





It's been a decade since the violence of SriLankan's civil war has ended, 12 years since the Sri Lankan military defeated the separatist Liberation Tigers of Tamil Eelam (LTTE).

Beginning on 23 July, 1983, there began multiple sporadic uprisings against the SriLankan government.

The island had endured multiple political crises against the government in forms of violent persecutions and killings beginning well before 1983, all the way from 1956. Sri Lankan government has been continually accused of violating SriLanka's human rights act of 1996, the Prevention of Terrorism Act, promising to establish justice and reparation to the Srilankan population and economy. There was frequent abuse and violence acts towards women and girls increased and many of these crimes were against widows of Tamil soldiers, one particularly violent one occurring in 2010 Vismadu. The UN estimated just throughout the final course of the war, 100,000 deaths.

The defeat of the LTTE was originally thought to end the reign of the unjust and start a new ethic reconciliation, however, the post civil war effects have proven wrong. The treatment of the Tamils following the civil war has shown a wide-scale level of injustice.

Many widows on the coast of the SriLankan city Batticaloa, a district facing dreadful after effects of the ethnic civil wars, still struggle to feed their children on a daily basis. An estimated 89,000 war widows still remain on these coasts. The large majority of these working women have small fisheries as their main source of income. Sri Sathya Sai Karuna Nilayam Foundation (SSSNKF) was founded to provide free Educare, Medicare, as well as community development for families victimized by the system. Throughout the entire global lockdown period, they have been providing 3 meals a day to over 240 families in this area. Some of the undergoing projects being implemented by this organization include a skills training program, a medical center providing meals and free medical care with medications, food packet donations, ration donation, school, educational programs, and medical programs, all of which were previously absent in their society.

It has taken a while to get the level of trust they have, but that said, we cannot blame the village people as they have faced war, loss of loved ones, and exploitation by unethical people who exploited their resources. Covid has set them back as the skills improvement program of baking and sewing had to be put on hold from April.

Baking Self Starter Kit In SriLanka (BACK-OF-THE-ENVELOPE)

1 KILO OF WHEAT: 90 SRILANKAN RUPEES
ALTERNATIVE/COMPLIMENTARY INGREDIENTS: 10 SRILANKAN

RUPEES

100 rupees (X) 30 DAYS =3,000

Loaf of SriLankan Rice Bread= (LKR/450 grams)= 58.750 LKR 2.5 LOAVES OF BREAD (400-450 GRAMS): 58.750 RUPEES 58.750 (x) 30 = 1762.5 Srilankan rupees

Expenses for 1 month = 4762.5 (LKR) = 34. 01 SGD (for 1-2 Persons)

30 Baked Goods Sold per Day (100 rupees each)
30 (x) 100 =3000 (LKR) (X) 30 days (1 month) = 9000
MARGIN(1-2 persons)= 9000 - 4762.5 = 4237.5 rupees

INCOME: 4237.5

(10 KILOS OF WHEAT/ DAY (X) 30 DAYS) - expenses=19,500 RUPEES

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