

# EDUCATION WITHOUT HUNGER

CREATING SUSTAINABLE SOLUTIONS  
FOR FOOD SECURITY IN SRI LANKA



## GLOBAL GIVING REPORT - JAFFNA DISTRICT



# INTRODUCTION



The Education Without Hunger program, launched in October 2022, is a transformative initiative addressing food insecurity and malnutrition in Sri Lanka.

By empowering students, teachers, and parents with agricultural and environmental education, the program creates lasting change and promotes community-driven sustainability.

With proven success in Jaffna District, benefitting over 10,000 children, the program has expanded to Puttalam District, paving the way for national scalability.

# BUILDING BACK BETTER AFTER THE FLOODS

EARLIER THIS YEAR, HEAVY FLOODS DAMAGED MOST OF OUR SCHOOL GARDENS. BUT YOUR SUPPORT HELPED US BOUNCE BACK QUICKLY! WE PROVIDED ESSENTIAL MATERIALS—SEEDS, SEEDLINGS, AND GROW BAGS—TO 15 SCHOOLS. GARDENS WERE RESTORED, AND STUDENTS JOYFULLY RETURNED TO HANDS-ON LEARNING ROOTED IN RESILIENCE AND SUSTAINABILITY.



# EMPOWERING THROUGH GREEN EDUCATION

WE LAUNCHED A NEW MICRO-GARDEN AT THE THANTHAI SELVA MEMORIAL TUITION CENTRE—SERVING AS A LIVING CLASSROOM FOR STUDENTS FROM MULTIPLE SCHOOLS. THIS MODEL GARDEN, WITH VERTICAL PLANTING, ORGANIC COMPOSTING, AND RECYCLED MATERIALS, IS NOW A REPLICABLE COMMUNITY LEARNING HUB.



# DIRECTOR'S INSPIRING SCHOOL VISITS

Our Director, Mr. Archunan, visited several schools including Ilavalai Convent Maha Vidyalayam, Manipay Ladies' College, and Neervely Atthiyar Hindu College. His tree-planting ceremonies and interactions inspired school communities to deepen their commitment to eco-education.



NORTHERN PROVINCE EDUCATION DEPARTMENT STAFFS WITH MR.ARCHUNAN, DIRECTOR OF SERENDIP BE THE CHANGE FOUNDATION, AND DEDICATED SBTCF STAFFS



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# CELEBRATING WORLD ENVIRONMENT DAY – 7 DAYS OF ACTION

In June, over 1,000 students participated in our week-long Environment Day celebrations themed “Clean Sri Lanka.” Highlights included:

- Zero Plastic Day
- Air Pollution Reduction
- Biodiversity Conservation
- Water Resource Protection
- Coastal Clean-up Initiatives

Each day featured awareness sessions, activities, and student-led actions in schools like Kuppilan Vickneswara Vidyalayam and Delft R.C. Ladies’ College.



# COMMUNITY HERBAL DOCTORS JOIN HANDS FOR SCHOOL HEALTH

In July, we established a meaningful **collaboration with community herbal and Ayurvedic doctors** across the areas of our 15 project schools to enhance the Education Without Hunger initiative. These practitioners actively partnered with schools to **distribute free herbal plants, establish herbal gardens, and promote traditional health practices**. They also conducted **low-cost nutrition awareness sessions**, including demonstrations of healthy food preparation using locally available ingredients. This collaboration not only enriches the project's impact but also reinforces the vital link between agriculture, health, and education through culturally relevant and practical solutions for student and community well-being.



# GROWING HERBAL GARDENS & STUDENT ENTERPRISES

We partnered with community Ayurvedic practitioners to plant herbal gardens and conduct nutrition sessions. At Neervely Atthiyar Hindu College, students even sold excess Thipili plants to a local herbal center—learning entrepreneurship and sustainability firsthand.



# GROWING WELLNESS : 22 HERBAL PLANTS AT PANNAKAM A.M.T.M SCHOOL

At Pannakam School, under our coordination, a total of **22 herbal plants** have been **successfully cultivated**. These include drumstick, agaththi, vallarai (gotu kola), aloe-vera, mint, neem, mudakathan, sathaikaaraichchan, and several other beneficial species. This initiative promotes traditional knowledge, enriches the school's green space, and supports student learning in sustainable health and nutrition practices.



# TESTIMONIAL FROM THE FIELD

"Before this project, many of our students didn't know where their food came from. Now, they grow it, care for it, and understand its value. Our garden is not just green—it's a source of pride and learning."

- Mrs. Mary Reetha -

ISA, Zonal Education Office - Island



# SITE VISIT TO PARTNER SCHOOLS WITH NGO COORDINATOR

As part of our ongoing project monitoring and collaboration, a field visit was conducted to Neervely Atthiyar Hindu College and Vaatharavathai Vickneswara Vidyalayam. The visit was joined by Mr. Pratheepan, the NGO Coordinator, and the Serendip Be The Change Foundation (SBTCF) team. The purpose of the visit was to assess the progress and effectiveness of ongoing interventions, including school garden development, nutrition education activities, and student engagement initiatives. Observations confirmed that the implemented programs are contributing significantly to improving student awareness, promoting sustainable practices, and strengthening school-community partnerships. The visit also provided valuable feedback for future planning and expansion.



# PLANT NUTRITION AWARENESS: SPOTTING THE SIGNS

Practical sessions were conducted in project schools to help students identify plant nutrition deficiencies. They learned to recognize symptoms like yellowing leaves, stunted growth, and poor flowering, linked to nutrient shortages. Hands-on activities with leaf observation, soil checks, and natural fertilizer use promoted early diagnosis, healthier plants, and sustainable gardening practices.



# PROMOTING NUTRITION THROUGH CHILDREN'S CLUBS

During the year, steps were taken towards the establishment of a nutritional garden within the community, with the active participation of Children's Clubs in the Island and Uduvil divisions. This initiative aims to promote sustainable food practices and enhance nutritional awareness among children and their families.



**DISCUSSION WITH ISLAND DIVISIONAL SECRETARY AND J/16 GRAMA NILADHARI REGARDING PERMISSION FOR COMMUNITY HOME GARDEN INITIATIVE.**



**DISCUSSION WITH UDUVIL DIVISIONAL SECRETARY OFFICE AO REGARDING PERMISSION FOR THE COMMUNITY HOME GARDEN INITIATIVE.**

# KURAKKAN PORRIDGE - HEALTH FOOD PREPARATION PROGRAM

A health food preparation program focusing on Kurakkan (Finger Millet) Porridge was organized at Kayts St. Mary's R.C. Girls' Vidyalayam. The session was conducted by Community Medical Officers, aiming to promote nutritious dietary practices among school students through practical learning and awareness.



# HEALTHY PLATES, HEALTHY MINDS - FOOD PLATE AWARENESS

Students at Pannakam AMTM School participated in a Food Plate Demonstration conducted by Community Herbal Doctors. They learned about balanced meals, portion sizes, and the importance of including fruits, vegetables, grains, proteins, and dairy for a healthy diet.



# PROMOTING HEALTHY LIVING THROUGH MILLETS

A millet porridge preparation session was conducted at Vatharawaththa Vickneswara Vidyalayam, led by Dr. Uthayagowri in coordination with SBTCF. The session highlighted the nutritional benefits of millets and their role in promoting a healthy lifestyle. Dr. Uthayagowri explained the step-by-step method of preparing millet porridge. The importance of incorporating millets into daily diets was emphasized. Participants gained valuable insights into healthy food choices and sustainable nutrition practices.



# SUCCESSFUL STORY OF STUDENT - JAFFNA

My name is Sowmika and I am a Grade 8 student at J/Vatharawaththai Vickneswara Vidyalayam. Growing up in a small village, I always saw farming at my village. I never imagined that one day I would be growing my own vegetables not just at school, but also at home. That all changed when the SBTCF initiated the Education Without Hunger program to our school.

At first, I wasn't sure what to expect. But as the training sessions began, I was amazed to learn how we could grow food using simple, natural methods. We were taught how to make compost using kitchen waste, how to keep the soil healthy, and how to protect our plants without using any chemicals. The best part was everything was hands-on. We didn't just read about it, we actually did it.

Working with my classmates in the school garden was a fun and eye-opening experience. We planted tomatoes, brinjals, leafy greens, and even some fruits. Slowly, I began to understand how important organic farming is not just for our health, but also for our environment.

Inspired by what I learned, I decided to start a small garden at home. We didn't have much space, but I cleared a corner of our backyard and got to work. I reused old containers, used compost made from our food scraps, and followed the steps we were taught at school. After a few weeks, I saw the first signs of life tiny green shoots pushing through the soil. I can't describe how proud I felt.

# SUCCESSFUL STORY OF STUDENT - JAFFNA

Now, my family enjoys fresh vegetables that I grew myself. We no longer have to buy as much from the market, and we know exactly what's going into our food. Even my parents, who had doubts at first, have started helping me with the garden. It has become something we enjoy doing together. In addition to that, I am selling excess harvest and use that money to pay my tuition fees. I am very happy that I am paying my own money for my education without disturbing my parents.

The Education Without Hunger program didn't just teach me how to grow food. It taught me responsibility, patience, and care for the world around me. It made me believe that even young people like me can take small steps to make a big difference.

I want to thank the SBTCF for bringing this program to our school. It has given me a skill for life and a dream for the future. I hope more students in other schools get this same opportunity because it truly changes lives, just like it changed mine.



# ACKNOWLEDGMENT & GRATITUDE



Your donations are making a real difference. With your help, we've reached over 10,000 children, equipped them with life-changing skills, and created models of sustainability that are being replicated across districts.

Thank you for being an essential part of this journey. Together, we're cultivating a future free from hunger.

*-The Senendip Team -*

If you have questions or for any other information, reach out to us at: **Email: [contact@sbtcf.org](mailto:contact@sbtcf.org) or call/WhatsApp: 076 667 4441.**