB is preventable and curable when diagnosed early and treated properly.

Cont. to Page 10...

Cont. from Page 09...

TB Awareness and Screening Programme...

Screening and Sputum Collection

During the programme, TB screening and sputum collection were carried out for individuals identified for further assessment. Sputum examination is an important investigation when pulmonary TB is suspected, along with other diagnostic methods such as chest X-rays and clinical assessment.

Participants were also reminded that individuals diagnosed with TB should take their prescribed medicines regularly and complete the full treatment course. Interrupting treatment can lead to treatment failure and contribute to drug resistance.

Preventing TB

Key preventive measures discussed included maintaining good ventilation, covering the mouth and nose when coughing or sneezing, avoiding spitting in public places, seeking early medical care and encouraging appropriate screening of close contacts. The programme demonstrated the value of community-level health education, early detection and coordinated action between government health services, estate management and PHDT.

The active participation of all stakeholders contributed to strengthening TB awareness and promoting early action among the plantation community.

“Early Detection, Complete Treatment and Community Support Can Help Stop the Spread of TB.”

PHDT remains committed to supporting health promotion, disease prevention and early identification of health concerns in plantation communities through collaboration with government health services and other stakeholders.

Article By: S.Anjalika Kumary

Strengthening Estate-Level Social and Welfare Services through Cluster Review Meetings - PHDT Galle



Introduction

The Plantation Human Development Trust (PHDT) Galle Regional Office conducts regular cluster review meetings with Estate Management to strengthen health, welfare, nutrition, and child development services in plantation

communities. Accordingly, a Cluster Review Meeting for the Estate Managers of Watawala Plantations PLC was held on 20 August 2026 at the Conference Hall of Nakiyadeniya Rubber Estate. The meeting provided a platform for PHDT and Estate Management to review programme progress, identify gaps, discuss challenges, and agree on practical measures to improve services for plantation families, particularly young children.

Objectives

The main objectives were to:

- Review estate-level health, welfare, nutrition, and child development activities.
- Identify gaps requiring attention and follow-up.
- Strengthen Estate Management support for PHDT programmes.
- Improve CDC attendance and functioning.
- Review children’s nutritional status and wellbeing.
- Promote child-centred and play-based learning.
- Review SMART PHDT and EWHCs activities.
- Strengthen estate-level community dialogue and engagement.

Key Areas Discussed

A significant part of the meeting focused on Child Development Centre (CDC) attendance and children’s nutritional status. Estate-level data were presented using charts and graphical illustrations, enabling participants to compare performance and identify areas requiring improvement. Particular attention was given to two CDCs requiring early intervention, and the importance of increased Estate Management support was emphasized. The meeting also highlighted the importance of child-centres, play-based learning. Participants were encouraged to support safe, stimulating, and child-friendly CDC environments that promote children’s cognitive, emotional, physical, and social development.

The progress of data entry in the **SMART PHDT system** was reviewed, highlighting the need for accurate and timely data updates, greater involvement of estate-level staff, and effective coordination between PHDT officers and Estate Management to ensure successful implementation.

Key Outcomes and Way Forward

The meeting strengthened awareness of the role of Estate Management in supporting PHDT interventions. The use of data and graphical presentations helped identify priority areas and encouraged a shared responsibility for improving CDC services, nutrition, health, and welfare activities.

The PHDT Galle Regional Office will continue monitoring identified areas through estate visits, follow-up discussions, data reviews, and cluster meetings. Continued collaboration with Estate Management will be encouraged to ensure effective and sustainable delivery of services to plantation families.

Article By: M. D. Amarasinghe



The Grand Finale of the PHDT Inter Plantation Cricket Tournament - 2026



The Grand Finale of the PHDT Inter Plantation Cricket Tournament 2026 was successfully held on Saturday, 22nd August 2026, at the Buddhadasa Grounds, Battaramulla, with Mr. Lucas Bogtstra, Managing Director of Malwatte Valley Plantations PLC, as the Chief Guest. The event was graced by the presence of many CEOs and senior-level management representatives from Regional Plantation Companies (RPCs) and state-owned plantation companies.

- Tournament Champions: Malwatte Valley Plantations PLC
- Tournament Runners-up: Kotagala Plantations PLC
- Plate Champions: Kahawatte Plantations PLC
- Best Batsman: P.K. Janith Chinthaka of Malwatte Valley Plantations PLC
- Best Bowler: S.D. Wijenarayane of Kotagala Plantations PLC
- Man of the Match: S.G. Prabath Sachin of Malwatte Valley Plantations PLC
- Man of the Series: S.G. Prabath Sachin of Malwatte Valley Plantations PLC

Congratulations to all the winning teams and participants for making the tournament a memorable and successful

Article By: Diluk Priyantha

EWHCF Committee Meeting Strengthens the Foundation for a Sustainable Cooperative Movement - Nuwaraeliya



Introduction

The Estate Workers Housing Cooperative Federation (EWHCF) Committee Meeting was held on 08 September 2026 at the PHDT Regional Office, Nuwara Eliya, with the participation of key representatives of the Federation, member estates and the Cooperative Department. The meeting focused on strengthening the sustainability, governance and effective management of EWHCS.

Key Discussions

The meeting focused on:

- Strengthening the financial and operational sustainability of cooperative societies.
- Improving bookkeeping and financial record management, including opportunities for NICD training.
- Enhancing awareness and compliance with EWHCS by-laws and cooperative requirements.

Cont. to Page 12...

Cont. from Page 11...

EWHCF Committee Meeting Strengthens the Foundation for a Sustainable Cooperative Movement...

- Strengthening the roles, responsibilities and accountability of committee and board members.
- Improving coordination and communication between the EWHCF, member estates, Cooperative Department and PHDT.

Key Outcomes

The meeting highlighted the importance of sound financial management, good governance, active member participation and continuous capacity building to ensure the sustainable functioning of the cooperative societies.

Way Forward

The EWHCF will continue to strengthen collaboration among relevant stakeholders and explore capacity-building and training opportunities to enhance the effectiveness and sustainability of its member societies and contribute to the socio-economic wellbeing of the plantation community.

Article By: Regional Director - PHDT NEL

Supporting Women's Health and Promoting Healthy Lifestyles at Meddecombra Estate - PHDT Nuwara Eliya



Introduction

Promoting the health and well-being of plantation communities requires a combination of preventive health interventions, health education and practical support that responds to the needs of workers and their families. In line with this approach, a programme focusing on vitamin and mineral supplementation and healthy lifestyle practices was conducted at Meddecombra Estate under Elpitiya Plantations plc (EPL) on 04 September 2026.

Objectives

The programme was conducted with the following objectives:

- To provide female workers with essential vitamin and mineral supplements to support their health and well-being.
- To educate workers on the correct method of taking

the distributed supplements.

- To promote awareness of proper hygiene and sanitation practices within the community.
- To strengthen awareness on child health and development.
- To encourage the selection and consumption of healthy foods that are easily available, accessible and affordable.
- To promote healthy lifestyle practices that can contribute to the overall well-being of the plantation community.

Activities Implemented

As part of the programme, vitamin and mineral supplements including Iron, Calcium, Folic Acid and Vitamin C were distributed to 330 female workers at Meddecombra Estate, with each worker receiving a one-month supply. Workers were also educated on the correct method of taking the supplements.

A Community Dialogue on Healthy Lifestyle was conducted to discuss practical health issues relevant to the plantation community, including hygiene and sanitation, child health and development, and affordable and accessible healthy food choices.

The programme was supported by representatives from the RPC and PHDT, including the DGM, PFWO, CDOs, Regional Director, Manager – Health and Mobilization, and Community Development Officer.

Outputs / Outcomes

A total of 330 female workers received essential vitamin and mineral supplements along with guidance on their proper use. The community dialogue strengthened awareness of healthy lifestyle practices, particularly in relation to hygiene, child health and nutrition. The programme combined direct nutritional support with health education and community engagement, contributing to the promotion of healthier practices and improved well-being among plantation workers and their families.

Article By: Regional Director - PHDT NEL

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