



## Kaveri Kala Manram

# NAGAMUTHU PILLAI

Green Leaves Promotion Center (August - September report)



Sri Lanka is rich in natural resources, with self-grown vegetables and fruits in our own surroundings. This is a gift and a boon from Mother Nature to us which has more healthy values than organic productions. The community has identified **26** varieties of natural, native, edible plants, vegetables, yams, and fruits

in our own gardens. **Which is a worry-free gift to us.** Our ancestors discovered these self-growing edible plants. They survived on these plants and lived a long happy, stress free healthy life. We have inherited these valuable food habits from them. We will respect our soil, preserve, and nurture the self-growing plants for our future generation. Our community is neglecting, and ignoring this gift of Mother Nature's own blood and nutritious values given to us. They are trying to live on ready-made, preserved food and junk food. KKM has helped the community to the next level of promoting healthy well-being lifestyle. We have to trained, conducted workshops on self-growing edible plants to the communities and chosen **10** enthusiastic ambassadors as leaders to respect, promote and preserve the natural healthy life style in northern district of Sri Lanka.

In **2020** our ambassadors will lead the community inspiring, motivating and sharing their experiences to survive on self-growing vegetables and fruits for healthy life style. We hope to achieve **500** ambassadors in **2020** to value and promote this healthy project in Illavali & Santhai divisions. This project has been made possible by the benevolence of the Shanthi Selvakumar family descendants of late Chairman Nagamuthu Pillai.



"Best things in life are free And" A great example of that are self-growing plants by NAGAMUTHU PILLAI Green leaves project"

### Our dream beginning blooms z

1. To promote healthy wellbeing food culture habits through self-growing vegetables, plants, yams, and fruits in our own surroundings.
2. Training on cultural food habits for healthy wellbeing in **hope farm**

## Activities & Achievements

Activity	No of Activities planed	Complete Activity	Number of Participants
Native self-growing plants training for 500 families with children.	10	07	657
Mapping of self-growing plants in our own surroundings.	500 homes	223	223 families
Preparing and cooking fresh healthy food program.	10	12	324
Sharing the knowledge from our ancestors of surviving healthy life style with School children.	10 Schools	03	627
Collecting inspiring stories from communities who are living on self-growing plants in day to day life.	50 stories		Selected ten story from 65 stories for printing
Book printing	01	-	Work on progress
House maintains cost		-	-
<b>Total</b>			<b>1831</b>

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Website No : **SP\_P/01**

No	Name	Address
01	T.Rajeshwary	Chulipuram
02	N.Rani	Moolai
03	Mrs.Rasakumar	Chulipuram west
04	A.Tharshika	Pandaveddai
05	S.Abisha	Pandaveddai
06	I.Sivaneswary	Thikarai
07	J.Jeslin	Illavalai
08	S.John Nimalraj	Illavalai
09	M.Sripriya	Moolai
10	R.Sivanoli	Moolai
11	R.Ponuthurai	Moolai
12	K.Nanthan	Chulipuram
13	K.Sritharan	Pandaveddai
14	R.Rasalingam	Kulipan, Mavady
15	S.Srikavitha	Moolai
16	S.Sivamalar	Moolai
17	T.Mery Jesintha	Veram
18	S.Pusparani	Varutholai
19	M.Kumar	Chulipuram
20	N.Suthagar	Periyapulo
21	A.Logewsary	Chulipuram Centre
22	M. Yogeswaran	Kaddupulam
23	P.Ingaran	Illavalai
24	P.Mageswary	Moolai
25	K.Pusparasa	Vaddukoddai
26	J.Kavitha	Pandaveddai
27	S.Supiramaniam	Periyapula
28	T.Kokila	Thunaivi
29	R.Naguleswary	Moolai
30	J.Thavamalar	Vaddukodai
31	K.Kunam	Pandaveddai
32	S.Sivarasa	Kaddupulam
33	M. Yogeswaran	Kaddupulam
34	V.Piramalatha	Kadupulam
35	S.Jegatheesalingam	Vasavilan
36	V.Amala	Kadupulam

## Green Promotion center current plants

28 kind of green leaves, onion, Cassava are growing in our center



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Native self-growing plants training for 500 families with children



Preparing and cooking fresh healthy food program.



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## Sharing the knowledge from our ancestors of surviving healthy life style with School children.



## Collecting inspiring stories from communities who are living on self-growing plants in day to day life.

## Sanitation project



## Nagamuthu Green Promotion Center's plants detail

No	Name of plants	Numbers
01	Curry leaves (கருவேப்பிலை)	05
02	Agathi (அகத்தி)	04
03	Pisonia grandis (சண்டி)	10
04	Drumstick tree (முருங்கை)	15
05	Indian gooseberry (நெல்லை)	01
06	Mango (Rom Kesil) (ரோம் கேசி (மாமரம்))	05
07	Coconut tree (தென்னை)	02
08	Mango tree (மாமரம்)	02
09	Gurmar (சிறுகுறிஞ்சா)	03
10	Ivy gourd (கொவ்வை)	01
11	Mukia maderaspatana (மொகமொகக்கை)	04
12	Balloon vine (முடகொத்தான்)	06
13	Basali (Red) (பசளி(சிவப்பு))	06
14	Basali (Green) (பசளி(பச்சை))	06
15	Solanum trilobatum (தூதுவளை)	02
16	Luffa (பீர்க்கங்காய்)	10
17	Passion fruit (பசன்புறூட்)	02
18	Black pepper (மிளகு)	02
19	Gymnema (குறிஞ்சா)	01
20	Veld grape (பிரண்டை)	02
21	Rampai (றம்பை)	01
21	Thavasi Murungai (தவசிமுருங்கை)	10
22	Insulin (இன்குளின்)	03

No	Name of plants	Numbers
23	Kandankathiri (வட்டுக்கத்திரி)	02
24	solanum torvum (சுண்டங்கத்திரி)	02
25	Vetiver (வெட்டிவேர்)	03
26	Indian sarsaparilla (நன்னாரி)	01
27	Amaranthus viridis (குப்பை கீரை)	05
28	Coconut Lettuce (தேங்காய்ப்பூ கீரை)	01
29	Alpinia officinarum (சித்திரத்தை)	02
30	Calotropis procera (வெள்ளெருக்கு)	02
31	Achyranthes aspera (நாயுருவி)	01
32	Vallarai keerai (வல்லாரை)	04
33	Mexican mint (கற்பூரவள்ளி)	01
35	Chathaikarachan (சதைக்கரைச்சான்)	02
36	Aloe (கற்றாளை)	02
37	Sugarcane (கரும்பு)	02
38	Okra (வெண்டி)	05
39	Brinjal (கத்திரி)	08
40	Papaya (பப்பாசி)	06
41	Turmeric (மஞ்சள்)	01
42	Cassava (மரவள்ளி)	2000
43	Onion (வெங்காயம்)	4/1 Acer
44	Holy Basil (சாறாளை)	10
45	saranai keerai (துளசி)	02
46	Banana (வாழை)	03
47	Taro plant (சேம்பு)	02

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# Plants Distribution



# Green Promotion Centre Current Situation





## Financial report Jan to May 2020

Activities	Activity No	No of Activities planed	Activities completed	Estimated budget	Actual spend	Balance	Program status
<b>Phase 01</b>							
Roof work	1	1		17,500.00	-	17,500.00	Not started
House cleaning work	2	1		16,000.00	3,400.00	12,600.00	Completed
Electricity work	3	1		12,850.00	4,500.00	8,350.00	
Office furniture	4	1		106,500.00	106,500.00	-	Completed
Toilet	5	1		75,000.00	65,730.00	9,270.00	Not started
Pipe line	6	1		35,000.00	37,208.00	2,208.00	Completed
Transport	7			10,000.00	14,200.00	4,200.00	Completed
Photo frames	8			30,750.00	30,750.00	-	Completed
Name board out side	9			4,680.00	4,680.00	-	Completed
Name plaque (Wall)	10			1,400.00	1,400.00	-	Completed
Plants	11			-	7,800.00	7,800.00	Completed
Admin cost				30,968.00	30,968.00	-	
<b>Total spent</b>				<b>340,648.00</b>	<b>307,136.00</b>		
<b>Fund received from Vanni Hope</b>						<b>320,099.88</b>	
<b>Fund received from Raviraj</b>						<b>25,000.00</b>	
<b>Balance Phase 01</b>						<b>37,963.88</b>	
<b>Phase 02</b>							
Native self-growing plants training for 500 families with children.	12	10	7	50,000.00	45,800.00	4,200.00	Progressing
Mapping of self-growing plants in our own surroundings.	30	500 homes	223	100,000.00	59,980.00	40,020.00	Progressing
Preparing and cooking fresh healthy food program.	14	10	9	50,000.00	35,320.00	14,680.00	Progressing
Sharing the knowledge from our ancestors of surviving healthy life style with School children.	15	10 Schools	11	50,000.00	34,300.00	15,700.00	Progressing
Collecting inspiring stories from communities who are living on self-growing plants in day to day life.	16	50 stories	36	25,000.00	25,000.00	-	Completed
Book printing work	17	1		100,000.00	-	100,000.00	Progressing
House maintains cost	18		5	24,000.00	15,200.00	8,800.00	Progressing
Other				1,000.00		1,000.00	
<b>Total spend</b>					<b>215,600.00</b>		
<b>Fund received from Dr Shanthi &amp; Selva family</b>					<b>400,000.00</b>		
<b>Balance Phase 02</b>					<b>184,400.00</b>		
<b>Total fund received</b>	<b>745,099.88</b>						
<b>Phase 01 Spent</b>	<b>307,136.00</b>						
<b>Phase 02 spent</b>	<b>215,600.00</b>						
<b>Total Bank Balance</b>	<b>222,363.88</b>						

No	Name	Number of Family Members	Before the Home Garden				After the Home garden				Saving
			Break Fast	Lunch	Dinner	Total Expenses	Break Fast	Lunch	Dinner	Total Expenses	
01	T.Rajeshwary	07	210	1000	300	1510	150	800	250	1200	310
02	N.Rani	03	90	600	200	890	60	400	150	610	280
03	Mrs.Rasakumar	05	200	700	300	1200	150	550	150	850	450
04	A.Tharshika	07	350	1200	300	1850	250	900	240	1390	460
05	S.Abisha	08	300	1000	300	1600	250	800	200	1250	350
06	I.Sivaneswary	03	150	600	150	900	100	400	125	625	275
07	J.Jeslin	04	350	1500	200	2050	250	1000	150	1400	650
08	S.John Nimalraj	05	300	1000	240	1540	240	900	100	1240	300
09	M.Sripriya	04	400	1200	300	1900	300	900	200	1400	500
10	R.Rasalingam	06	150	700	250	1100	100	500	150	750	450
11	S.Srikavitha	04	100	400	150	650	80	250	75	405	245
12	S.Sivamalar	08	150	500	150	800	90	410	100	600	200
13	R.Sivanoli	08	320	880	350	1550	220	750	200	1170	380
14	R.Ponuthurai	06	280	1200	320	1800	200	900	120	1220	580
15	K.Nanthan	06	180	1500	350	2030	150	1200	240	1590	440
16	K.Sritharan	07	450	1200	400	2050	300	900	300	1500	550
17	T.Mery Jesintha	06	500	1300	300	2100	250	850	150	1250	950
18	S.Pusparani	04	600	1400	300	2300	300	800	200	1300	1000
19	M.Kumar	08	200	600	200	1000	100	400	100	600	400
20	N.Suthagar	06	600	1500	300	2400	300	1000	200	1500	900
21	A.Logewsary	05	200	600	200	1000	150	400	100	650	350
22	M.Yogeswaran	05	300	900	300	1500	150	700	200	1050	450
23	P.Ingaran	04	250	700	200	1150	150	500	100	750	400
24	P.Mageswary	05	600	900	300	1800	300	600	200	1100	700
25	K.Pusparasa	04	400	1000	300	1700	200	800	200	1200	500
26	J.Kavitha	04	300	1000	300	1600	200	800	150	1150	450
27	S.Supiramaniam	07	250	1200	300	1750	150	700	150	1000	750
28	T.Kokila	06	400	1500	400	2300	250	1000	200	1450	850
29	R.Naguleswary	04	300	1100	300	1700	200	900	200	1300	400
30	J.Thavamalar	04	260	700	140	1100	140	400	100	640	460
31	R.Sureshkaran	03	200	700	200	1100	100	500	100	700	400
32	K.Kunam	06	260	1400	300	1960	140	1200	150	1490	470
33	S.Sivarasa	05	200	600	200	1000	125	450	100	675	325
34	M.Yogeswaran	05	300	700	200	1200	150	450	150	750	450
35	V.Piramalatha	07	210	1000	300	1510	150	800	200	1150	360
36	S.Jegatheesalingam	03	200	700	200	1100	100	500	100	700	400
37	V.Amala	03	300	800	200	1300	150	450	150	750	550
38	K.Muthulingam	05	220	900	280	1400	190	700	180	1070	330
39	S.Navarathinam	06	280	1100	360	1740	190	800	240	1230	510
40	T.Kirushnaraja	07	550	1500	600	2650	350	1200	400	1950	700
41	P.Kuganathan	05	650	1400	400	2450	400	1000	300	1700	750
42	N.Mangayagarasi	04	300	700	200	1200	200	600	100	900	300

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