

THE OPEN

QUARTERLY

iii/2018



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Seven Regional Centres. Seven Award Ceremonies.



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THE OPEN UNIVERSITY
OF SRI LANKA

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This issue of The OPEN Quarterly pays special attention to the annual Award Ceremony. The university took this colorful ceremony to the regions this year, thus opening up many possibilities for staff and students. Thus, seven Regional Centres of OUSL experienced the joy, energy and the dynamism of this award ceremony—and we have taken you on a visual journey of these ceremonies. The magazine also features news of OUSL academics' contribution to research and society; internal workshops conducted for continuous improvement of staff. One of the events that could easily stand out is the IEEE OUSL Chapter's awareness program on women in Engineering. With gender equality playing a vital role in our thinking, this timely event not only captures the imagination of gender scholars, but acknowledges and appreciates the role played by females in the 'perceived-masculine' fields of engineering. The main feature article offers a historical narrative as well as an updated scientific commentary on the role played by vitamins in our lives. The poetry on the creative page might even be vitamins for your mind. Enjoy reading.

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Awards go the Distance

OUSL Conducts Award Ceremonies in 7 Regional Centres

In keeping with its unique culture of making education accessible to all, this year the university conducted its annual Award Ceremony in 7 Regional Centers (RC). Award Ceremonies, by nature, are impressive event that combine culture, traditions, future possibilities and joy. A ceremony imbibes the culture of its geography and the student population; it keeps alive the academic traditions associated with such a ceremony; it offers joy to the parents and students and, most importantly it encourages students to continue their studies. Thus, it is natural to find students in their best attire and eagerly awaiting their moment of greatness on stage under the brilliance of lights. Everyone who on stage to collect his or her Diploma, Higher Diploma, or Certificate is full of pride and excitement—the pride of sheer hard work and the glory of the moment. This year, the university, enhanced their enjoyment by offering

the Award Ceremony at 07 of its RCs, thus cutting the barriers of distance. There was no need for awardees in the North to travel to South in their best attire. The Jaffna RC hosted their ceremony to facilitate the candidates from the region to receive their awards in their own familiar surroundings under the proud (and possibly tear-filled) eyes of their own family and extended family members. Dr Kithsiri Jayawardena, Director Regional Educational Service (RES) who heads the RCs of the university, says that the Award Ceremony is usually the largest annual ceremony of the university, with Colombo hosting the most significant event. "This year we offered our students a beautiful opportunity to obtain the fruits of their hard work in their own region rather than traveling all the way to Colombo." This is easier said than done, adds Dr. Jayawardena—for unseen loads of hard work, organizing, contingency planning and innovate decision making, all have contributed to make these seven ceremonies successful events.

CELEBRATION CEREMONY 2018
REGIONAL CENTRE



COLOMBO REGIONAL CENTRE

The Awards Ceremony of the Colombo Regional Centre was held on 30th of September 2018. Over 1,500 students who successfully completed Diploma, Advanced Certificate and Certificate programmes were granted their awards. The ceremony took place in the New Conference Hall of the OUSL and was

conducted over two (02) sessions. Prof. L.K. Senarathne, Dean/Faculty of Natural Sciences was the Chair Person of the ceremony. Prof. Ananda Jayakody, Council Member, OUSL was the Chief Guest at the morning session, while Dr. Anura Ekanayake, Council Member OUSL was the Chief Guest at the evening session.



Chief Guests - Morning Session - Prof. Ananda Jayakody (Council Member)
Evening Session - Dr. Anura Ekanayake (Council Member)

Venue - Conference Hall of the Main Campus

KANDY REGIONAL CENTRE



Chief Guest - Prof. Upul B. Dissanayake, VC / University of Peradeniya
Venue - Kandy Regional Centre

MATARA REGIONAL CENTRE



Chief Guest - Senior Prof. S. G. J. N. Senanayake

Venue - Sujatha Balika Vidyalaya, Matara

JAFFNA REGIONAL CENTRE



Chief Guest - Prof. R. Vigneswaran , Vice Chancellor , University of Jaffna
Venue - Kailasapathy Auditorium, University of Jaffna

BATTICALOA REGIONAL CENTRE



Chief Guest - Prof. T. Jayasingam

Venue - Batticaloa Regional Centre

ANURADHAPURA REGIONAL CENTRE



Chief Guest - Dr. (Mrs) W. M. Sriyani Wickramasinghe,
Dean / Faculty of Applied Sc. (Rajarata University)
Venue - Anuradhapura Regional Centre

KURUNEGALA REGIONAL CENTRE



Chief Guest - Dr. Rohan Perera, Dean / Faculty of Applied Sciences (Wayamba University)
Venue - Hotel Blue Sky, Kurunegala

Launching of CPD MOOC-OER-OEP of OUSL



CPD MOOC-OER-OEP of OUSL is a Design-based Capacity Development Initiative designed for the Development, Implementation and Evaluation of a Massive Open Online Course for Continuing Professional Development (CPD MOOC) on "Adoption of Open Educational Resources (OER) and Open Educational Practices (OEP)." This collaborative initiative between the OUSL and the Commonwealth Educational Media Centre for Asia (CEMCA) was launched

by the Vice Chancellor S.A. Ariadurai on 03rd October 2018 amidst an eminent gathering.

This is the first CPD-MOOC to be implemented by OUSL as well as in the Sri Lankan education system. During 2014/2015 OUSL implemented a Professional Development (PD) online course on OER-based e-Learning (OEReL), with the support of CEMCA. At the successful completion of this PD Online Course on

the course team, together with the participants, discussed and unanimously agreed on the need for the continuation of this PD course, extending it beyond OUSL to other universities and higher educational institutions in Sri Lanka, since this is a current need in the country. It was the result of this initiative that the CPD MOOC on the “Adoption of Open Educational Resources (OER) and Open Educational Practices (OEP)” became a reality.

The initiative comprises of four CPD MOOCs focused on four topics: Understanding OER; Searching and Evaluating OER; Adapting and Creating OER; Integrating OER and Adopting OEP. Prof. Som Naidu International Expert on MOOC and Dr. Manas Panigrihi, Programme Office , CEMCA joined the launching ceremony via skype.

Prof. Shironica Karunanayake, the Team Leader of the CPD/MOOC’s Project, spearheaded the facilitation and the launching of this timely Open and Online Courses.

There are no formal prerequisites to enroll in any of the courses. Each CPD MOOC is independent, and learners may enroll in any CPD MOOC of their interest. These courses are best suited for practitioners from educational institutions. Yet, interested practitioners from any other professions are also welcome.

Research Team:

Shironica P. Karunanayaka, EdD (Professor in Educational Technology, Dean/Faculty of Education, OUSL) -Team Leader

Prof. J.C.N. Rajendra, DPhil (Senior Professor in Physics; Director/International Relations, OUSL)

Prof. S. AnbahanAriadurai, PhD (Vice Chancellor, OUSL; Senior Professor in Textile & Apparel, OUSL)

Prof. Som Naidu, PhD (Pro-Vice Chancellor, Professor & Director/Centre for Flexible Learning, USP)

Resource Persons:

D.D.M. Ranasinghe, PhD (Senior Lecturer/Faculty of Engineering Technology/OUSL)

S. Ruvinie Hettiarachchi, PhD (Senior Lecturer/Faculty of Natural Sciences/OUSL)

M.N.K. de Soyza, MPhil (Senior Lecturer/Faculty of Natural Sciences/OUSL)

S.A.S.K.Perera, BEd (Lecturer/Faculty of Education/OUSL)

I. A. Premaratne, BTech (Lecturer/Faculty of Engineering Technology/OUSL)

T.C. Sandanayake, PhD (Senior Lecturer/Faculty of IT/UoM)

K.G.S.K. Perera, Med (PhD Candidate/OUSL;



CSR Project by the Legal Studies Department



Paetis Rambawa Vidyalaya is a school located in a remote area in Thirappane Anuradhapura. It is a school consisting of only a single building and provides education up to grade 5. At present the school has 60 students.

Law students from all OUSL Regional Centres, under the guidance of the Head and staff of the Legal Studies Department, joined hands to conduct a CSR programme with the aim of providing assistance to this school and its children. This activity, conducted with the approval of the University, was titled Sip Saviya and took place from 11th -12th of August 2018. During the two days, the law students and staff worked tirelessly to improve the facilities of the



school by painting the school building, repairing the broken furniture and painting the desks and chairs. They donated a glass fronted cupboard, more than 500 books for a library, a sound system with a loud speaker and a computer to this needy school. Each child was also gifted a t-shirt, school bag, exercise books and a pack of sweets and chocolates.

The programme also included a medical camp, and legal aid clinic for the students and villagers of Thirappane. Light entertainment and a motivational programme for parents and students were also conducted. Teachers, parents, children and villagers of Thirappane all participated in the programme with great enthusiasm.

OUSL STUDENT AT THE SYWL CONGRESS 2018 IN INDONESIA



Dilan Munasinhge, a final year Electrical Engineering student of the OUSL, participated at the Student, Young Professionals, Women Engineers and Life Members (SYWL) Congress 2018 of the Institute of Electrical and Electronics Engineers of the Asia-Pacific Chapter held in Bali, Indonesia. He was selected to represent the Sri Lankan team which included student members from 10 universities



and 6 young professionals. The five-day workshop was held at the Prime Plaza Hotel in Bali, Indonesia and was attended by 12 regional countries. The workshop focused on activities such as: power-and-energy-related activities, tech talk, networking, video completion, country identification through food and cultural practices and traditional dance. His visit was co-sponsored by the OUSL .

Implementing C-DELTA Programme at OUSL



OUSL, with the support from Commonwealth of Learning (COL), has initiated a research project on the implementation of the Commonwealth Digital Education Leadership Training in Action (C-DELTA) Programme in the teaching-learning process in Sri Lankan schools. The key aim of this project is to develop capacity among school teachers and promote the adoption of digital education environments in schools.

This Programme was inaugurated by the Deputy Vice-Chancellor, OUSL, Prof. K. B. Gunaherath, on 20th July, 2018, at



OUSL, and a capacity building workshop was held from 20th to 22nd July 2018 for a group of 41 teachers from 39 schools representing the nine Provinces of Sri Lanka. It is envisaged that the participants of this research project will develop their competencies in adopting and promoting C-DELTA in their schools by improving their digital education leadership skills, thus becoming effective professionals who can cater to the digital education environments in their institutions. This research project is implemented at the Faculty of Education, OUSL, by a five-member team, under the leadership of Prof. Shironica P. Karunanayaka, Dean, Faculty of Education.

OUSL AT EXPO 2018 – BANDARAGAMA CENTRAL COLLEGE



The Public Information Division (PID) of the OUSL participated at The Expo 2018 exhibition on the 25th & 26th of September organized by the Bandaragama Central College, Waskaduwa. The two-day exhibition was attended by



over 1,000 students, parents and teachers. Information relating to the study programmes of the university was disseminated among the eager students and parents who attended the event.

Awareness Programme on Women in Engineering



IEEE WIE is one of the world leaders in changing the face of engineering for women. The OUSL IEEE WIE affinity group conducted its first awareness programme on 3rd of October 2018. This objective was to encourage female undergraduates at OUSL to understand about the benefits of this society, identify gaps, empower females, discuss the challenges of being a WIE and to celebrate the IEEE Day of 2018. The guest speaker was Eng. Sumi Moonasinghe, former Bank of Ceylon Chairperson. She inspired this forum with an account of how she entered the male dominant field of engineering. At 17, she entered the Engineering stream at the Faculty of Engineering, University of Colombo, on the advice of her math and physics teacher —Mignon Lokubalasooriya, at Devi Balika Vidyalaya, Colombo. She was the only female in a batch of 104 and obtained a Bachelor's Degree in Electrical Engineering. She then obtained a Master's Degree from the Faculty of Electronics at the University of Southampton, UK . Once again she was the only woman in all the faculties of engineering based on disciplines such as aeronautical, chemical, petroleum, civil, mechanical and electrical. Eng. Moonasinghe then proceeded to Singapore as a visiting lecturer to the Singapore Polytechnic to teach Color Television. Once again, she was the only

woman lecturer in the entire Faculty of Engineering. She later went on to manage a businesses and to become the Founder/Managing Director of New Zealand Milk Products (now Fonterra Brands) and was the former Chairperson of the Bank of Ceylon. She has now retired from corporate life and has founded the No Kunu campaign, which aims to make Colombo a cleaner city. Therefore, she emphasized on environmental pollution and especially about plastic pollution and discussed various solutions.

Eng. Dilrukshi Gamage, Assistant Secretary of IEEE WIE Sri Lanka section, currently a PhD student at the Department of Computer Science and Engineering, Faculty of Engineering, University of Moratuwa was also a speaker at this programme. Eng. Peshan Sampatha, Mechanical Engineer graduate from the University of Moratuwa who is currently the Chairperson of IEEE student activities committee Sri Lanka section also attended this programme.

IEEE WIE global network connects over 20,000 members in over 100 countries to advance women in technology at all points in their lives and careers. OUSL IEEE WIE in the near future hopes to conduct competitions, workshops, discussions to encourage participation and inspire the WIE to reach its full potential.

New Appointment

Prof. J.C. Rajendra was appointed as the new Dean of the Faculty of Natural Sciences with effect from 17.10.2018



INTERNATIONAL CONFERENCE ON OPEN AND INNOVATIVE EDUCATION



This conference was held at the Open University of Hong Kong from 4-6 July 2018. Professor Dayalatha Lekamge from the Department of Secondary and Tertiary Education, OUSL presented her paper on “An Analysis of Action Research Studies Conducted by Teachers in the School System” on 6.07.2018 in the 5th Parallel Paper Presentation Session. There were two pre-conference workshops, four Key Note Sessions, 95 paper presentations and several poster presentations which provided a platform for sharing research, practices, technological advancements and views relevant to Open and Innovative Education.

Training Workshop on Capacity Building in South Korea



Mr. K. Ketheeswaran and Ms. K.A.S.S. Kuruppu from the Department of Special Needs Education participated in a training workshop on Capacity Building Programme of Special Educational Professionals of Sri Lanka. Twenty Sri Lankans from the National Institute of

Education, The Ministry of Education and the College of Education participated at this workshop. The programme was conducted by Korean International Cooperation Agency (KOICA) in Korea from 15th to 29th July 2018.

CAPACITY DEVELOPMENT WORKSHOP AT THE FACULTY OF EDUCATION.



The Capacity Development Workshop for academics was conducted on 27th August 2018 by Prof. G.D. Lekamge on Organizational Culture with the focus on the Faculty of Education. The primary areas of discussion were informal relationship building such as team

work, leadership, culture, values, norms and tradition of the faculty. The main objective was to inspire the young academics of the Faculty to build good relationships as well as to arouse their commitment and dedication towards the Faculty activities.

Workshop on the Role and Functions of OUSL Academic Staff



Workshop on the Role and Functions of OUSL Academic Staff conducted by Prof. G.I.C. Gunawardane was held at the at

the board room of Faculty of Education on 11.07.2018 with the participation of the academic staff.

OUSL @ Pro Pack Pro Foods 2018



The Department of Agricultural & Plantation Engineering together with the Public Information Division participated at the prestigious three-day exhibition organized by the Sri Lanka Food Processing Association Pro Pack Pro Foods Ag Biz from 3rd-5th August 2018 at the BMICH. This was the second time they participated at this exhibition having won a prestigious award at the last year's exhibition. Thirteen products were showcased at the exhibition by the Level 4 and 5 students of the Department of Agricultural & Plantation Engineering.

The products were varied, some focused on healthy eating while the others were on health-based products. The natural products on display were: Wheykult – A probiotic Whey Drink; Jack Snack; Leafy Anona (Sour sop) Ready to Serve Drink; Coco Anona Yoghurt; Nutmeg Wine; Malescentils, A remedy for sore throat; and Sapota Fruit Leather. Healthy products and preservative products included: Bio Active Package for Leafy Vegetables; Naturally Preserved Soft Boiled Egg; Vac-Mari-Chick; Smart Lunch Box; Bio Plastic Material; and Rumen for Humans

Inauguration of BA (Hons) in LIS Degree



The OUSL ceremonially launched the Bachelor of Arts Honours in Library and Information Studies degree on 18 August 2018 at the Conference Hall of the University. This is a professional undergraduate degree to enroll librarians who are professionally qualified with 3 year diploma in library science to obtain a degree in Library and Information Sciences. The curriculum of the B.A. LIS has been designed by the senior staff of the OUSL library and is administered through the Information Studies Unit (ISU) of Faculty of Humanities and Social Sciences (HSS) . The diploma holders will obtain a degree after two



years on the completion of the required core credits.

The Vice Chancellor of the OUSL Prof. S. A. Ariadurai, Deputy Vice Chancellor, Professor Kamal Bandara Gunaherath, Chairman, Standing Committee of the Library and Information Sciences (SCOLIS) Dr. Ruvaiz Haniffa, President, Sri Lanka Library Association Mrs. S. Arulanantham, Librarian, Programme Adviser Dr. (Mrs) Watmanel Seneviratne, Course Co-Ordinator (ISU) Mrs. Damayanthi Gunasekera and many other prominent personalities in the Library and Information Sciences (LIS) field graced the occasion.

FOUNDATION COURSES FOR NATURAL SCIENCES & ENGINEERING TECHNOLOGY TO COMMENCE SHORTLY

The Foundation Academic Unit offers the Science and Engineering Foundation Course, which is a two-year programme designed to encourage those without the basic entry qualifications to pursue higher studies in Science and Engineering Technology to achieve such qualifications. This is in line with the Open Entry policy of the University. The programme operates at two levels: Level I and Level 2.

The credit content of courses is thirty (30) per each level, which will include six (6) courses, each of five (5) credit weightage totaling up to ten (10) credit of courses each for a discipline. The main disciplines are Biology, Chemistry, Physics and Mathematics. The courses will be offered jointly by the Faculty of Natural Sciences and the Faculty of Engineering Technology, through the Foundation Academic Unit of the University. Registration will take place in January 2019.

Natural Sciences Award Ceremony



The annual awards ceremony of the Faculty of Natural Sciences, organized for the current year by the Botanical Society of OUSL was held on 9th October 2018 at the Main Auditorium. Over 90 talented students received special awards which also included financial incentives for further studies.

This ceremony is a collaborative effort of the Natural Sciences Dean's Office and the OUSL Natural Sciences societies, which include BuckyBall Society, Botanical Society of OUSL (BotSoc), Spectrum and ZooNet. The Chief Guest at the event was Vidya Nithi Emeritus Prof S. A. Kulasoorya of National Institute of Fundamental Stud-

OUSL at the International Conference on “Future of Education”



This conference organized by the International Institute of Knowledge Management (TIIKM) with the academic partnership of the University of Colombo and University of Tampere, Finland was held on 26-27 June at the Taj Samudra Hotel in Colombo. Dr. Vajira De Silva, Senior Lecturer, Department of Secondary and Tertiary Education of the Faculty of Education presented a

research paper titled “Developing Self-regulated Learning Skills in the University Students Studying in the Open and Distance Learning Environment.” Dr. K.G.C. Kandangama from the Dept of Secondary & Tertiary Education presented a paper titled “Challenges and Barriers for Implementing Education for Sustainable Development (ESD) in Secondary Schools in Sri Lanka”

National Symposium on Gender in Higher Education OUSL Contribution



National Symposium on Gender in Higher Education organized by the Centre for Gender Equity & Equality, University Grants Commission (UGC) was held on 10th and 11th August 2018. The Chief Guest of this event was Prof. Mohan de Silva, Chairperson, UGC. The keynote address titled "Women and Higher Education Leadership: an Object of Desire or Something to be Avoided?" was delivered by Prof. Louise Morley, University of Sussex, UK. Representing the OUSL were: D. Randeniya & Dr. G.P.

Gamage (Faculty of Health Sciences) with a paper titled "A Review Study on Attitudes of Sri Lankan Undergraduates towards Gender Based Violence"; and Mr. Lal Medawattegedara (Faculty of HSS) with his paper: "I started a joke": What do humorous tales told by female and male undergraduates tell us about their gendered world-view/s?.

Prof. Camena Guneratne and Dr. Harini Amarasuriya from the Faculty of HSS chaired sessions during the conference.

Kadala & Tea Dansala



To commemorate this year's Posen festival a Kadala and Tea dansala was offered on 29th June 2018 in the

Colombo Regional Centre with the support and the guidance of the Regional Educational Services Division.

Inauguration of the Short Course, Involuntary Land Acquisition & Resettlement



A short course in Involuntary Land Acquisition and Resettlement was inaugurated by the Department of Social Studies, Faculty of Humanities and Social Sciences on 11th October 2018



amidst a gathering of eminent academics and professionals. The Chief Guest at the event was Mr. N.R. Suriyaarachchi, Chairman, Road Development Authority who also delivered the keynote address.

T. S. Eliot's Poetry in Sinhala



A public panel discussion on the modernist poet T.S. Eliot was held at the New Town Hall recently to coincide with the launch of a Sinhala book on Eliot's poetry authored by the eminent writer

Ariyawansa Ranaweera. Mr. Lal Medawattegedara, Senior Lecturer from the Department of Language Studies, Faculty of HSS was one of the panelists. He teaches Eliot's poetry at the University.



Vitamins Micronutrients for Good Health

The importance of certain ingredients in the diet for maintaining health has been known since the ancient times. But the need for what we now call 'vitamins' was first realized in the mid-18th century, when the Scottish surgeon James Lind found that citrus food helped sailors on long voyages from contracting the disease scurvy. Vitamins are nutritionally essential micronutrients that are organic in nature. Since human cannot synthesise these molecules in their body, vitamins must be obtained from the diet. Hence we obtain certain vitamins naturally from plant, animal and microbial sources and by those added during food processing as synthetic vitamins. Many food products are enriched (fortified) with vitamins to adjust for processing losses or to increase the nutritive value. Such enrichment is important, particularly for fruit juices, canned vegetables, flour and bread, milk, margarine and infant food formulations. Table provides an overview of vitamin enrichment of food.

What are the functions of vitamins?

- as coenzymes or their precursors,
- as components of the antioxidative defence system,
- as factors involved in genetic regulation and
- in specified functions. (see the Table)

Regardless of whether the vitamins are naturally occurring or added, the potential exist for losses by chemical or physical means.

Losses of vitamins are, to some degree inevitable in the manufacturing, distribution, marketing, home storage and preparation of processed foods, also during the post-harvest handling and distribution of fruits and vegetables and during the post-slaughter handling and distribution of meat products. Vitamins are grouped into two classes.

1. Water soluble vitamins
(B and C vitamins)
2. Fat soluble vitamins
(A, D, E and K vitamins)

The daily intake of vitamins is very much low compared to the values of proteins, carbohydrates and lipids. Since there are adverse effects on health due to the deficiency as well as due to excess intake of vitamins, the daily consumption amount if vitamins should be considered by each and every individual. In the United States, the Recommended Dietary Allowance (RDA) has been developed for this purpose, particularly for processed foods. Hence it is a must, that the RDA values of vitamins should be expressed in the food labels. Under the revised labelling regulation implemented by the FDA in 1994, the United States RDA term has been replaced by the Reference Daily Intake (RDI). In the current nutrition labelling format, vitamin content is expressed as a percentage of the RDI and is listed as "% Daily Value".



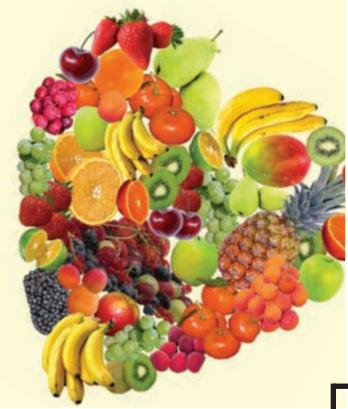
Vitamins

& their importance



| Vitamin (RDI) | Food product | Effects of deficiency | Effects of excess |
|--------------------------|--|---|--|
| B1 – Thiamine (1.2mg) | Cocoa powder and its products, beverages, concentrates, confectionary, baked products | Muscle weakness, cardiovascular problems, beriberi | Hypotension |
| B2 – Riboflavin (1.4mg) | Baked products, beverages | Epithelial and mucosal deterioration | Itching, tingling sensations |
| B3 - Niacin (16mg) | | Epithelial and mucosal deterioration (pellagra) | Itching, tingling sensations, vasodilatation, death after large dose |
| B6 - Pyridoxine (1.5mg) | Baked and pasta products | Retard growth, anaemia, convulsion, epithelial changes | CNS alterations, perhaps fatal |
| B9 - Folic acid (180µg) | Cereal and bread | Retarded growth, anaemia, gastrointestinal disorders | Few noted except at massive doses |
| B12 - Cobalamin (2µg) | Beverages | Impaired iron absorption causing pernicious anaemia | Polycythema |
| B7 - Biotin (60µg) | | Pernicious anaemia Fatigue, muscular pain, nausea, dermatitis | None reported |
| Pantothenic Acid (5.5µg) | Baked products | Retarded growth, CNS disturbances | None reported |
| C - Ascorbic acid (60mg) | Fruit drinks, desserts, dairy products, flour | Epithelial and mucosal deterioration called scurvy | Kidney stones |
| A - Retinol (875µg) | Skimmed milk powder, breakfast cereals, beverage concentrates, margarine, baked products | Retarded growth, night blindness, deterioration of epithelial membranes | Liver damage, skin peeling, CNS effects (nausea, anorexia) |
| D (6.5µg) | Milk, milk powder, etc. | Rickets, skeletal deterioration | Deposit of calcium in tissues |
| E (9mg) | Margarine, breakfast cereals, sunflower oil | Anaemia | None reported |
| K (65µg) | - | Bleeding disorders | Liver dysfunction, jaundice |

Prof. K. Sarath D. Perera and Kanishka De Silva,
Department of Chemistry, Faculty of Natural Sciences



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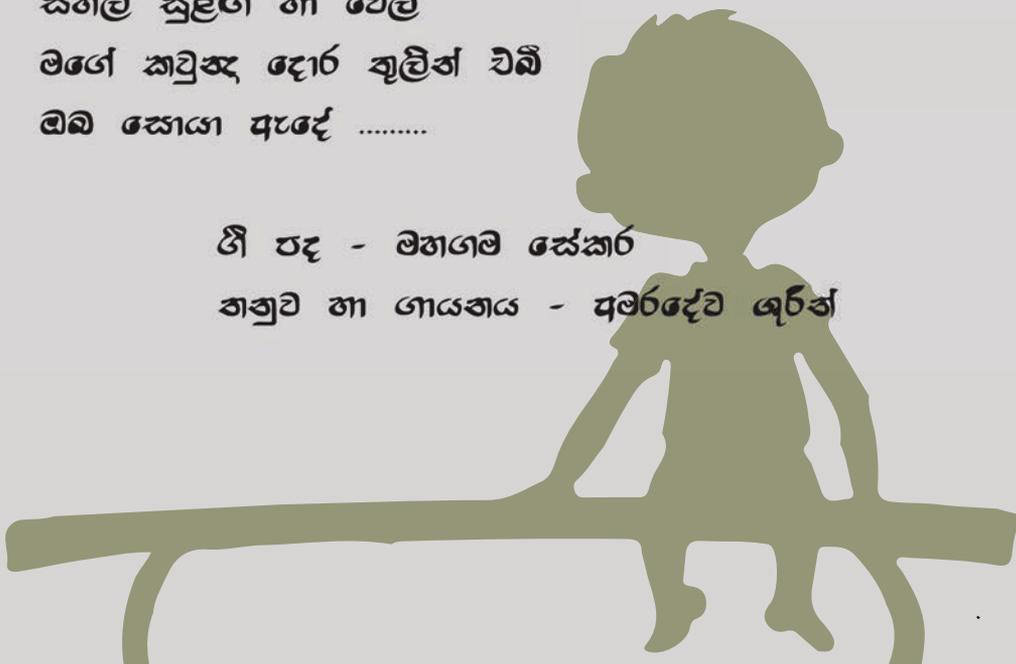
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සුසුම් හෙලන තුරු මනා මවුල්ලේ
සිහිල් සුළග හා වෙලී
මගේ කවුණු දොර තුලින් වබී
මම සොයා ආදේ

හී පද - මනගම සේකර
තනුව හා ගායනය - ආර්ථික ඉරිත



මම මෙය සරි කුමල අමරගිරි
 ගලා බස්නා ගී රාවයක් ඇතින් ඇසෙයි.
 ගිතයේ භාවවාහි සංධවනය ට වගිකෘත
 නොවී පදමාලාව පමණක් අනුග්‍රවනය කරන්
 කරන් මේ ගිතය මහා අරුත් සයුරක්
 මවන්තේය. සිංහල ගී පද මාලා සාහිත්‍යයට
 පැළඳු මලිගිය මල් මාලාවක් නොවන්නේද?
 මේ බස ,සිංහල ය මහරම් භාෂාවකි,
 යනුවෙන් එදා බුදු ගොස් නිමි කළ වර්ණනාව
 ට කදිම නිදසුනකි මේ. ගී පද මාලාව
 මුලුමනින් ම බහාලන ලද්දේ ඔබ හද සඳුන්
 අරටුව සේකර කාව්‍යම ය කාන්තියේ ගටා
 පහන් දැල්වීම පිණිසය.

සඳකන් පිණි දිය යනු වන්දනාන්තියෙන් යුතු
 රාත්‍රියක තණපත් අග පවා දක්නට ලැබෙන
 කුඩා දියබිඳය. එ දිය බිඳ කෙතරම් කුඩා වුව
 ද මහත් වූ සඳ පිලිබිඹුව කැටපත් කරන්නට
 සමත් වන්නේම ය. එහෙත් විසල් සයුරකට මේ
 සා නිසසලව නිහඩව සහ සුපැහැදිලිව සඳ
 පිලිබිඹුව දරන්නට කිසිදු හැකිද?
 නොහැකිමය. උදම් උමතු වහසිබස් දොඩනා
 මහාසයුරකට වඩා නිසසලව අකම්පිතව තවත්
 සුලු මොහොතකින් මරුවසගයට යන
 පිණිබිඳුව සඳකැන් උරා විඳිනා පීචනයේ
 අතිරහස කුමක්ද? එය ප්‍රේමයේ ගුප්තාර්ථය ම
 නොවන්නේද?

බිඳිගිය පෙමක විරහි රාවය නගන්නට
 සේකරයන් මුලින්ම යොදාගන්නා රූපකය
 නිර්මාණය පුරාම නන් වන් අරුත් නගමින්
 රූපාන්තරණය වන්නේ එබැවිනි. මිනිස් සිතේ
 උපදින පඨවි ගතිය නොහොත් අල්ලා ගැනීම
 ද එසේ අල්ලා ගත් අරමුණ අනුව වෙනස්
 වීමේ ගුණය හෙවත් දියව යන අපෝ
 ස්වභාවය ද එනිසා ම අල්ලා ගත් දෙයට
 විරුද්ධ ධර්මතාවයට එරෙහිව දැවීමේ තේජෝ
 ගුණය ද එසේ දැවෙමින් ම සැහැල්ලු බවට
 පත්වීමේ වායෝ ගුණය යන සියල්ල මේ
 ගිතයේ ස්ථායී හා අන්තරා කොටස් මගින්
 විඳගත හැකිය.





உளவியலாளர்கள்

மார்போடுனையணைத்து
தேவைகளை நிறைவேற்றி
நிலாச்சோறூட்டி ஐம்புலன்களையும்
நிலாவில் சேர்த்தபோதினில்
அம்மாவும் உளவியலாளரே.....!

மழலைமொழி பேசினாலே அது
செந்தமிழென உரைத்து
இடர்பட்டு விழும்போது
கைதூக்கிமறு அடியெடுக்கவைக்கத்
தூண்டி
இருளுக்குப் பயந்து நீ தள்ளிநின்றபோது
இருளில் நின்று
பயம் போக்கிய
அப்பாவும் உளவியலாளரே.....!

பாடசாலை முதல்நாளில் உன்கரம்பற்றி
அழைத்துச் சென்று
அந்நாளின் இடைவேளையின்போது
தூரம் நின்று உனை அவதானித்த
அக்காவும் உளவியலாளரே.....!

எதையிழந்து மனவருந்தையில் அதைப்
பெரிதாக்கி அழவைத்தபோது.....
இயலாதவொன்றை இயலுமெனக்கூறி
போலியூக்கம் உரைத்த நண்பரும்
உளவியலாளரே.....!

வகுப்பறையில் கடைநிலை வரியமரும் போதினில்
ஊக்கப்படுத்தி முன்வரியில்
அமரச்செய்யும் ஓர் ஆசிரியரும்
உளவியலாளரே.....!

என் தோல்விகளின் போதெல்லாம்
தம் வெற்றியின் களிப்பைக்காட்டா
நண்பர்களும்...
சவால்களின் போதுதெல்லாம்
சாதனையைப் பேசும் நண்பர்களும்...
உளவியலாளர்களே...!

இவ்வுலகில்....
பிறரைத் தன்போலறியும் அனைவரும்
உளவியலாளர்களே.....!

க. கேதீஸ்வரன்
கல்விப் பீடம்

සිත කය නියමය

සිත ලෙඩ උනාම කය ලෙඩ වෙනවා
කය ලෙඩ උනාම සිත- තව තව ලෙඩ වෙනවා //

සිත නිරෝගී වී තිබුණොත් පමණයි
කය නිරෝගී වන්නේ
කය නිරෝගී වී තිබුණොත් පමණයි
සිතක් දියුණු වන්නේ //

රාග ද්වේෂය මෝහය භීන්දයි
සෙම පිත් වා එන්නේ
සිත කය වචනය දමනය කළහොත්
තුන් දොස් සම වන්නේ //

සිතීන් එලක් ගන්නෝ
හැම තැන දුවනා සිත නවතා ගෙන
යන යන හැම තැන ජය දද නංවා
ලොවේ දියුණු වන්නෝ //

සිසිර ජයමහ
යාන්ත්‍රික ඉංජිනේරු අංශය