

International Tea Day — May 21

Tea is far more than a beverage; it is a symbol of warmth, connection, and shared tradition. Behind every cup lies the tireless dedication of countless tea workers whose labour sustains this cherished part of daily life.



On International Tea Day, we are reminded that celebrating tea must also mean honouring the communities whose lives are deeply connected to tea cultivation and production.

This year's theme, "Sustaining Tea, Supporting Communities," emphasizes an important truth: sustainability is not measured solely by production, but by the care, dignity, and opportunities extended to the people who make it possible.

Tea plantation communities often face multiple social and health-related challenges, and as a result, different kinds of disabilities are commonly seen among these populations. Physical disabilities, developmental delays, speech and hearing impairments, learning disabilities, neurological conditions, vision-related problems, and multiple disabilities are often identified among children and adults in these regions.

These challenges frequently arise due to factors such as limited access to quality healthcare, delayed diagnosis and intervention, poor maternal and child health support, nutritional deficiencies, physically demanding working conditions, environmental hardships, lack of awareness, and insufficient access to early rehabilitation services. When timely intervention is unavailable, many conditions that could have been managed effectively become long-term challenges for individuals and families.

In this context, Mar Thoma Rehabilitation Centre deserves heartfelt appreciation for its outstanding service to tea plantation communities. The centre has consistently worked to identify these challenges at an early stage and provide timely, compassionate, and accessible rehabilitation support.

What makes the centre truly exceptional is its service-oriented mission. Its work is not driven by commercial interests, but by a deep commitment to humanity and social responsibility, ensuring that quality rehabilitation care remains accessible and affordable to all, especially families from economically vulnerable tea plantation backgrounds.

The centre offers a wide range of essential services, including early intervention, physiotherapy, speech therapy, special education, vocational guidance, family counselling, and community outreach programmes. Through these dedicated efforts, it has transformed lives, restored hope, and created opportunities for greater independence and inclusion.

The unwavering dedication of the staff at Mar Thoma Rehabilitation Centre deserves profound recognition. Their professionalism, compassion, and selfless service reflect the highest ideals of rehabilitation care. Their efforts extend beyond treatment, empowering individuals to reclaim confidence, dignity, and a brighter future.

As a sister institute closely associated with this noble mission, we take pride in acknowledging the remarkable contribution of the centre and its committed team in uplifting tea plantation communities.

As we observe this day, let us remember that every cup of tea carries not only the labour of hardworking hands, but also the collective responsibility to ensure those hands and their families are supported with care, dignity, and opportunity.

True sustainability is achieved when the communities behind every harvest are empowered to thrive through compassion, inclusion and hope

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