Dear Reader,

HELP-O shares our monthly services, eco friendly activities and extra knowledge. In this month also we ready to offer our monthly Newsletter to our readers.

If you want to construct bio gas plant in your home premises, you can get an idea and more knowledge from this Newsletter. Nature’s Beauty Creations (PVT) Ltd has combine with the Eco Green team. Panadura Base hospital was share their new experiences about the Bio gas plant in their premises And we happy to say University education also join hands with the bio gas technology.

A HOLDE woman Co-operation was wins funds for rural development project. We introduce an article about Successful women in Walauwatta area.

World Environment day celebrated in 5th of JUNE. At last you can get extra knowledge about the organic liquid fertilizer. And we hope to carry on the articles about the liquid fertilizer.
Are you wanted to build a bio gas plant in your home?

Normally we build the bio gas plants in community base and institution levels. I think to delivery a report about the technical details about domestic bio gas plants. In may Newsletter we were explain the importance of domestic bio gas plant? In this month we consider about the technical equipments and technology.

We expand these bio gas plants in domestic area, cause to using bio-methanisation technology all domestic bio waste including waste water can be treated hygienically and bio gas, a very good cooking fuel is produced. This helps to prevent the tendency to throw the waste materials in roads and public places.

Bio gas unit can be constructed with a small space under the ground in your home garden.

How to decide the suitable capacity of the Bio Gas plant?

- Number of family members
- Time of using gas
- Quantity of daily waste collection
  - 6m³ – 20 ft*10 ft
  - 8m³ – 22ft *10ft

What is the time duration for construct the bio gas unit?

Normally we can mention here one month. But if you provide necessary equipments and other things, our service also ready in any time. But environmental problems are cause to spend in than one month.

What is the material list for domestic bio gas?

<table>
<thead>
<tr>
<th>Material</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of bricks</td>
<td>2250</td>
</tr>
<tr>
<td>Cement (50Kg)</td>
<td>16</td>
</tr>
<tr>
<td>Sand</td>
<td>2 cub</td>
</tr>
<tr>
<td>Metal</td>
<td>0.5 cubs</td>
</tr>
<tr>
<td>Padlo cement</td>
<td>5Kg</td>
</tr>
</tbody>
</table>

It is help to cultivate your home cultivation well. You can use this organic fertilizer instead of chemical fertilizer. Harvest will be very pure without any harmful things. Also you can sale this and can earn money.

How to categorize the waste before input to the bio gas plant?

You should categorize the waste in two sections as organic waste and non-organic waste.

Organic waste
Ex-Kitchen waste water
  - Vegetables, fruits...etc

Non-organic waste
Ex-Plastic, polythene...etc
What is Bio Gas?

Biogas typically refers to a gas produced by the breakdown of organic matter in the absence of oxygen. It is a renewable energy source, like solar and wind energy. And bio gas is a pure blue flame with harmless gases.

Content of the bio gas

- Methane CH₄ 55%- 70%
- Carbon dioxide CO₂ 30%-40%
- Hydrogen sulfide H₂S 01%-05%

2" nails – 2Kg
Timber – 20 ft²
Binding – 5Kg
1/2Copper pipe – 1 Lft
Clair horce – 1Role
Horce clip – 5

What are the benefits from the domestic bio gas plant?

- You can save your money spend on L.P gas, kerosene oil and wood
- Can minimize the daily waste collection
- Can decrease the energy expenses
- Increase the healthy environment of the people
- If you want .you can connect your toilet waste pipe.
- You can make a healthy environment of the place.

Are any extra benefits?

Yes actually this bio gas plant is much benefited plant to the people. You can get organic fertilizer from bio gas unit. It is help to cultivate your home cultivation well.

Please avoid input the non-organic waste. It will harmful to your bio gas production.

Summary of the profit

<table>
<thead>
<tr>
<th>Capacity</th>
<th>6m³</th>
<th>8m³</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum waste collection per day</td>
<td>15Kg</td>
<td>25Kg</td>
</tr>
<tr>
<td>Quantity of bio gas product per day</td>
<td>1.5m³</td>
<td>2m³</td>
</tr>
<tr>
<td>Quantity of L.P gas per day</td>
<td>0.7Kg</td>
<td>1Kg</td>
</tr>
<tr>
<td>Monthly profit</td>
<td>Rs.3150.00</td>
<td>Rs.4500.00</td>
</tr>
</tbody>
</table>

If you want to construct a bio gas plant in your home, you can contact with us. Our service is ready.

Contact Numbers-0773737824 0914380121
E-mail address-helpogn@wow.lk
Address-No.384/18A, Samagi Mw, Dangedara, Galle, Sri Lanka
Web: www.helpoecogreen@slnet.lk

Written By- Danusha Lakmali
Nature’s Beauty Creations is one of the most popular companies in Sri Lanka. Nature’s Beauty Creations situated in Colombo District in Horana area.

They are willing to implement waste management program within their premises. Normally, as there are more workers there daily waste collection is high. At present they use L.P. Gas as the main energy source in cooking purpose and they expend much money for the energy need in their kitchen. And also they have more daily waste collection. That is also a massive problem to them. These problems were cause to have a Bio Gas plant.

They needed a sustainable solution for their waste and energy problems. So they invited us to implement a biogas plant for their waste management process.

On 17th of June 2013 with HELP O Eco Green Ltd and the objective of this project is to implement the biogas plant at Nature Secret premises as their request to find a sustainable solution for the daily organic waste generation.

The Mr. Chathura Welivitiya, the Managing Director of HELP-O Eco Green & Mr. Aditya Kekulewela, The Director/General Manager of Nature’s Beauty Creations were signed the agreement.

The witnesses were Mr. Janaka Chandrajith, the project supervisor of HELP O Eco Green Ltd & Mr. Eranga Nilhan Kumara the executive Manager of that company were participated the grand opportunity.

And also they discuss our next step and appreciate our services for the green earth.
Waste problem is one of huge problems everybody faces and one of other critical problem is Global warming. When there is no proper waste dumping process it generate methane gas and it’s high effects to Climate Change and from this waste many people getting sick and this is the huge problem.

As we are carrying you to our different projects through our monthly newsletter with bio gas program. In this month we are going to write about Panadura Base Hospital waste management mechanism. And we appreciate their valuable action.

The Panadura Base Hospital is one of major hospitals in Sri Lanka and its only base hospital in Panadura District.

The Panadura Base Hospital was established in 1926. It has about 154 minor staff members.

HELP O Eco Green Company was got a sustainable solution for their waste problem through bio gas technology.

The Panadura Base Hospital used fire wood for making foods for their cooking purposes. Their daily waste generation is more than 650kg per day. The patients more than 350 and their daily fire wood need is more 200kg. Even methane gas is emission to air in high scale and the Panadura Base Hospital. Local Authority collects the waste but sometimes they don’t collect the waste that was massive problem they have.

Therefore, they were found a better solution for waste and energy problem. Through the Bio gas system they found a better solution their waste problem.

In 2009, we construct a bio gas system to them.

Now we are happy to say they get many advantages through this bio gas unit.

Speaking to HELP-O Newsletter Administrative Officer of Panadura Base hospital, said that, “through this Bio gas plant we expect to decrease their fire wood 55% per day. Also we use liquid fertilizer from bio gas plant for our cultivation. And we can get a extra earning from the cultivation and we sale the liquid fertilizer to some cultivators in our area.Bio gas plant is help very much to solve our waste and energy problem of our hospital”. And he thankful to our service and he appreciate our valuable activities to the world.
The objective of the hospital is “Quality Health Care Through dedication.”

They had a huge waste problem and they were found a better solution for it.

Bio Gas technology Join Hands with University Education

Students of faculty of Facilities Management in Department of Building Economics in University of Moratuwa were observing the bio gas unit. Lectures and set of students of university of Moratuwa got a valuable knowledge about the bio-gas unit. 20th of May some of lectures and students visited the bio gas plant in Hill Garden tea factory in Baddegama.

The students of facility management their duty is providing the facilities which are want to the buildings.

Mr.Chathura Welivitiya, Chief executive of HELP-O ECO GREEN LTD, secretary of the company Mr.Sampath Athukorala was participated in this opportunity and they explain about the bio gas unit. They are solving their problems which are wanting to their educational degree level. How this Bio gas system is producing the CH4 gas, the benefits from the bio gas system and how to …etc. These was some questions which were asked by them. At last our heartfelt gratitude’s were goes to the manager of the Hill Garden Tea factory, staff members and the visitors of the Moratuwa University.
Islander center is the training center of Sevalanka foundation. Sevalanka foundation is a Sri Lankan development organization that enhances the capacity of disadvantaged rural communities to identify and address their own development needs. Through their own professionals and their links with other service providers, they co-ordinate training and support services that contribute to the economically viable, socially just and ecologically sustainable development of Sri Lanka.

The last December first week “Sewalanaka Foundation” organized a program in “ISLANDA” Training Centre in Rajanganaya. The program was organized by Mr. Harsha Kumara Nawarathna chairman of Sewalanka Foundation.

In the program they discussed about agricultural field and performed group activities. They created new structures for following points,

- Eco-friendly productions
- Organic Fruits and vegetables
- Native organic rice
- Protect the Native seeds

At last they selected the 8 best projects among the all the 26 projects. We happy to say our project also win among them.

The main target of this project is Starting a yogurt factory in Peraliya area, Hikkaduwa district and developing the villager’s economical phase. The main reason for the project is recognizing and gives solutions for the milk sales live in Peraliya.Wlauwatta…and whole the Galle district.

- Solving problems of milk producers
- Tips for how to maintaining the milk products
- Increase the daily income of villagers
- Create the jobs for the unemployed young society

The money awarding ceremony for projects, was held in 17th, 18th in Rajanganaya. Miss Ayoma Tennakoon, Miss Mihirani Isanka and W.A. Nelum Thakshila Madushani were participated this great opportunity.

As the HELP-O editors we conferment our best wishes for their project.
How they achieve their targets through HOLDE Women’s Co-op

Name-A.D Sujeewa Manohari
Area-In Wlauvatta
Occupation-Self employee (Carry on Poultry farm)

In every month HELP-O Newsletter share the experience of successful women of HOLDE Women’s CO-op. This month also we appreciate one of them encourage with proudly. HOLDE Women’s Co-operation is a very energetic committee of the poor members living in an urban area. HOLDE women co-operation hopes to arise an economical phase of the women who are in our co-operation and always, they are trying to achieve success to their living standers.

Mrs. A.D. Sujeewa Manohari, she is a mother of 2 children and she is self employee. She carries on a poultry farm in her home premises. Her husband also helps to her poultry farm.

She got a Rs. 50,000.00 loan from the HOLDE women co-operation.

Now she invests this money for her poultry farm. We are happy to say now her economical side is better than last days.

Speaking to HELP-O Newsletter Mrs. A.D Sujeewa said that, now her family economical phase is good and last her thankful to our service and HOLDE Co-operation too. And she says HOLDE Women’s co-operative is a great strength for women’s like them. Further, she hope to develop her business future too.

World Environment Day-2013

“One person can make all the difference in the world. For the first time in recorded human history, we have the fate of the whole planet in our hands.”

Written By- Danusha Lakmali

helpoecogreen@slt.net.lk
In every year 5th of June world celebrate the environmental day. **Think.Eat.Save** is an anti food loss campaign that encourages you to reduce your food print.

Every year 1.3 billion tones of food wasted (According to the UN food and agriculture Organization (FAO)) At the same time one in every seven people in the world go to bed hungry and more than 20,000 children under the age of five die daily from hunger. Because of this enormous imbalance in lifestyles and the resultant devastating effects on the environment, this year’s theme is “Think.Eat.Save”.

This year’s campaign rallies you to take action from your home and then witness the power of collective decisions you and others have made to reduce food waste, save money, minimize the environmental impact of food production and force food production processes to become more efficient.

If food is wasted, it means that all the resources and inputs used in the production of all the food are also lost. It will cause to happen many future disasters through the food waste.

**Saving our environment**

On this day of WED, the UNEP is urging each one of us to think before we eat and help save our environment. There are various ways we can make more informed decisions in our food choices like:

1) Selecting foods that have less of an environmental impact

2) Choosing organic foods that do not use chemicals in the production process-Eating less meat

3) Growing food at our own homes proper planning of meals before buying to avoid food wastage

As the saying goes ‘better late than never’, it is time that mankind desperately need to start performing their task to reduce the disaster risk and save the environment, otherwise, the outcome would be fatal.

So think before you eat and help save our environment!
These days most of the cultivators are use the chemical fertilizers for their cultivations. But we have to say in sadly these chemical fertilizer have more bad effects to the harvest, environment and humans too.

- **Harvest with bad chemical**
- **Destroy waterways**
  (The use of chemical fertilizers on crops can have adverse effects on waterways caused by chemical run off of the excess fertilizer)
- **Chemical burn**
  (Chemical fertilizers are high in nutrient content such as nitrogen. Over-application of chemical fertilizer to plants may cause the leaves to turn yellow or brown, damaging the plant and reducing crop yield.)

- **Soil Acidification**
- **Mineral Depletion**

Now we are happy to say we have a solution for that massive problem. All of you know we are the eco-friendly company and we construct bio gas plants. Through this bio gas plant we can get bio liquid fertilizer as an extra benefit. **Bio Liquid fertilizer** is most popular natural product in these days. Every people find the organic liquid fertilizer to their own cultivations properly. These days have organic liquid fertilizer have a good place in the market. There is now decrease in the inorganic fertilizer market. Liquid fertilizer made by the use of extracted organic materials and other natural products. Liquid fertilizer is popular manure among home garden.

Bio fertilizers are not only fertilizers. These are use as
1) Hormone
2) Natural pesticide
3) High efficiency liquid fertilizer

These are some benefits from the bio liquid fertilizers.

- **You can save your money, which are spending to chemical fertilizer**
- **Harvest in natural and no any bad radicals**
- **Good nutrition to the soil**
- **No any harmful sector to the air**
- **Can produce these are in your home premises**

Now we have enough stock of bio liquid fertilizer from our established Bio gas units.

If you want to buy or want to know more details about the bio liquid fertilizer you can contact with us.

Contact No-0773737824
  0914380191

Web - helpoeecogreen@sltnet.lk

All of you should help to protect the earth. And we invite all the cultivators, to use bio fertilizer instead of chemical fertilizer for your cultivations.

It will help to make a better earth for future generations.
We are welcome your valuable comments and suggestions.

HELP-O
Human & Environment Link Progressive Organization

Address: No 364/18A, Samagi Mw, Dangedara, Galle, Sri Lanka
Tel: 0914380121 0915050027
E-mail: helpogn@wow.lk / helpoecogreen@sltnet.lk
Web: www.helpo-srilanka.org www.helpoecogreen.com

Subscribe to our newsletter at www.helpo-srilanka.org