EDITORIAL

We are welcome you to HELP-O December Newsletter & aspire to share many different experiences and activities of HELP-O in various sectors. We share our monthly services & extra knowledge with you through our monthly newsletter.

Carry on the Bio gas project in Beliatta Ayurweda Herbal Manufacturing and Trincomalee Syaco yoghurt company, Galle.

Mr.Chathura Welivitiya, the chairman/Chief Executive participated to the “SDPI 2013”. And Mr. Asoka Siriwardana the Additional Secretary, the Ministry of Agriculture participated to the workshop on “Eco-Industrial Cluster”.

HOLDE Women’s Co-operative Ltd is one of the strongest and powerful committees in Galle District. Through this community network HELP-O is helping them to improve their living conditions by community empowerment and development and also by most valuable social services.

WELCOME TO OUR OFFICIAL NEWSLETTER OF DECEMBER - 2013

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Urban Agriculture through Productive Harvest

Home gardening has been a long being tradition in Sri Lanka. With the rapid increase in population and with the change in economic policies mass migrations of rural population to urban setting have been observed over the last few decades. These un-planned urban settlements together with urban life style however, provided little room for agriculture. With the market-based economy, people gradually. However with the improved knowledge on nutrition, high cost of fresh vegetables and fruits and the poor availability of good quality products, there is a renewed interest and new tendency of producing their own food among urban communities. Home gardening not only produces nutritionally supervisor food but also contributes in significant saving of family food expenditure.

Urban agriculture is the practice of cultivating, processing and distributing food in around a village, town or city. Urban agriculture can also involve animal husbandry, aquaculture, agro forestry and horticulture. These activities occur in peri-urban areas as well.

Urban agriculture is a complex system encompassing a spectrum of interest, from a traditional core of activities associated with the production, processing, marketing, distribution and consumption to a multiplicity of other benefits and services that less widely acknowledge and documented.

There are many social benefits that have emerged from urban agriculture practices, such as improved overall social and emotional well being, improved health and nutrition, increased income, employment, food security within the household and community social life. Urban agriculture can have a large impact on the social and emotional well-being of individuals report to have decreased level of streets and better overall mental health when they have opportunities to interact with nature though a garden. Urban gardens are thought to be relaxing and calming and after a space of retreat in densely population urban areas.

Although small scale home gardening is not fully governed by the climate its effects on plants cannot be neglected. Especially in the case of pests and deceases, planting must be scheduled according to general planting seasons in the area in order to achieve better results.
Normally Sri Lankans expect tasty and low cost foods. Therefore, the mal-nutrition level is going up day by day. The most people are habited to use flavoring agent.

But our ancient people were added coconut oil, coconut milk spices etc. The ancient people had healthy life and efficient. Also, they lived long term. Therefore, they never had heart attacks, cancers. These illnesses called sin by them. Most people are interest in instant foods because they are very busy. We know that we need mainly three types of foods for daily activities in our body as mentioned below.

1. Carbohydrate
2. Protein
3. Vitamin & Mineral

We need to take a balanced food menu. Our main food is rice. Mostly the carbohydrate gives it to us. We have knowledge about nutritious foods. Therefore we also have the knowledge of nutrition in vegetables and fruits. The vegetables and fruits buy from market did not contained nutrition as agriculture producers grow the vegetables and fruits using the poisoned chemicals, expecting more economical benefits.

Today the producers include “HERBAL NAME” to improve their product selling. For an example, hair washing “Shampoo” is also uses HERBAL Name. Further more, the organic foods are having more demand and costs more in developed countries.

The vegetables and fruits contain a unique tasty by using organic manure. Also, nutritious value is high and has beforehand, good market.
Biogas is a reliable fuel, which is produced out of renewable resources, other industrial side products or even waste. Compared to other renewable energy sources like wind or solar energy biogas can be produced regardless of weather or daytime factors. The biological process of a biogas plant proceeds uninterrupted; 24 hours a day, 7 days a week.

HELP-O Eco Green Company had installed a newly built bio gas plant in the Southern Province Ayurwedic Herbal Manufactory, Beliatta with the financial support of Chief Ministry of Southern Province. The objective is providing a unique Ayurwedic services to the nation through curative and preventive diseases.

They hoped to solve mainly below two problems through our bio gas plant.

1. As nearly 60 employees and patience exist, their daily food waste collection was high and it’s difficult to manage by the waste dumping at particular site

2. They hadn’t a sustainable solution for their toilet waste management

Because of these things many side problems had occurred. Number of environmental problems such as methane emission to the air, decrease the pleasant look of the area, breading flies & impact for the human health etc. In addition to these, present energy requirement also was very high & costing as hospital supplied foods for patients by cooking, they had to spend huge scale of money on their energy needs like LP Gas.

But through this bio gas plant they can solve all these problems with out any doubt. That’s why they agreed to install this. The capacity of the bio gas plant to be constructed was 35m$^3$ and that could feed 650kg with water. The main purpose of the unit is to solve toilet waste problem. And also we are expecting to conduct many awareness programs for the minor staff in near future.

We hope that they will solve all their problems through our bio gas plant and it will be a great pleasure for HELP-O Eco Green definitely.
Sustainable Solution Syaco Yogurt Company

As we are carrying you to our different projects through our monthly newsletter with bio gas program, this time we are going to take your attention towards our special program with a one of well recognized eco friendly company named as Syaco Yoghurt Company.

It is situated in Trincomalee District, Eastern Province. The company incorporated in few years ago. Also it is a useful place in that area.

We are going to talk about waste management mechanism of Syaco Yoghurt Company with Mr. Kulathunga the Manager of the company.

Reporter: We would like to know few details about Syaco Yoghurt Company.

Mr.Kulathuga: Syaco Yoghurt Company is a one of the top level yoghurt companies in Sri Lanka and it is ideally located in Mahamayapura, Trincomalee. And Our Company started in 1996. The company has lot of workers. In our company everything is created according to the eco friendly system.

Reporter: What were the problems you faced before you implement bio gas plant?

Mr.Kulathunga: Yes, Actually we were in a huge trouble of managing the daily effluvial waste water collection. Specially as a yoghurt company we needed to maintain a pleasant surrounding instead of malodorous, bad smell, mosquito & flies breading place, so we needed an accurate waste management system like this. And we hadn’t a place to dump the waste water. Other problem we faced was we haven’t fire woods incommensurate to prepare yogurts. We needed more than 750kg of fire woods per week.

Reporter: How did you get to know about our waste management program?

Mr.Kulathunga: When we were thinking about a way to waste management we found convenient information on interesting waste management program of HELP O Eco Green Company and we requested a solution for our waste problem.

Reporter: We would like to know about the benefits and the present situation of the bio gas plant?

Mr.Kulathunga: We are experiencing benefits from the biogas plant nearly one year. Daily we feed bio gas plant with one hundred liters of waste water and we get bio gas through that, to make yogurts in present. Actually, the bio gas plant is very useful to our company.
Successful woman in China Garden Branch of HOLDE Women’s Co-operative

Ms. Nandawathi Nanayakkara is a mother of two children and living in China Garden, Galle. She is a good businessman and she has a communication shop in Galle city. She always tries to develop their family situation. And she is a start member of HOLDE Women’s Co-operative. HOLDE Women’s Co-operative is one of the best known communities in Galle District. The committee is always helping to develop their self-employees towards a better life style. Ms. Nandawathi gives many supports to the successfulness of their committee. She takes loans from HOLDE Women’s Co-operative Ltd at season times. One of her sons helps her to develop the business. We got ideas about their success from her.

Why did you enter in to this Business?

I was affected by the Tsunami Disaster in 2004. Therefore, I bereaved everything. I fell down physically and mentally. We had to get help from anybody as we are badly in a helpless situation. Suddenly, we were acquainted about “HELP-O Organization”. That organization distributed many loans to us. After that, we were branched to small groups. There were six groups named Mahamaya, Prajapathi, Anuladewi, Yashodara, Apsara and Jayoda which was my group. We gathered together and worked together while helping each other. And also I had participated for many social works.

As the economical side in my family background was fallen down, I needed a method for living. Therefore, I started a communication; Also, I wanted to develop it step by step. But I didn’t have enough money. I applied a loan from the HOLDE Women’s Co-operative two month ago because I wanted to buy bulk of goods. The loan amount was Rs.50000/=. Actually, it was a great pleasure for me and I would like to thanks HELP-O Organization and HOLDE Women’s Co-operative Ltd to settle it in a monthly installment. It contributed our lifestyle to the success.

What kind of message would you like to convey to the women of this society?

I also want to point out to other members of our committee that a woman can also contribute her family in any bad situation as a women’s mind is always full of courage. HOLDE Women’s Co-operative is a very strong committee to develop lifestyles of us.
Experiences with SDPI 2013

SDPI (Sustainable Development Policy Institute) is a Non - Profit Organization and it is defines sustainable development as the enhancement peace social justice well- being within and across generations. SDPI produces knowledge that can enhance the capacity of government to make informed policy decisions and to engage civil society on issues of public interest. The institute acts as both a generator of original research of sustainable development issues and as an information resource for concerned individuals and institutions. The organization talks Economic Development, Safety Environment, Food Security, and sustainable Livelihood, Social sector Development, Environment, Energy, Peace and Conflict/Human Security.

SDPI Sixteenth Sustainable Development Conference was held on 10-12th December 2013 at Best Wishes Hotel, Islamabad, Pakistan. The Heading of this Conference is “Creating Momentum: Today is Tomorrow”. Mr.Chathura Welivitiya the Chairman / Chief Executive of HELP-O Participated in this occasion. The beneficiaries participated in this occasion. Mr. Chathura presented a case study about Green Bio Energy Trincomalee City in Sri Lanka of UNEP-APFED. Trincomalee City is situated in Eastern part of Sri Lanka and it is an ancient city. We received valuable ideas from his experience.

I’m happy to say, as the founder of HELP-O regarding the compatibility of the vision of our organization and the theme of SDC & way forward to future with better understanding of the world need in time to time.

We are offering focal services as integrated waste & waste management, expansion of green bio energy city conception with the participation of public & private participation, poverty reduction & community Network while empowering grass root level.

I would like to explain about our project the Green Bio Energy City Concept with the funding & superior of UNEP-APFED Showcase program. Our best practices in Trincomalee Urban Council. They had a system of manage the waste but it was not well function & they were not feeling the seriousness of the waste problems in the future. We could introduce Green Bio Energy City Concept with funding & showcase program.
They were install bio gas plant at the premises of public market & input organic waste collected from public market & generate bio energy to lighting the market at night time. It was a saving for them & it supported to expand the concept of green bio energy city to other areas. Also helps to upgrade the health condition of people by converting waste in to resource and increase the organic cultivations of the area.

They can get many benefits from this project as find solutions for global warming & Climate Change minimization without disposing organic waste & waste water in informal way to the environment. Also HELP-O & Trincomalee Urban Council organized a city cleaning program one month ago. The many stakeholders participated in this valuable occasion.

We hoped below benefits from these environment friendly programs,

★ Best Practices to introduce to other cities making as Green Bio Energy Cities in people friendly manner.
★ New building applications in a city can have eco gas solution for the approved
★ Exchange exposure visits are more valuable to share experience with other cities.
★ Changing city governing policies & national plans for Climate Change

Finally, I’m saying that together we can do more to create people friendly cities. And I would like to thank for all who helped to us towards the success of green project. I must appreciate this opportunity to share our experience with other cities & I’m wondering the perfect arrangement of this event in successful manner. More information: http://www.sdpi.org/
Experiences with CITYNET

CITYNET is the Regional Network of Local Authorities for the Management of Human Settlements. And it has committed itself to helping local governments improve the sustainability of human settlements. CITYNET has grown to become an international organization of more than 100 members in more than 20 countries, most are which are cities and local governments in the Asia Pacific region.

The Regional workshop on “Eco-Industrial Cluster” held on 2-4th December 2013 in Asian Development Bank Institute, CITYNET and Kawasaki, Tokyo, Japan. HELP-O was gave this opportunity to take part to Mr. Asoka Siriwardana the Additional Secretary, Ministry of Agriculture and below are ideas from his about the workshop on “Eco-Industrial Cluster”.

“I believe this workshop was a tremendous success as it had exceeded my expectations with regards to its overall objectives set out in the initial stage. Hon. Masahiro Kawai, Dean & CEO, ADBI, explained, at his welcome Remarks “this Program had become not only just a training program but also an eye-opening experience for Asian countries that links ADB institute and City Net. Hence this theme has become a model for all developing countries looking to upgrade the Eco Industrial Clusters.

The Seminars of the Program were conducted by academia at the Professor and Doctorate level who have extensive teaching and research experience in the Eco Industry. The guest presenters included Senior officers with years of experience in working for the Eco Industry Cluster. We were fortunate to have the presence of Hon. Masahiro Kawai, Dean & CEO, ADBI, as one of the guest presenters and the Keynote Speaker for the opening ceremony. The overall evaluation by the participants on the quality of the presentations and speakers were very good.

Participants of this workshop were government officials and senior officials from Bangladesh, Cambodia, PRC, India, Indonesia, Lao PDR, Malaysia, Mongolia, Myanmar, Nepal, Pakistan, Philippines, Sri Lanka, Thailand, and Viet Nam. This training program was focused on the sustainability challenges that industrial clusters face and the socio-economic benefits of eco-innovations that are occurring within the industrial clusters.
EXPERIENCES

The curriculum of the workshop included such diverse but essential topics such as Industrial Clusters and Economic Development, Regional Experience of Eco-Industrial Clusters (EIC), as Eco-Friendly Economic Zones, Improving the Environmental Performance of SME Clusters, Industrial Clusters Vs Eco-Industrial Clusters and exposure visit.

These provided the participants with a thorough knowledge and awareness of not just the skills needed to effectively plan their future programs but also the environment that they need to work in. The participants were impressed with the new ideas and concepts that they encountered in the presentations. The Program also provided the participants’ ample opportunities to witness first hand how Eco industry Cluster Theories were practiced in Japan through the organized an industry visit to the Field visit to Kawasaki, Eco Town.

The participants were interested in learning the best practices adopted by the Japan Government as they wanted to adopt these practices back in their own countries. Therefore I believe that given its comprehensive nature this is a very unique Program which edified participants on all aspects of knowledge and practice, exposed them to different ideas and attitudes and helped them to change their outlook on work and personal life.

The training course would help policymakers develop a strategic approach in dealing with environmental, economic, and social issues facing businesses at the local level.

When considering the course content, coverage of the topics, addressing our professional needs, the quality of the presentations, I can assure that this was a valuable and practical overseas training programme.

This programme also provided us an excellent opportunity to build effective interpersonal relationships and improve network with among other participants, academics, lecturers, presenters, official we met on industry visit and other Japanese we met during the stay in Japan. This training programme was funded by the ADB institute and City Net.

I would like to render my sincere thanks for Mr. Chathura Welivitiya, the Chairman/Chief Executive of HELP-O, an Associate Member of City Net and The Board of Directors who have given this opportunity for me to participate in this valuable program for inspiring such a remarkable experience.
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Finally I would like to extend my heartfelt gratitude to Program coordinator, **Venkatachalam Anbumozhi** for organizing this training programme in such a way.

**I have no words for appreciating his commitment and dedication to the success of this workshop.** And I also would like to convey my sincerely thanks to **Mr. Toby Roycroft**, Program Officer for giving all kinds of assistant for the success of the workshop. I would also like to offer my thanks to **ADB institute, Kawasaki City and City Net** for arranging such a constructive workshop and inviting me to participate for it.

This workshop was one of the greatest achievements I had in my professional life. Because I had a golden opportunity to learn many things regarding to EIC concept and I am hoping to apply that knowledge in my future endeavours. **Also you can get more information through this web site:**


**Participants engage in a group exercise**

**Participants visit a paper recycling facilities in Kawasaki Eco-town**
We are welcome your comments & Suggestions.......