



## LET US CHALLENGE TO OVERCOME THE COVID-19 BY BOOSTING AND STRENGTHENING OUR IMMUNE SYSTEM.

### Let us grow chemical free and native plants and practice healthy life style to protect and prevent our community's future from any illness.

### Focusing COVID-19

We are all in the midst of crises. The whole world is gripped by COVID-19 virus. At this challenging time community has to change their life style. They need more resistance force in their body. We are all running around to get a quick fix of healthy immune system.

For last five years considering communities health and well-being KKM was dedicated and deeply involved in motivating and empowering nearly 5211 farmers. Visiting village to village to give the awareness to preserve and promote natural self-growing plants fruits, yams and roots, green leaves and the food values. Also program of SUVI AVAI (TASTE FORUM) demonstrating many varieties of native healthy cooking, and sharing the food values for healthy life with the community.



Due to this healthy living practice people under poverty line, people affected by leprosy, person with affected by disability, person with affected by mental illness, special need children's families, are able to overcome the challenges of Covid-19. Under the national present health safety measures, isolation and curfew the economic crisis of food and basic shortage is very challenging. KKM is encouraging and supporting them in short term gardening. KKM has allocated staff to communicate with all the beneficiaries 5 to 10 min a day to help them out

#### Short term crops

Verities of crops	Cultivation period
Spinach	25 days
Green grams	45 days
Pumpkin	50 days
Long beans	45 days
Quail eggs	40 days
Quail chicken meat	40 days
Native green leaves	30 days

KKM has implemented the above facilities. This will be a family team work in helping to overcome shortage of basic daily fresh food, safety to stay home, build up self-esteem, and diversional therapy for mind and body at this time of crises. This facility above is available to all the KKM staff, their families, committee members, and families with special needs at this difficult times.

In this view KKM attempts to start new agricultural promotions in 3000 families in Northeast province.



**Stay home  
Do gardening  
Eat healthy food  
Strengthen Immune system  
Eradicate COVID -19 as -early as possible...**



# Encouragement words from KKM's society



I'm **Yogarani**, living in Union Kulam, Kilinochchi with my son. I am happy to share my life story with you all. I lost my husband in the civil war. My son is 13 years of age now in higher school. After I lost my husband, I was struggling to overcome my sorrow. I was depressed and lost to this world. At this time of my life KKM was God send to me. It was a spark of divine light supporting me in many aspects of my life. Always empowering many war widows like me. They built a tube well, motor, donated long term and short-term plants, poultry and livelihood. They gave me the courage and self-esteem to go forward and to be role model for all my sisters in the community. They even linked me with agriculture companies to sell my products. I am proud to be an Agropreneur.

KKM has given us and the awareness of organic farming, organic fertilizing and proper caring of poultry and cattle.



They have had many open forums and awareness for the community to live in mother nature's gift of green plants, yams, and roots. They have had cooking demonstrations of different dishes in native edible plants, green leaves and educating us the food values. Living in this healthy food habits is protecting us from this deadly COVID -19. We will continue this healthy habit to stabilize our immune system and inspire others in the community. Now I am selling my crops to my neighborhood for affordable price. Practicing the health and safety regulations. I thank KKM for preparing well ahead to face any challenges of illness in our life.

**Let's promote and preserve our healthy farming for sustainable living.**

Thanking Everyone.  
Yogarani.  
Kilinochchi.



I'm **Yogeswary**, living in Chetty kulam Vavuniya with my family. I was a leprosy patient due to ignorance I developed deformity in my fingers. My whole family was lost to the world. At this time of our life KKM supported us in many ways. Encouraged and empowered us to do farming. They built a tube well and fixed motor for irrigation, donated long term and short-term plants. Gave us the awareness of farming and healthy habits for successful crops, awareness of living on Mother Nature's native green leaves and plants, yams and roots and the food values from these plants.



Under this present challenging time of COVID 19 me and my neighborhood is able to sustain our immune system to fight against this deadly virus due to our healthy food habits. We are now helping each other in exchanging our crops in our neighborhood under the strict healthy and safety regulations.

Thanking you.

