

THE OPEN QUARTERLY



OUSL General Convocation

"I was unable to enter a conventional university. Yet my dream of being a graduate became a reality with the OUSL."

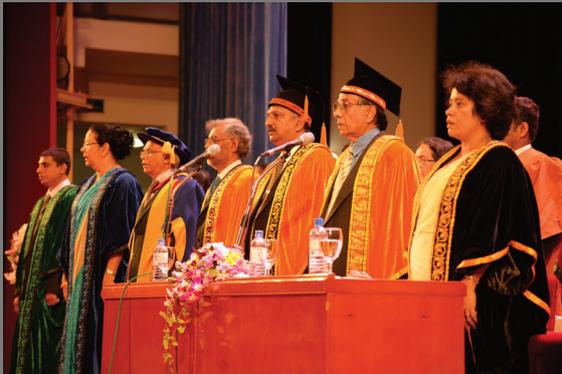
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"As a working mother, I couldn't achieve my academic goals without the flexible learning environment, well-structured study program and online learning system provided by the OUSL."

pg. 21

"My choice of the OUSL was a prudent one. The university offered me a friendly, familiar and hassle-free environment to engage in scholarly concerns."

pg. 17



30th General Convocation of the OUSL
We proudly congratulate our 3865 graduates and salute all the lecturers from all the faculties as well as the Examination Division together with all the other Divisions that combined their efforts to make the convocation a memorable event.

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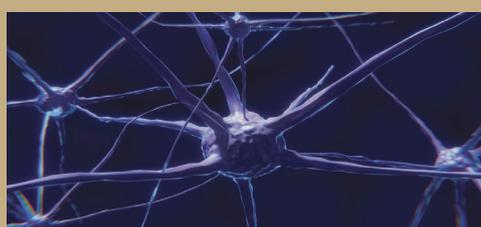
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A New Land for the Ratnapura Regional Center

Open University International Research Sessions 2018 (iOURS 2018)

PGIE Signs MoU with the Ministry of Education

Multi-Religious Ceremony at the Faculty of Education

Retirements



THE OPEN UNIVERSITY
OF SRI LANKA

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THE OPEN QUARTERLY

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Robert Knox, the 15th century English captive of the kingdom of Kandy, observed the following about the marriage customs of the natives: "Their marriages are but of little force or validity. For if they disagree and dislike one the other; they part without disgrace." Conditions associated with marriage have changed much since then, and the idea of a 'bride' grabs one of the focused areas of the June issue of The OPEN. The article titled Evolution of Bridal Wear thus locates the bridal dress in a perpendicular scale and analyzes the acceptance as well as the defiance of gravity by this dress which could be the most important fabric associated with the secular worlds of both males and females. The month of June was also an important event for thousands of undergraduates and post-graduates of the university as they went through the cultural rites of their symbolic entry into the world of scholars. The understated refinement of the convocation could have very well symbolized the patterns of success this hardworking OUSL student population achieved along with their committed teachers and parents. We heartily congratulate those who wore the proud cloaks and entered the space of lights and height. All their narratives of success are produced in the first-person autobiographical mode for inspiration dissemination in the June OPEN. Why one should drink cups and cups of Sri Lankan tea, created in the salubrious hill country, forms another focus as the beverages receives a chemical analysis in the article titled Tea: A Treasure for Health and Wealth One might be willing to mix the benefits of tea with the perceived benefits of yoga which forms the content on an article by a certified practitioner of the art. The newest academic venture of the OUSL, an honors degree in psychology also comes into focus in the present issue. All in all, the June OPEN goes way beyond the bridal impetus associated with the month of June and offers you other notions for reflection and discussion.

Lal M.

OUSL Contributes towards Capacity Building of Science & Technology Teachers



Dr. Banduni Athapaththu (Department of Civil Engineering), Mr. C.P.S. Pathirana (Department of Mathematics & Philosophy of Engineering), Dr. Rohan Perera (Department of Botany), and Dr. Saminda Fernando (Department of Zoology) were resource persons from the OUSL at the training workshops organized by the Sri Lanka Association for the Advancement of Science (SLAAS) recently. These workshops were organized in collaboration with the Science Directorate of the Ministry of Education with the aim of inculcating Science and Technology Research in Schools. 15 resource persons from different specialization

fields from the Universities and National Research Institutions of Sri Lanka supported this capacity building activity. The workshops were a part of an intervention made by Section C (Engineering, Surveying and Architecture) of the SLAAS. They were organized to support the recent policy decision of the Ministry of Education to inculcate a culture of Science & Technology Research in schools. It also contributed to the Ministry's focus on catalyzing Science, Technology, Engineering and Mathematics (STEM) education, research and development in Sri Lanka from the school level through conducting workshops and establishing innovation centers. Dr. Athapaththu, Mr. Pathirana, Dr. Perera, and Dr. Fernando conducted two workshops meant to improve the capacities of the science teachers from the North Central and Eastern Province. More than 50 teachers from each Province participated in these workshops which were held in March and April 2018.

OUSL Students Perform Euripides's Medea in India



23 students of the OUSL's B.Ed. Drama & Theatre programme participated in the Theatre Olympics India 2018 organized by the National School of Drama in India. They performed Euripides's Greek Classic play *Medea* in the Agarthala City and New Delhi on 11th & 13th March, 2018. The play was produced by the Tower Hall Theatre Foundation, Colombo. The OUSL students represented Sri Lanka under the patronage of the Ministry of Education.

H. Somadasa Gold Medal for Excellence in Pure Mathematics



In honour of Dr. H Somadasa's contribution to the Mathematics Department of the OUSL and to Mathematics, in particular to Complex Analysis, the Department of Mathematics has decided to confer a gold medal in his name. **H. Somadasa Gold Medal for Excellence in Pure Mathematics** will be offered from the academic year 2017/2018. For the first time this medal will be awarded at the 30th Convocation in November this year to the best student in Pure Mathematics.

Dr. H. Somadasa is the first Sri Lankan Sinhala academic to receive a Ph.D. in Pure Mathematics. A native of Galle, he obtained his primary education from the Gintota Maha Vidyalaya and secondary education from the Hikkaduwa Central College. His first Degree was from The University of Ceylon in 1960. That year he joined the Mathematics Department of the University of Kelaniya as an Assistant Lecturer. In 1966 he obtained his PhD in

Complex Analysis from The University of Wales. He has published three renowned research papers in Complex Analysis in *The Journal of London Mathematical Society*, *Journal of Canadian Mathematical Society* and *Archive der Mathematics Switzerland*. Mathematicians refer to his theorem in London Mathematical Society as Somadasa's Theorem.

He served the University of Kelaniya as a Senior Lecturer until 1979. Thereafter, he joined The University of Kalaba, Nigeria as a Senior Lecturer for three years. His name was in the seventh edition of *World Directory of Mathematicians* in 1982 published by The International Mathematical Union.

Dr. Somadasa joined OUSL in 1983. He was the first Head of the Mathematics Department. He wrote almost all the course materials in *Real Analysis* and *Complex Analysis* at the inception of the B.Sc. Degree programme. He is the editor of several OUSL course materials in Algebra.

Meeting of the Executive Governing Board of the Commonwealth Executive MBA/MPA



The objectives of the CEMBA/MPA program were to provide access to those who could not afford the development of a MBA program at their respective institutions, to strengthen linkages amongst the members of the consortium and to improve the academic quality of CEMBA/MPA. The CEMBA/MPA program is currently being offered by 10 partner institutions, with a total enrolment of 34,000 students since 2002. Around 17,000 students have already graduated.

An Open Educational Resource (OER) module on Business for Sustainable Development developed by the Open University of Mauritius with support from the Commonwealth of Learning is now available for use by all. It was agreed that three specializations to be developed for the CEMBA stream. A phased approach will be used, where one specialization stream would be developed at a time. COL would provide assistance for the development of courses for the specialization stream. The OUSL volunteered to host a meeting to review and develop the courses as OER. The Executive Governing Board members agreed to share current resources from their universities. It was also agreed that institutions would adhere to the founding principles of the CEMBA/MPA, but each institution will adapt the guidelines based on its national standards and local needs.

Meeting of the AAOU Accreditation Task Force



From Left to Right

Prof. Shin Kisugi - President, Open University of Japan , Dr. Grace Javier Alfonso - Former Chancellor - University of Philippines Open University, Prof. S. A. Ariadurai, Vice Chancellor, The Open University of Sri Lanka
Prof. Ojat Daroja - Rector - Universitas Terbuka ,Prof Melinda Bandalaria - Chancellor - University of Philippines Open University,Dr. Li Kam Cheong - Director of Research - The Open University of Hong Kong

The Vice-Chancellor of the OUSL, Prof. Ariyadurai attended the 2nd meeting of the AAOU Accreditation Task Force held at the University of Terbuka in Indonesia on 3 and 4 May 2018. A six-member special taskforce was appointed at the 32nd AAOU Annual Executive Committee Meeting on 26 September 2017 in Yogyakarta, Indonesia to explore the feasibility of offering Open Education accreditation services for the member institution. Their final recommendations would be submitted to the 33rd AAOU Annual Executive Committee Meeting to be held in Hanoi, Vietnam in October 2018.

NEW APPOINTMENTS

Prof. S.A. Ariadurai Re-elected as Vice Chancellor OUSL

Prof. Samuel Anbhan Ariadurai was re-elected for his second term as Vice Chancellor of the OUSL and assumed duties on 23th June 2018.



Prof. S. P. Karunanayaka assumed duties as Dean of the Faculty of Education on 4th March 2018.



Dean of the Faculty of Health Sciences, Prof. Gaya Ranawake was re-elected for a second term from 7th July 2018.



Prof D.A.R. Dolage has been appointed Dean of the Faculty of Engineering Technology and assumed duties on 7th July 2018.

Open Education Global Conference

Prof. S. P. Karunanayaka participated in the Open Education Global Conference (OE GLOBAL - 2018) held in Delft, the Netherlands, from 24th -26th April 2018. The conference was organized by the Open Education Consortium (OEC) and hosted by the Delft University of Technology, (TU Delft), in the Netherlands. The theme this year was Transforming Education through Open Approaches and there were over 300 participants from 35 countries.

Prof. S. P. Karunanayaka presented the research paper titled, *Designing Continuing Professional Development MOOCs to promote the Adoption of OER and OEP* (Karunanayaka, S. P., Naidu, S., Rajendra, J.C.N., & Ariadurai, S.A.) This paper was motivated by the research project on Design and Development of Continuing Professional Development Massive Open Online Courses on Open Educational Resources & Open Educational Practices (CPD MOOCs on OER & OEP): A Design-based Capacity Development Initiative Implemented by the OUSL with the support of the Commonwealth Educational Media Centre for Asia (CEMCA), New Delhi. The full paper was published in the journal, *Open Praxis* 10 (2).



The OEC is a global network of educational institutions, individuals and organizations that support an approach to education based on

openness, including collaboration, innovation and collective development and use of Open Educational materials. Its annual international conference is an important forum where researchers, practitioners, policy makers, educators and students from around the world participate to discuss and explore how Open Education helps to achieve universal access, equity, innovation and opportunity in education and advances educational practices around the world.

Book Launch on Right to Information

A book titled *Thorathuru Dena Genime Aithiwasikama* (Right to Information), written by Malavige K. Geethani Jeewanthi of the Department of Legal Studies was launched on 28th June 2018 at the OUSL. Dr. Deepika Udagama, Chairperson of the Human Rights Commission and the Senior Lawyer S.G. Punchihewa, Commission Member, Right to Information Commission were present as the Chief Guests. The Vice Chancellor and Deputy Vice Chancellor, OUSL; Dean of the Faculty of Humanities and Social Sciences, Head of the Department of Legal Studies and other invites were also present at this event.

This book covers the entire legal regime pertaining to the law relating to Right to Information including the Right to Information Act No 12 of 2016. This book will be beneficial to the students, lawyers, information officers, designated officers, any government officer and the general public.

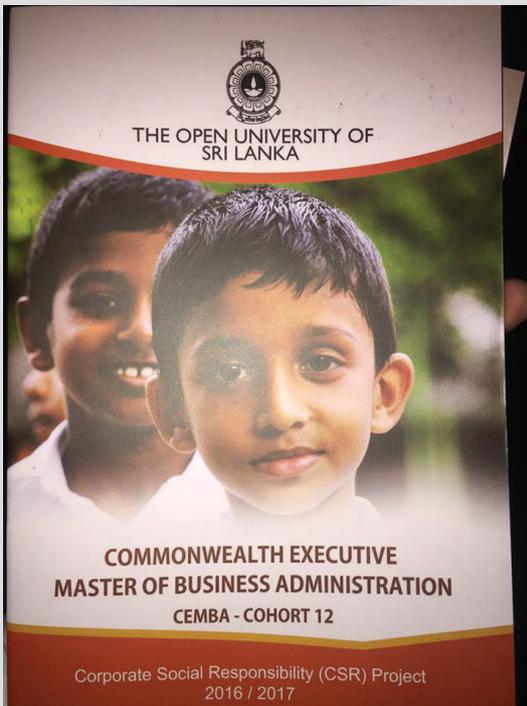


Sri Lankan Poetry at the University of Texas



Dr Vivimarie Vanderpoorten Medawattegedera, Senior Lecturer, Department of Language Studies, currently in the USA on a Fulbright grant at the University of Texas at El Paso, was invited to do a poetry reading as part of the University's monthly literary programme *Mining Books* on the 24th of April, 2018, organised by the English Department of UTEP. The event took place at the Bloomberg auditorium of the UTEP Library, and was well attended by Faculty, students and guests. Dr. Medawattegedera spoke about the context of her poetry, and read from her three books, *Nothing Prepares You*, which won the 2007 Grataien Prize, *Stitch Your Eyelids Shut* which jointly won the State Literary Award, and *Borrowed Dust* which was shortlisted for the 2016 Grataien Prize. Earlier in the Spring semester, Dr Medawattegedera was interviewed on the University's radio channel, KTEP, by the Chair of the Department of Creative Writing, Prof Daniel Chacon, for a literary programme called *Words on a Wire*, which is broadcast in El Paso, Texas, every Sunday at noon.

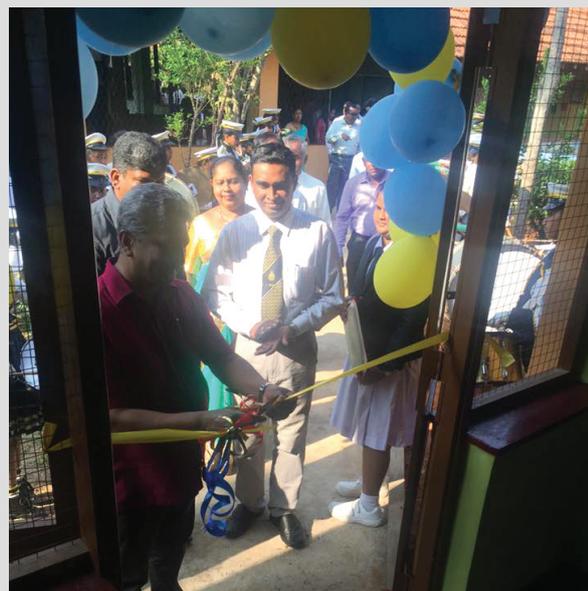
CSR project by CEMBA 12th Batch



Located in Nalluruwa, Panadura, Siri Seevali Vidyalaya caters to about 600 students, majority of whom hail from economically-deprived backgrounds. Suburban calm and the salubrious winds greet a visitor to this school. It is the quintessential 'village school' one would find in Cybil Wettasinghe illustration or a Martin Wickramasinghe novel. Yet, no observant mind would have missed the pathetic condition of the school's infrastructure. Sanitary facilities were pitiable; main auditorium needed repairs immediately; students had no access to books and modern technology needed to navigate the brand new world out there. And then came the 12th batch of the Commonwealth Executive Master of Business Administration (CEMBA) of the OUSL.

This dynamic team, as part of their Cooperate Social Responsibility (CSR) gave a new lease of life to Siri Seevali Vidyalaya. The school's dilapidated auditorium was refurbished and its roof tiles replaced. Carefully planned sanitary facilities were introduced.

A new library glistening with new books was gifted along with a modern computer lab. Musical instruments were donated and all buildings were color-washed.



InnoEnergy Partner Meeting

Discussions with partner institutes were held on the proposed Stackable Master on Challenge-Based Innovative Energy Storage Systems. The VC OUSL, Prof. S. A. Ariadurai, discussed the possibility of forming academic partnerships especially in the Electrical and Electronic Engineering fields with National Distance Education University (UNED), Madrid, Spain. He also held discussions with Learnify AB, Stockholm, Sweden on the possibility of obtaining their Repository Management software for the use of the OUSL library.

High-level Roundtable for Vice-Chancellors & Heads of ODL Institutions



The High Level Roundtable for Vice Chancellors and Heads of ODL Institutions was jointly organized by the Commonwealth of Learning (COL) and Asia e University (AeU). It was held on 10 and 11 March 2018 at the Holiday Villa Hotel & Conference Centre Subang, Malaysia. Altogether, thirty-one delegates from twenty countries attended. The objectives of the High Level Roundtable were to increase awareness and application of key leadership focus areas in higher education and to share best practices of Open and Distance learning (ODL) and Technology-supported Learning. The meeting enabled delegates to: reflect on leadership styles and lead with influence and power; debate on the challenges and trends in university management; and share best practices in leadership in Open and Distance Learning (ODL)

A New Land for the Ratnapura Regional Center

A land of 1.5 acres was handed over to the Ratnapura Regional Centre (RC) of the OUSL by the Director of the Sabaragamuwa Province, Sisira M. Dissanayake to the OUSL Registrar, Mrs. Vindya Jayasena on 20th of June 2018. Plans are already afoot to construct a new building for the Ratnapura RC.



Open University International Research Sessions 2018 (iOURS 2018)

iOURS2018 is the first biennial research sessions of the OUSL and promises to be a conference where innovative scholarly research will be presented and debated. Aply, the theme of the conference is *Re-imagining the Future through Research and Innovation*. This conference prioritizes the notion of innovative and imaginative research motivating and defining the 'future.' Scholars from all over the world will address the conference premise through the sub-themes of Open Distance Learning (ODL), Education, Engineering and Technology, Health Sciences, Humanities and Social Sciences and Natural Sciences. The conference will be held on 29th and 30th November 2018 at the OUSL premises.

PGIE Signs MoU with the Ministry of Education



The PGIE signed an MoU with the Ministry of Education to improve and professionalize English teaching in the country. Under the terms of the MoU, signed on 3rd of May 2018, the Ministry of Education will sponsor teachers, In-service Advisors (ISA's), Assistant Directors and other relevant officials from the Ministry to improve their professional practice through the PGIE's MA programmes in Teaching English as a Second Language and Teaching Literature (in a Second Language Context) as well as the newly introduced Postgraduate Diploma in Bilingual Education that will commence later this year.

Speaking at the signing Mr. Sunil Hettiarachchi, the Secretary to the Ministry of Education, noted the importance of professionalizing the teaching of English in Sri Lanka. He pointed out that for the first time, the O/L pass rate for English had exceeded 50% and that the only way to sustain this success was through continued

investments in training English teachers from all areas of the country.

Mrs. B.M. Weerasuriya, Director of the English and Foreign Languages Branch of the Ministry of Education, also highlighted the importance of partnerships and collaboration, such as the present MoU, as a key facet of the ministry's strategy to improve English teaching in the country. Dr. Harshana Rambukwella, Director, PGIE, expressed his appreciation to Mr. Hettiarachchi, as well as to the officials at the Ministry of Education in particular for their commitment to invest in English education and professionalize the teaching of English in the country.

This MoU recognizes PGIE's continued efforts to improve English teaching in the country through high quality higher education programmes and to improve professional pedagogical practice throughout the country.

Multi-Religious Ceremony at the Faculty of Education

The Faculty of Education celebrated its 15 years of service to the university with a multi religious ceremony on 5th February 2018.



Retirements



Dr. T.D.T.L. Dhanapala

Dr. T.D.T.L. Dhanapala was a Senior Lecturer attached to the Department of Special Needs Education of the OUSL. After completing 32 years of state sector service, he joined the OUSL in 2004 and held the academic positions of Lecturer, Senior Lecturer and the Head of the Department of Special Needs Education. Dr. Dhanapala's contribution in designing and developing study programmes and course material has made a phenomenal contribution to the Department of Special Needs Education.

He also took the leadership in conducting various research in the fields of special needs and special needs education thus disseminating knowledge through various conferences and other forums both nationally and internationally

Hailing from Sigiriya, he attended the Sigiriya and Dambulla Central College, and then the Matale St. Thomas's College. He has two B. Ed degrees in Special Needs Education from the Stockholm Institute of Education and the Nation Institute of Education. He has a Ph.D from the University of Panjab, Lahore and a one-year Special Needs Education Diploma from the Perkins School for the Blind, Massachusetts, USA. Dr. Dhanapala retired from the OUSL on 30th May 2018 after 14 years of service.



Mr. L.R. Gonsalkorale

Mr. L.R. Gonsalkorale, a Senior Lecturer attached to the Department of Secondary & Tertiary Education of the OUSL, joined the University in 1986 as a Grade 1 Educational Assistant in the Regional Education Division. He had served as a Science teacher in government schools around the country for around twelve years before he commenced his career in the University.

He was the first Regional Officer to be appointed to the Ambalangoda Study Centre and subsequently worked as a Regional Officer of the Matara Regional Centre from 1992-2000.

In 2000, he was appointed as a Lecturer in the then Department of Education in the Faculty of HSS. He rose steadily within the academic profession from Lecturer, to Senior Lecturer Grade 11 and then Senior Lecturer Grade 1.

He was Head of the Department of Secondary & Tertiary Education from 2012 to 2015. During that period, he served as the acting Dean of the Faculty of Education on many occasions.

Evolution of Bridal Wear



In Sri Lanka, one would find it difficult to avoid the glitz that invades the print and visual media during the month of June focusing on brides. Yet, this idea of a 'June Bride' is not a random event— it is historical.

The idea of a 'June Bride' dates back to imperial Rome where June was looked upon with awe since it was the month dedicated to the god Juno and his wife, Jupiter. Jupiter was the goddess of marriage and childbirth. Also in ancient times, when people's livelihoods depended on cultivation, June was the month of harvest— therefore wealth and prosperity. Also, a June wedding was an indication that the female entering wedlock would be newly pregnant in the summer, and therefore, would be available for field work.

Also there is this myth associated with bathing: in the early Medieval times, people bathed only once a year, and that was towards end of May or early June. This annual bathing was a ritual meant to promote pleasant smells, a pre-requisite for an auspicious marriage.

According to the Celtic calendar, the first moon after summer solstice (or June 21) was called the "honey moon". This term eventually became synonymous with the intimate time that followed a wedding.

In the modern world, the biggest and the most noted June wedding was the royal marriage of Prince William and Kate Middleton which took place in the spring of 2011.

In any wedding, regardless of time and place, the bridal attire occupies the centre of attraction. The bride usually wears white attire and carries a bouquet. This traditional attire symbolizes both economic and social powers of the wearer.

For a woman, her wedding dress tends to be the most memorable attire that she has ever worn. Above all it conveys the personality of the bride as well as the glamour of the event. Over the years, when we look at the history of bridal wear it shows how the silhouettes and materials have changed. In America, for instance, the ancient brides did not always wear white. White clothes were impossible to clean by hand and only wealthy people could afford such costly garments. In some of the poor American families brides wore the best available clothes for them—regardless of the color.

In Asia, the bridal colour palette red was the popular choice for bridal attire since red symbolizes fortune, sensuality, love and happiness. Thus, in many Asian countries brides wear red with beautiful and heavy jewelry.

In the Western world, until 1920s brides wore dresses which were modest than everyday wear in keeping with the conservative marriage customs imposed by the church. But the new millennium brought in a new fashion revolution and the hem lines of the bridal dresses were raised even above the knee level.

During the bleak economic conditions imposed by World War II, brides had to sacrifice their dreams of fairy wedding attire as many could not afford them. The bridal dresses were made with simple silhouettes with minimum usage of fabric instead of highly complicated silhouettes and decorative details. Many brides borrowed wedding dresses or they wore service uniforms. After World War II with the rebirth of the fashion industry many middle-class brides wore mid-calf length wedding gowns. However, the 60's brought in the mini dresses and high boots into bridal attire and challenged what we call the 'modesty' of the event. By the 70s bridal attire pops up with loose empire waistlines, divore velvet fabrics and the focus was on sleeves. The silhouettes were exaggerated with sleeves making it the focal point of the dress. In 1973 Princess Anne set the trend of the extravagant Tudor style of bridal wear.

1980s, again the waist lines were brought down up to their original location and the full-skirt was back in fashion; a tiara adorning the head became the symbol of a perfect bride. It was a farewell move to traditional wedding dresses of the early 1900s. Still the silhouettes were kept dramatic and at times were exaggerated. Skills in creative-pattern cutting and exquisite hand-crafting were utilized to enhance the beauty of the dress. Pastel colors were added during this era instead of the traditional pure white wedding attires.

The 90s came with minimalism and sleeves almost disappeared from bridal wear. Fitted sheath dresses became common among brides.



White remains as the hue for bridal wear and there is always a niche market for the traditional white meringue. Outside the Western world many brides wear national costume as their bridal costume. Even though some of the major traditions have changed, the idea of bridal attire has not changed: the dress is personal and made with exquisite love and care. It is not just a cloth worn at the wedding day but the attire which symbolizes social ,cultural and economic conditions of the eras just as much as it signifies the changing role of women over the decades.



*Himasha Gunasekera
Textile & Apparel Technology*

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30th General Convocation of the OUSL

2018 is a land mark year in the history of the OUSL as they conferred 3865 degrees at their 30th General Convocation held on the 12th and 13th June 2018. By now the university has produced over thousands of graduates who have contributed to national development through the streams of Engineering, Science, Health Sciences, Education, Humanities and the Social Sciences.

The OUSL offers student-friendly programs to employed people to enhance their skills and also produces employable graduates to serve the nation. A few decades ago, the university pioneered a degree in Nursing for the first time in Sri Lanka.

Today, we offer many indirect services to the medical community through degree programmes in Medical Laboratory Sciences, Pharmacy and Nursing. Our latest ventures are the B.Sc Honours in Psychology, a first of its kind offered in the ODL mode in Sri Lanka and the B.A. Honours in Library and Information Studies offered by the Faculty of Humanities and Social Sciences, another pioneering ODL undergraduate programme.

We proudly congratulate our 3865 graduates and salute all the lecturers from all the faculties as well as the Examination Division together with all the other divisions that combined their efforts to make the convocation a memorable event.

Degrees	No of Awardees
Ph. D	02
M. Phil	02
Commonwealth Executive Master of Business/Public Administration	45
Master of Arts in Development Studies & Public Policy	13
Master of Arts in Teacher Education (New)	04
Master of Arts in Teacher Education (International)	51
Master of Arts in Teaching English as a Second Language	09
Master of Education	12
Master of Business Administration in Human Resource Management	28
Postgraduate Diploma in Education	2591
Postgraduate Diploma in Human Resources Management	18
Postgraduate Diplomain Special Needs Education	59
Postgraduate Diploma in Teaching English as a Second Language	4
Bachelor of Arts in Social Sciences	270
Bachelor of Education (Drama & Theatre)	17
Bachelor of Education (Natural Science)	02
Bachelor of Law	370
Bachelor of Medical Laboratory Sciences	20
Bachelor of Science in Nursing	227
Bachelor of Management Studies	121

Narratives of Success : OUSL Post-grad Scholars



From Left to Right

A.M.P.B. Abeysinghe - Ph.D - Management Studies - Faculty of Humanities & Social Sciences
H.A.R.K. Jayawardana - M.Phil - Botney & Chemistry - Faculty of Natural Sciences
T.N. Fernando - Ph.D - Agricultural & Plantation Engineering - Faculty of Engineering Technology
D.R. Kulathunge - M.Phil - Chemistry - Faculty of Natural Sciences

Mr. A.M.P.B. Abeysinghe **Ph.D (Management Studies)**

Reading for a Ph.D. as a working adult had positive considerations. My work experiences related to both academic and administration inspired me to complete the task. At the same time, I was motivated by my commitments towards professional career and personal goals. My choice of the OUSL was a prudent one. The university offered me a friendly, familiar and hassle-free environment to engage in scholarly concerns. Engaging with three supervisors was an interesting task despite the tedious work towards achieving deadlines. Consulting other experts whose skills, knowledge and experience were required to successfully complete the task was even more interesting. My special thanks to my three supervi-

-sors Dr. (Ms.) B.C. Liyanage Athapattu, Dr. (Ms.) B.G. Jayatilleke and Dr. L. P. S. Gamini for providing the necessary guidance as well as encouragement.

Mrs. H.A.R.K. Jayawardana, **M.Phil - Botney & Chemistry**

I was able to join the Department of Agricultural and Plantation Engineering at the OUSL in 2011 after completion of my first degree at the Rajarata University. However, my primary objectives was to continue postgraduate studies and I began my journey with the Department of Botany at the OUSL as a Research Student under an NSF grant which allowed me to read for an M.Phil research while receiving a stipend. Of course the research was challenging because I had to work with crops, microbes and chemicals.

Sometimes I had to work on weekends but managed to balance both studies and personal life. The biggest challenge at that time was to engage in chemical analysis in the Department of Chemistry—I had only basic exposure to chemistry. Anyway, my supervisors were very supportive. It was hard but with continuous practice and encouragement I was able to publish six full papers, in international journals and citation index journals. I am happy that I completed the M. Phil degree after overcoming many challenges.

Ms. T.N. Fernando
Ph.D, Agricultural & Plantation Engineering

Immediately after ALs I enrolled at the OUSL as an undergraduate of B.Tech.Eng./Agricultural and Plantation Engineering. I fitted easily into the ODL learning mode. As a result I completed the B.Tech. Eng. degree faster. During the latter part of the undergraduate study period, I was contracted as an assistant for PhD research work. Those research activities gave me an opportunity to improve my knowledge enabling me to complete my undergraduate studies well and also to interact with university academics and professionals in government and private institutions. Consequently, I was able to secure a position in an internationally collaborative project sanctioned by the International Atomic Energy Agency through the Atomic Energy Board of Sri Lanka which made me register for the PhD degree programme and complete its research project at a relatively young age. I should express my gratitude to my parents for their patience and support. Also I am grateful to the staff of the OUSL and the staff of the Atomic Energy Board of Sri Lanka for encouraging and assisting me in this endeavour. Finally, I am proud to say that I have built up enough confidence to undertake research work in any project that is relevant to my field of study and am grateful to the OUSL for opening the door for me to succeed in reaching my goals.

Mr. D.R. Kulatunge
M.Phil- Chemistry - Faculty of Natural Sciences

When I seriously considered the idea of reading for a Master of Philosophy I met a Senior Chemistry Professor at the OUSL. He gave me a lot encouragement and advice.

'Life' is all about 'chemistry.' We seek to understand this chemistry, both the physical processes occurring at the molecular level, and the chemical reactions. We also seek to manipulate chemistry as a mode to treat diseases. Medicinally active compounds could improve human health in the treatment of diseases. This is one of the focal points of my study which is based on the wound healing process and understanding its techniques. This research work helped me to improve my academic and critical thinking. The good thing about the Master of Philosophy degree, in my case, is that it helped me to get a promotion!!



Student Narratives: OUSL Gold Medalists & Prize Winners



From Left to Right

- | | | |
|--------------------------------|----------------------------|-------------------------------|
| 1) Mr. K.K.U.H.N. Abhayarathne | 2) Ms. A.S.Rambukwella | 3) Mrs. M.M.G.C. Mannapperuma |
| 4) MS.R.L.Suwani Mihisara | 5) Mr. D.S.M.Fernando | 6) Ms. K.M.W.C.M.Abeyrathna |
| 7) Ms. H.B.C.Perera | 8) Ms.S.A.B.K. Premarathne | 9) Ms. K.M.R.P.Dharamarathna |

Mr. Kirihen Kothalawalage Uditha Harshana Nath Abhayarathne

Nandani De Silva Gold Medal for the best student in Bachelor of Medical Laboratory Sciences – 2017

Donated by: Prof. Nandani De Silva

I have been an active and an enthusiastic employee of Sri Lanka's health sector and joining the OUSL in 2013 opened up new vistas for me. My enthusiasm did not dwindle as I began studying for a degree under the OUSL's time-tested ODL methodology. I selected a suitable credit plan and studied methodically without neglecting my professional commitments. I maintained good results and won the Dean's award twice. I tried to attend lectures whenever possible and made the best use of the OUSL facilities online study and reference materials.

Special thanks go to the academic and non-academic staff of the OUSL whose friendly and kind support made my success possible.

Miss Ayesha Shanika Rambukwella

J E Jayasuriya Gold Medal For the Best Performance in Post Graduate Diploma in Education - 2016

Donated by: Mrs. D Jayasuriya

I am a Science-College-trained Maths teacher and began my career in teaching in 2011. I obtained a degree in Bsc.Natural Science from the OUSL in 2014. This changed the status of my career from a trained teacher to a degree-holding teacher and the need for postgraduate studies became a quest. I came back to the OUSL and selected the Kandy Regional Center as my location of study.

As I began to balance work and study it became apparent that the printed course material was a great inspiration for gaining knowledge. The lecturers were friendly, approachable, and imaginative. Evaluations and assignment feedback helped me grow faster. While studying I became a mother, yet continued my studies smoothly with this supportive system of learning. Thank you all my wonderful lecturers and non-academic staff of the Kandy Regional Center for helping me come this far.

**Miss Mannapperuma Mudiyansele
Gayani Chathurtha Mannapperuma**

KrishanthiWijethunga De Silva Memorial
Gold Medal for Law – 2016
Donated by: Ivor Wijetunge

Placidus Wijeyesekere Memorial Prize for
the Best Student in Land Law - 2016

Donated by: Prof. D S Wijeyesekera

My studies at the OUSL was a challenging, yet refreshing experience which greatly enhanced my knowledge, personality and character. I succeeded in my scholarly endeavors and became a shining star, all of which can be attributed to the hard work and expert guidance of my lecturers in this prestigious university.

**Ms. Rambukkana Liyanage Suwani
Mihisara**

Anura Goonasekara Gold Medal for the
Best Student in Mass Communication in
the BA in Social Sciences – 2017
Donated by: Mrs.J. Goonasekara

Reading for a degree along with my personal and social commitments was the biggest challenge in my life—something I achieved with exceptional success! I was mother and a teacher and now I am a graduate. Life does not stop for me now: my ambition is to become an academic. Thank you very much, OUSL. You redefined my whole life for me.

**Mr. Dimunguwarige Subash Maduranga
Fernando**

Athulathmudali Prize For Jurisprudence
-2016
Donated by : Mr. Lalith Athulathmudali

The OUSL offered me some unforgettable memories. The lecturers were supportive pillars for students. The library was a reservoir of exceptional knowledge. The ODL system created responsible students. The university had diverse socio-cultural settings with students from many parts of the island engaged in many disciplines. Associating with them made me a good team player, with deep respect towards others' cultural opinions. I am really grateful to the friendly environment which the OUSL provided. Because that's what made this journey possible. Finally, being a graduate is not the end it is the beginning of a new journey.

**Ms. Konara Mudiyansele Wallawwe
Chathuri Madhushani Abeyrathna**

Gold Medal for the Best Performance in
Management Studies – 2017
Donated by : Department of Management
Studies

The OUSL offered me a chance to grow both intellectually and emotionally. The academic and the overall student experiences have inspired my personal development through exposure to greater knowledge and diverse social life.

**Ms. Hapurarachchige Bhagya Chanchala
Perera**

H.A. DE. S Gunasekera Gold Medal For
Excellence In Economics In BA In Social
Sciences-2017

Donated by : Prof. S. S.Colombage
The opportunity given by the OUSL for us to pursue our higher studies is remarkable.

As a working mother, I couldn't achieve my academic goals without the flexible learning environment, well structured study program and online learning system provided by the OUSL. I must say thank you to the faculty, administration, lecturers and staff for providing such a good learning environment with their hard work and dedication. I highly appreciate the support, guidance, facilities, encouragement given to us throughout our degree program.



Ms. S.A.B.K.Premarathne

Athulathmudali Prize For Jurisprudence
Donated by: Mr. Lalith Athulathmudali

Before I came to the OUSL I did not know much about the legal field, let alone about the LLB. I learned everything from the lecturers and through the excellent course materials. The Kandy Centre gave me much support. Thank You OUSL .



Miss Kannimi Mudiyansele Rasika Priyadarshi Dharmarathna

Athabasca University Gold Medal for Excellence in BSc Nursing – 2017
Donated by: President, Athabasca University, Canada

Roberta L Carey Prize for Excellence in Nursing - 2017
Donated by: Prof. Roberta L Carey



Chandra De Silva Memorial Award in Nursing - 2017
Donated by: Mr. P L N de Silva

I was unable to enter a conventional university. Yet my dream of being a graduate became a reality with the OUSL. I achieved my goals through self-learning and hard work along with proper guidance from my lecturers. I gained vast knowledge and enhanced my critical thinking ability at the OUSL. Thank you OUSL for giving me the opportunity to become a star.



OUSL LAUNCHES A NEW HONOURS DEGREE IN PSYCHOLOGY

Why do we do what we do is an existential enquiry that has bewildered humankind at all times. Among the disciplines that have attempted to engage this question, one could say that Psychology has provided compelling answers.

The OUSL, as the nation's leading educator of Open and Distance Learning (ODL) mode has taken the initiative to launch a new BSc Honours Degree programme in Psychology, widening academic opportunities for working professionals, adult learners as well as A-level-qualified school leavers. According to the philosopher, Psychologist and the educational reformer John Dewey, "The most important attitude that can be found is the desire to go on learning". Therefore, to continue learning about Psychology and its various subfields, this degree is a veritable opportunity. At the same time, it is an addition to the current repertoire of degree programmes offered by the OUSL in the ODL mode.

Psychology is the study of the mind and body interaction. Exploring the human mind, understanding thought patterns, emotions and behaviours are only some of the interesting topics at the core of the Psychology discipline. Whether it is education, professional practice, research or investigation, the systematic and scientific basis adopted by modern Psychology makes it one of the most desired subjects of study.

In Sri Lanka, due to the ever-growing popularity and understanding of the field, Psychology is gaining recognition as an important field of study, providing career pathways for many in the fields of

education, social services and human resources. There is also a growing need for Psychologists within the local healthcare and school systems. Opportunities in various other subfields of Psychology such as Industrial/ Organizational, Health, Developmental, Counselling, Education, Sports and Exercise are also emerging in the country and overseas.

First Step to a Career in Psychology

Worldwide, an honours degree in Psychology is the first step towards becoming a competent Psychology professional. With the help of the OUSL, not only would a student be able to study towards an honours degree in Psychology in his or her own country, but will have access to a UGC recognized national degree programme of quality, that is also affordable with flexible studying options.

This four-year programme, delivered by the Department of Psychology and Counselling of the Faculty of Health Sciences, is structured according to the Sri Lanka Qualification Framework (SLQF) guidelines. The degree will be offered in the English medium and it is designed to deliver knowledge and basic skills in Psychology through the five main domains of Psychology. The Biological, Cognitive, Social, Developmental and Individual Differences domains are further strengthened by the general domain composing the research methods, statistics, ethics, academic writing and communication skills. Work placement/internship in an applied psychological settings and research are also integral parts of the OUSL's Psychology degree. What can one gain from a BSc Honours Degree in Psychology?



Our basic aim is to develop graduates with comprehensive knowledge in the main theoretical and practical issues of Psychology, applicable to the Sri Lankan context, giving our undergraduates the chance to utilize their knowledge and skills in a chosen industry or obtain further training to become a practicing Psychologist. Studying Psychology can help a learner understand human behaviour and all its advantages and limitations; it also provides them the opportunity and resources to understand and improve the field of Psychology in Sri Lanka.

At the OUSL, studying in the ODL mode will develop skills in becoming an independent learner, managing time effectively for studies and other life events. The wide support provided to learners by the department and the university will ensure that targets are reached continuously for the learners to obtain an Honours degree in Psychology.

For further details:

Please visit our OUSL Home page: www.ou.ac.lk/home

Telephone: 011 2881000 – Ext. 702 / 722

Email: hdpcoun@ou.ac.lk

*Dr. Gayani Gamage and Dayanga Randeniya
Department of Psychology*

TEA : A TREASURE FOR HEALTH & WEALTH



Sri Lankan Tea, also known as Ceylon Tea, carries behind it a heritage and success story like no other. Reputed for its signature taste and aroma, Sri Lanka has become the world's third largest tea exporter. It was as far back as the year 1824 in which the British colonials brought a tea plant from China to Ceylon. In 1867, James Taylor marked the birth of the tea industry in colonial Ceylon by starting a tea plantation in the Loolecondera estate in Kandy.

Sri Lankan Tea is also the cleanest tea in the world in terms of pesticide residue, a fact confirmed by the ISO Technical Committee. Sri Lanka was also the first to achieve the "Ozone Friendly Tea" label recognized under the Montreal Protocol Treaty and is the proud owner of the first Ethical Tea Brand of the world recognized by the United Nations Global Compact. Sri Lanka Tea possesses unique and specific characteristics of quality and taste attributed to geographical origin and unique manufacturing practices.

The tea industry continues to occupy a pivotal position in terms of foreign exchange earnings and employment. Tea export earnings reached USD 1.5 billion in 2011, a historical high figure, contributing 15% to the nation's foreign exchange. Generating 65% of export agriculture revenue, tea industry contributes approximately 2% of island's GDP.



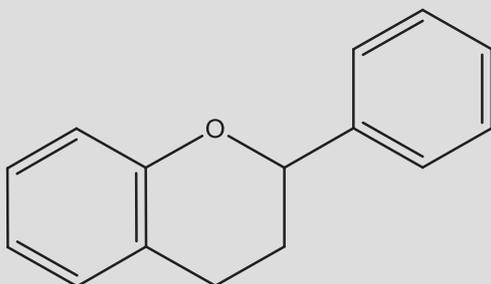
With 2 million employed directly and indirectly 10% of the population of Sri Lanka depends on the industry.

Tea and Health

Tea is considered a healthy drink. But make sure that your 'Tea' is actually 'tea.' 'Real' tea is derived from the plant *Camellia sinensis* and includes only four varieties: Green tea, Black tea, White tea and Oolong tea. Anything else (like herbal tea) is an infusion of a different plant and is not technically tea.

Tea is processed from the tender shoots of the plant *Camellia sinensis*, typically the bud and the first two leaves of the tea plant. 'Herbal Teas' are usually made from plants other than tea and may not have the same taste or health benefits. Tea, though it has almost no calories, contains a surprising number of nutrients (such as vitamins: B1, B2, Niacin, Biotin, Inositol) and medicinal ingredients. Tea is also rich in potassium although its content of sodium (a mineral associated with vascular disease when consumed in large quantities) is very low. This makes tea ideal for people suffering from high blood pressure.

Tea also contains zinc, calcium and manganese. In addition to these nutrients, drinking tea improves dental health because of the fluoride it contains. Fluoride also helps to support bone mineralization. The Flavonoids, which are polyphenols, found in tea are important anti-oxidants, which scour the blood of free radicals that have been linked to cancer and other diseases. Chemically these Flavonoids have the general structure of 15-Carbon skeleton which consists of two phenyl rings and heterocyclic ring. They are water soluble.



Basic Chemical structure of a Flavonoid

10 Tips that encourage you to drink Tea

1. Tea can boost exercise endurance and burn fat as a fuel
2. Tea could help reduce the risk of heart attack
3. The antioxidants in tea might help protect against a boat-load of cancers (e.g. bladder, breast, lung, stomach, pancreatic and colorectal)
4. Tea is high in oxygen radical absorbance capacity which helps destroy free-radicals (which can damage DNA) in body

5. Tea hydrates the body

6. Drinking tea is linked to a lower risk of neurological disorders like Alzheimer's and Parkinson's

7. Tea might provide protection from UV-rays by acting as a back-up sunscreen

8. Tea could keep waist circumference in check

9. Regular tea drinking might counteract some of the negative effects of smoking (good news, but not a justification for smoking cigarettes)

10. Tea could be beneficial to people with diabetes

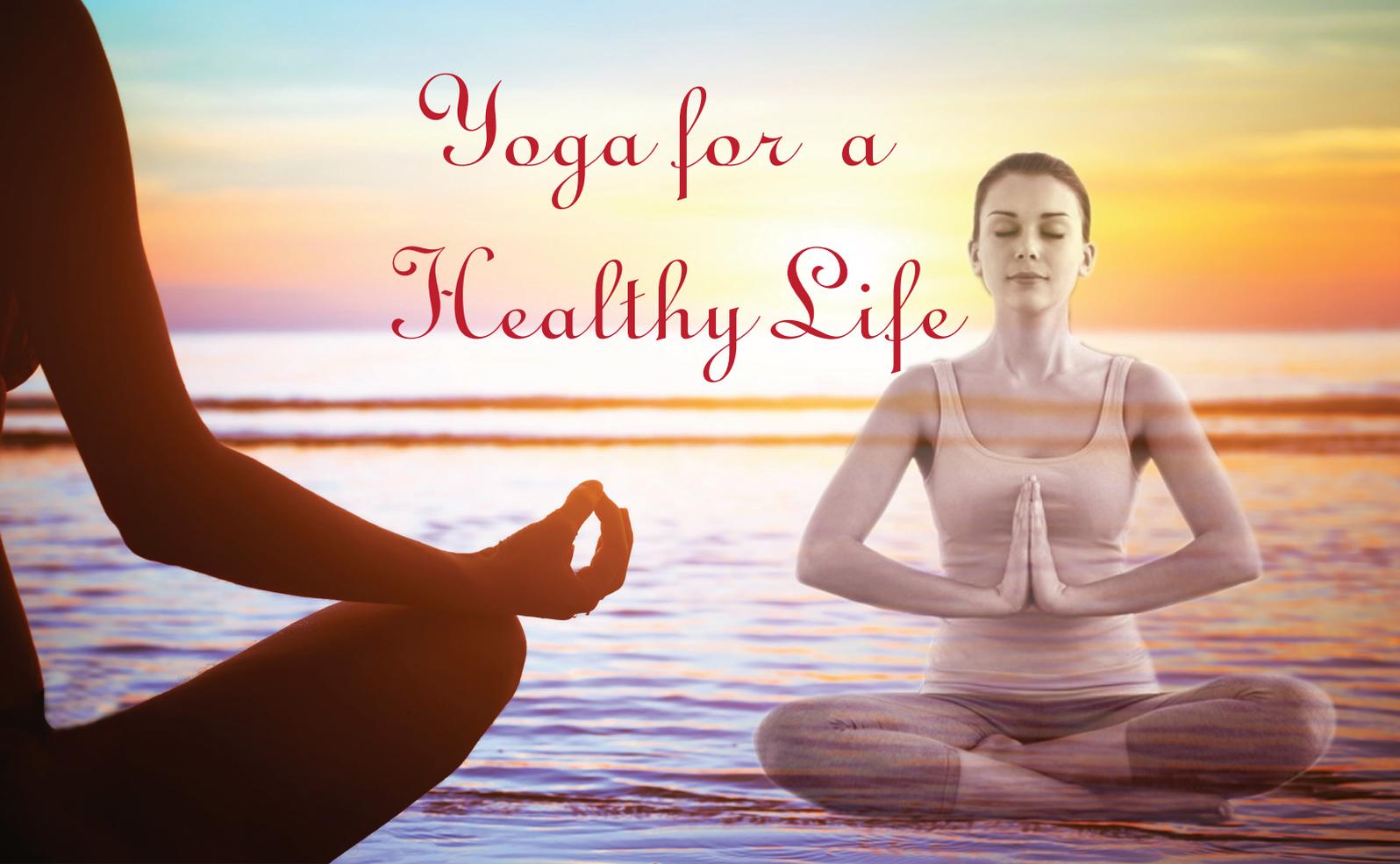
Tea Grades

Sri Lankan Tea is divided into various grades. These grade names are an indication of size or appearance of the manufactured leaf and not of its quality. There are different systems for tea grading, but one particular system, using letters, is in fairly widespread use.

For eg FOP- Flowery Orange Pekoe, BOP- Broken Orange Pekoe, BOPF- Broken Orange Pekoe Fanning, BOPD - Broken Orange Pekoe Dust. Among these BOPF is very common. It indicates the leaves are neat and clean and without any fine dust present. Tea has less caffeine than coffee. Coffee usually has two to three times the caffeine of tea. An eight-ounce cup of coffee contains around 135 mg of caffeine; tea contains only 30-40 mg per cup. If drinking coffee gives you the jitters, causes indigestion or headaches or interfere with sleep, switch to tea. Though most research on tea is highly positive, it is not all definitive. So keep in your mind too much of anything is bad for you.

Professor K. Sarath D. Perera & Kanishka De Silva,
Department of Chemistry,
Faculty of Natural Sciences.

Yoga for a Healthy Life



“Yoga Chitta–Vrithi Nirodha”

(Yoga is the inhabitation or the modification of the thoughts in the mind) - Patanjali

With the International Day of Yoga celebrated on 23rd of June each year, I thought of writing on an aspect of yoga that we tend to neglect. Most of us understand yoga as a form of exercise that endures physical strength, flexibility and spirituality. Even if this is true to some extent, it is not the whole truth. The breath is central to the creation of the balance between the mind and the body.

Before explaining this, let us try to understand the definition of yoga. The word yoga consists of three elements: Samyoge, Samayamne and Samadhi. These three elements suggest that yoga is the controlled balance between the mind and soul or the interrogation of the mind with the union of the soul. Yoga is, therefore, the understanding of what is going in our minds; how the mind is affected by the ego; and how that reflects our own perceptions about ourselves.

Yoga as a practice of postures and breathing was found more than 4000 years ago by learned sages in India which has now gained worldwide popularity due to its multiple benefits to live a balanced and fulfilling life.

So how do we see our-selves?

Most of us (all of us!) are engrossed in our busy lives, and do not see our self at all. Come Monday morning we see our bosses either with their happy or unhappy faces or your colleagues /staff if you happen to be their boss! We see our wives, our husbands, children, friends or foe throughout the day. Our landscape may change but when do we see our-self? Of course we do see ourselves in the mirror a few times a day. To see if our hair is out of place, to see if we are tired, we check our exterior from time to time and have the satisfaction that all is good. But do we notice anything else, unless we are sick? Then we are quite keen on the body and bodily sensations. Otherwise we keenly see the exterior world...the world beyond our own central orbit.

Look at your 'self'

How many times do you breathe in a day? Have you ever felt the breath changing due to our emotions? Excitement, Happiness, Pleasure, Sadness, Tension, Anger, Fear, Pain. Is it important to notice how you breathe? What happens to our breath in these continuous moments of change? It contracts: the percentage of the air supply to the body changes. We take long breaths, deep breaths, short breaths; this creates a different temperament in our mood, our hormones and the wellbeing.

The need to look after your breath

In the practices of yoga asanas (postures) the breath is central. As we breathe we ensure that the full benefit of the postures is experienced, and the total benefit is reaped. However, the practice of asanas or postures is not the only way to experience breathing. The purpose of the Pranayama is to gradually control the breath, which is of an involuntary nature. Pranayama in yoga is specifically designed to pay attention to the breath. By paying attention to the breath one learns to pay attention to the present moment and thereby controlling the thoughts (vrithi) which flow into the mind, the formations and the inhabitations of the mind, which create tension and stress of living. By practicing pranayama or attentive breathing, one can help reduce the tension in the mind, which directly impacts the stresses in the body. Thereby Pranayama directly helps in addressing non-communicable diseases which are caused mainly by the imbalance caused by the challenges of everyday living such as hypertension, diabetes, cholesterol, asthma, depression, and migraine etc. Studies show that yoga can reduce fasting blood glucose (FBG) and glycosylated hemoglobin A1c (HbA1c), as well as improve the lipid levels and quality of life of type 2 diabetes mellitus patients (Singh S, Kyizom T, Singh KP, et al. 2010). The benefit of yoga on cardiac diseases is now well rec-

-ognized. "A large number of studies show that yoga offers benefits to many aspects of cardiovascular health," says Hugh Calkins, M.D., Director of the Cardiac Arrhythmia Service at John Hopkins. "There's been a major shift in the last five years or so in the number of cardiologists and other professionals recognizing that these benefits are real" according to the journal, John Hopkins Medicine of 2017.

How to practice Pranayama

Pranayama can be practiced anytime, anywhere and at any time of the day. All you need is a bit of quietness. For beginners, I would recommend Anulome-Vilome.

Anulome-Vilome

This is focusing on the simple inhalation and exhalation of the breath. Sit still (even at your desk!) close your eyes. Take a few breaths. Close your right nostril with your thumb and place your index and middle finger on your forehead. Inhale from the left and exhale from the right. Then inhale from the right and exhale from the left. Keep going, concentrating on the movement of the breath going in and out of the nostril. Once you do a few rounds you will be relaxed and focused. In the next few rounds you will notice the movements of the body. The breath contracting as it goes through your body. The retention of the breath (kumbhaka) by closing both nostrils can be experienced once you are familiar and comfortable with the system.



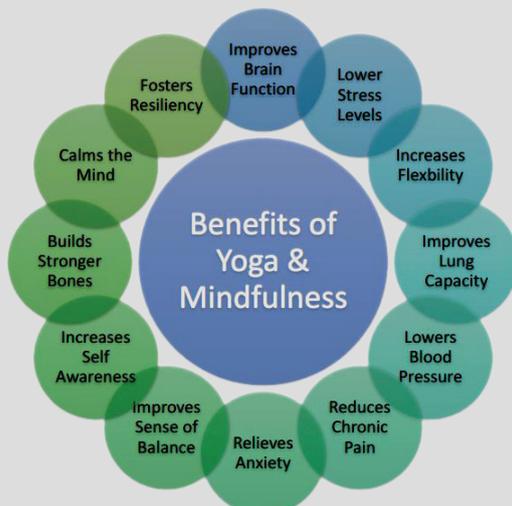
Benefits

Emotional balance
Relaxation of the mind
Overcome fears and anxiety
Control of thoughts and mind
More in control of the 'self'

Suriyabedhan

In this pranayama, we still need the same bit of quietness. Seated posture, a crossed leg (lotus position), is recommended; but if you are comfortable on a chair, go ahead. The nose has two distinct parts in yoga and ayurveda. The 'sun side' is the right and the 'moon side' is to the left of the nose. Suriyabedhan concentrates on the right nostril which is the 'sun side' (suriya), it is also known to generate more heat than the left nostril.

Keep the spine straight. Relax— take a few breaths. As before keep the index and middle finger on the forehead between your eyes and close the left nostril. Inhale from the right. Now close both nostrils. (This is called Kumbhaka; and do not hold the breath beyond your capacity!) and exhale from the left. In this pranayama you only inhale from the right and exhale from the left. The right side, which is the 'sun side,' is stimulated. Beginners can practice without holding the breath until they are comfortable with the technique. Keep doing several rounds.



Then slowly introduce the Jalandhar Bandh, which is bringing your chin towards your neck, while both nostrils are closed. Bandhs are introduced to help stimulate hormones and this one in particular stimulates the thyroid gland, which is the master of all hormones – a key gland in our system!

Benefits

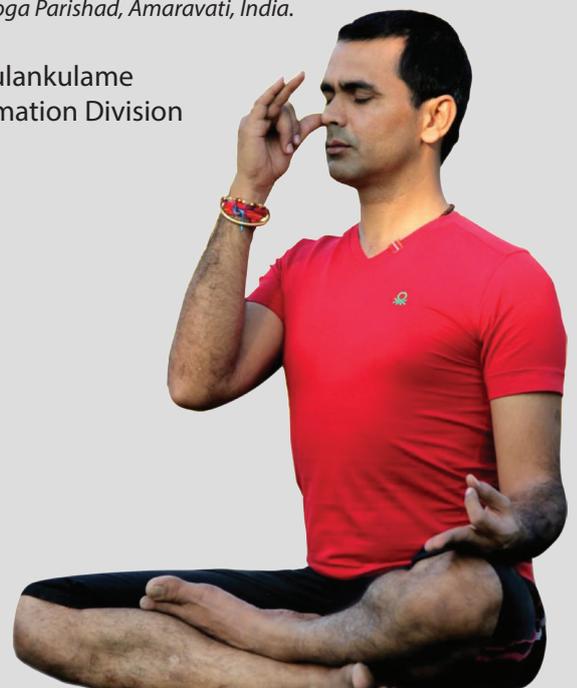
Help unblock stuffiness (phlegm in the nostril)
Deep awareness and concertation on the breadth
Stimulates the thyroid gland

All the pranayama practices have profound benefits to both the physical and mental status of the mind. However, they should be performed with care. Those who have a medical history such as hypertension should not over exert and it all ways wise to consult your doctor before any exercises programme is undertaken.

The daily practice of yoga with a combination of asanas and pranayama reaps multiple benefits. Once you practice this over a period of three to four months the results can be seen. Yoga increases life expectancy. Life can be fully experienced in its totality every day in the present moment.

The writer is a certified yoga trainer from the Bruhan Maharashtra Yoga Parishad, Amaravati, India.

Dr. Indikā Bulankulame
Public Information Division



Disguise

I hadn't realised that
each time I did not 'receive'
that I really received
in abundance;
When so much was 'taken'
from my lot,
that I had actually been showered
with so much that
I could not have ever believed possible;
Each denial, a sheer blessing in disguise:
mighty sorrows of sadness
only the tallest pillars of strength and pride;
How could it have been possibly mistaken for
loss,
defeat
or failure?
When it had all been about the true spirit of victory and joy....



Kanchana Sujananie Bulumulle
Department of Social Studies



“உயரம்”

நீயாக நான் இருப்பதால்
கொக்கன், நெடுநாரை, நெடும்பனை எனப்
பட்டங்கள் பல சுமந்தேன்

நீயாக நான் இருப்பதால்
ஒவ்வொரு வகுப்பிலும்
கட்டாயமாக கடைசி
வரிசையில் அமர்த்தப்பட்டேன்

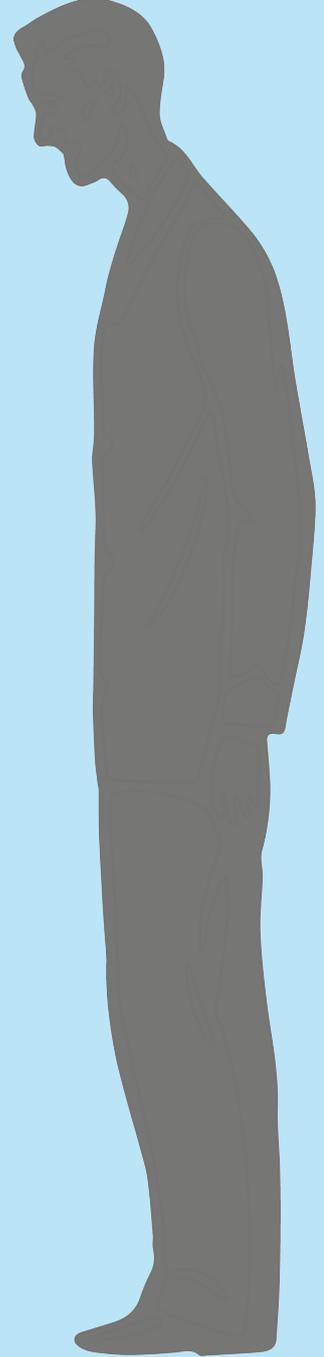
நீயாக நான் இருப்பதால்
எட்டாம் வகுப்பிலேயே
காவல் அரண்களில் இறக்கப்பட்டு
அடையாள அட்டையைக் காட்டுமாறு
வற்புறுத்தப்பட்டேன்

நீயாக நான் இருப்பதால்
'என்னிலும் பார்க்கப் பெரிய ஆள் நீ
வீட்டுப் பாடம் செய்யிறதாக்கென்ன?'
கட்டைக் கண்பதி வாத்தியிடம்
கன்னம் கன்னமாய் அறை வாங்கினேன்

நீயாக நான் இருப்பதால்
நண்பர்களுடன் விளையாடுகையில்
'டேய் சின்னப் பிள்ளையோடை
விளையாடாதை
போய்ப் பெரியாக்களோடை விளையாடு'
விளையாட்டுத் திடல்களில்
பெரிசுகளால் துரத்தப்பட்டேன்

கோவில்களில் சனக்கூட்டங்களை
விலத்தி
தூர நின்று சுவாமியை நின்றபடி
கும்பிடவும்
சன நெருக்கம் மிக்க மீன் கடையில்
எட்டி
'அண்ணே ஒரு கிலோ இறால்
போடுங்கோ
என்று வாங்கிப் போகவும்
நீதானே எனக்குதவுகிறாய்

- தேவராசா முகுந்தன்



பெற்றோர் தம் கடமை உணர்வீர்

புரட்டிப் பார்க்கும் பத்திரிகை எங்கும்
தேடிப் பார்க்கும் இணையம் எங்கும்
செவிமடுக்கும் ஒளி ஒலி அலைவரிசை எங்கும்

நித்தம் நித்தம் தற்கொலை செய்திகள்...
உயிர் துறக்கும் வழிமுறை வேறான போதும்
உயிர் பிரியும் வலி ஒன்றேயென்று நெஞ்சம்
கனக்கிறது!

இளைஞர் யுவதிகளின் தவறான முடிவுகள்
வெறும் செய்தியாகத் தோன்றவில்லை எனக்கு...
அவ்வுயிரைக் கருவில் சுமந்துபெற்ற அந்தத்
தாய்மையின் வலி...
வாழ்வினை அவ்வுயிர்க்காகத் தியாகித்த அந்தத்
தந்தையின் வேதனை...
வானவில் கனவுகள் கோடி வாழ்வினில் சுமந்த
அந்த உயிரின் தோல்வி...
என ரணங்களின் பல பரிணாமங்கள்
என் கண் முன்னே விஸ்வரூபம் எடுக்கின்றது...

விளைவு
என்கருவறை கனப்பதை - என் தாய்மை
துடிப்பதை
என் கன்னத்தில் வழியும் கண்ணீர்
பறைசாற்றுகின்றது!
இதன் காரணம் யாதெனக்கண்டு - தீர்வு காண
என் பகுத்தறிவு விளைகின்றது...

இளம் காதல் தந்த தோல்விகள்
தன்னம்பிக்கை தகர்த்த பரீட்சை முடிவுகள்
வானிடயாய் இறங்கிய ஏமாற்றங்கள்
பாசம் காணாமல் மனப்பாரம் தாங்காமல் வந்த
மனச்சோர்வு
ஒப்பீடுகள் விளைவித்த தாழ்வு மனப்பான்மை
சிதைத்த நம்பிக்கையும் உருவான
முன்கர்ப்பங்களும்
என அனுமந்தவாலாய் காரணங்கள்
நீள்கின்றன...

ஆயினும் ஒன்று புரிகின்றது
இளையவர் வளர்ப்பில் இன்னும்
பெற்றவர் பொறுப்பு தேவையே எனப்
பகர்கின்றது!
பெற்றோர் தம் கடமை உணர்வீர் என
ஆரோகணிக்கின்றது!

க.சிவசங்கரி
மானுடவியல் சமூகவிஞ்ஞான பீடம்

கரை புரளும் நதியாய் கவலைகள்
வந்தாலும் எதிர்கொள்ளும் தைரியம்,
தோல்விகளைத் துடைத்து வெற்றி நோக்கி
வீறு நடைபோடும் நெஞ்சம்,
வாழ்வினை எந்தவோர் கட்டத்திலும்
போராடிப் பார்க்கும் துணிவு,
பிள்ளைகள் மனங்களில் துளிர்க்கச்
செய்யுங்கள்...

வெற்றிகளைப் பாராட்டவும் தோல்விகளில்
தோள் கொடுக்கவும் மறவாதீர்!
நீங்கள் கடந்து வந்த முட் பாதையில்
அனுபவங்கள் அவர்களுக்கும் பகிருங்கள்!!

யார் வாழ்க்கையையும் வெற்றியும் -
சந்தோஷமும்
மட்டுமே நிரப்பவில்லை என்ற உண்மையை
எடுத்துரையுங்கள்...

வாழ்வின் எந்தவோர் கஷ்டமும்
நிரந்தரமில்லை,
எந்தவோர் வேதனையையும் காலதேவன்
ஆற்றுவான்
என்ற நிஜங்கள் அவர்களுக்கும்
புரியட்டும்...

இரவுகள் யாவும் விடிந்தாகும் என்பது
விதியாயின்
துயரங்கள் யாவும் தீரும் என்பது
நம்பிக்கையாகும்...

அவர்தம்
மனங்களில் நம்பிக்கை ஒளி ஏற்றுங்கள்...
இதயங்கள் அன்பில் பரிபூரணமாகட்டும்...

சமுதாயம் மீது பயம் துறந்து நம்பிக்கை
கலந்து வாழப் பழகுங்கள்...
பெற்றோர் தம் கடமை உணருங்கள்...



කප්පරක් කඳු මැදින්

සිඳි යන සිඳු ගැඹර
දැස් අග රැඳී අරම
දෝරේ යන ගඟ ඉවුර
පැලේ පිල හමු වේද

වැසි වලා විසරුවට
රළු පරළු පස් ගොඩට
තවත් බිල්ලක් නොවී
හැරයාමී සේසතම

පන්සලේ බණ පදය
සන්ටාර හඬ මැදට
ඇඳිවතට දරා අතට
නොගිය පාසල් යන්න

මුල්ලකට ගුලි වෙන්න
පෝලිමට සරි වෙන්න
විපරිත කාලයයි
අපරිත ලෝකයයි

කන්දේ ගල් ලෙහි ලෙහි
සිත පතුලේ බැමි බදී
දස මහා යෝදයන්
නොසැදූ නොදන්නා
මගේ සිත මම දනී

පැලේ පිල සෙවිලි ටික
ඔතාගෙන ලැබෙනටික
යළි සදිමි යළි නැගෙමි
කප්පරක් කඳු මැදින්

ගයානි ගමගේ
සෞඛ්‍ය විද්‍යා පීඨය

ලෝදම.....

හිමිව අහිමිව
දිවි සෙවණ යට
හොඳ නරක
දෙක සමව විඳිමින්
විටෙක පැසසුම්
ලැබූ මුත් සැම
විටෙක ලැබ දෙයි
ගැරහුම් ද නෙක
සැප ද දුකමය
දුක ද සැපමය
ලැබුම ජීවන මංතලාවක
ලෝ දහම තුළ
රැඳිය යුතුමය
ජීවයක් රැඳී
සකල ප්‍රාණය

රිෂානි උපේක්ෂා
ගණිත අධ්‍යයන අංශය
ස්වාභාවික විද්‍යා පීඨය

