HELP-O Newsletter

“A world with Social Justice & environmentally – Friendly Economic”
EDITORIAL

We are welcome all our readers for September Newsletter. We took part in an awareness programs conducted in Nature Beauty Creations Ltd, Navy Head Quarter.

Also we got a chance to participate on workshop” promoting sustainable Bio mass Energy production & Modern Bio Energy Technology in Sri Lanka.

The Ministry of Environment organized a workshop the Pavithra Ganga program to the Kelani River basin as a pilot project to keep water bodies in clean.

HELP-O & NISD students organized a Cricket & Elle match competitions for children societies at Habaraduwa Pradeshiya Sabha Ground.

HOLDE Women’s co-operative Ltd started a new program which production the yoghurts. And they organized a training program at IDB, Galle.

We introduce you one of the bravest women, Ms.Wimalawathi Panditharathne in China Garden area through this newsletter.

Our sincere thanks goes to all our dearest readers on behalf of HELP-O Newsletter. And we warmly welcome your comments and suggestions for our Newsletter.

Chief Advisor
Mr.Chathura Welivitiya

Editors
Nadeeka Amarasinghe
Ayoma Thennakoon
Nadeesha Dilhani

Photographs By
Dilhan Priyakumudu
Sampath Athukorala
Nature’s Beauty Creations Ltd is really a fusion of modern cosmetics technology combined with age old natural beauty secrets from the tropical island of Sri Lanka.

HELP-O Eco Green Ltd was got a great opportunity to participate the awareness program in the Nature’s Beauty Creations Ltd for make about the bio gas technology in their premises.

Mr.Chathura Welivitiya, the Managing Director & Mr.Udesha Dayarathne, the Technical Officer of HELP O Eco Green Ltd were the chief guests of this ceremony. Mr.Eranga Nihal Kumara Perera and many officers were participated in this occasion.

The main objective of the program convinces them, about proper maintenance of bio gas plant. The resource person Mr.Chathura Welivitiya described the bio gas technology and how maintaining the bio gas plant.

Further than, he was explained the maintaining system of the bio gas plant the harmfulness of environment pollution by irregular waste dumping, technology of the bio gas system, advantages of the bio gas plant.

He explained the bio gas plant can only feed by digesting organic waste and troubles and feeding non organic waste as glass, polythene and etc in this presentation. And he explained the important of the chopping large materials before feeding and how to check pressure of the plant and importance of clearing cooker.

Finally he explained the organic liquid fertilizer for cultivation which can use
The Sri Lankan Navy is one of the forces in our country and it is a well-balanced and cohesive force, capable of operating in waters around Sri Lanka effectively safeguarding our national interests. The maritime role is to conduct operation at sea for the defense of the nation its interests.

Further than he explained about the important of every part of the bio gas unit and about the maintain problems such as no gas, gas have but no burn, the burn light is yellow and he explained to overcome this time.

Now bio gas working properly and they stopped the burning of polythene and plastic.

It is a great task done by the camp for betterment of our future generation.

They cook foods by using LP Gas so that they had to spend much on them and waste way a huge problem to them.

We are proud to have this great opportunity to HELP O Eco Green Ltd to participate to Navy Head Quarter on 13th of September 2013 for aware about the Bio gas technology and environmental benefits and economical benefits from the Bio gas plant. The Managing Director of HELP O Eco Green Mr.Chathura Welivitiya was the resource person in this ceremony. The P.S.R. Jayawardhane, Commodore of Navy, Director of Navy/Medical Services and many officers participated in this special occasion.
Latterly much attention has been focused on identifying suitable biomass species, which can provide high-energy outputs, to replace conventional fossil fuel energy sources. The type of biomass required is largely determined by the energy conversion process and the form in which the energy is required. Representatives from HELP-O were participate for that & Mr.Chathura Welivitiya Chairman/Chief Executive of HELP-O was share more experiences with other regarding the possibility to integrate biogas technology with biomass project by using removal of biomass plantation such as tree leaves. This will be sustainable project to reduce greenhouse gas emission from the use of fossil fuel for thermal energy generation in the Sri Lanka industrial.

Stepping for new innovative technologies Sri Lanka is ready to promoting sustainable energy production as a collaborative project with Ministry of Environment, United Nation Development Program (UNDP), Food & Agriculture Organization & Global Environment Fund (GEF).Regarding this there were inception workshop at Waters Edge in Battaramulla last 17th September 2013.

The use of renewable energy sources is becoming increasingly necessary, if we are to achieve the changes required to address the impacts of global warming. Biomass is the most common form of renewable energy, widely used in the third world but until recently, less so in the Western world.
The Ministry of Environment & Renewable Energy has launched the Pavithra Ganga Program to the Kelani River Basin as a pilot project to keep water bodies in clean. There was a special program at conference hall in Kaduwela Municipal Council, 30 September 2013.

Pavithra Ganga Program is inclusive community based water management & adaptation to climate change project. It is support to the achievement of the (Millennium Development Goals) MDGs by improved access to water & sanitation, which is fundamental to social & economic development, specifically within the context of environment & sustainable development.

EDM Sri Lanka initiate with its main objective of “empowering communities through water creates awareness & educate local authorities ,government institutes ,education institutes ,communities ,children & youth on the importance of sustainable mechanisms to manage surface & groundwater sources ,prevention of water pollution & protect water sources through affirmative & participatory action.

EDM Sri Lanka provides a platform for communities, provincial & local authorities of the government & private sector to facilitate technologies & best practices to find sustainable solutions on multitude of environmental issues related to water through participatory means.

The pilot initiative of EDM will be implemented in 14 selected local authorities of three provinces covering the Kelani River Basin area. The first phase of the project has started in the Biyagama Local Authority.

HELPO Eco Green Ltd Managing Director Mr. Chathura Welivitiya was conduct awareness presentation under the theme of “Biogas as a solution for the degradable waste”. It was a better input to share the best practice on organic waste management by using biogas technology. Eco gas solution can be use to solid & liquid waste discharge by small & medium scale industries such as hotels, shops, boutiques & markets along the Kelani River.
**Raising the Education for Prisoner’s Children**

The Galle prison was celebrated the Prison Day-2013 in Galle prison premises on 11th September. HELP-O Chairman/ Chief Executive Mr.Chathura Welivitiya & many honorable guests were participated in this special occasion also.

HELP-O provides scholarships for prison’s children annually. Usually, we are providing 32 scholarships for children in one year. We get proposed names through Prison Welfare Association. Our main objective is raising their education. Those children have many financial barriers. Actually this is a great chance got for HELP-O. And other aim is protect the children rights and social rights in their families.

**Organic Fruits & Vegetables**

Organic foods are foods that produced using methods of organic farming. Organic foods are also not processed using irradiation, industrial solvemt, or chemical food additives. Proceeded organic food usually contains only organic ingredients. If non-organic ingredients are present, at least a certain percentage of the foods total plant and animal ingredients must be organic. Organic food has become very popular. But navigating the maze of organic food labels, benefits and claims can be confusing.

**What is organic food?**

Making a commitment to healthy eating is a great start towards a healthier life. Beyond eating more fruits, vegetables, whole grains and good facts, however there is the question of food safety, nutrition and sustainability. How foods are grownor raised can impact both your health and the environment.  

Visit our programs through this link: [http://youtu.be/nOlyExsbS58](http://youtu.be/nOlyExsbS58)
On last 23rd of September 2013 HOLDE Women’s Co-operative Ltd organized a special program at Industrial Development Board (IDB) of Southern District Office, Sri Lanka. The resource person was Ms. Anusha Gamage Trainer of Industrial Development Board, and the participants were Ms. Ayoma Thennakoon the Field Manager of HELP-O and Some members of HOLDE Women’s co-operative. Mr. Ranjith Dharmasiri the Deputy Director of IDB started this training program.

First he welcomed the all participants and he thanked to HELP-O because give a chance to HOLDE Women’s Co-operative members. Ms. Anusha Gamage lectured and she give practical training to women. She introduced about the yoghurt factory’s history and it production. Also she explained the advantages & disadvantages of yoghurt production.

Further than she explained benefits of the yoghurt. Yoghurt is fermented milk produced by bacteria fermentation of milk. The bacteria used to make yoghurt are known as yoghurt cultures. Worldwide cow’s milk, the protein of which mainly comprises casein, is most commonly used to make yoghurt but milk from water buffalo, goats, ewes, mares, camels and yaks is also used in various parts of the world.

Yoghurt is nutritionally rich in protein, calcium, and vitamin. Yoghurt contains varying amounts of fat. There is non-fat. Yoghurt is valuable health food for both infants and elderly person. And elderly intestines showed declining levels of bifidus bacteria, which allow the growth of toxin-producing and perhaps, cancer-causing bacteria. Yoghurt may help prevent osteoporosis, reduce the risk of high blood pressure. Yoghurt with active cultures helps the gut, may discourage vaginal infections and may help one feel fuller.
Ms. Wimalawathi Panditharathne is a mother of three children and she is a start member of China Garden HOLDE Women’s Co-operative. She is active member in their branch and she participate lots of social works for her village with other branch members. Always, she is diligent woman for her own work. One of our reporters shared her ideas during this month.

**Reporter: How are you engage with our co-operative branch?**

Ms.Wimalawathi: I applied this HOLDE Women’s co-operative 08 years ago that is during tsunami season.

I was totally disappointed by that tsunami disaster and totally destroyed my all business.

I joined this committee rebuild our lifestyle. I was participated Communities Action Plan (CAP) programs, leadership programs, training programs for self-employees and many other programs and that organized by HELP-O.

HELP-O introduced the “Small Group System“ through the CAP program. And my group is “ANULA”.

Also I was participated psychology programs conducted from HELP-O organization. We also need to find a job for living because our living condition had many low.

Also we haven’t large sum money at once I got loans from and first loan was Rs. 150,000.00 and after I got many loans from HOLDE Women’s Co-operative and CLAFNET (Community Livelihood Action Facilities Network) to rebuild my house.

**Reporter: What is your present situation?**

Ms.Wimalawathi: First I would like to say, I helped other members to rebuild their business and develop self- employees in China Garden. Also, HOLDE Women’s co-operative is a great strength for women’s like us. Further, I hope to develop my business future too.
We are welcome your new suggestions & ideas

Save the Environment, environment will save you.