

NEWSLETTER

DECEMBER

2023



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HELP-O
SRI LANKA





EDITORIAL

HELP-O is a Non-governmental Organization (NGO) established in 1992 by a team of professionals with commitment to making Sri Lanka a better, happier place to live in harmony with nature.

HELP-O has the following vision: "Equitable Economic Development, Social Justice, and a Safer Environment for All

Its mission is "To identify the need of risks confronted by Sri Lankan communities and implement effective solutions through proven integrated approaches with the participation of stakeholders". The five strategies HELP-O adopts in achieving its mission include, empowering the marginalized community socially and economically, accepting the importance of community participation and leadership, dedicating for protect the environment through an integrated process, protecting human rights and justice, and ensuring sustainable development.

Mission related programs and projects launched by HELP-O focus on the following spheres:

They are Community empowerment, rehabilitation, relief assistance, and protecting human rights, community participation in local governance, community financing, livelihood development, economic resource mobilization, nurturing biodiversity, mitigating the impact of climate change, pollution prevention, waste management, and optimal utilization of marine resources and optimal utilization of forest products.

Overall, HELP-O is an organization dedicated to bringing about a sustainable positive impact on the environment and the lives of people in Sri Lanka through a series of interdependent activities.



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WASTE MANAGEMENT



Karapitiya Hospital Advances Waste Management with Groundbreaking Audit

In a pivotal meeting at Karapitiya Teaching Hospital, the focus turned to the institution's upcoming waste audit, a crucial step towards enhancing waste management practices.

The convened meeting, attended by prominent hospital figures such as the Director, Dr. Udesh Ranga, Deputy Director Dr. Nishani, Dr. Harshani, and Administrative Officer Mr. Udaya Kumara, underscored the significance of the initiative and the session included presentations by HELP-O staff, providing a comprehensive methodology for the forthcoming waste audit.

The meeting witnessed the presence of prominent figures within the hospital hierarchy, including department heads and unit managers.

Their active participation underscored the collective commitment to addressing the challenges of waste management. The involvement of major hospital positions, such as those, reflects the recognition of the waste audit as a high-priority endeavor for the entire institution.



During the session, HELP-O staff members played a pivotal role by presenting the detailed methodology that will guide the waste audit. Their expertise and guidance are set to be instrumental in streamlining the collection of data related to waste management, laying the groundwork for informed decision-making and targeted interventions.



A highlight of the meeting was the inspirational addresses delivered by the Director and Deputy Director of Karapitiya Teaching Hospital. Both leaders acknowledged the significance of the waste audit and expressed profound appreciation for HELP-O's instrumental role in spearheading this critical project. Their words resonated with attendees, emphasizing the hospital's unwavering commitment to improving waste management practices.

The waste audit at Karapitiya Teaching Hospital emerges as a pivotal initiative, gaining strong support from hospital leadership and staff alike.

Under the guidance of key figures in both HELP-O's and IGES's expertise, the hospital is positioned to set new benchmarks in waste management.

Written By - Hansi Sandu Tharakla
(Project Officer - HELP-O)



Norad



Towards Sustainability: Advancing Waste Management and Plastic Recycling for a Greener Future



In a small yet vibrant community nestled within the heart of Manavila Upananda Collage, Walahanduwa students were recently treated to an enlightening discourse on the pressing issue of waste management. The esteemed speaker for the day, Lion Chathura Welivitiya, Chief Executive Director of HELP-O, shed light on the crucial role that responsible waste management plays in shaping a sustainable and healthier future for our communities.

Mr. Chathura Welivitiya commenced his speech by underlining the sheer magnitude of the global waste crisis and its impact on the environment. He emphasized that waste, if not managed properly, poses a serious threat to ecosystems, biodiversity, and public health. The students were urged to recognize their collective responsibility in preserving the environment for generations to come.

As the CEO of HELP-O Organization, Mr. Chathura Welivitiya delved into the intricate details of waste management strategies, stressing the need for a three-pronged approach: reduce, reuse, and recycle. He encouraged the students to adopt a mindset that prioritizes minimizing waste generation, embracing reusable alternatives, and actively participating in recycling initiatives.

A significant portion of Mr. Chathura Welivitiya's speech was dedicated to the critical issue of plastic pollution. He outlined the detrimental effects of plastic on marine life, wildlife, and human health, highlighting the urgency of addressing this environmental menace. The students were informed about the escalating problem of plastic waste in landfills and oceans, serving as a wake-up call to take immediate action.

Transitioning seamlessly into the realm of solutions, Mr. Chathura Welivitiya championed the cause of plastic recycling. He elucidated the benefits of recycling plastic, including the conservation of natural resources, energy savings, and the reduction of pollution. The students were inspired to become ambassadors of change, actively participating in local plastic recycling initiatives and promoting awareness within their families and communities.

The program, organized by Dr. Lion M. Nandana, Honorary President of Akmeemana Lions Club, was graced by the presence of the Principal of Manavila Upananda Collage, Walahanduwa Mr. D.K. Ariyaratne, and dedicated teachers. The former Ayurveda Commissioner of the Southern Province, Dr. Ayurveda Dr. Lion Guruge, played a pivotal role by generously sponsoring the event.

The engaging and informative session left an indelible mark on the students, instilling in them a heightened sense of responsibility towards the environment. As they embark on their educational journey, these students carry with them the knowledge and motivation to be catalysts of change in waste management and plastic recycling, ensuring a greener and more sustainable tomorrow for Manavila Upananda Collage, Walahanduwa and beyond.

Written By - Chamoth Teran
(IT Officer - HELP-O)



Empowering Communities for a Cleaner Galle: The Success of the Shramadana Campaign to Clean the Environment of Bombay Castle Settlement at Karapitiya



In a collaborative effort to foster sustainable waste management practices and promote community engagement, the 'Collaboration Project for a Clean Galle City' unfolded a significant chapter in the Karapitiya Bombay Castle settlement. The initiative, spearheaded by HELP-O and the Galle Municipal Council, received support from the United States Agency for International Development (USAID) through its Clean Cities Blue Ocean program. One of the key events under this initiative was a public participation shramadhana Campaign held on 2023.12.16 from 9.00 am to 1.30 pm at Karapitiya Bombay Castle Settlement.

The program, meticulously organized by HELP-O and the Galle Municipal Council, saw the active involvement of key figures, including Mrs. Thushara Rasnayaka, the Municipal Commissioner of Galle Municipality; Mr. Chathura Welivitiya, Executive Director of HELP-O; dedicated Community Development Officers from the Galle Municipal Council, and a committed group of HELP-O staff.

The primary objective of the shramadhana Campaign program was to address and regularize waste management in the Karapitiya Bombay Castle settlement. This hands-on approach aimed to instill a sense of responsibility and ownership among the community members, fostering a sustainable model for waste disposal and environmental preservation.



The heart of the event lay in the active participation of the Bombay Castle Community Development Society. Mrs. Thushara Rasnayaka, recognizing the importance of community involvement, provided essential tools such as spades, rakes, and shovels to empower the residents. This gesture not only equipped the community with the necessary resources but also symbolized a shared commitment to building a cleaner and healthier living environment.

The shramadhana Campaign proved to be a resounding success, bringing about positive change in the Karapitiya Bombay Castle settlement. The collective efforts of the community members, coupled with the guidance and support from HELP-O and the Galle Municipal Council, resulted in a visibly cleaner and more organized environment. The event not only addressed immediate waste management issues but also laid the foundation for a sustained community-driven approach to cleanliness and hygiene.



The 'Collaboration Project for a Clean Galle City' has set a remarkable precedent with the Karapitiya Bombay Castle shramadhana program. Through collaborative efforts, community empowerment, and effective waste management strategies, the initiative exemplifies the potential for positive change when local communities and organizations unite for a common goal. As the city moves forward, the success of this program serves as a beacon of inspiration, encouraging other communities to take charge of their environments and contribute to the broader vision of a cleaner, greener Galle.

Written By - Thakshala Witharanage

(Project Officer - HELP-O)



KARAPITIYA TEACHING HOSPITAL TAKES INITIATIVE WITH SRI LANKA'S INAUGURAL HOSPITAL WASTE AUDIT



In a groundbreaking initiative aimed at making Galle City plastic waste-free, the Karapitiya Teaching Hospital undertook a historic waste audit on December 16, 2023. This marked the first-ever waste audit in Sri Lanka specifically tailored to the hospital sector, highlighting the institution's commitment to environmental sustainability and responsible waste management.

The initiative, named 'Making Galle City Plastic Waste Free,' executed in collaboration with the BRS Secretariat, the Institute for Global Environment Strategies (IGES), HELP-O, and the Ministry of Environment, aims to tackle the critical challenge of waste generation in healthcare settings. The project involves a comprehensive evaluation of both general and clinical waste through a meticulously designed mechanism.

The waste audit at Karapitiya Teaching Hospital followed a systematic and well-defined methodology. Specialized teams were assigned to various departments within the hospital to ensure a thorough assessment and four university students were assigned to coordinate. Both general waste, originating from all the units in the hospital and public spaces, and clinical waste, generated from medical procedures and patient care, were carefully weighed and categorized.

The audit revealed crucial insights into the hospital's waste generation patterns. It identified the major contributors to the waste stream, pinpointed areas of excessive waste generation, and highlighted opportunities for sustainable waste management practices. The data collected will serve as a baseline for future waste reduction initiatives and guide the hospital's efforts to adopt environmentally friendly practices.

The waste audit at Karapitiya Teaching Hospital represents a significant milestone in the journey towards a plastic waste-free Galle City. By taking proactive steps to assess and address its waste generation, the hospital sets a precedent for sustainable practices within the healthcare sector in Sri Lanka.

Written By - Hansi Sandu Tharaka

(Project Officer - HELP-O)





Empowering Communities Through Shramadhana: A Campaign for a Clean Environment and Zero Plastic



The success of the Shramadhana Campaign in the Katugoda Salamiya Watta settlement serves as a testament to the power of collaborative community efforts in achieving sustainable environmental goals. The initiative, driven by HELP-O, the Galle Municipal Council, and supported by the USAID's Clean Cities Blue Ocean program, demonstrates how a united front can bring about positive change in waste management practices.

Key Components of Success:

Collaboration and Partnership: The collaboration among HELP-O, the Galle Municipal Council, and USAID played a crucial role in the success of the initiative. This partnership brought together the resources, expertise, and support needed to implement effective waste management strategies.



Community Engagement: The heart of the campaign was the active involvement of the Salamiya Watta Community Development Society. By empowering residents with essential tools, HELP-O facilitated a sense of ownership and responsibility among community members. This hands-on approach fostered a deeper connection to the cause.

Leadership and Guidance: Key figures, including Mrs. Thushara Rasnayaka, the Municipal Commissioner of Galle Municipality, Mr. Chathura Welivitiya, Chief Executive Officer of HELP-O, and dedicated Community Development Officers, provided leadership and guidance. Their active participation demonstrated a commitment to the cause and inspired community members to take action.



Hands-On Approach: The Shramadhana Campaign's hands-on approach to waste management not only addressed immediate issues but also instilled a sustainable model for waste disposal. This approach goes beyond cleaning and emphasizes the importance of ongoing community-driven efforts for long-term cleanliness and hygiene.

Visible Impact: The campaign resulted in a visibly cleaner and more organized environment in the Katugoda Salamiya Watta settlement. The outcomes showcase the positive effects of community-driven initiatives on creating tangible changes in local environments.

The success of the Shramadhana Campaign lays the foundation for a sustained community-driven approach to cleanliness and hygiene. It serves as a model for other communities, inspiring them to take charge of their environments. The 'Collaboration Project for a Clean Galle City' sets a remarkable precedent for positive change, demonstrating how local communities and organizations can unite for a common goal, contributing to the broader vision of a cleaner, greener Galle.



Remarks :

As the city moves forward, this success story stands as a beacon of inspiration, encouraging continued efforts in waste management, environmental preservation, and community empowerment. The Shramadhana Campaign not only cleansed the immediate surroundings but also contributed to the broader mission of creating a more sustainable and environmentally conscious community.

Written By - Thakshala Witharanage
(Project Officer - HELP-O)



Shramadhana Campaign: Community-Driven Environmental Change in Dangedara, Samagi Watta

In the heart of the Dangedara, Samagi Watta settlement, the Shramadhana Campaign stands tall as a testament to the power of collaboration, community engagement, and effective leadership in achieving sustainable environmental goals. Initiated by HELP-O, in partnership with the Galle Municipal Council and with the support of USAID's Clean Cities Blue Ocean program, this remarkable endeavor has transformed waste management practices and set a precedent for positive change.



Key Components of Success:

Collaboration and Partnership: The synergy between HELP-O, the Galle Municipal Council, and USAID was pivotal in the success of the Shramadhana Campaign. By pooling resources, expertise, and support, this collaboration provided a robust foundation for the effective implementation of waste management strategies.

Community Engagement: At the heart of the campaign was the active involvement of the Dangedara, Samagi Watta Community Development Society. HELP-O's approach empowered residents with tools, fostering a sense of ownership and responsibility. This hands-on involvement created a deeper connection to the cause, making the community an integral part of the solution.

Leadership and Guidance: The commitment of key figures, including Mr. Sawmer Adili the Chief Community Development Officer of Galle Municipality, Mr. Chathura Welivitiya, Chief Executive Officer of HELP-O, and dedicated Community Development Officers, provided crucial leadership. Their active participation inspired and guided community members, reinforcing a shared commitment to the cause.



Hands-On Approach: The Shramadhana Campaign's hands-on approach went beyond immediate issues, establishing a sustainable model for waste disposal. This emphasis on ongoing community-driven efforts laid the groundwork for long-term cleanliness and hygiene, ensuring lasting positive change.



Visible Impact: The campaign's outcomes were tangible, resulting in a visibly cleaner and more organized environment in the Dangedara, Samagi Watta settlement. The success showcased the transformative power of community-driven initiatives in creating positive changes in local environments.

Long-Term Implications:

Sustained Community-Driven Approach: The success of the Shramadhana Campaign has laid the foundation for a sustained community-driven approach to cleanliness and hygiene. It serves as a model for other communities, inspiring them to take charge of their environments and contribute to the broader vision of a cleaner, greener community.

Collaboration Project for a Clean Galle City: This initiative sets a remarkable precedent for positive change, demonstrating how local communities and organizations can unite for a common goal. The collaborative model exemplified by the Shramadhana Campaign contributes to the broader mission of creating cleaner, more sustainable, and environmentally conscious cities.

As the city of Galle moves forward, the success story of the Shramadhana Campaign stands as a beacon of inspiration. It encourages continued efforts in waste management, environmental preservation, and community empowerment.

Beyond cleansing immediate surroundings, this campaign has significantly contributed to the broader mission of creating a more sustainable and environmentally conscious community. The Shramadhana Campaign serves as a compelling illustration of the transformative efficacy inherent in collaborative community endeavors, demonstrating their pivotal role in realizing enduring positive change

Written By - Thakshala Witharanage

(Project Officer - HELP-O)



LOCAL

GOVERNANCE





Success Stories of e-Sabha



"I'm delighted to share a success story about the transformative impact of the e-Sabha app on local governance in Sri Lanka. This narrative emphasizes notable achievements and encourages sustained success through active participation and collaboration."

The e-Sabha app has revolutionized communication between citizens and local governments, serving as a powerful platform for submitting complaints and suggestions. The once-existing communication gap has significantly narrowed, fostering a more engaged and participatory community.

Through the app, issue resolution has been streamlined, enhancing the efficiency and transparency of local governance processes. This positive change has contributed to increased trust and accountability within the community.

The success story of the Galle Municipal Council stands as a testament to the app's potential to transform local governance dynamics. The app has played a pivotal role in the council's achievements, setting a benchmark for other municipalities.

To ensure the sustained success of the e-Sabha app, active participation from citizens is crucial. I encourage users to continue utilizing the app to share feedback, driving positive change within their communities.



Mr. Jayasiri Hettiarachchi
Social Activist - Wakunugoda

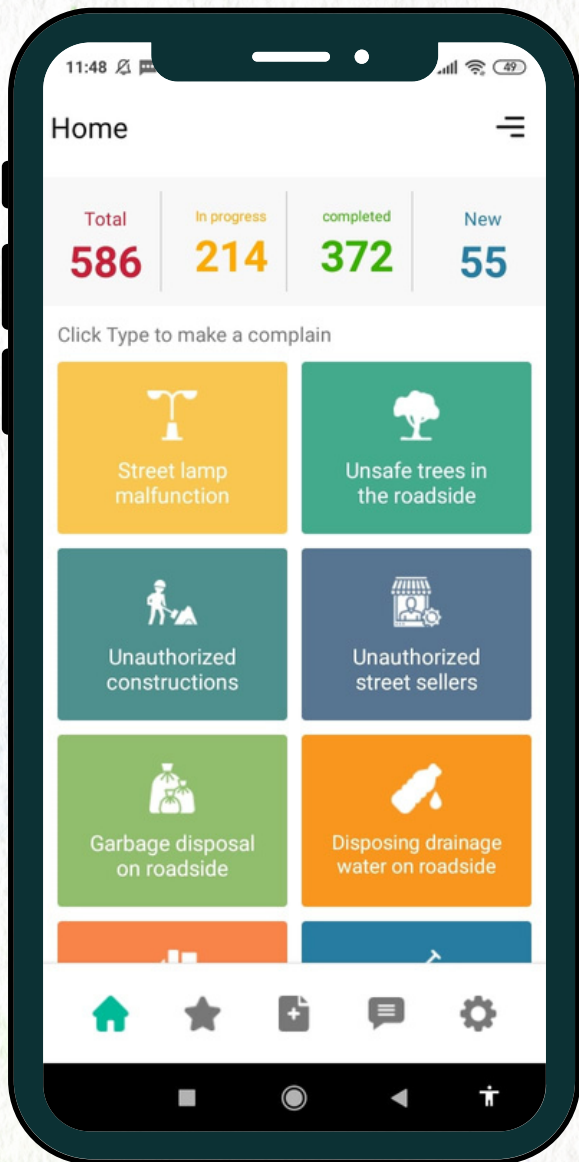
By sharing personal experiences and success stories, users can raise awareness about the app's impact, encouraging wider adoption across Sri Lanka. This sharing will contribute to building a network of empowered communities.

Engaging with the app's developers and local councils is vital for ongoing improvement. Constructive feedback will contribute to refining the app's features and addressing evolving community needs. Collective efforts, encompassing active participation, story-sharing, and constructive feedback, will undoubtedly ensure that the e-Sabha app continues to empower citizens and strengthen local governance throughout Sri Lanka. Collectively, we have the ability to cultivate a more interconnected and responsive community.



E-SABHA

The e-Sabha mobile app is a Sri Lankan government initiative that allows citizens to send complaints, feedback, and information regarding public day-to-day issues to local government offices in the relevant area. It is a free app that is available for download on the Google Play



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