



The Symbioun Community Newsletter

Seeds of Resilience & Voices of the Wise

Happy New Year to our global community! As we step into February, the monsoon rains have slowed our soil, but they haven't slowed our spirit. This month has been one of deep reflection, strategic pivots, and—most importantly—listening to the heartbeat of Mavadivembu.



COMMUNITY UPDATES

New Beginnings: 2026

We are so grateful for your continued support. Thanks to our community's generosity, we've been able to make a tangible difference. We're happy to share the highs and lows for the month of January 2026.

🚜 On the Farm: Navigating the Monsoon

The January rains meant full cultivation wasn't possible, but nature finds a way. We focused our energy on hardy crops and new infrastructure to ensure we are "climate-ready" for the year ahead.

- **Mavadivembu Update:** We've successfully planted Brinjal, Tomato, Capsicum, and Manioc.
- **The Greenhouse Experiment:** We are officially experimenting with greenhouse cultivation to better manage the unpredictable weather patterns.
- **Vermicompost:** Our "Black Gold" project continues! We are currently scaling our earthworm fertilizer production with the goal of making it available for public sale soon.
- **Thikiliveddai Transition:** We held discussions about the future of the Thikiliveddai farm. With aging cattle and lower yields, we are closing this chapter in February, handing over the farm back to Poonkuyil Women's Society. We hosted the DS Office to discuss how the land can be redistributed to benefit local families post-discontinuation.





The Next Generation: Saturday Classes Bloom

Our Saturday sessions are buzzing with more energy than ever. It's not just about education; it's about Holistic Transformation.

Attendance has reached a new high! From the quiet focus of the morning assembly and Yoga to the high-energy Karate, Music, and ICT classes, these children are proving that potential is limitless when nurtured.

- **Grading is Coming:** Our Karate students are training intensely for their upcoming grading session in March.
- **Nutrition Matters:** We continue to provide hot, nutritional meals to ensure every child has the fuel they need to innovate and learn.



Batti Women's Craft: New Beginnings

Our artisans are starting the year by expanding their horizons. From January, the team has moved into producing coconut-shell tea cups, pen holders, and spoons. These aren't just crafts; they are sustainable alternatives to plastic that provide dignity and income to the women of our village.



The Heart of the Month: Hearing Our Elders

On January 23rd, we held one of our most significant community meetings to date at the Mavadivembu Grama Sevaka Office. We sat down with 100 elders to simply listen.

The reality is stark. Many of our elders are financially unstable and physically in pain, struggling with eyesight and joint issues. While their children provide basic food, many lack the time or resources to provide the emotional or medical support their parents truly need.

The most touching revelations:

- **Extreme Poverty:** Some are sleeping on mats because they cannot afford a mattress; others are scavenging for food in their surroundings.
- **The Silent Crisis:** We discussed the rising suicide rates among elders in Batticaloa—a tragic result of loneliness and the feeling of being a "burden."
- **The Spark of Hope:** Despite the struggle, five elders expressed a desire to work in pottery and handicrafts to regain their independence.

The meeting ended with a sense of relief; many mentioned they finally felt "seen and heard."

This discussion has laid the groundwork for our next goal: organizing a "Happy Day" for our elders and exploring ways to provide medical consultations.





💡 How You Can Help This Month

As we look forward, our focus is on the vulnerable—both the very young and the very old.

- **Sponsor a Mattress:** Help us move an elder from a floor mat to a bed.
- **Medical Fund:** Help us bring a doctor to the village for specialized geriatric care.
- **Seedling Support:** Purchase our natural seedlings to support the Mavadivembu nursery.



We are grateful for the overwhelming support from the community and our dedicated team who have made these programs a reality.

To keep up to date with our activities, please follow us on the links below.

