

# NEWSLETTER

## FEBRUARY

### 2025

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**HELP-O**  
**SRI LANKA**





# ABOUT US


HELP-O is a non-governmental organization (NGO) established in 1992 to serve the local community by making it a better, happier place to live in harmony with nature.

The vision of the organization is "Equitable Economic Development, Social Justice, and a Safer Environment for All," while the mission is "To identify the 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, recognizing the importance of community participation and leadership, dedicating efforts to protecting the environment through an integrated process, safeguarding human rights and justice, and ensuring sustainable development.

Our programs and projects mainly focus on community empowerment, rehabilitation, relief assistance, 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, optimal utilization of marine resources, and optimal utilization of forest products.

Our organization is dedicated to making a sustainable positive impact on the environment and the lives of people in Sri Lanka through a multisectoral approach in different sectors.



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# Elpitiya Right to Voice Community-Based Organizations Forum

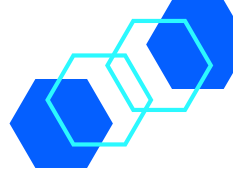


The general meeting of the Elpitiya Right to Voice Community-Based Organization Forum was successfully held on February 7, 2025, at the Elpitiya Viharamaha Devi Pirivana. This important gathering brought together community members, stakeholders, and local authorities to discuss key issues, ongoing projects, and future initiatives aimed at strengthening community development and social empowerment in the region.

The meeting was graced by the presence of Mr. Lahiru Madhuranga, the Project Manager, and the Community Development Officer of the Elpitiya Pradeshiya Sabha, who attended as honored guests. Their participation highlighted the strong collaboration between local authorities and community-based organizations in addressing the needs and aspirations of the people.



# Handwoven Coir Carpets Offering an Eco-Friendly Alternative



In a world increasingly aware of environmental concerns, sustainable choices have become more important than ever. One such innovation comes in the form of beautifully handcrafted carpets made from natural coir ropes—an eco-friendly alternative to synthetic plastic rugs.



These carpets are not just environmentally responsible but also carry the warmth of skilled craftsmanship. Lovingly woven by local women artisans, each carpet is carefully handcrafted in the comfort of their own homes. This initiative not only promotes sustainability but also empowers these women by providing them with a stable source of income.



These handcrafted coir carpets are now available in the market, offering consumers a sustainable and stylish flooring option. Looking ahead, we are eager to expand into international markets and share this eco-friendly solution with the world.



If you are interested in partnering with us or placing an order, please reach out via WhatsApp at 0773737824 or email [chathura@helpo-srilanka.org](mailto:chathura@helpo-srilanka.org). Join us in promoting sustainability, supporting local artisans, and making a difference—one coir carpet at a time.



# Signing Partnership Agreement Between Rajida Holding and Help-O Sri Lanka for AI Banking Software

On 18th of February at Help-o sri lanka Office





# Sustainable Energy for a Better Future: Biogas Unit at SOS Children's Village, Nuwara Eliya

In an effort to promote sustainable energy solutions and effective waste management, Help O Eco Green Ltd. has successfully constructed a 22m<sup>3</sup> biogas unit at SOS Children's Village in Nuwara Eliya. This initiative not only reduces waste but also provides an eco-friendly energy source to prepare meals for the children.

## A Step Towards Sustainability

The biogas unit utilizes kitchen waste as its primary input, converting it into a valuable resource—biogas. This gas is then used for cooking, significantly reducing the dependency on conventional fuels such as LPG and firewood. Additionally, the system generates organic fertilizer as a byproduct, which is efficiently utilized for gardening within the premises of the children's village.



## Why Biogas Units Are Essential

Biogas technology offers a range of environmental and economic benefits.

- **Waste Reduction:** Organic waste, which would otherwise end up in landfills, is transformed into a renewable energy source.
- **Eco-Friendly Energy:** Biogas serves as a clean energy alternative, reducing carbon emissions and environmental pollution.
- **Cost Savings:** The use of biogas for cooking reduces the expenditure on fuel, allowing financial resources to be allocated to other essential needs.
- **Soil Enrichment:** The organic fertilizer produced enhances soil quality and promotes sustainable agriculture.





## Impact on the SOS Children's Village

With a reliable source of biogas, the village can ensure a consistent supply of energy for cooking meals, benefiting the children and staff. The use of organic fertilizer further contributes to a greener and healthier environment.

## A Model for Future Adoption

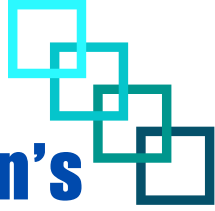
The successful implementation of this project serves as an inspiration for other institutions, including schools, religious places, and community centers, to adopt biogas technology. Such initiatives play a crucial role in promoting environmental sustainability and self-sufficiency.

Help O Eco Green Ltd. continues to work towards expanding biogas solutions across Sri Lanka, transforming waste into energy and contributing to a greener future.





# Restoring Efficiency: The Importance of Wastewater Treatment and Help O Eco Green's Renovation at DSI - Bogahagoda



Water is one of the most valuable resources on Earth, yet it is often taken for granted. Proper wastewater treatment is essential to maintaining environmental balance, preventing pollution, and ensuring the safe reuse of water. However, when treatment units fail, they can lead to serious consequences, affecting both the environment and the communities relying on clean water.

At DSI - Bogahagoda, the wastewater treatment unit was not functioning properly, causing untreated water to accumulate. The root of the issue was sludge buildup, which blocked the water pathway, preventing proper filtration. This posed a significant risk, as ineffective wastewater treatment can lead to contamination, foul odors, and damage to surrounding ecosystems.

Recognizing the urgency of the situation, Help O Eco Green Ltd. took on the challenge of completely renovating the unit. Our team undertook a thorough cleaning and restoration process

- **Clearing the Pathway:** We removed large bushes and debris that were obstructing the water flow.
- **Sludge Removal:** The thick layer of sludge blocking the system was carefully extracted to restore normal filtration.
- **Stone Reinstallation:** The existing stones inside the tank, which play a crucial role in drainage, were removed, washed, and placed back systematically to enhance water flow.

This renovation has successfully restored the unit's functionality, ensuring that wastewater is properly filtered before being released or reused.

## Why Wastewater Treatment Matters

A well-functioning wastewater treatment system is vital for several reasons:

- **Protecting the Environment** – Proper treatment prevents harmful pollutants from entering rivers, lakes, and oceans, preserving aquatic life.
- **Safeguarding Public Health** – Untreated wastewater can carry bacteria, viruses, and toxins, posing health risks to nearby communities.
- **Promoting Sustainable Water Use** – Treated water can be safely reused for irrigation, industrial processes, or even reintroduced into natural water sources.
- **Reducing Odor and Pollution** – A well-maintained system prevents foul smells and contamination that can disrupt local ecosystems and businesses.

## A Commitment to Sustainable Solutions

At Help O Eco Green Ltd., we believe that waste is not a problem—it's an opportunity. By restoring and maintaining wastewater treatment units, we help industries, communities, and institutions manage their water resources effectively, reducing their environmental impact while promoting sustainability.

The successful restoration at DSI - Bogahagoda is a testament to the importance of regular maintenance, timely intervention, and expert solutions. With proper care, wastewater treatment units can continue serving their purpose efficiently, ensuring a cleaner and healthier future for all.

If your facility is facing similar challenges, Help O Eco Green Ltd. is ready to provide expert solutions that make a lasting impact. Let's work together to turn waste into a resource!







# මහමුහුදට එක ඇළකින් ජලාස්ථික කිලෝ ලක්ෂ පහමාරක

## ■ සුභාෂිණී ජයරත්න

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කේන්ද්‍රයේ පැවැති ප්‍රවෘත්ති සාකච්ඡාවකට එක් වෙමිනි.

මෙලෙස මුහුදට එක් වන ප්‍රමාණයෙන් 9.2%ක් ජලාස්ථික බීම බටද, 2.5%ක් ජලාස්ථික වතුර බෝතල්ද 1.2%ක් ලන්චිමිටි හා ෂෝපිං බෑග්ද වන බවත්, දිනකට නිපදවන කැලිකසළ ප්‍රමාණයෙන් අපට ඇස් පනාපිට දැකිය හැක්කේ 7,000-8,000 අතර ප්‍රමාණයක් පමණක් බවත් ඔහු ප්‍රකාශ කළේය.

02 ජීවන



## මහමුහුදට එක ඇළකින්...

එයින් කළමනාකරණයකට ලක් වන්නේ එයින් මෙට්‍රික් ටොන් 3,000ක් පමණක් බවද, නිසි කසළ ප්‍රතිචක්‍රීකරණ වැඩ සටහනක් නොවීම, තමන්ගේ නිෂ්පාදනයේ වගකීම නොදැරීම නිසා වසරකට ඩොලර් බිලියන 550කට වැඩි මුදලක් අහිමි වන බවද ආචාර්ය වතුර වැලිවිටිය වැඩි දුරටත්

පැවසීය. වර්තමාන රජය ආරම්භ කර ඇති ක්ලීන් ශ්‍රී ලංකා වැඩ සටහන සාර්ථක වැඩ සටහනක් වුවත්, කැලිකසළ එකතු කරමින් ප්‍රශ්නය විසඳිය නොහැකි බවද මහා සාගරය තුළ මේ ආකාරයෙන් එකතු වන විශාල කැලිකසළ මෙන්ම පරිසරයට මුදාහැරෙන රසාය-

නික අපද්‍රව්‍ය කෙරෙහිද විශේෂයෙන් අවධානය යොමු කළ යුතු බවද පවසන ඒ මහතා, ෂෝපිං බෑගයකට මිලක් අය කිරීමෙන් පාරිභෝගික අයිතීන් උල්ලංඝනය වන බවට තීරණය කිරීමෙන් අනතුරුව එය නවතාදැමීම නිසා අදටත් දිනකට ෂෝපිං බෑග් මිලියන 20ක් ඉවත දමන බවද කීය.

# ගංගා දිගේ වසරකට ජලාස්ථික කැබලි කෝටි ගණනක් මහ මුහුදට

ශිලපද ඇළේ කැමරාවක් මුහුදට වැටෙන  
ජලාස්ථික කැබලි ගණන කරයි | විනිතා එම්. ගමගේ

පිටුව 13

## ගංගා දිගේ ...

රට වටා ඇති ඇළ දොළ ගංගාවලින් වසරකට කෝටි ගණනක් ජලාස්ථික කැබලි මුහුදට ගෙන යන බව හෙල්පේ සංවිධානය කළ අධ්‍යයනයකින් හෙළි වී තිබේ.

ගාල්ලේ ඕලන්ද ඇළට යෙදූ කැමරාවක් ඔස්සේ කළ අධ්‍යයනයක් අනුව මෙම තොරතුරු හෙළි වූ බව හෙල්පේ විධායක අධ්‍යක්ෂ ජනරාල් වැලිවිටිය පවසයි.

උඩ 21ක් පළලැති ඕලන්ද ඇළේ මුහුදට කිලෝමීටරයකට පමණ ඇතින් සී.සී.ටී.ටී. කැමරා සවිකර මුහුදට වැටෙන ජලාස්ථික හා පොලිතින් කැබලි ප්‍රමාණය ගණනය කළ බවත් එහිදී එක් වසරක් තුළ ජලාස්ථික හා පොලිතින් කැබලි 5,29,745ක් මුහුදට වැටී ඇති බව හෙළි වූ බවත් කොළඹ දී පැවැති මාධ්‍ය හමුවක් අමතමින් හෙතෙම සඳහන් කළේය.

අඩි 21ක් පළලැති ඇළකින් මෙසේ පන්ලක්ෂයකට අධික පොලිතින් ජලාස්ථික කැබලි මුහුදට යන්නේ නම් ගංගා 103ක් ඇතුළු මුහුදට වැටෙන දිය දහරාවලින් වසරක දී කෝටි ගණනාවක් ජලාස්ථික හා පොලිතින් කැබලි මුහුදට එක්වනු ඇතැයි ගණනය කළ හැකි බව ද වැලිවිටිය මහතා කීවේය.

ගොඩබිම පමණක් නොව සාගරය ද පොලිතින්, ජලාස්ථික නිසා දූෂණය වී ඇතැයි මෙයින් හෙළි වන බව ද හෙතෙම සඳහන් කළේය.

තවත් අධ්‍යයනයක දී සංචාරක හෝටලයක කිලෝග්‍රෑම් 25ක රෙදි සෝදන යන්ත්‍රයක් යොදාගෙන කළ අධ්‍යයනයක දී හෙළි වූයේ එම යන්ත්‍රයෙන් එක් වරක දී ජලාස්ථික අංශු මිලියන 6ක් එළියට එන බව යැයි ද වැලිවිටිය මහතා කීවේය.

මෙම මාධ්‍ය හමුවේ දී සාගර දූෂණය ගැන අදහස් දැක්වූ පරිසර යුක්ති කේන්ද්‍රයේ විධායක අධ්‍යක්ෂ ජනරාල් විතානගේ කියා සිටියේ ගොඩබිම දූෂණය මෙන්ම සාගර දූෂණය ද මේ වන විට බරපතල ප්‍රශ්නයක් බවට පත්ව ඇති බවයි.

මෙරට අපද්‍රව්‍ය වශයෙන් ඉවත් කෙරෙන ජලාස්ථික, පොලිතින් පමණක් නොව, අනෙක් රටවලින් ඉවතලන පොලිතින්, ජලාස්ථික ද සාගරය දූෂණය කරන බවත් මේ වන විට ජලාස්ථික පොලිතින්වලින් සාගරයේ දූපත් පවා නිර්මාණය වී ඇති බවත් ඔහු සඳහන් කළේය.



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