



THANAL

NEWSLETTER

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EMPOWERING COMMUNITIES

FROM GARDEN TO PLATE

Students cultivates Health

FLUTTERING GARDENS

Guarded by Kids

2025



Arogyam Anandam: A Call to Action for Early Cancer Detection

Thanal is joining the Kerala government's "Arogyam Anandam" campaign, a vital initiative launched by Chief Minister Pinarayi Vijayan on February 4, 2025, to combat breast and cervical cancer. This campaign, running until March 8, 2025, recognizes that early detection is key to successful cancer treatment, yet many women face barriers like fear, stigma, financial limitations, and lack of awareness that prevent them from seeking screening.

The Health Minister, Smt Veena George, has stressed the importance of professional screening, as self-examination is often insufficient for detecting breast cancer. "Arogyam Anandam" offers free screening for all ladies to detect breast and cervical cancer as they have been on the rise for the past few years. Individuals testing positive will be promptly referred for expert examination and treatment. The campaign is being implemented across all Kerala districts, utilising government health centers, selected private hospitals, and special camps.

Thanal recognises the critical role of community engagement in the success of such initiatives. We are committed to empowering our beneficiaries by raising awareness about "Arogyam Anandam" and encouraging them to participate in the screenings. We are beginning by sharing information about the campaign with our staff who will then work directly with our beneficiaries across Kerala to ensure they have the knowledge and support they need to access this important health service.

Together, we can contribute to the campaign's objectives

1. To encourage early cancer screening and follow-up treatment, reducing cancer-related mortality and morbidity in Kerala.
2. To identify individuals at risk and ensure they receive appropriate treatment.



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മുൻകരുതൽ നിരീക്ഷണ കൈകളിൽ!

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സൗജന്യ
പ്രാഥമിക സ്ക്രീനിംഗ്!

Orientation Session for selected student volunteers on Butterfly Garden Project

Anju M Nair

It was an inspiring experience to engage with over 220 student volunteers from 21 schools across the urban landscape of Thiruvananthapuram during the orientation session conducted as part of the Butterfly Garden Project. The project was initiated in collaboration with KIMS Health to enhance biodiversity and cultivate an appreciation for nature's beauty among the students. Students can learn about ecosystems, life cycles and the importance of pollinators through hands-on experience. It fosters a sense of responsibility for the environment and encourages discussions about conservation and biodiversity.

Thus, we have set up butterfly gardens in 21 schools in Trivandrum city selected for this project. During the second quarter of the project period, one of the selected schools i.e., Bharatiya Vidya Bhavan, Kodunganoor got a special mention award in the Sugathakumari Memorial Rolling Trophy Contest 2024 organised by Royal Treat Foundation to recognise outstanding contributions to environmental conservation in which the Butterfly Garden was a category for selection. The judging panel members were excited to see some rare butterfly species when they visited the garden and made a special mention of the same. Smt Mini K, school incharge of the Butterfly garden in Bharatiya Vidya Bhavan received the award.

As part of the project, I got the opportunity to take an orientation session in 21 schools for the selected student volunteers.



The session focused on the importance of urban biodiversity, the role of butterfly gardens in conservation, and practical steps for maintaining these vital green spaces. Interacting with such an enthusiastic group of young environmentalists was truly rewarding. Their curiosity, dedication, and eagerness to contribute to ecological restoration reaffirmed the power of collective action. This initiative not only fosters environmental stewardship but also strengthens community-driven conservation efforts in our city. Looking forward to seeing these gardens thrive under their care!

Thanal Participates in Fair Trade Alliance Seed Fest 2025.



Thanal participated in 11th Fair Trade Alliance Seed Fest 2025, An organisation of smallholder farmers from the Western Ghats hill tracts of Kerala with a self-given mandate to secure fair market access through a justice-tuned solidarity economy while engendering Biodiversity, Food Security & Gender Justice. Our stall was a hub of knowledge and organic solutions. Featuring 21 traditional rice varieties from Wayanad, the stall highlighted Thanal's commitment to preserving agricultural biodiversity. Visitors were introduced to organic farming solutions like Amritapani, Jeevamrutham and Fish amino acid, all aimed at improving soil health naturally. Organic Robusta coffee and Karimundan variety pepper were also on sale, along with displays of medicinal plants like Churuli, Vayal chulli, Nilapana and Changalamperanda.

Informative posters on Thanal's impactful projects, such as the Carbon Neutral Meenangadi Project, Agroecology Project, and PGS Project, were displayed to spark conversation and inspire change. Visitors engaged in deep discussions on carbon emissions, seed preservation, and sustainable farming practices. The stall successfully provided valuable resources, making it an interactive and educational space for all.

Carbon Neutral Awareness session in Kolambatta

On 12th January 2025, an awareness class was conducted as part of the carbon neutral initiative in the Meenangadi region. An awareness session for Kolambatta Kudumbashree members focused on the Carbon Neutral Meenangadi (CNM) project and practical sustainable living practices. A total of three kudumbasree, 21 members attended the session, which began with an introduction to the CNM concept and the community's role in achieving its goals.

A poster exhibition highlighted key CNM initiatives, including the Manivayal Solar Project, Green Island, tree banking, energy-efficient stoves, composting, and bamboo cultivation. Each project's benefits were interactively explained, fostering a deeper

understanding. Discussions were engaging, with energy-efficient stoves sparking significant interest. Participants explored their mechanisms, advantages, and challenges in adoption. Compost preparation issues, such as limited resources and guidance, were also addressed with proposed solutions. Menstrual health products, particularly menstrual cups, were discussed, emphasizing strategies to improve acceptance and usability. Bamboo cultivation and community parks were underscored as critical for sustainability. Bamboo's ecological and economic value was highlighted, alongside community parks' role in promoting biodiversity and community engagement. The session concluded with practical household sustainability tips, such as waste segregation, organic farming, and water conservation, encouraging participants to take actionable steps.



Webinar on Zero Waste & Local Governance

As part of GAIA Zero Waste Month and the Zero Waste Marathon Webinar 2025, Thanal hosted the webinar "Role of Local Government in Achieving Zero Waste: The Meenangadi Model" on January 31, 2025. The session highlighted how Meenangadi Panchayat has successfully implemented zero-waste initiatives as part of its carbon-neutral journey, showcasing how local governments can drive real change in waste management and sustainability.



K E Vinayan, President of Meenangadi Panchayat, emphasized the critical role of local governments in implementing strong waste management policies. He shared insights into policy interventions, including waste segregation mandates, financial incentives, and partnerships with local stakeholders. Neena Krishnan DR, Young Professional, NIRDPR, detailed the Panchayat's journey in adopting zero-waste initiatives. She highlighted key zero waste initiatives, including waste segregation, composting systems, and recycling programs. The event was organized by Thanal in collaboration with GAIA as part of their global campaign to promote zero-waste solutions. The webinar provided a valuable platform for discussing how local governments can lead the transition toward sustainable waste management and carbon-neutral communities.



For those who missed the live session, the full webinar is now available for viewing. [Watch the webinar here](#)

Thanal Hosts Transformative Workshop on Inner and Outer Well-being

Santhi Yoga, Thanal, and Organic Bazaar collaboratively organized an insightful workshop titled “Take Care of Your Inner Climate” at Vyloppilli Samskrithi Bhavan on January 24, 2025. This event emphasized the importance of maintaining both mental and physical well-being—an essential need in today’s fast-paced world. The workshop started with an enriching session led by Govind Radhakrishnan, a renowned yoga and wellness expert with over 33 years of experience. His session focused on stress relief and inner harmony through yoga, meditation, and holistic practices. Participants were introduced to breathing techniques, relaxation methods, and yogic philosophy, equipping them with tools to restore balance and peace in their daily lives.



Following this, thanal team conducted a 30-minute session on “Ecopotting – Sustainable Gardening Techniques for Eco-friendly Potting Mixtures.” This segment highlighted the profound connection between gardening and mental well-being, underscoring its positive impact on overall health and quality of life. Attendees gained practical insights into sustainable gardening methods, fostering a mindful and eco-conscious lifestyle. Complementing these enlightening sessions, Thanal Organic Bazaar featured a curated stall showcasing a range of organic and eco-friendly products, including chemical-free essentials and wellness items. This initiative provided participants with an opportunity to explore sustainable living choices and embrace a healthier lifestyle. The workshop successfully created a space for self-care, mindful living, and environmental consciousness, reinforcing the holistic approach to well-being that Thanal stands for.

Keerthi Self Help Group- A Model of Growth and Success

As part of the Thanal’s Integrated Tribal Development Project (NABARD) At Kulathupuzha, 12 individuals from the Cherukara hamlet united to form the Keerthi Self Help Group(SHG). Through their collective efforts, they have created multiple opportunities and emerged as one of the most successful SHGs in the region. Their first significant achievement was the sale of



bay leaves to Neeloor Producer Company Ltd, generating Rs. 5000. Since then, the group has expanded its initiatives across various sectors.

They provided catering services for ITDP training sessions held in their hamlet, later extending their services to Kudumbashree events and weddings to boost their income. Additionally, they successfully cultivated fodder and vegetables, which were distributed under the Soil Conservation and Nutri-Garden components, and have used the produce for both daily consumption and catering services.

Through exposure visits organized as part of organic farming training, the group gained scientific knowledge from FSRS and ventured into selling saplings of horticultural crops and flowers to local farmers. In collaboration with the project, they also prepared 2000 kg of Trichoderma-enriched compost for distribution as part of the next phase of horticultural crop distribution.

To support their growth, an interest-free loan of Rs. 25,000 was provided at the project's initial stage. With continued guidance and resources, Keerthi SHG has achieved a turnover of Rs. 80,000 within six months, showcasing their calibre.

Bringing Nutrition from Garden to Plate:

Thanal's Kitchen Garden Initiative at Manikavu School

On November 15th, students of Manikavu School embarked on a transformative journey—creating their own organic nutrition garden within the school premises. This initiative, led by Thanal, was designed not just to grow vegetables but to cultivate awareness about sustainable farming, healthy eating, and environmental stewardship.

As part of this initiative, sessions were conducted on essential topics such as plant health, soil health, nutrition, organic input preparation, and the harmful effects of pesticides. Students learned firsthand how to care for plants, nurture the soil, and grow chemical-free vegetables. The seventh-standard students took the lead in tending to the garden, ensuring its growth through regular watering, weeding, and care.

After weeks of dedicated effort, on January 27th, the students proudly harvested their first batch of fresh vegetables—the fruits of their labor and patience. These homegrown vegetables are now being used in the school's midday meal scheme, bringing nutritious, pesticide-free food to their plates.

A special thank you to the AID team for joining the children during the harvest and supporting this meaningful initiative. This kitchen garden is more than just a patch of greenery—it is a living classroom, teaching students the importance of food, health, and sustainable farming for a better future.





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