EDITORIAL

Through the Newsletter of the month of July 2014 HELP-O earnestly hope to enrich your knowledge relating to various programs carried out by us during the month of July hoping to exchange experiences with you.

The second part of the environmental program of students was carried out successfully with the initiative of HELP-O towards the later part of July. HELP-O had the opportunity to attend the environmental program with regard to climate changes organized by the national forum.

The program of solid waste management was carried out by HELP O Eco Green Company in several locations quite successfully and productively as we introduced our service to the private sector where by power energy was created. The technic of bio gas will be an alternative as well as profitable for their business to promote the livelihood of the community through self organized corporation will be helpful. The ongoing program of micro finance for eight years up to day by HELP-O is a matter to rejoice.

As a proof the correspondence of the project could be used as a matter for education purposes. As your liberal opinion and analyses for our efforts will be of value to us and in the mean time we Endeavour to promote your knowledge about the material world.

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01. Safeguard the pupils’ environmental education program successful

For a group of 40 students of Sangamiththa Balika Vidyalaya an educational workshop relating to “BEEKKE” forest reservation by the HELP-O institution. As already stated in the last monthly issue in the CITYNET situated Yokohama Japan (regional wise unity) project off iced of the project office/ director Gatharo kavasaki and Tsurumi - river network institution (Tsurumi - river water collection) working in the capacity of Mr. J.G. Abe this commenced as the second environment program introduced to Sri Lanka.

Changing the direction of normal process of education in the class room through. Happiness and vigilance this program with different visions. Also environment to be loved and to understand what our needs are clearly indicated in this program to love the environment and to protect same join the students for the environment development program and to promote social behavior is the motive the pupils will here by be a reason for self education.

This student environmental education program with joined hands internationally the second phase was housed at the vidyalaya premises. The second phase was aimed at insects, plants and identifying the atmosphere of environment. Mr. Chatura Welivitiya the chief executive and the chairman of HELP-O and Mr. Sachitha Nandajith the manger of panadura branch and the administrative secretary Mr. Sampath Athukorala participated Mrs. Deepani Wickremasingha sangamiththa Balika Vidyalaya, Mrs. K.H.S. Indika the two teacher also attended the program, and extended their corporation.

An educational program with record to a forest within the premises of the school there by the physical appearance of sample insects and behavior, diversity of leaves and the mane the leaves are spreading were studying and drawing pictures of the insects. Participating with interest in the second phase of environment activity development and admiring the picturesque surroundings able to understand them was quite satisfy.
02. For a Pleasant Tomorrow Dedication to Climate Change

In an era that the world population endeavor a speedy development whether a confident future could be assured for children of tomorrow is the problem that our hearts.

In Sri Lanka via speedy development and lawless social background we have to face many anti social and environmental problems. Ignorance of limits relating so called development and apart from legal framework resulting. Destruction to environment other vices; we have to face today right climatic changes and many problems. Under these circumstances a combination of Sri lankan environment societies unity pleating to climatic changes the national forum and green movement Sri Lanka together could upgrade the awareness and experience could resume a theme relating to a civil Dialogue was held from July 20 to 23 at sarvodaya centre at Bandaragama, Aluthgama.

More than 40 environmentalists and environment organizations through the country attended.

With the participation of Mr. Patali Champaka Ranavaka the Hon. Minister of Technical Research Of Atomic Energy. He delivered a very interesting speech relating to priority of development and climatic changes.

During course of the developed countries and development in Asian countries the Hon. Minister emphasized his vision.

When I met Mr. Eric Solhlim in Norway which is supposed to be the richest country in the world.

The memorandum for peace program in Sri Lanka. I asked him way there are no house of more than 05 stories Mr. Eric Solhlim gave a very attracting answer within 30-40 years the all will cease to exists and then our children Will climb only 05 stories by foot.

Citizens of Norway were able to see another 30-40 years to come the Hon. Minister emphasized that we must also be able to see likewise with regard to our development.
During the three day the conference prevailed :-

- During the three day the conference prevailed :-
- On going program by the national secretariat relating to climatic changes.
- Endeavor to minimize the climatic changes at international level.
- Responsibility of the civil society to oust the climatic changes of climate.
- Traditional farming and fishery industry.
- Urban development and human settlements.
- Through climatic changes to bio diversity the influence of infrastructure to human health.
- The responsibility of civil society UN-REDD on going program

Speeches and demonstrations by learned orators were heard.

A cultural discussion took place on the last day and the popular vocalist Karunaratnha Diulgane sang the song “Mage duwe obe awadiyen nam”(are you awaken). The moral of the song was discussed.

“we are indebted to stars and moon if we do love the dark
What the world gave us we should give the world tomorrow
If you love this world  the world with love you”
It is impossible to imagine a life without environment not only to man but also to animals. Thus all of us are environmental living beings. To find in the environment and should be found the supreme value is not found any field more than that of “DHAMMA” analysis. The sublime state of environment even in Buddhism which is supposed to be an universal knowledge is clearly analyze.

Buddhism which does not belong to any religion or nation but common to entire universe through the “MAHA BADRA KALPAYA” this universal truth was preached. Whilst the traditional religions Endeavour to compare Buddhism with godly concepts Buddhism denied traditional concepts and disclosed the vision in a scientific outlook. Most of the life time of Buddha spent time in the natural environment and its surroundings. During the Dhamma sermons the Buddha concentrated and preached comparisons from the nature such as paddy fields, rivers, sand, earth, trees, creeper ect. That no man has the right to destroyed and country he described to protect and conserve same and the benefits of cultivations how it influence the life. A very attractive description of the environment is found in the series of “THERA GATHA” and at the same the benefit of living in a suitable environment and how beneficial same was preached. There was no destruction of environment during the days of Buddha. A contemporary know as MAHAVIRA of Jaina fame also preached nonviolence. Once Buddha had introduced him self as an environmentalist to Drona brahmana.

“As a flower blossom in a pond without mud in the petals, likewise in the environment pond sprung without damaging The environment and live as a flower.

-The Buddha-

According to bagga Visaka sutta of sutta nipathaya the environment has much influence for mental development. Whilst living with much inter-relationship with natural environment the problems will decrease. For our ancestors to live happily the required mental bliss could be had through to arrange the robes the Buddha requested an and Thero to advise despise to prepare same in such way wave length and breadth wise. As for example an equally divided paddy field.

Not only that white robes become discovered to use roots of trees, leaves and flower to re-color robes. Buddha further preached that the life of a monk in very light than that of a layman. Monk is like a swan and that of a layman is similar to a peacock. The way of life of a Buddhist is very light. As the life of Buddha was same he explains the way how same could be acquired. More than any other issue the environmental calamity is subject wide discussion by way of inter relationship between man and environment and to secure benefits. The “Asathu Tree” which shadowed him he sat facing same tree for a weak to show his gratitude with eyes opened.
04 Protecting decaying our Livelihoods

Scientific Name : Axis axis ceylonensis
English Name : Spotted Deer
Tamil Name : Ulli man

They live in wet zone of low country and forest of dry zones. Prefer mostly in pasture and discarded open paddy field, Lakeside and chine have been identified as places where they of the roam very really enter in to quickly covered forest. Morning and evening hours could be seen after that as heat become they stay in shady places of the forest.

Feed or variety of foods, plants and their set of animals. Many times the go to places where water is found to crunch the thirsty. Mostly during noon between ten one in dry places. Where the water is found. They could between with their crubs during any period of the year. And special period for procreation as the period that about 8 months and the delivery could be one nearly.

Posses a sharp contact ability. Two main enemies are leopard and human being when the came drink water the leopard prey on deer while the leopard feed and danger of the animal for. However the leader well run behind all others. Who process the stronger set of hones before the leaders.

An mention early sharpness for contact. They come more to more enemy As a tamde animal it could be brought up. It is believed it is age supposed to be about 10 years. As the deer suppose to be image of innocent. Due to harmful activity of grand these animals will sees to existing.
05. Gallnut Tree with Medical Value

Scientific Name :- Terminaliachebula
Family of the plant :- COMBRETACEAE
English Name :- ChebulicMyrobalan
Indigenous Name :- Aralu

Description :-

The plant is about 10 to 12 meters thick and the height is about 30 meters. The leaves are rather large. The seed of gallnut plant rough and long. The appearance is considerably some what big and long. Purple or red in colour. Seed 0.75cm long about 1cm thick.

Contain of :- Tanic acid, garlic acid and mucilage
Growing countries :- Sri lanka and India
Ayurvedic Value :-

Dental Diseeses
Catarrh
Loss of appetittle
Jaundice
Epilepsy
Fever, Eye Diseeses
Jaundice
Desentry
Cauf

Commonly used as a remedy.

Parts for treatments :- Nuts, Bark, Seeds, Leaves
Propagation - Seed

In ayurveda this plant is considerd to have a vacuable therapeuatic value therapeutic value to subdue influence of three major ailments to make thrpala mediciat preperation gallnut is one of three medicinal preperations.According to folk tales while God sakra was drinking the juice gallnut a drop of it had fallen while enable to the growth of this plant.
Long ago in the past there was a well grown “Puswala” (a big creeper found in jungles) where Dunhinda falls was. By that time “Badulu Oya” flowing down the side Ridipana. The before said village Ridipana was by the side of Mahiyangana road about 2 miles a way of Badulla city. Because of this “Puswala” the flow water in Badulu Oya was blocked.

During the reign of king Rajasinghe, a villager named “Ran-hawadi Duraya” of the same village was assigned to take away that “Puswala”. He was able to cut the Puswala after the great efforts of several months. After that, the Badulu Oya began to flow down passing that place. Since then, it was named Dunhinda fall. There are several legends like this related to Dunhinda falls.

The Dunhinda Falls is the most attractive waterfall among the water falls situated near Badulla city in Sri Lanka. The Dunhida waterfall endowed by Badulu Oya is 190ft high. Because of the springlike snow white mist this was named as Dunhinda. Besides this main water waterfall a small waterfall too can be seen just below the main waterfall. This has become a beautiful creation of nature since it springs up in a hole about 6ft in size on the peak of the hill.

While walking towards the Dunhinda fall, the murmur of the fall heard from far, a plot of greenery land below and the green mountains at far sights fills spectators’ hearts with pleasure without doubt.

The Badulu Oya which starts with water from Nuckles and the spring that near Dowe temple in Bandarawela joins Mahaweli River through Lokgal Oya in Mahiyangana.

One who wants to see Dunhinda should travel to 3rd mile post on the Badulla-Mater in the fall can be seen from November-February. This is the first waterfall in Sri Lanka in which the local and the foreign tourists were charged to visit it and it is call the Crest Gem of the Uva as well.

A variety of endemic butterflies, orchids and valuable medicinal herbs also can be seen near this waterfall. Dunhinda fall takes the 33rd place in rank order of the waterfall in Sri Lanka.

Words alone cannot give the real beauty of this waterfall therefore it is a must that you should visit it yourself and witness it to see the enchanting nature of the waterfall.

**Route**

Colombo → Kandy → Badulla → Dunhinda

Matara → Hambantota → Wallawaya → Badulla

Dunhinda
By now people and institution are through natural resources friendly to environment Endeavour experiments to find ways and means to create power supply. It is really a matter to rejoice.

Likewise through Sri Lanka and other countries to introduce bio gas technique and spread same HELP-O Eco Green institution has acquired so from waste matter creating additional income and to the conservation of environment to extend corporation. To appear in the current issue. Among the bio gas unit situated at Galle, Ahangama, kataluwa and the Sathmin Hotel are location we have selected.

While many people call over at Sathmin Hotel daily this hotel accommodate wedding ceremonies too. Service and hospitality could attract active foreigners as such the waste matter accumulated thus in the hotel is about 600-700kg. it was indeed a problem for them. To suite their required a bio gas unit of 35 meter capacity was fixed.

Whilst using bio gas for cooking purpose and liquid manure thus product could be used for agricultural purpose too. It has become an additional income for them. When compared with LP gas bigger profits could be had. Liquid manure used for crops will fetch better harvest. Generally the non carbonic manure is absorbed by the main roots, where as the carbonic liquid absorbed by the roots and leave as well.

Such as a successful harvest could be collected. To any who are confronted with the problem of waste matter this strategy is productive. The result thus obtained is very high. In addition to energy power crated liquid manure and methane gas released reservation of environment. Take place without our knowledge is a wonderful process.
HELP-O Eco Green institution is successfully conducting many programs throughout the island relating to waste management. Waste or garbage could be asserted as one of the problem world over. Waste matter could be divider into two categories. UNICHELA garment factory could be classified as an international enterprise whiles including towards morals and principles it contribute to the national development and endeavor to upgrade the social background of the staff.

On their successful way it was not possible for them to ascertain quantity of daily waste. Where thousands of works are there. They were on the lookout for permanent answer for this problem they realize the management of waste matter problem conducted by the HELP-O Eco Green programme.

Subsequently several biogas units were situated solving the assimilation of waste matter which they happily enjoy. With pride and dignity. The ceremonial opening of the biogas unit UNICHLA was held on the 07th of July. It was named as biogas thros waste matter. The managing director of HELP-O Eco Green organization. Mr. Chatura Welivitiya with certain members of the staff participating while executives and fellow staff members of Mass UNICHELA extended their corporation. The newly fixed biogas unit was declared open by the general manager of UNICHLA Mr. Ranjan Madugalla.

Mr. Ranjan Madugalla who address the gathering said “that up to now our institution have acquired many victories. Above all such goals we consider the commencing of a bio gas unit as the prudent solution to our major problem. A good number of male and female employees are employed in our firm. They had no proper place to put food waste. Likewise the bad smell of lavatories within the factory premises was so unbearable. Due to solid waste management program. No doubt this venture to be an example to other institution with much confidence I should say that we spent owing to above program. We are making arrangements to grow vegetables utilizing manure. As a by produce of bio gas Endeavour to create liquid manure. He continued to share further than coexistence of environment and human-wise program could produce positive outcome. Admiring the productive outcome of participating in environmental programs the managing director of eco-green Mr. Chathura Welivitiya presented a certificate.
SUSTAINABLE SOLUTION FOR WASTE PROBLEM IN UNICHELA (PVT) LTD
Agriculture was carried out successfully in our country several centuries ago through various traditional ways and means commonly known as karmic cycles, and thus the forest diversity was controlled. Organic manure and insecticides were also created by means of traditional knowledge, through similar ways security of food was available. However, subsequently with the expansion of trade economy no wonder among the farmers and the community the traditional methods were discarded. As such today even we are also partner of such occurrences.

Due to the competitive growth of trade economy and to project the harvest from harmful insects the use of artificial manure results in disastrous consequences for the society as well as the crop. Due to such circumstances day by day flourish various diseases and effect the bio diversity.

Hence the regrettable reason is weather directly or indirectly we are also the partners of same atmosphere tarring in to consideration the intellectuals of the world aim at the very beacon to utilize carbonic liquid manure.

To devote the time and energy for the correct and fruitful methods the present and future generations and the bio diversity would be so lucky. Our corporation and interest for same is the duty of all of us. Building a healthy generation and for sake of vicarious bio diversity to confirm the environmental protection today will be for the

Liquid manure could be had by way of a bio gas unit without any cost. Bio gas unit is the technical of recycling gas by way of re-cycling waste matter which is a wonderful technical process. A tank with an opening to insert waste matter and thus recycled waste matter in the form of a liquid accumulation in three parts. This is a process fixed under earth. As waste matter is inserted water is also added. Through water thus added to the tank under ground the live creatures delay turn in to methane gas same is called as bio gas. Accumulation of waste matter the liquid thus remain in the outer tank could be used for a successful cultivation and as Organic manure.

The use of artificial manure usually absorbed into the main roots only. But when the Organic liquid manure which is freely obtained through bio gas is used through roots and leaves a speedy growth of the crop where by the ability to get a harvest free of insect and artificial mixtures detrimental to health. The other special privileges are by way of utilizing Organic liquid manure within a limited space available a successful harvest could be had the garbage such as empty pots and plastic materials, polythene by way of using liquid manure there is the possibility to avail a successful home garden crop. There by minimizing the harmful surrounding to the environment and mosquitoes through your house and the institution the required corporation could be extended. It is our responsibility and the duty to build a healthy generation through directing to use Organic liquid manure.
Through liquid mannur
a better
harvest and successful
tomorrow
10 Our Courageous Women Born in Wave

Due to Tsunami disaster of 2014 December 26 where the strong and dreadful weather destroying lives of human beings and that of animal etc. including dwelling HELP-O institution carried out a comprehensive seer ice of welfare for the benefit of displaced community. By way of organizing to structure in order to awaken the mental woes of the displaced people. Various advisory and were arranged to dispose waste matter accumulated due to Tsunami and to clean to city. Dutus HELP-O to establish group of those displace and encourage to have the earning. Subsequent to Tsunami disaster various type welfare societies enter the village and town. Which where more harmful than Tsunami. HELP-O benefits granted without considering as benefits but for self-employment ignoring the mental and to save 50% of the earnings. Enable to ensuring groups, commencing with Rs.10.00. peoples society but with the initiative of women. Today extend service named as Galle district houses and livelihood development societies of Galle district as “Kantha”(women) Co-operative society.

By Galle district housing and livelihood development Co-operative ltd. Houses, toilets and daily functions and loans for infrastructure facilities and addition various other outdoor activity, such as health culture and welfare programs extending service to the society. The “Kantha” Co-operative society in edition to above through other was build houses for disabled families.

As food, lodging cloth and media are consider to be the for fundamental human needs, it as the responsibility and due to all of us to be vigilant how poor families avail inopportunity and needs even through we are divided as members of human race in to various races, religion and cast to fundamental needs are alike the influence. Irrespective of those differences and feeling of hunger is same. To cover the anised body medical treatments for ailments and shelter of head are needs that are equal to all human been.

If food, cloths and drugs could be found easily it has become a dream to find a house or poor family. If the sole bread winner meet with and accident.

The Co-operative society build by HELP-O for a living family as shelters and peace mind. The Galle district houses and livelihood development Co-operative society ltd. Look forward to be a reality through our future News Letter we endeavor to right the fate of and exemplary families.
11. International Training Progarme
For You

Three day Training Program on “Neuro Linguistic Programming” NLP from 25 - 27 August, 2014, Bala Vikasa PDTC, Telangana, India. Group activities through different fields such as, sermons, discussions exhibitions relating to activities of the mind was to be discussed this program was held.

Community based organizations, community development institutions, community service organizations while including Non Profit Organizations could take part and a certificate will be awarded.
If you want to attending to this program we can permit you on behalf of our organization.

For Details Please Contact: http://www.balavikasa.org/

By minimizing the increasing pattern of disaster and calamity in Asia-Pacific region should turn our selves to share climatic changes.

It has been agreed to hold the above mentioned workshop on 2014 September 20-23 Jeju island in Korea. Delegates from the regional institutions, and non government organizations and community based organization and delegates from Asia-Pacific region and other government institution could apply.
The last day for application August 31st 2014.
http://citynet-ap.org/
Thank you to all who contributed to this Newsletter

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