



ஒது சீசு கருபி கடினம்
நற்குண முன்னேற்ற அமைப்பு
FOUNDATION OF GOODNESS

AUGUST 2024 NEWSLETTER



HIGHLIGHTS | OYOB CENTRE OF EXCELLENCE | SPORTS ACADEMY
VILLAGE HEARTBEAT EMPOWERMENT CENTRES | WELFARE | DONATION UPDATES
| POTENTIAL PROJECTS | SUSTAINABLE INCOME GENERATION INITIATIVES

WE ARE NOW REGISTERED IN THE UK!



The Foundation of Goodness is thrilled to announce that we are now a registered charity in the UK and can accept donations via the following bank account:

FOUNDATION OF GOODNESS UK

CAF Cash Account Number: 00037235

Sort Code: 40-52-40

IBAN: GB29CAFB40524000037235

**Address: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill,
West Malling, Kent ME19 4JQ**

We are also currently in the process of registering with the HMRC to be eligible for GiftAid and once approval has been granted, non-corporate individual donors who are registered taxpayers in the UK will be able to apply for GiftAid to add value to their donations.

How to apply for a UK Charity Gift Aid Declaration:

01  **COMPLETE THE DECLARATION:**
At or around the time of donation, fill out a Charity Gift Aid Declaration.

02  **ONE-TIME COMPLETION:**
This document will cover the first and all future donations.
It only needs to be completed once.

03  **RETURN THE DOCUMENT:**
Send the completed form to Mr. Tom Seabrook, Trustee of FoG UK,
at Mayfield Cottage, Weston Road, Upton Grey, Hampshire RG25 2RH.



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நற்குண முன்னேற்ற அமைப்பு
FOUNDATION OF GOODNESS

BECOME A STAKEHOLDER IN EMPOWERING 24,843 BENEFICIARIES ACROSS 20 CENTRES ISLANDWIDE!



EMPOWERMENT COURSES THAT WE OFFER

Pre - School Education | Primary Education | Mathematics | Science | Planetary Health Education | Children's Good Values Initiative | Goodness Agriculture Initiative | Computer Training | Graphic Designing | English Language | Sinhala Language | Tamil Language | Traditional Sri Lankan Dance | Beauty Culture Course | Dress Making Course | General Cookery | Finding Dreams Special Needs Class | Women's Empowerment | Swimming | Chess | Netball | Angampora | Cricket | Women's Cricket | Badminton | Karate | Japanese Language | Business Skills | Community Psychosocial Unit | Dental and Medical Clinic | Dive Training | AI - Artificial Intelligence Course





ACHIEVERS SPOTLIGHT

Felicitation for Sporting Acheivments

In August, The Sports academy, honoured the top male and female athletes who have achieved key milestones this year. The event was graced by Chief Guest **Sidath Wettimuny**, former Sri Lankan cricketer, who commended the remarkable achievements of these sports stars. The programme celebrated their dedication and excellence, acknowledging their contributions to national sports. The gathering was a testament to their hard work and a platform to inspire future generations.



GOSHEN

MAPLE LEAFS



LOCAL TALENT TAKES ON THE GLOBAL STAGE

Vishmi Serasinghe, a sponsored athlete who is currently pursuing her studies and athletic career at Goshen College in Indiana State, USA. Her scholarship supports her dual focus on academic excellence and competitive sports, reflecting the Foundation's commitment to nurturing talent and providing opportunities for promising individuals.



Join Vishmi Serasinghe on her inspiring journey as she excels at Goshen College, your sponsorship can make a meaningful impact, helping her reach new heights in both academics and athletics.

Be a part of her success story and contribute to her continued growth and achievements.

THE GIFT OF CLEAN DRINKING WATER



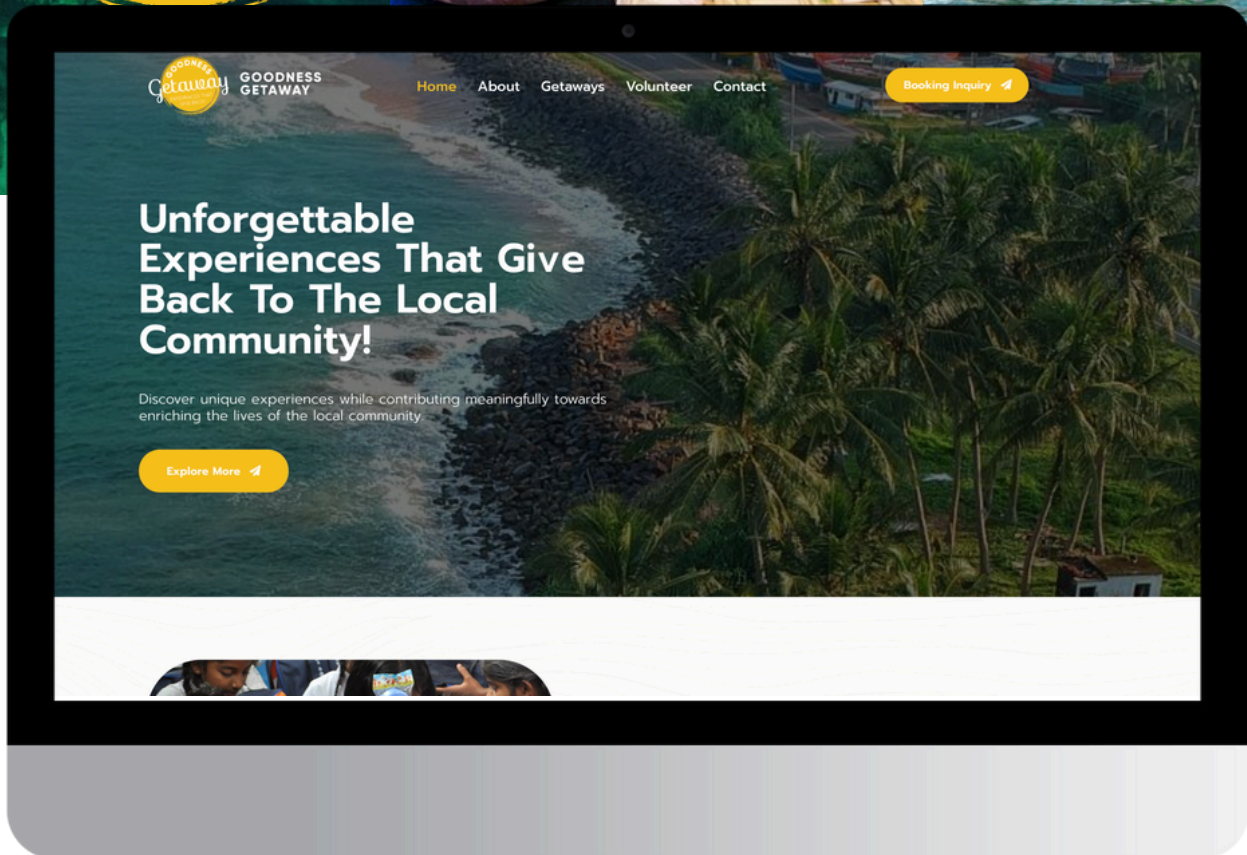
The 20th Reverse Osmosis Water Purification Plant was inaugurated in Wannihelabewa Village, Elayapaththuwa, Anuradhapura District. This initiative, sponsored by **Ratnatunga Charity Projects**, is their second collaboration with the Foundation of Goodness, aimed at providing the community with clean and accessible drinking water.

Number of villages: 04 | Number of families: 300+
Population: Approx 1200+ people
Number of kidney patients diagnosed clinically reported:
Approx 35 people



GOODNESS
Getaway
EXPERIENCES THAT
GIVE BACK!

BOOK YOUR ADVENTURE



NOW YOU CAN BOOK YOUR GOODNESS
GETAWAY ONLINE!

www.goodnessgetaway.com

Discover a fresh perspective of Sri Lanka: volunteer, dive into the ocean, play cricket, or master authentic local cuisine. **100% of proceeds from these activities support sustainable community programmes and foster brighter futures for rural families in our villages.**

VOLUNTEER WITH US



WANT TO MAKE A DIFFERENCE? VOLUNTEER WITH US!

This month we welcomed returning volunteer **Romy Hebden** who contributed greatly towards the brand building and development of the Foundation of Goodness. **Kristy May Currie** who also spent time filming at the Centre of Excellence. As well as **Shashikala Wanigasinghe** and **Ayoush Seneviratne**, who volunteered their valuable time at the Centre of Excellence.

The Foundation of Goodness has a robust, flexible volunteer programme that has been welcoming volunteers from around the world for 20 years. We offer a flexible, impact-based programme that best fits our beneficiaries and volunteers.



THIS MONTH AT THE OYOB Centre of Excellence



DANCING FOR GOOD

Anusha from The Dance Club India Leads
Inspiring Fusion Workshop at COE

Anusha Viswanathan, a celebrated instructor from The Dance Club India (TDC), dazzled COE dancing students with a dynamic fusion workshop that blended diverse dance styles into a captivating performance experience. Her workshop not only showcased the beauty of cross-cultural choreography but also ignited a new wave of creativity and passion among the students, leaving them inspired and energized.





EDUCATION FIRST!

The Essential School Supplies Pack distribution was held at the Kahawa Good Life Center, benefiting children from Akurala, Kahawa, and Seenigama. Organized by the CPU Team, the event provided **133 children** - with essential school supplies to support their educational needs. The programme aimed to ensure that every child had the tools required for a successful academic journey, fostering a positive impact on their learning experience and community spirit.





EMPOWERING FUTURES: SKILL-BUILDING WORKSHOP SPARKS ENTREPRENEURIAL SPIRIT

Mr. Shaktha Amarathunga led an engaging workshop for 56 students from the Beauty Culture and Beeralu and 25 villagers and the Women's Empowerment Centre. The objective was to equip participants with essential knowledge and skills to start, manage, and grow small businesses in these fields. The workshop aimed to empower attendees with practical insights to transform their entrepreneurial aspirations into successful ventures.





CARING FOR ALL LIVES

STRAY FRIENDLY PROGRAMME IN AUGUST

This month's Stray-Friendly Programme, generously supported by **Mrs. Suramya Rajapaksa and Dr. Stanley Rajapakse**, focused on providing stray animals in the area with healthy and nutritious meals.

Their support ensured that these animals received essential nourishment, significantly enhancing their well-being and demonstrating a compassionate commitment to animal welfare.



GOOD CARE FOR ELDERS



HEALTHY MIND & BODY: Wellness and Care for the Elderly

The Good Care for Elder's Programme brought joy and vitality to **26 elderly participants from five villages: Seenigama, Kalupe, Paraliya, Gonapenuwala, and Hikkaduwa**. The day began with a medical screening and breathing awareness sessions followed by insights on mental health and spiritual wellbeing from Founder and Trustee Mr. Kushil Gunasekera. Volunteer **Sadé Greenwood** also made an appearance at the session. Participants then engaged in walking posture exercises and music therapy, organized by the community psychosocial unit. The programme fostered both physical and mental well-being, leaving the elderly participants uplifted and content.

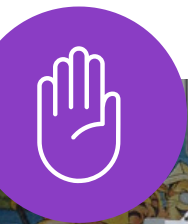


STUDENTS IN ACTION



THIS MONTH AT LAHIRU PRE-SCHOOL FUN AND FESTIVITIES!

This month, the pre schoolers have been diving into sports and swimming activities while also exploring the five senses. Through engaging sports and swimming sessions, they've developed their motor skills and had a blast. Interactive sensory activities have allowed them to taste, hear, touch, see, and smell different stimuli, fostering their curiosity and awareness in a fun and educational way.





Finding Dreams Unit: **LEARN. GROW. FLOURISH.**

This month, the Finding Dreams Unit proudly highlighted its Sports Day, a vibrant and energetic event that brought joy and enthusiasm to all participants. The day featured a range of athletic activities and games, fostering teamwork, physical fitness, and fun. These events are crucial as they not only promote healthy lifestyles and physical development but also enhance social skills and self-confidence among participants. The sense of achievement and camaraderie experienced during Sports Day makes it a significant and memorable highlight of the month.



COMMUNITY AID



OUT AND ABOUT!


The children at the Kahawa Good Life Centre recently enjoyed an enriching field trip to Labuduwa Farm, where participants explored conservation efforts and sustainable use of renewable energy. The visit provided valuable insights into eco-friendly practices and environmental stewardship. Additionally, the Centre hosted a Mindfulness Meditation programme, offering attendees a chance to relax, reflect, and enhance their mental well-being. This combination of educational and introspective activities made for a well-rounded and impactful experience.





THERE IS A SUBSTANTIAL INFLUX OF PLASTIC GARBAGE, SPECIFICALLY AMOUNTING TO 1,500 METRIC TONNES, INTO THE COASTAL SEAS OF SRI LANKA ANNUALLY.

In August, the Dive for Good Team organised impactful beach clean-ups, bringing together community and other dedicated volunteers. Participants worked side by side, collecting waste and raising awareness about the importance of keeping our coastlines clean. The collaborative effort was a testament to the power of collective action in preserving our natural environment.



In August they collected:
Polythene, Nylon, and Fishing nets: 80kg
Plastic: 61kg
Biodegradable waste: 132kg





HEROES IN TRAINING!

15 STUDENTS DIVE INTO LIFESAVING SKILLS WITH NEW FIRST AID AND WATER SAFETY COURSE

The Lifesaving course for dive students was recently launched, covering First Aid, CPR, Intermediate Life Support (ILS), Junior Lifesaver techniques, and Water Safety. A total of 15 students enrolled in the program, which aimed to equip them with crucial skills and knowledge for handling emergencies and ensuring safety in aquatic settings.



SPORTING ACHIEVEMENTS

A Rising Star

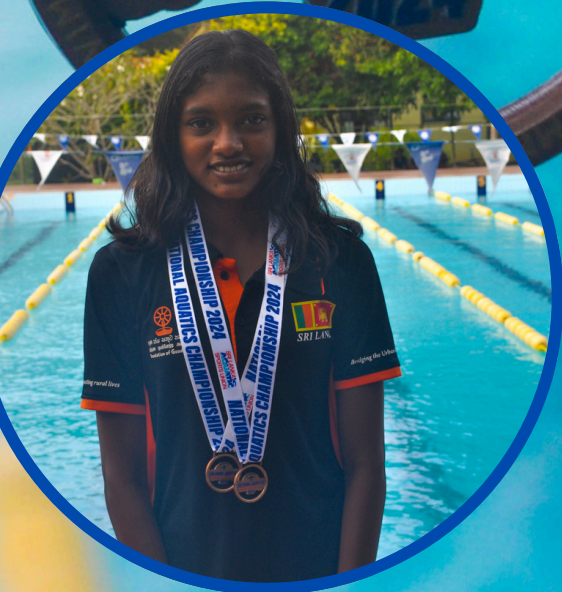
K.T.T. Damsarani Shines with National Selection for Sri Lanka Swimming Championships

FOG's senior swimmer, **K.T.T. Damsarani** (U15), has been selected to compete in the Sri Lanka National & Junior National Long Course (50M) Swimming Championship 2024 at the Sugathadasa Swimming Complex in Colombo. Representing the Foundation of Goodness, Damsarani has achieved impressive national-level results:

200m Backstroke :02.49.71 - 3rd (personal best timing)

200m I.M. :02.52.57 - 3rd

50m Backstroke : 35.96 - 4th





North Cricket Camp in Full Swing

TOKYO CEMENT COACHING CAMPS BEGINS FOR 2024 IN THE NORTH!

The Tokyo Cement 1st Cricket Coaching Camp took place at the Jaffna Central College grounds in Jaffna. The event saw a strong turnout with 49 participants, including 10 girls, 29 boys, and 10 local coaches. The camp provided an opportunity for aspiring young cricketers to enhance their skills and receive guidance from experienced coaches, fostering a love for the sport and supporting the development of cricket in the region.



DONATIONS AT SPORTS!



This month, the generous donations from the David Talalla Group Australia, Sam Athukorala, the Victorian Veterans Group Australia, Will Gaffney (UK), St. Benedict's College (UK), Surrey Veterans (UK), Wakatipu High School (NZ), and Calypso Destinations (Australia) were distributed to various schools and individuals as requested.

Additionally, **Ravi Weerasooriya's** donation provided cricket equipment to a junior cricketer of Devapathiraja College, Rathgama, supporting his development and passion for the sport.



BAT REPAIR UNIT

August 2024

STATISTICS

Beneficiaries and Scale of August Bat Repairs

18

Total no. of
Beneficiaries

18

Total no. of
Bats Repaired in August

218

Total no. of
Bats Repaired

Types of Repairs

Repair of Damaged Areas

14

Reducing Weight

09

Mounting Handle

12

Grip Replacement

17

Super Cover

18

Clean Up

16

Stickers

17

Toe Rubber

07

Bat Binding

17



The Bat Repair Unit plays a crucial role in supporting rural cricket talent, who otherwise could not afford new bats. This unit is instrumental in ensuring that these talented individuals can pursue their cricket dreams.

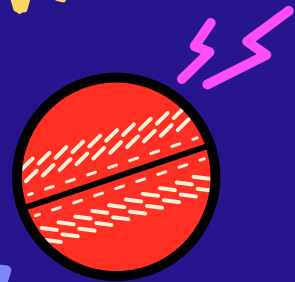


Official sponsorship of the Kingsgrove Bat Repair Unit at the Foundation of Goodness Sports Complex for the year 2024

Bat Repair Unit Facility Development Partners:
Harry Solomons, Phil Ball and another gracious donor.



SHARE YOUR PASSION FOR SPORTS!



**SPORTS TOURS AT
THE FOUNDATION OF GOODNESS
CRICKET, NETBALL, SWIMMING AND COMMUNITY
AID PROJECTS**



EMPOWERING SPORTS IN THE NORTH

BE PART OF OUR VISION FOR THE UNIVERSITY OF
VAVUNIYA SPORTS MULTI-SPORTS COMPLEX



At the Foundation of Goodness, we see untapped potential in rural communities, and sports provide a unique platform for talent development. With over 15 years of experience, we've driven sports excellence, promoted an active rural youth lifestyle.

We are honoured to expand and enhance sporting activities at the University of Vavuniya Sports Complex, upgrading infrastructure and creating a comprehensive plan for various sports. Our goal is to transform it into a prominent sports hub for the Northern Province, serving Mannar, Anuradhapura, and the East Coast. This extended reach will provide diverse communities access to facilities and training opportunities for enhanced excellence and exposure.



- 1 Swimming Pool
- 2 Athletics Track
- 3 Hockey Field
- 4 Rugby/Football Field
- 5 Basketball Court ✓
- 6 Sports Pavilion
- 7 Gymnasium ✓
- 8 Netball Court
- 9 Tennis Court
- 10 Cricket grounds
- 11 Indoor Badminton ✓
Table Tennis / Indoor
Volleyball / Judo /
Karate



This month we are pleased to announce a donation of cricket equipment, including repaired bats from our Bat Repair Unit, to the University of Vavuniya. This contribution aims to support and enhance the university's cricket programme, fostering sportsmanship and providing valuable resources for student-athletes.



STATISTICS AT THE SPORTS COMPLEX

GYMNASIUM

346	76	422
Total no. of Males	Total no. of Females	Total no. of Beneficiaries
Beneficiaries Per Month		
January	February	March
86	78	110
	April	May
	88	60



BADMINTON

127	240	367
Total no. of Males	Total no. of Females	Total no. of Beneficiaries
Beneficiaries Per Month		
January	February	March
80	89	94
	April	May
	72	32



BASKETBALL

96	70	166
Total no. of Males	Total no. of Females	Total no. of Beneficiaries
Beneficiaries Per Month		
January	February	March
35	42	35
	April	May
	14	40



Village Heartbeat Empowerment Centres - 20

Udumulla - Hikkaduwa, Rathgama, Monaragala, Sittandy, Thirukkivil, Mathagal, Oddusuddan, Pallai, Bandarawela, Vavuniya, Dambulla, Kothmale, Ragala, Hatton, Mahiyanganaya, Trincomalee, Polonnaruwa, Ahangama, Maskeliya, Kandy

Registered Students **4,736**

Course Beneficiaries **16,633**

Villages Benefited **314**

Male 1,872 **40%** Female 2,864 **60%**

Male 7,360 **44%** Female 9,273 **56%**

Schools Benefited **259**

Courses

Beneficiaries

Male

Female

Courses	Beneficiaries	Male	Female
Preschool	69	35	34
Primary Education Course	839	415	424
Mathematics	1371	663	708
Science	1392	689	703
Drawing Course	140	58	82
Music	61	38	23
Traditional Sri Lankan Dance Training	275	41	234
STEAM	1067	515	552
Planetary Health Education	1052	518	534
Children's Good Values Initiative	2127	1,032	1,095
Goodness Agriculture Initiative	1159	579	580
Angampora	20	15	5
Sports	554	317	237
Computer Training	1911	869	1,042
English Language	1825	786	1,039
Sinhala Language	810	334	476
Tamil Language	766	349	417
Beauty Culture Course	242	1	241
Dress Making Course	553	1	552
General Cookery Course	34	2	32
Bakery Course	18	6	12
Cake Making Course	22	0	22
Patchwork Course	29	0	29
Goodness Care for Elders	263	80	183
Fusion Dance	34	17	17
Total	16,633	7,360 Male	9,273 Female

THIS MONTH AT THE VILLAGE HEARTBEAT EMPOWERMENT CENTRES



EMPOWERING YOUTH

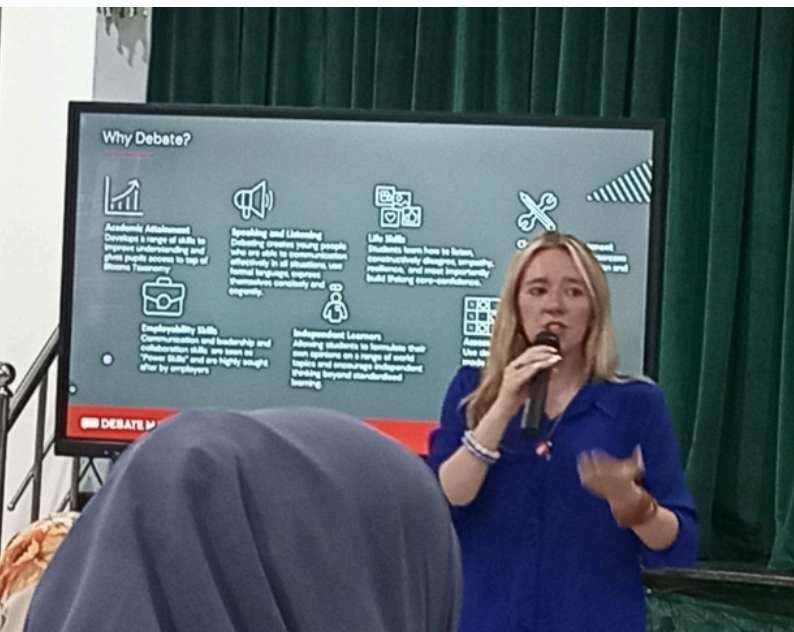
Youth from the Village Heartbeat Centres across the island actively participated in Youth Day activities, engaging in a range of dynamic and inspiring events. The celebration highlighted their talents and enthusiasm through various workshops, sports, and cultural activities. This special day not only showcased their skills but also fostered community spirit and empowerment among the youth, reinforcing their role as vibrant contributors to their communities.





EMPOWERING EDUCATORS

This August, a Two-day English Teachers Workshop by organised by **Learn for Life Lanka** as a way to introduce new ways to teach English. 15 of our Village Heartbeat Empower Centre Teachers participated in engaging "Debate Mate" sessions. The workshop focused on enhancing their debating skills and teaching techniques, providing valuable tools and strategies to foster critical thinking and effective communication in their students.





EVENTS AT THE CENTRES

On August 9th, World Indigenous Day was celebrated at Vaddha Village at the Mahiyanganaya Village Heartbeat Empowerment Centre with a vibrant community event. Participants came together to create a model of a traditional tree hut.

The Centres also held special activities to commemorate World Humanitarian Day through a series of different activities and acts of kindness and generosity and spread the word of humanity.





GOODNESS IS BEST SHARED

At Mavativembu Laxmi Preschool, excitement filled the air as students, parents, and teachers received new learning instrument packages from Sittandy Village Heartbeat Empowerment Centres.

In celebration of the 25th anniversary of the Foundation of Goodness, the Ragala Village Heartbeat Empowerment Centre, has generously donated various play items to the orphanage in Nuwara Eliya.





Striking to Success

The students at the Kandy Village Heartbeat Empowerment Centre began learning Carrom, exploring its strategic gameplay while enhancing coordination and social skills. This new activity aims to enrich their educational experience with fun and interactive play.



Stitching Their Dreams

Kotmale VHE students immersed themselves in hands-on dressmaking activities, honing their skills and creativity in crafting garments. Meanwhile, Mahiyanganaya VHE hosted a one-day sewing training workshop in Kadubadda village, offering local participants practical insights and techniques. These initiatives are fostering valuable skills and empowering students and community members alike through the art of sewing.



Sharing Knowledge

The Ahangama VHE's Volunteer English Programme took place at Kids Home Preschool in Kathaluwa. The session was led by Volunteer Coordinator **Mr. Kasun** and **Celina**, a dedicated Australian volunteer. The engaging activities aimed to enhance English language skills among the preschool children, fostering early learning and intercultural exchange.



Learning for their future

Books donated by **Mr. Sam Athukorala**, were distributed to the students of Kandy VHE. The generous donation aimed to enrich the students' learning experience by providing them with valuable reading materials, supporting their educational growth and fostering a love for reading.



Gratitude is the Best Attitude



THANK
YOU

Students from the Village Heartbeat Empowerment Centres expressed their gratitude to donors by creating art and digital greeting cards showcasing their skills. These heartfelt creations highlight their appreciation and demonstrate the valuable skills they've gained through the support of generous contributions.



SUSTAINABILITY IN FOCUS



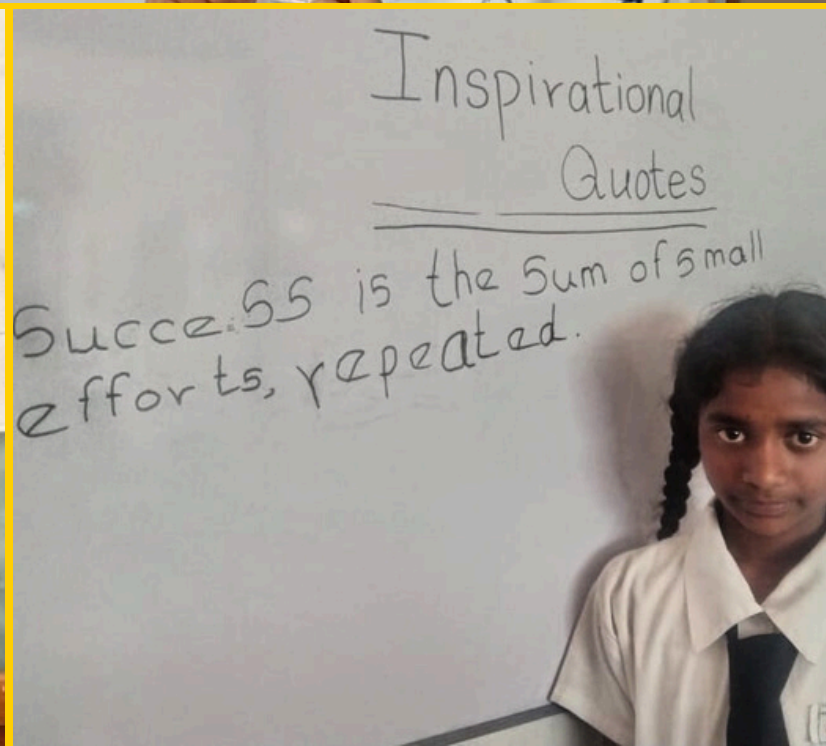
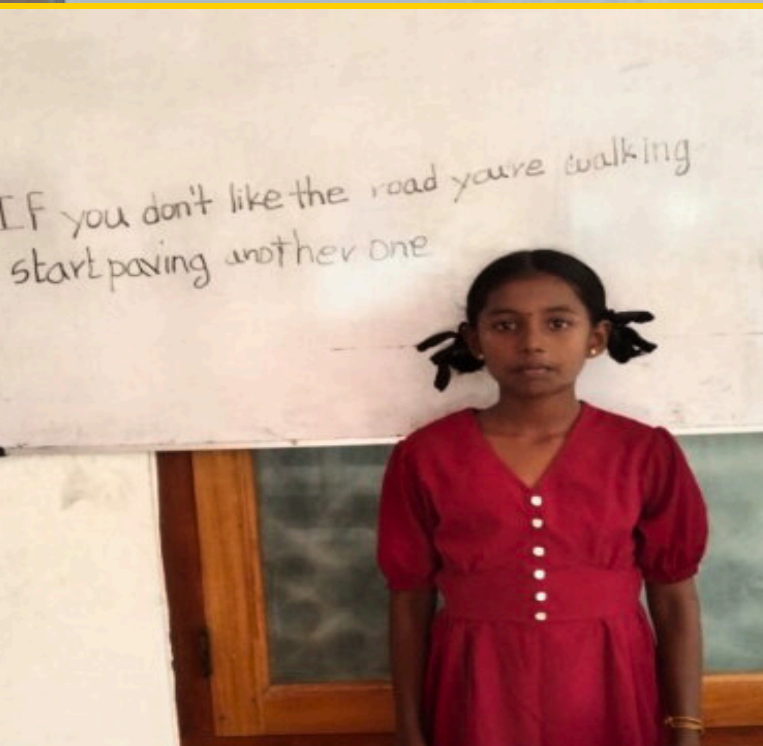
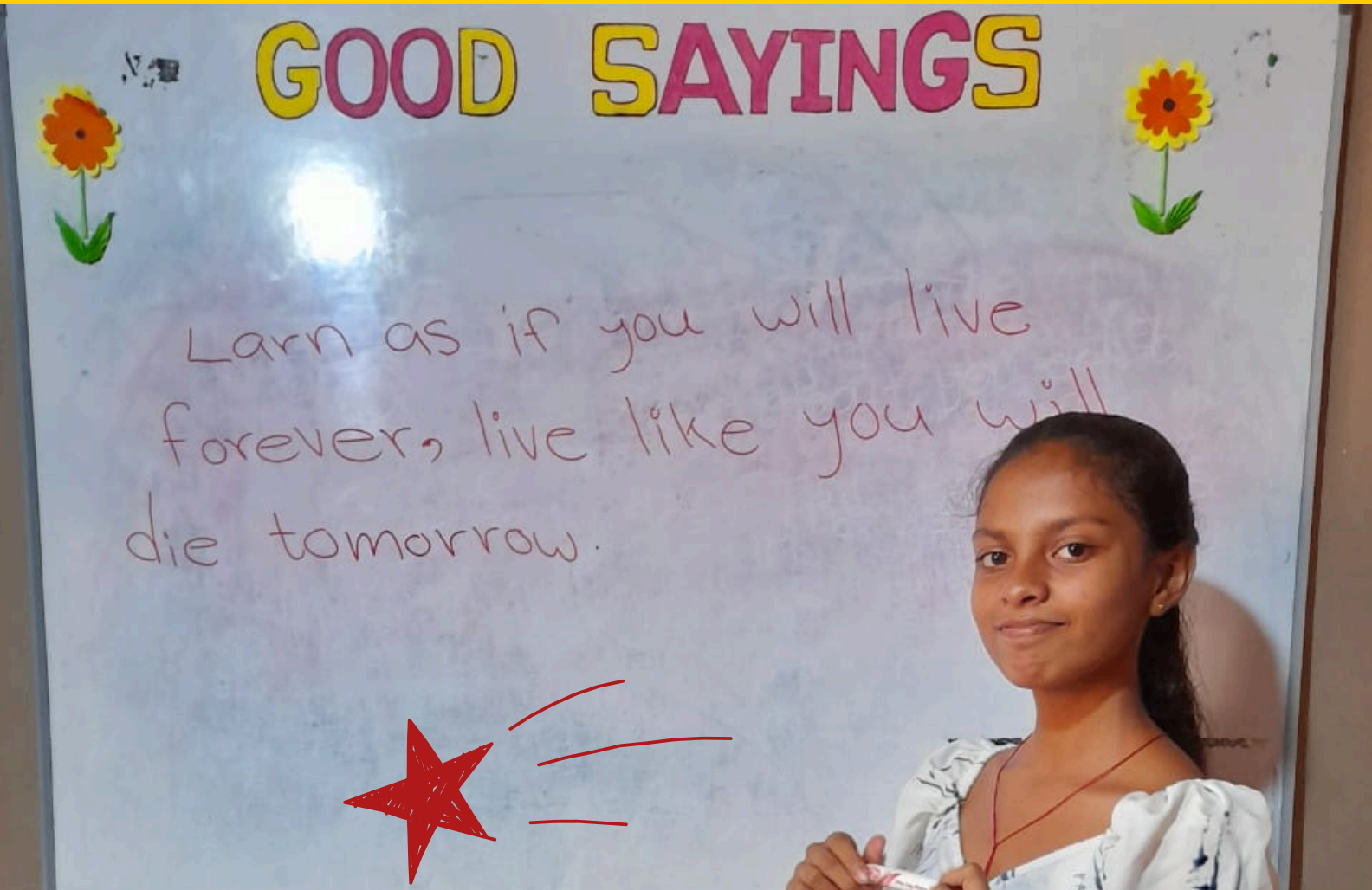
The **Poya Day Tree Planting Project** kindly made possible by **Prof. Asoka Mendis**, is an ongoing effort that exemplifies the commitment to environmental sustainability and was held at the Polonnaruwa and Hatton Village Heartbeat Empowerment Centres this month.

The **Goodness Agriculture Initiative** is a programme which aims to empower communities to grow their own fresh produce, fostering self-sufficiency and contributing to local food security.



INSPIRING GOODNESS

A glimpse of some of the Inspiring quotes collected this month at the Village Heartbeat Empowerment Centres!





A WORLD OF KNOWLEDGE: STEAM and Planetary Health Education

Our mission is to offer students diverse educational opportunities which is not always available in schools. The programme which was initiated by **Dr. Anusha Seneviratne and the Girawa team, who contributed materials.** The classes prioritises subjects such as STEAM and planetary health education, allowing kids to engage in exciting activities like nature-based science experiments and interactive learning within their local community.



CHILDRENS GOOD VALUES



“Conservation Awareness” Children’s Good Values Initiative

This month, the Children's Good Values Initiative centered on Conservation Awareness. Students took part in activities like recycling crafts, nature clean-ups, and wildlife education, all designed to foster environmental responsibility and instill a commitment to conservation.





A Brighter Future for All

Computer Training which includes courses in coding, typing and computer skills, are held for Pre-schoolers, School Leavers, and women. All our Centres are fully equipped with computers to facilitate comprehensive learning opportunities.



Developing Skills for the Better

We continuously introduce fresh courses at our Centres to address the evolving requirements of our beneficiaries. Every course is uniquely designed to meet the varying needs and interests of those we serve.

A GLIMPSE AT THE REALITIES OF RURAL LIFE



Maskeliya - Nuwara Eliya District



Hatton - Nuwara Eliya District



Kandy - Kandy District

WELFARE



These are times of great struggle and hardship. As little as USD 25 could help ease their daily burdens as they care for their families.

In August 78 projects benefiting **508 Rural Sri Lankans** from **59 villages** across the island were carried out in the following areas:

Medical Needs, Educational Scholarships, Water & Sanitation, Housing Assistance, Sports Scholarships and Equipment:

Total Donations
Rs. 3,841,358.00
USD 12,731.04

SHARING IS CARING

Meal Donations to Sujatha Special Needs Home



Healthy and nutritious meals were sponsored throughout the month by many generous donors to the Sujatha Special Needs Home in Kalutara.

Pimp My Tuk-Tuk's Continuous Support to Meth Sewa Special Needs Home



With the heartfelt generosity of, **Pimp My Tuk-tuk**, we continue to provide essential cleaning allowances and supplies for the Physiotherapy at the Methsewa Special Needs Home in Wellaway. This ongoing support ensures a clean and safe environment for the 131 students during their therapy sessions.

SHARING IS CARING



WATER FOR LIFE

The Kandy Village Heartbeat Empowerment Centre successfully facilitated water connections for 10 households, thanks to the generous support of **Mr. Sidath Wettimuny**. Additionally, **Mrs. Enoka De Silva** contributed significantly by providing pipe-borne water connections and dry rations to five families in Angankanda, Hikkaduwa. These contributions have greatly improved access to essential resources, enhancing the quality of life for the beneficiaries.



SHARING IS CARING



RESTORING SIGHT, CHANGING LIVES

The recent donation generously provided by **Matt Sugden and Drew Thompson** covered the full cost of cataract surgeries for eight individuals in need. This transformative support has not only restored vision but also brought renewed hope and significantly enhanced the quality of life for those who otherwise could not afford the procedure.



LAPTOP DONATION

23 recipients received laptops this month made possible by the generosity of donor **Mr. Sam Athukorala**. This included university students and beneficiaries from the Centre of Excellence.

PROJECTS UNDERWAY

- Individual emergency welfare programme due to economic strife
- 25th Anniversary Event Activities
- Future adaptation of a Smart Village Model
- Tech-Enabled Solutions and Services
- NEW Website Launch
- Ongoing: Cricket coaching camps in the North, South and East
- Good Life Institute - Waves: Better Than I Used To Be
- Game Goodness
- Goodness Endowment Trust
- University of Vavuniya Multi-Sports Complex
- Sustainable Income Generation Avenues

LIFE'S REFLECTIONS

If your unshakable character is not compromised at any cost, that truly is the most treasured wealth.

Material wealth can be spent or destroyed, but if your character is unblemished, it is admired by all and will never be lost, bringing you far superior bliss than money or possessions.

Kushil Gunasekera
Founder - Foundation of Goodness &
Good Life Institute



EMPOWERED IN 2023

Bridging the urban rural divide since 1999, by empowering rural, communities in Sri Lanka via a holistic rural development model.

OYOB Centre of Excellence **5,790**

Sports Academy **789**

Village Heartbeat Empowerment Centres **18,264**

Special Projects and Crisis Relief Projects **110,417**

TOTAL BENEFICIARIES EMPOWERED IN 2023

135,260

TOTAL VILLAGES REACHED IN 2023

854



Udumulla	448
Rathgama	463
Monaragala	754
Sittandy	1,181
Thirukkovil	1,390
Mathagal	741
Oddusuddan	565
Murukandy (Jan - Sept)	423
Pallai (Sept - Dec)	534
Bandarawela	798
Puthiyanagar	358
Dambulla	1,339
Kothmale	1,578
Ragala	1,270
Hatton	1,067
Mahiyanganaya	544
Trincomalee	1,043
Polonnaruwa	1,763
Ahangama	679
Maskeliya	1,326

Special Projects 2023

Reverse Osmosis Water Purification Plants	17,170
Welfare	3,184
Orphanages and Elders' Homes	137
Special Needs	253
Essential School Supplies	4,528
School Meal Programme	68,853
Scholarships	145
Feed the Hungry Grocery Packs	15,807
Kirulapone Resource Centre	124
University of Vavuniya Multisports Complex	216

TOTAL BENEFICIARIES **110,417**

Seenigama Sports Academy Development 2023

Cricket	195
Swimming	445
Chess	40
Netball	39
Table Tennis	39
Karate	31

TOTAL BENEFICIARIES **789**

Empowered via programmes offered since 1999

Medical Centre	159,315
Dental Clinic	28,059
Women's Empowerment	9,840
Business Skills Centre	2,985
Education	33,912
IT & Computer Skills	11,639
Pre-school	1,130
Community Psychosocial Unit (Counselling/ Awareness)	13,632
Children's Good Values Initiative	8,036
Dance Academy	1,137
Music Academy	134
Art for Good	336
Agriculture Initiative and Tree Planting	3,280
Finding Dreams Special Needs Unit	60
Dive Centre	525
Planetary Health Educatoin	1,372
Harrow Library	858
Sports & Angampora (Traditional Martial Arts)	9,455

TOTAL BENEFICIARIES **285,705**



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நற்குண முன்னேற்ற அமைப்பு
FOUNDATION OF GOODNESS

North Journey

(2011-Present)

69,701,942

rural, disadvantaged Sri Lankans empowered

100 +

rural villages in the North and East

Rs.467,288,489

(USD 2,494,265)


empowerment investment





**We now accept
PayPal Donations
to the Foundation of
Goodness USA Branch (501c3)**




Donate to
Foundation of Goodness 

One-Time

Monthly

\$ 0.00
USD

 **Donate with PayPal**

Donate with Debit or Credit Card