



KAVERI KALA MANRAM

# NAGAMUTHU PILLAI

Green Leaves Promotion Center ( Jan to May report )



**S**ri 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.

## *Nagamuthupillai Green leaves center transforming our lives*



Indrani Living in Mooli with my family and three children, my husband is a daily labour worker. My son and I visited the food promotion exhibition in Nagamuthu Pillay Green promotion centre in Ellavali, on 04.01.20. We were motivated and

empowered by Rev Joshua who shared a valuable knowledge in edible native green leaves and the food values. After which we started a chemical free home garden. I realised I was surrounded by 18 varieties of native green leaves in my own yard. By using these native green leaves, I started adding more food value into my family's daily diet. During this covid-19, I was able to stay home and live on my garden and surroundings. I thank KKM and Green promotion centre for a valuable support they have given my family.

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*

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 midst of COVID19**

<b><u>Activities</u></b>	<b><u>Achievements</u></b>
1) Land clearance	Green leaves project has been started
1) House cleaning work	House cleaning work keep well by project team
2) Electricity work	All Power is function
3) Office furniture	Workshop Has been started
4) Plumbing	Green leaves cultivation has been started
5) Plants	Plants growing well
6) Native self-growing plants training for 500 families with children.	03 workshop has completed and 30 families developing green leaves their home garden
7) Mapping of self-growing plants in our own surroundings.	30 families Mapping work started
8) Preparing and cooking fresh healthy food program.	More than 100 people learn our Traditional food culture
9) Sharing the knowledge from our ancestors of surviving healthy life style with School children.	Not Started
10) Collecting inspiring stories from communities who are living on self-growing plants in day to day life.	18 stories collected and story re by story team
11) Book printing	Not started
12) House maintains	House maintains keep well by project team

**A special need child enjoying in her cultivation**

We are Living in Chulipuram with my family, my husband is a daily labour worker. We took part in the healthy food promotion exhibition which was held in Ellavali Nagamuthu Pillay green promotion centre in January 2020 by KKM. Rev Joshua shared a valuable knowledge



on Native self-growing plants and chemical free home gardening. The exhibition was an eye opener for us.

When I checked my home surrounding, I was able to get 16 varieties of native plants in my garden. I started using these green leaves in my daily family diet. During these Covid-19, I was able to live on my home garden for survival and save our income. I am sure by eating these healthy foods we were able to strengthen our immune system to face any challenges. I thank KKM and Green promotion centre for all their support.

**A person with disability starting green leaves in her home**



Tharishini living in Chulipuram took part in the healthy food promotion exhibition which was held in Nagamuthu Pillay Green promotion centre in Ellavali in January 2020 which was conducted by

KKM. Rev. Joshua educated us to live on the self-growing native green leaves, plants, and yams which are high in food value. When I checked my home surroundings, I found many varieties of native edible plants. I started using them in my daily diet mixing with my staple food such as mixing with roti, Pittu and other food. During these difficult times of Covid-19, I was able to live on my home garden and save my income.

## Green Promotion center current plants

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

**1<sup>ST</sup> Batch Ambassadors of Nagamuthupilai  
Green leaves promotion center for witnessing  
impact of green leaves of our nation**



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.Sriharan	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	Vaddukodai
26	J.Kavitha	Pandaveddai
27	S.Supiramaniyam	Periyapula
28	T.Kokila	Thunaivi
29	R.Naguleswary	Moolai
30	J.Thavamalar	Vaddukodai

**Financial report Jan to May 2020**

Activities	Activity No	No of Activities planed	Estimated budget	Actual spend	Balance	Program status
Roof work	01	01	17500.00	-	-	
House cleaning work	02	01	16000.00	3400.00	12600.00	
Electricity work	03	01	12850.00	4500.00	8350.00	
Office furniture	04	01	106500.00	106500.00	-	
Toilet	05	01	75000.00	-	75000.000	
Pipe line	06	01	35000.00	37208.00	-2208.00	
Transport	07		10000.00	14200.00	-4200.00	
Photo frames	08		30750.00	30750.00	-	
Name board out side	09		4680.00	4680.00	-	
Name plaque (Wall)	10		1400.00	1400.00	-	
Plants	11		-	7800.00	7800.00	
Native self-growing plants training for 500 families with children.	12	10	50,000.00	30000.00	20000.00	
Mapping of self-growing plants in our own surroundings.	30	500 homes	100,000	20000.00	80000.00	
Preparing and cooking fresh healthy food program.	14	10	50,000	30000.00	20000.00	
Sharing the knowledge from our ancestors of surviving healthy life style with School children.	15	10 Schools	50,000	-	50,000.00	
Collecting inspiring stories from communities who are living on self-growing plants in day to day life.	16	50 stories	25,000	25000.00	-	
Book printing	17	01	100,000	-	100,000.00	
House maintains cost	18		24,000	1120.00	22880.00	
<b>Total</b>			<b>708680.00</b>	<b>316558.00</b>	<b>392122.00</b>	

**Native self-growing plants training for 500 families with children.**



**Preparing and cooking fresh healthy food program.**



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.Supiramaniyam	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