



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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Right to Voice CBO Forum Empowers Elpitiya Community

A successful medical health camp was held on August 2nd at the Ambana Sri Rahula Sangharaja Temple, providing essential health services to the local community. The event, organized by the Right to Voice CBO Forum, was led by its Chairman, Mr. Premananda.

The initiative, conducted in collaboration with the Elpitiya Community Based organizations and with the support of the Elpitiya Medical Health Officer, provided residents with medical consultations and health screenings. The camp, titled "Right to Voice, Suva Divi Clinic," drew a large number of participants, highlighting the crucial need for such services in the area.

The event was graced by Member of Parliament, the Hon. Nishantha Perera, and the Chairman of the Elpitiya Pradeshiya Sabha, Mr. K. T. N. Perera, who participated chief guests. as commended the organizers for their efforts in improving the health and wellbeing of the community. The success of the medical camp underscores the importance of a collaborative approach between community groups and health authorities in addressing public healthcare needs.



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Three-day Residential TOT Program on Plastic Waste Management



"Moving towards a plastic free future" Teacher Guidebook and Student Activity Book were co-developed under the guidance of Ministry of Environment, Ministry of Education, National Institute of Education and Book Publishing Department. "Moving towards a Plastic Free Future". This initiative was initiated by Japan's IGES with HELP-O.

A three-day residential training program was conducted at Vidura Navy Training Center, Trincomalai Sampur, to ensure effective use of these educational resources. The event was participated by directors of education and science teachers from northern and eastern provinces. Along with book training, practical training to detect microplastics in sea waters and fish bodies was provided. In this, lab tests were conducted at Muthur Al-Adiya Muslim College.

Officers from Central Environment Commission, the Ministry of Education, the Ministry of Environment and HELP-O participated in the event.

HELP-O observed this important project with financial aid from the Pasal-Rotterdam Contract Secretariat operating under the United Nations Environment Program (UNEP).

Moving Towards a Plastic-Free Future

Under the guidance of the Ministry of Environment, the Ministry of Education, National Institute of Education, and the Department of Book Publishing, a Teacher Resource Book and a Student Activity Book were jointly developed under the theme "Moving Towards a Plastic-Free Future". This initiative was led by IGES, Japan, in collaboration with HELP-O.

To ensure the effective use of these educational materials, a three-day residential training program was held at the Sampur Vidura Naval Training Center, Trincomalee. The program brought together Directors of Education and Science Teachers from the Northern and Eastern Provinces.

Alongside the book training, participants received practical, hands-on instruction in detecting microplastics in seawater and inside fish bodies. This included laboratory testing sessions conducted at the Muthur Al-Adiya Muslim College.

The event saw the participation of officials from the Central Environmental Authority, Ministry of Education, Ministry of Environment, and HELP-O.

This important program was sponsored by HELP-O, with financial support from the Secretariat of the Basel-Rotterdam Convention under the United Nations Environment Programme (UNEP).







Teachers Find Microplastics in Fish During Lab Test

Trincomalee — Science teachers from the Northern and Eastern provinces made a surprising discovery during a recent lab session in Trincomalee: they found what they suspect are tiny plastic bits in the stomachs of fish.

The finding was made during a three-day training program at the Vidura Navy Training Center in Sampur. While conducting a standard lab test, teachers noticed unusual particles inside the fish. They believe there's an 80% chance the particles are microplastics, but they'll need more powerful equipment, like an electro-microscope, to be sure.

This discovery highlights a big problem with pollution in our oceans. It also shows how important it is for teachers to be able to do hands-on, real-world science in their classrooms.







Pioneering a Greener Future: Field Visit to Sri Lanka Navy's First Biogas Unit

In a landmark step toward environmental sustainability and modern energy solutions, the Sri Lanka Navy has successfully integrated its first-ever biogas unit. This innovative project, established on August 12, 2010, at the Trincomalee Naval Base, marks a significant milestone in promoting clean energy within the country's military sector.

A Collaborative Endeavor

The establishment of this pioneering system was made possible through the support of the United Nations Development Programme (UNDP) and the dedicated efforts of the local organization HELP-O. collaboration highlights shared commitment to reducing the environmental footprint and advancing sustainable practices. initiative showcases how partnerships between international bodies and local organizations can lead to impactful, long-term change. 🤝



The Power of Biogas

The biogas unit is a robust system featuring four high-capacity ovens that operate for over 12 hours daily. This consistent operation ensures a reliable source of clean energy, significantly reducing the base's reliance on conventional fuels. By converting organic waste into biogas, the system not only provides energy but also helps in effective waste management. This process directly contributes to a cleaner environment and improves energy efficiency.



Ensuring Long-Term Success

To guarantee the sustained operation and efficiency of the biogas unit, HELP-O recently conducted a comprehensive awareness and training session on August 13, 2025. The program, held at the naval base, was designed to equip personnel with the knowledge and skills needed for the unit's monitoring and maintenance.



The session was led by HELP-O's CEO, Dr. Chathura Welivitiya, who provided modern guidance on environmental stewardship. Project Manager Lahiru Udumalagala also delivered an insightful presentation on plastic waste management, reinforcing the broader goal of comprehensive waste solutions. This proactive approach ensures the project's long-term viability and promotes a culture of environmental responsibility within the naval community

A Beacon for Others

The success of this biogas unit at the Trincomalee Naval Base is a valuable example for other institutions and communities. It demonstrates that integrating modern, eco-friendly energy options is not only feasible but also highly beneficial. By taking this bold step, the Sri Lanka Navy is setting a precedent for a greener and more sustainable future. This initiative is a clear testament to their commitment to both national security and environmental protection. §







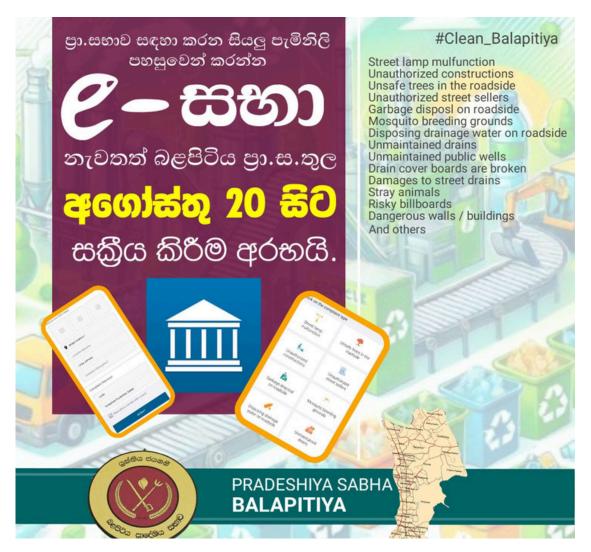


New Chairman of Balapitiya Pradeshiya Sabha Prioritizes e-Sabha Process

Galle, Sri Lanka – The newly elected chairman of the Balapitiya Pradeshiya Sabha, Hon. Anuruddha Mahaweli, has announced his commitment to modernizing local governance by prioritizing the e-Sabha process. This initiative aims to enhance efficiency, transparency, and accessibility for the citizens of Balapitiya, a vibrant area within Sri Lanka's Southern Province.

A Vision for Digital Transformation

Chairman Mahaweli's vision for the e-Sabha process is rooted in leveraging technology to streamline administrative functions and improve public service delivery. During his inaugural address, he emphasized the importance of a digitized system in fostering better communication between the Pradeshiya Sabha and its constituents. "In today's rapidly evolving world, it is imperative that our local governance keeps pace with technological advancements," stated Hon. Mahaweli. "The e-Sabha process will be a cornerstone of our efforts to create a more responsive and effective local government."





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