



NEWSLETTER

CARITAS VALVUTHAYAM - MANNAR

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Centre for Disabled

During June 2025, the Centre for Disabled (CFD) continued its mission of restoring mobility, independence, and confidence to persons with disabilities. This month, our dedicated team provided essential services to 8 beneficiaries, ensuring they received the care and support needed to enhance their daily lives.

Key Services Delivered:

- 2 New Prosthetic Castings - Custom-made devices tailored for individual needs.
- 1 LLD Shoe Modification - Corrective adjustments for limb length discrepancy.
- 5 Repairs - Maintenance and repair of existing prosthetic and orthotic devices to ensure comfort and functionality.

Through these interventions, the Centre continues to support mobility, dignity, and participation in community life for persons with disabilities across Mannar District.

Education Assistance

Caritas Valvuthayam - Mannar, with the generous support of Caritas Korea, continues its mission to guide young minds toward a brighter, healthier future. In June, two powerful awareness seminars were held in Talaimannar and Pallimunai, helping vulnerable students understand the dangers of drugs and alcohol while strengthening their confidence to make positive life choices.

Talaimannar - 15 June 2025

At St. Lawrence's Church, 62 hostel students (43 girls, 19 boys) from Grades 8-11 gathered for an eye-opening session. Welcomed by Rev. Fr. Deni Culistas, the program featured Rev. Fr. M. Antony Hubert, OMI, who captivated the youth with real-life stories and practical guidance. The seminar was organized under the guidance of Rev. Fr. G.A. Arulraj Croos, Director of Caritas Valvuthayam, and coordinated by Mr. J. Christinius Croos.

Pallimunai - 29 June 2025

At St. Lucia's Church, 100 students (61 girls, 39 boys) joined the second seminar. Rev. Fr. Desman Culas welcomed the gathering, followed once again by Rev. Fr. M. Antony Hubert, whose engaging session encouraged students to make informed choices and build resilience against harmful influences.

Highlights

- 2 Awareness Seminars in Talaimannar & Pallimunai
- 162 Students Reached (Grades 8-11)
- Focus on resilience, healthy decision-making & real-life engagement
- Strengthened commitment to protecting youth from harmful influences

Looking Ahead

Caritas Valvuthayam remains dedicated to empowering students with education, mentorship, and psychosocial support. Together, we continue to build resilience, promote healthy living, and nurture hope in Sri Lanka's post-conflict Northern Province.



Empowering Future Leaders: Self-Management Workshop for University Students – Educational assistance

Caritas Valvuthayam recently conducted a capacity-building workshop on "Self-Management" for university students who receive education support through Caritas Korea's Fund, the Lenten Fund, and Caritas Valvuthayam's Fund. The workshop aimed to equip young scholars with essential life skills to manage their time, emotions, goals, and academic responsibilities effectively.

The session was facilitated by Mr. F.A. Nixon, an experienced Consultant from the North Region, who led the students through a series of interactive activities and discussions. A total of 34 university students participated enthusiastically in the program, gaining valuable insights and practical strategies for personal and academic development.

This initiative is part of Caritas Valvuthayam's ongoing commitment to empowering vulnerable youth and supporting their journey toward becoming self-reliant and responsible citizens. The support from Caritas Korea was instrumental in making this program a success.

We extend our heartfelt thanks to Caritas Korea, the Lenten Fund, and all who continue to believe in the potential of our youth.



Improving Rural Livelihoods, Enhancing Food Security, and Building Climate Resilience in Sri Lanka

In June 2025, Caritas Valvuthayam's Food Security and Livelihood Project made remarkable progress in empowering rural families, enhancing food security, and promoting climate-resilient farming practices. Through a total of 58 programs, we reached 1,482 participants across multiple villages, providing practical training, awareness sessions, and community mobilization initiatives.

Key Highlights of June 2025

1. Livelihood Development & Income Generation

- Beekeeping: 3 training programs in Asikulam, Koorai, and Kumanayankulam (93 participants).
- Value Addition & Food Preservation:
 - Food Preservation Techniques - 3 programs (73 participants).
 - Value-Added Products Training - 2 programs (47 participants).
- Market Linkages: 2 programs (40 participants).



2. Agriculture & Climate Resilience

- Farmer Training: 2 sessions for 49 farmers.
- Organic Inputs:
 - Compost Production - 5 programs (115 participants).
 - Liquid Fertilizer - 6 programs (161 participants).
 - Vermi Composting - 4 sessions (92 participants).
- Crop & Climate Awareness:
 - Crop Clinic - 1 session (30 participants).
 - Climate Change Adaptation - 1 program (40 participants).



3. Nutrition & Food Security

- Nutrition Awareness: 2 programs (44 participants).
- Family Nutrition: 3 programs (84 participants).
- Home Gardening for PWDs & Women: 19 families supported with home gardens.

4. Youth & School Engagement

- School Programs on Sustainable Agriculture: 3 sessions (273 students).
- Youth Awareness on Sustainable Farming: 1 program (20 participants).

5. Community Mobilization & Institutional Strengthening

- Self-Help Groups (SHGs): 13 meetings across 11 villages (190 participants).
- Community-Based Organizations (CBOs): 5 strengthening programs (102 participants).

June 2025 at a Glance

- Total Programs: 58
- Total Participants: 1,482

Through these efforts, Caritas Valvuthayam continues to strengthen rural livelihoods, promote sustainable farming, improve family nutrition, and build climate resilience, ensuring that vulnerable communities in Sri Lanka can face the future with greater hope and security.



Caritas Sri Lanka (SEDEC) Conducts Monitoring Visit on Food Security Project in Mannar and Vavuniya

A dedicated monitoring visit was carried out by the Food Security team of Caritas Sri Lanka (SEDEC) to assess the ongoing implementation and progress of the Food Security Project managed by Caritas Valvuthayam.

The three-day visit focused on evaluating field-level impact, engaging with beneficiaries, and understanding local challenges and achievements in project execution. The SEDEC team visited target villages in both Mannar and Vavuniya districts, where they observed the practical outcomes of home gardening, sustainable agriculture efforts, and community participation.

A key highlight of the visit was the opening of a Village Knowledge Centre (VKC) in Kumanaiyankulam, Mannar, by the Food Security Team of Caritas Sri Lanka (SEDEC). This center will serve as a vital hub for sharing agricultural knowledge, climate-resilient practices, and development resources with local farmers and families fostering community learning and empowerment.

The team also held in-depth discussions with Caritas Valvuthayam's Food Security team in Mannar, reviewing monitoring data, project strategies, and future plans to ensure food security for vulnerable families in the region.

This visit reflects the ongoing collaboration between Caritas Sri Lanka and its diocesan partner to strengthen rural livelihoods, enhance household nutrition, and build resilience through sustainable practices.

Caritas Valvuthayam remains committed to walking with the communities toward a hunger-free and sustainable future.

Please arrange the activities according to the units and make attractive newsletter of June month



Director's Field Visit to Food Security Project Sites in Vavuniya

The Director of Caritas Valvuthayam, Rev. Fr. G. A. Arulraj Croos, recently undertook a field visit to Food Security Project target villages in the Vavuniya district, reaffirming the organization's deep commitment to supporting vulnerable farming communities.

One of the key highlights of the visit was the seed distribution event held in Manipuram Village, where project beneficiaries received essential seeds to strengthen their home garden cultivation. These efforts aim to improve household-level food production and resilience, especially among low-income families.

The Director was also joined with students from the Netherlands, currently interning at Caritas Valvuthayam through a partnership with the Rockit Foundation. Their presence added a special dimension to the visit, fostering international understanding and solidarity in grassroots development work.

This visit provided an opportunity for open dialogue with beneficiaries and field teams, as well as firsthand observation of the project's impact on household nutrition, sustainability, and community empowerment.

Caritas Valvuthayam continues to work hand-in-hand with rural families, ensuring they have the tools and support to grow a better future one seed at a time.



Empowered Women - Building Peaceful Communities

On 9 June 2025, Caritas Valvuthayam conducted a trauma healing session at the Maruthamadhu Divisional Secretariat, led by Mrs. Velantina. The program brought together 32 participants (31 women and 1 man, aged 18-60) to address the lasting impacts of war, domestic challenges, and daily stress.

The session provided a safe and supportive space where participants could share their experiences, learn healthy coping strategies, and develop skills to strengthen family relationships. Discussions emphasized the effects of unhealed trauma on homes and communities, highlighting how conflict resolution, non-violent communication, and trauma-informed parenting can break cycles of harm.

Participants were also informed about local support services, and two cases of emotional abuse were identified and referred for further assistance. Monthly follow-ups have been planned to ensure ongoing guidance and encouragement.

Key Highlights

- 32 participants engaged in group healing activities.
- 2 cases of emotional abuse identified and referred for counselling.
- Practical skills developed in parenting, communication, and conflict resolution.
- Linkages established with local legal aid and women's protection services.

This initiative reflects Caritas Valvuthayam's commitment to the belief that strong, peaceful communities start with empowered women. When women heal, they become role models and peacebuilders, creating safer and more nurturing homes for future generations.



World Environment Day 2025 Celebrated in Alavakkai Model Village – SSEP

On June 5th, 2025, Caritas Valvuthayam's SSEP Unit (Stepping Stone to Safeguarding Sri Lanka's Natural Resources) led a vibrant celebration of World Environment Day under the global theme: "Beat Plastic Pollution – Protect Nature, Secure Our Future!"

The event was held in Alavakkai, one of Caritas Valvuthayam's model villages in Mannar District, and brought together a committed group of participants including local residents, school teachers, students, Valvuthayam staff, and community animators.

As part of the celebration:

- A "Siramathana" community cleaning campaign was organized around the Alavakkai school premises, promoting a clean and healthy learning environment.
- Participants took part in a tree planting activity, contributing to the village's long-term environmental sustainability and increasing green cover.
- A plastic collection bin was installed in the Alavakkai town area to encourage the proper disposal and recycling of plastic bottles and reduce plastic waste in public spaces.

This initiative not only raised awareness about the harmful impact of plastic pollution but also empowered the community especially young students to take ownership of their environment. It reflected Caritas Valvuthayam's ongoing commitment to environmental protection, community engagement, and integral human development.

We extend our gratitude to the school authorities, local villagers, and all partners who supported this meaningful effort. Together, we continue to walk as "Pilgrims of Hope", caring for our common home and building a cleaner, greener future for all.



Grand public protest against Windmill installation and Mineral sand mining activities in Mannar island area.

Caritas Valvuthayam through the Stepping Stone to Safeguarding Sri Lanka's Natural Resources (SSEP) unit jointly with Mannar Citizen Committee(MCC), local NGOs, Civil societies and the people of Mannar District, staged and conducted a large-scale walking protest to raise public voices against the ongoing windmill installation and mineral sand mining, illegal especially in Mannar island region on 11th June 2025.

The protest march with many posters and banners began at Mannar public stadium and proceeded peacefully towards Mannar Kachcheri. The protest march successfully reached out the organized meeting gathering place with active participation of His Lordship the Bishop of Mannar diocese, religious leaders of all faiths, representatives from various NGOs, and thousands of concerned citizens from Mannar district.

As requested by the organizing committee the Government Agent (GA) of Mannar district Mr. Kanageswaran met the public at the entrance of Mannar Kachcheri gate where public gathered to submit memorandum to President of Sri Lanka to take necessary and immediate action to stop the Windmill power installation project and illegal mineral sand mining project in Mannar island. On behalf of the Mannar people who staged protest, the Bishop of Mannar diocese and members of the public representatives submitted the memorandum to the Government Agent (GA), to be forwarded to the President of Sri Lanka. The submitted memorandum clearly outlined the Mannar public opposition to new Wind mill construction project and illegal mineral sand mining activities that threaten the environment, local livelihoods, and the ecological balance of Mannar Island. All these projects have even become a survival problem for the people in Mannar Island.

This collective action highlights the growing concern among the people of Mannar and their commitment to protecting their land, sea, and resources for future generations.



Empowering Rural Families through the Model Village Project

In June 2025, Caritas Valvuthayam's Model Village Project marked a significant milestone with the successful completion of its group evaluation, demonstrating lasting positive impacts on the livelihoods of 13 vulnerable families. The evaluation highlighted progress in sustainable paddy cultivation and highland crop farming, with clear improvements in household income, knowledge, and community cohesion.

Key Highlights from June:

- **Increased Household Income** - Families reported tangible economic benefits from improved farming practices.
- **Enhanced Farming Knowledge** - Participants gained practical skills in sustainable agriculture.
- **Stronger Group Cohesion** - Peer learning, mutual support, and collective problem-solving were reinforced.
- **Financial Literacy Programs** - Awareness sessions on small group savings, budgeting, and planning helped families prepare for future needs.
- **Siramadana (Voluntary Community Service)** - Activities promoted community bonds, shared responsibility, and strengthened commitment to communal well-being.

The monthly meeting provided a valuable platform for members to share progress, discuss challenges, and receive guidance and motivation. Overall, June 2025 was a productive and inspiring month, highlighting the transformative power of group-based livelihood initiatives and laying a strong foundation for long-term sustainability and self-reliance in rural communities.

Success Story – Mrs. P. Vettinayaki, Alavakkai Model Village

Mrs. P. Vettinayaki, a dedicated farmer and Secretary of the Community-Based Organization (CBO) in Alavakkai Model Village, exemplifies how targeted support and strong community engagement can transform lives.

As one of the 13 beneficiaries of Caritas Valvuthayam's livelihood project, funded by the IRASIL Foundation, Mrs. Vettinayaki embraced opportunities to improve her family's well-being through sustainable agriculture. With technical guidance, access to quality paddy seeds, and financial assistance through the revolving loan scheme, she adopted improved farming techniques.

Her dedication, combined with timely project support, led to a highly successful harvest, ensuring food security for her household and generating surplus income. One of the most meaningful outcomes of her success has been the ability to invest in her children's education, covering school expenses and providing them with better learning opportunities and a brighter future.

Mrs. Vettinayaki's story is a testament to the power of community-based initiatives, showing how livelihoods can be strengthened while fostering resilience, independence, and hope.

IRASIL Foundation Commends Livelihood Progress in Mannar Villages

The ongoing partnership between IRASIL Foundation, Caritas Valvuthayam, and the National Centre (SEDEC) continues to yield meaningful change in vulnerable rural communities. As part of this collaboration, Mr. Gerard, Senior Executive Manager of the IRASIL Foundation, conducted a field monitoring visit to the Mannar District on June 4, 2025.

He visited the project sites in Veddayamurippu and Umanakari, where Caritas Valvuthayam is implementing the initiative project “Livelihood to Improve Socio-Economic Status in the Society.” The project is focused on paddy cultivation and highland crop farming, aiming to improve the socio-economic well-being of farming families through sustainable agriculture.

Mr. Gerard was joined by Rev. Fr. G.A. Arulraj Croos (Director, Caritas Valvuthayam), project staff, and representatives from SEDEC. During the visit, he assessed the impact of ongoing interventions and interacted with beneficiaries to better understand how the program is transforming lives.

A special highlight of the visit was to Achchankulam village, where local youth groups have launched an innovative crab farming initiative. This creative approach to livelihood generation is already contributing to youth empowerment, economic opportunity, and community engagement.

Mr. Gerard expressed deep satisfaction with the visible progress, commending the strong leadership of Rev. Fr. G.A. Arulraj Croos and the dedication of the Caritas Valvuthayam team. He described the project implementation as highly effective and impactful.

Reaffirming the IRASIL Foundation’s continued support, Mr. Gerard emphasized the importance of long-term collaboration with Caritas Valvuthayam and SEDEC to ensure sustained progress and inclusive development.

This visit further strengthens the bond between these organizations and reaffirms their shared vision of building resilient, self-reliant communities across Sri Lanka.



Caritas Valvuthayam Delivers Lifesaving Humanitarian Support in June 2025

Caritas Valvuthayam remains steadfast in its mission of compassion and service, extending vital humanitarian assistance to vulnerable communities across the Mannar and Vavuniya districts. Through its internally funded Humanitarian Assistance Program, a total of 82 individuals and families received support during June 2025, meeting a wide range of urgent needs.

• Medical Support - 67 individuals

Provided essential medical aid including treatments, medications, and diagnostic services for patients with chronic illnesses and urgent health conditions.

• Dry Ration Distribution - 12 families

Delivered much-needed food supplies to families struggling with poverty, unemployment, or illness, helping to reduce food insecurity.

• Cadjan Distribution - 01 family

Supported one family living in precarious housing conditions by providing Cadjan leaves for roofing, thereby improving their shelter and safety.

• Funeral Support - 01 family

Offered compassionate financial support to a bereaved family to cover urgent funeral expenses, easing their burden during a difficult time.

• Support for Returnees from India - 01 beneficiary

Assisted a returning individual from India with immediate needs, helping them reintegrate and rebuild their life with dignity.



Empowering Students through ICT and Language Excellence

Valvuthayam Vocational Training Institute has commenced its second training batch for 2025 at the Mannar and Vavuniya centers. The program aims to equip students with strong foundational ICT knowledge and essential digital skills. Alongside this, English and Sinhala language training courses are being offered to enhance communication abilities, broaden opportunities, and strengthen employability prospects.



With Gratitude to Our Donors

We sincerely thank all our generous donors who supported our mission in June 2025. Your kindness has helped us reach vulnerable families with care and hope. Every contribution big or small makes a lasting difference. Together, we continue to uplift lives and build brighter futures. Caritas Valvuthayam is deeply grateful for your solidarity.

Extend a Hand – Make a Difference Today

Your kind contribution to Caritas Valvuthayam enables us to reach the most vulnerable communities in Sri Lanka with hope, dignity, and essential support.

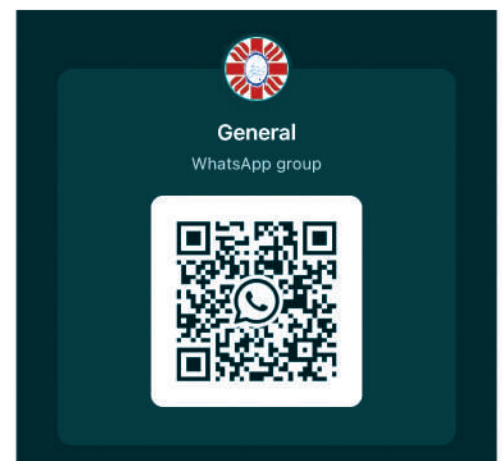
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Stay connected with Caritas Valvuthayam and be the first to receive updates on our latest programs, success stories, and upcoming events.

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**Together, we can transform lives one act of generosity at a time.
Thank you for being part of our mission!**

Stay connected with Caritas Valvuthayam!

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