



Sustainability report

Property: Heritance Ayurveda Maha Gedara

Duration: 2021, 2022, 2023 (Three years)



Travelife GOLD since 2016

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Message from Resident Manager

Since the inception of Heritage Ayurveda Maha Gedara (2011) we have been steadfast in our belief that our business should have a positive social, economic and environmental input on the local community in which we operate. Taking care of our people and the world around us is simply the right thing to do.

Operating a sustainable business model is no longer a choice, it is a necessity.

Our hotel's sustainability objectives are based on 3 core components:

- One Earth - Minimizing our carbon footprint by implementing best practices.
- One People - Taking care of the health and safety of guests and employees.
- One Community - Social responsibility and business ethics.

In 2016, we continued to drive our One Earth initiative and achieve impressive savings. In one such effort, we recently introduced glass jugs to all guest rooms instead of using 1-liter PET bottles for drinking water as part of our continued effort to minimizing our carbon footprint. Guests are encouraged and motivated to refill their water jugs and join in our environmental efforts.

Our One People initiative has given birth to an internal Ayurvedic clinic for staff members, which encourages our staff to present their health problems to the resident doctors for necessary care or cure and obtain information on prevention of illnesses.

The Arts and Crafts Centre is an award-winning component of our One Community initiative. Sri Lankan crafts are a dying art and our Centre provides an idyllic location and customers to enable their skills and trade to flourish. Craftsmen from the nearby area are given a space to practice their trade and thereby add value to the local community.

Our sustainability efforts extend the Ayurvedic philosophy followed by Heritage Ayurveda Maha Gedara further than just to hospitality and guests. Keeping in spirit with the holistic approach of Ayurveda to mind, body and soul, we apply the same to sustainability by our commitment to One Earth, One People and One Community.



Niroshan Jayakody
Resident Manager

About Us

Heritage Ayurveda Maha Gedara is a specialist Ayurveda hotel that promotes well being in serene and comfortable surrounding with professional Ayurveda treatments. Sri Lanka has a rich history of using Ayurveda to treat mind, Body and soul and HAMG is the place to come to experience it.

Nestled within 6 acres of lush tropical foliage, HAMG combines luxurious accommodation with professional Ayurveda treatments. Previously the Neptune Hotel (since 1974) an all-inclusive beach resort, it was reborn as HAMG in 2011 to focus on Ayurveda.

Maha Gedara which mean “Ancestral home”, uses traditional knowledge to combat stress, help rejuvenation and promote weight loss.

HAMG situated in the south – west coast of Sri Lanka, near the village of Beruwala, which is a 2 Hr. drive (73 Km) from the capital of Colombo. This of the coast with its beautiful beaches fringed by coconut tree is popular among tourist who visited Sri Lanka.

The hotel has a fully equipped Ayurveda Centre. Guest have standard facilities in their rooms along with special provisions for their Ayurveda treatments. In preparation for the treatment, guests are provided with robe to wear as they walk through a serene environment to the Ayurveda Centre where they will be attended by a team of professionally qualified doctors and therapists. Ayurveda treatments will consist of therapeutic massages, oil treatments, herbal/steam bath as recommended by the resident Ayurveda Doctor.

As part of the healing process, special medicines are prepared and administered to every guest by a professional pharmacy team headed by the doctors, Yoga and meditation is carried out periodically to add to the holistic experience.

Our guests are mostly from Germany, Austria, Switzerland, Russia and Japan.



64 rooms



6 acres



167 associates

Sustainability Management Team



Heritage Ayurveda Management Team 2024



Seated row (left to right) : - Mr. Janaka Manamperi - Chief Engineer, Dr. Kalpana Ratiyala - Chief Ayurveda Physician, Mr. Nihal Rajapaksha - Housekeeper, Mr. Nirosan Jayakody - Resident Manager, Mr. Rajith Abesekara - Executive Chef, Ms. Harshani Perera - Front Office Manager, Mr. Madusanka Kahavidana - Accountant.

Standing row (left to right) : - Mr. Randol Elliott - Executive Sales, Ms. Shehani Rebecca - Management Trainee, Ms. Dilki Navodya - Guest Relation Executive, Dr. Yoshitha Batagoda - Junior Ayurveda Physician, Dr. Nimesha Rashangani - Junior Ayurveda Physician, Ms. Manikya Ranasinghe - Nutritionist, Dr. Sachini Anupama - Junior Ayurveda Physician, Ms. Kalani Netthasinghe - Guest Relation Executive, Dr. Dilini Mihiranthi - Junior Ayurveda Physician, Mr. Ranga Kumara - Restaurant and Bar Manager.

Sustainability Policy

Heritage Ayurveda Maha Gedara maintains a high level of environmental consciousness that focuses on the fragility of the environment in which we live, through the strategizing and execution of best eco-sustainability practices.

Our sustainability journey is primarily built on a Sustainability Policy that weighs heavily on pertinent issues of the world such as energy, water, waste, biodiversity and others.

OUR VISION

Aitken Spence Hotels – as a pioneer hotel Operator in the Sri Lanka, we are conscious of the impact our work has Environment and therefore, we formulate our policies and procedures to minimize the impact on the environment in the Sri Lanka and while focusing on the long-term sustainability of the Island Nation.

OUR COMMITMENT

We will measure our environmental performance against our objectives and targets, making sure that we regularly review our progress. We will comply with all applicable environmental laws and regulations. We will always look for ways to improve our environmental performance, in order to further reduce the impact of our property's operation. We will train our staff on our environmental commitments, so that they understand the role they play in delivering our objectives & targets.

Energy conservation and reduction of carbon footprint

				Total guest nights			Energy consumption/guest night			Saving target for 2024
	2021	2022	2023	2021	2022	2023	2021	2022	2023	
Total Energy consumption kwh	518,413	582,999	722,802	4,121	6,597	14,372	125.80	88.37	50.29	1 Kwh from GN

Strategies to implement to conserve energy

1. Energy deficient equipment only to purchase
2. Only to use and operate building lighting, heating and cooling systems according to occupancy pattern with a goal of reducing energy use during unoccupied period.
3. Set nominal temperature targets for occupied facilities to be 24°C
4. When leaving offices occupants are encouraged to turn off lights and air conditioners.
5. When leaving a facility occupant are encouraged to turn off excess hallway's and exterior lights that are not directly related to public safety and physical security according to light switch plan implemented.
6. Switch off high energy consuming plant and machinery during peak hours such as RO plant, Kitchen Oven etc.
7. Switch off plan for main chiller (5:00 – 10:00 am and 17:00 – 20:00 Hr.)
8. Implementing solar light to pool area garden.

Our effort is to reduce energy consumption. However, as a result of the covid-19 travel restriction and civil unrest situation of the country, the property operates with very minimal room nights since February 2021, However, for the upkeep and continuity of the quality and standards, even without business, there was a significant amount of energy being used. As a result, the numbers of Average Guest Night / Energy Usage have gone up and we strongly believe that with the ease of travel restrictions and with the new normal, we will be back on track very soon.

Conservation of water

				Total guest nights			Water consumption/guest night			Saving target for 2024
	2021	2022	2023	2021	2022	2023	2021	2022	2023	0.1 M3 from GN
Total water consumption M3	18,351	13,974	26,215	4,121	6,597	14,372	4.45	2.12	1.82	

water reduction action plan

1. To conduct water conservation awareness training sessions to staff.
2. Laundry machine to be operate when maximum load ready for machine.
3. Use only STP treated water to garden.
4. Analyze data and set department wise guideline and benchmark.
5. Laundry machinery to operate only when full load ready.
6. Swimming pool back wash procedure to follow.
7. An active system in place to detect and repair leaking toilets, faucets and showerheads in guest rooms with coordination of each department.

water is an essential commodity that has various applications throughout the business. The effective and efficient use of resources is, therefore, vital and the increase in sales / guests patronizing the resort has contributed to the increase of water consumption in last year. However, we have been able to maintain water-saving best practices and will be continuing to conserve water in a sustainable manner as we have achieved 2.5 M3/GN in 2022, according to our water saving targets as last year (2022).

Conservation of LPG

				Total guest nights			LPG consumption/guest night			Saving target for 2024
	2021	2022	2023	2021	2022	2023	2021	2022	2023	1 Kg from GN
Total LPG consumption	8,210	7,615	11,094	4,121	6,597	14,372	1.99	1.15	0.70	

Action plan to LPG

1. Reducing the consumption maintain leak free gas line.
2. Prepare meal for available head count (staff & Guest).
3. Actively maintain and keep burners clean at any given time.
4. Choose burner according to pot size.
5. Use pans for covering what we cooked.

Conservation of Diesel

Total diesel consumption LTR (Boiler and Generator)	2021	2022	2023	Total guest nights			Diesel LTR/guest night			Saving target in 2024
	25,383	68,381	80,736	2021	2022	2023	2021	2022	2023	0.5 Lit from GN
				4,121	6,597	14,372	6.16	10.37	5.61	

Action plan for reducing diesel

1. Run boiler according to occupancy.
2. Actively monitor PMS program.
3. Maintain leaks free diesel line.
4. Maintain leaks free hot water line.
5. Check and maintain steam & hot water line insulation level up to standard.

Waste Management

Total waste KG	2021	2022	2023	Total guest nights			Waste/guest night			Saving target in 2024
	2021	2022	2023	2021	2022	2023	2021	2022	2023	1kg from GN
	17,092	37,588	53,196	4,121	6,597	14,372	4.15	5.70	4	

Action plan to reduce waste

6. Reducing the consumption of paper and other office supplies and encourage use of electronic media, such as e mail and social media.
7. Prepare meal for available head count (staff & Guest).
8. Purchase bulk and refill it to the containers such as guest room amenities
(Shampoo, shower gel etc.)
9. Purchasing only recycle paper if possible.
10. Implement method of “repair” rather than “replace”
11. “Smart purchase” Choose less packed and organic product.
12. Print document, when necessary, only and choose double side
printing or use re-use paper.

Our effort is to reduce and reuse possible waste to practice waste to wealth practice at our properties. All waste that accumulates in our operation is identified and necessary actions / best practices are taken place.

We do care for the environment

We Heritance Ayurveda Maha Gedara are aiming to create an environment friendly atmosphere at the hotel premises, by the inclusion of all sections of the business and society. The environmental and nature care programs are designed to draw in contributions from stakeholders, guests, staff and the local community. A few of the projects hosted during the past years are.

We do try to increase Oxygen percentage

Heritance Ayurveda Maha Gedara
celebrate Environmental day and
World Tourism Day



Beach Cleaning campaign



Inspired to run our beach cleaned up and maintain hazardous free environment to there lively hood, hence we care and obligated to maintain our beach area.



Commemorate our especial national day



Independent day celebration at Maha Gedara

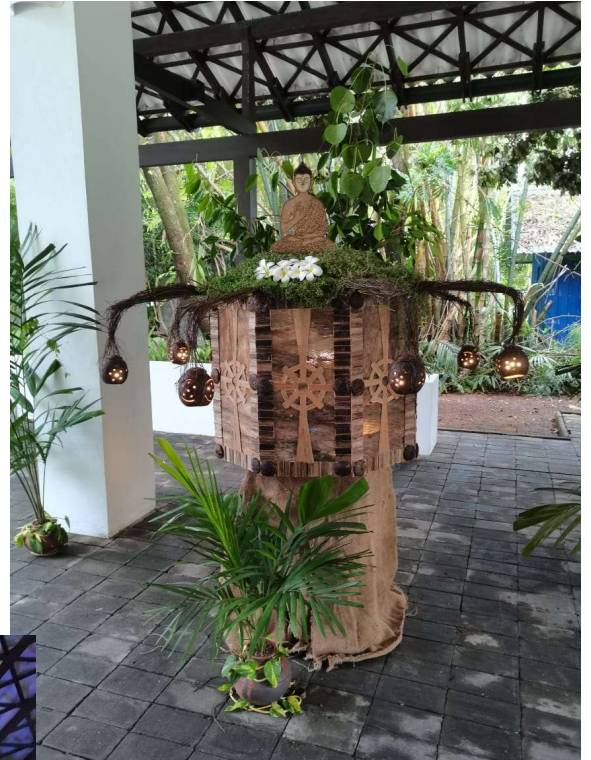


Celebrating Sinhala and Hindu New Year



Vesak Poya day Celebration

All lantern and other decoration made by using waste & Biodegradable materials, by our associates



International women's day celebration



"There's something so special about a woman who dominates in a man's world. ..."

"A strong woman understands that the gifts such as logic, decisiveness, and strength are just as feminine as intuition and emotional connection"





Ice cream Dansala on Poson Poya day



Donate and participate on Poson Poya day activity organized by Temple



Arms giving activity



Staff Activities



Join winners of cricket tournament
organized by BBHA,



Our biodiversity

The red-backed flameback



Sinhala : කැරලා
English : Lesser Sri Lanka Flameback
Lesser crimson-backed Flameback
Scientific Name : *Dinopium psarodes*
German : Rotrückenspecht
Russian : Малый индо-малайский дятел
Japanese : ヒメコガネグサ

Yellow-billed babbler



Sinhala : දෙමළිච්චා
English : Yellow-billed babbler
Seven sisters
Scientific Name : *Turdoides affinis taprobanus*
German : Gelbschnabeldrossling
Russian : Желтоклювовая дроздовидная тимелия
Japanese : キバシヤブチメドリ

Red – wattled Lapwing



Sinhala : රත් කවුල් කිරලා
English : Red-wattled Lapwing
Scientific Name : *Hoplopterus indicus lankae*
German : Rotlappenkiebitz
Russian : Украшенный чибис
Japanese : インドトサカグリ

Spotted Dove



Sinhala : අළු කොඹිටියා
English : Asian Koel/ Indien Koel
Scientific Name : *Stigmatopelia chinensis ceylonensis*
German : Östliche Perlhalstaube
Russian : Пятипестая горлица
Japanese : カノコバト

