

THE OPEN

QUARTERLY

i/2016

**Reading, is
'the most delightful habit
in the world'**
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with Retinoic acid**
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*"my passion was
to teach or share
the knowledge...
Probably teaching
was in my blood"*
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the AAOU 2015

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Prof Karunanayake

Wins for OUSL Students at;
Henry Dunant Memorial
Moot Court National Competition
Gold Award
for the Best Invention
Manamperi Award
and the
"Best Costume Designer"
at Stylish Marketer

A New Study Centre
for Mullaitivu

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The Open University of Sri Lanka



THE OPEN UNIVERSITY OF SRI LANKA
CALLING FOR APPLICATIONS IN THIS QUARTER

Programme	Issuing Applications
MA in Teaching English as a Second Language(MA in TESL)	February/March
Beginners Course in Korea	March
Certificate in Social Sciences	March/April
Diploma in Youth in Development	March/April
Bachelor of Arts in Social Sciences	March/April
Post Graduate Diploma & Masters in Development Studies & Public Policy	March
Bachelor of Laws	December/January
Master of Laws (LLM) in Criminal Justice Administration	December/January
Commonwealth Executive Master of Business Administration/Public Administration(CEMBA/CEMPA)	December/January
Certificate in Preschool Education	December/January
Short Course on Inclusive Education	January
Short Course on Teaching Children with Learning Difficulties	February
Short Course on Teaching Children with Learning Disabilities	January
Diploma in Microbiology	December/January
Certificate in Computer Networks & Security	April
Certificate in Wildlife Conservation and Management	April
BSc (Nursing)	January/February
B. Pharmacy	January/February
BMLS	January/February

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Buddhist Society Donates
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THE OPEN QUARTERLY

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THE OPEN UNIVERSITY
OF SRI LANKA

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With the dawn of 2016, when the year is new, we have gathered to bring back something that we missed, but never forgot: the OUSL newsletter. We wanted to add something more, something fresh, colourful and vibrant. We wanted it to have something for everyone, for those inside and outside the OUSL community. We believe that knowledge should be shared among all, those within the university and outside. The subject matter should be made simple across all literacy levels. Ideas should be argued, and never isolated, to bring out the best and to make them better. These thoughts motivated us to make a new beginning for the OUSL newsletter.

If we are to define our university in one word, what would it be? We believe that the best, most appropriate, and simplest word to describe our university would be "OPEN." Further, we are the only institution at national level, with international recognition, that is fully committed to Open and Distance education. This is why the university community and other communities recognize us as "OPEN". On these grounds, we have named our new quarterly publication "The Open Quarterly". In addition to news and information from our university, The Open Quarterly will carry articles and features covering a variety of subjects and issues. In addition, it will share the latest findings and updates from various disciplines from all communities and people.

We sincerely believe that The Open Quarterly will facilitate our vision to be the premier Open and Distance Learning institution in Asia through excellence, efficiency, and equity in lifelong learning.

Sameera Tilakawardana

OUSL creates waves at the AAOU 2015



With the rapid advancement in technology for learning, there are plenty of opportunities for ODL institutions to explore and expand the capability of ODL as a vehicle for capacity and knowledge building. Attending a conference is an important occasion for researchers to share their knowledge and use the opportunity to make contacts to initiate more collaborative research. New Frontiers in Open and Distance Learning was the theme for the AAOU 2015 conference. The AAOU Conference facilitated knowledge sharing among participants.

24 OUSL staff members participated at the 29th Annual Conference of the Asian Association of Open Universities (AAOU 2015) that was hosted by the Open University Malaysia (OUM) from 30th November to 2nd December 2015. In total, 26 research articles were presented by OUSL participants at the conference, and of these 2 papers each were selected as Finalists for Best Paper Award and Finalist for Best Practice Award.

In parallel to the main Conference, the general meeting of the AAOU was also held. Prof. S. A. Ariadurai, the Vice Chancellor of OUSL, and Prof. J. C. N. Rajendra, the Director of the International Academic Relations Unit of OUSL, represented OUSL at this meeting.

Prof. Lekamge leads the way at the UNESCO Regional Experts Meeting

The UNESCO Asia and Pacific Regional Bureau for Education had organized the Regional Experts Meeting on 'Assessing Gender Issues in Pre-service and In-service Teacher Training in Asia' in Thailand on the 19th and 20th of November 2015 as a part of UNESCO Bangkok's Five-year project on "Enhancing Girls' and Women's Right to Quality Education through Gender Sensitive Policy Making, Teacher Development and Pedagogy".

The target countries of this project are Sri Lanka, Cambodia, Myanmar, Nepal, and Uzbekistan.

Prof. G.D. Lekamge, Professor of Secondary and Tertiary Education at the Faculty of Education participated at the meeting as the team leader of the Sri Lankan group.

ICDE Prize for Prof Karunanayake



Prof. Shironica P. Karunanayaka of the Department of Secondary & Tertiary Education of the Faculty of Education received an International Council for Open and Distance Education (ICDE) Prize for Innovation and Best Practice at the 26th ICDE World Conference, which was held at Sun City, South Africa, from the 14th to the 16th of October, 2015. She received the prize for the paper she presented titled "From OER to OEP: Shifting Practitioner Perspectives and Practices with Innovative Learning Experience Design, with Som Naidu, J.C.N. Rajendra, and H.U.W. Ratnayake

President's Awards for Prof. Senadeera



Prof. G.K.R. Senadeera was awarded by President's Award for Scientific Publication 2013, for his Publication in Solid State Physics. It was held on 18th November 2015 at Waters Edge Hotel Battaramulla. The ceremony was graced by His Excellency the President Maithripala Sirisena and Hon. Minister of Science, Technology and Research Susil Premajayanth. This year 210 Sri Lankan scientists with a Sri Lankan institutional affiliation received awards for their research published in 2013.

Photograph of Former Dean Unveiled



As a tribute to its former Dean, the Faculty of Natural Sciences held a ceremony to unveil the photograph of Prof. (Mrs.) S. S. Iqbal on the 04th of December 2015 at 9.30 am in the Board Room of the Faculty. She was the 08th Dean of the Faculty and held the Deanship from October 2012 to October 2015.

Prof. (Mrs.) L. K. Senaratna welcomed all participants to the ceremony. The Chief Guest, Prof. S. A. Ariadurai, the Vice Chancellor of OUSL unveiled the photograph of Prof. (Mrs.) S.S. Iqbal, and addressed the participants. The ceremony was also graced by the presence of the Deputy Vice Chancellor, Registrar, Bursar, Deans of other Faculties, Directors of different administrative units of the University, Elected members of the Faculty Boards, Heads of Departments and all academic, academic support, and non-academic staff members, including the staff of Regional Centres of the Faculty, the Senior administrative officers of the University, and distinguished invitees.

Prof. (Mrs.) S. S. Iqbal addressed the gathering and shared her experiences during her tenure as the Dean of the Faculty. The ceremony was successfully concluded with the Vote of Thanks proposed by Ms. C. Y. Munasinghe, the Assistant Registrar of the Faculty, which was followed by refreshments.

Creating Professionals through OER in Teacher Education

The Department of Secondary & Tertiary Education of the Faculty of Education is currently implementing a major research project to investigate the impacts of integrating Open Educational Resources (OER) in educational practice of secondary school teachers, in terms of changes in the quality of teaching-learning materials that teach-

ers use and the changes in their pedagogical perspectives and practices. This study is carried out with the aid of a grant from the International Development Research Centre (IDRC), Ottawa, Canada, through the Wawasan Open University (WOU) of Penang, Malaysia, as part of the Research on Open Educational Resources for Development (ROER4D) programme.

The project team is led by Prof. Shironica Karunayaka and is engaged in a series of activities that are conducted at 9 OUSL Centres - Colombo, Kandy, Matara, Anuradhapura, Batticaloa, Jaffna, Badulla, Kurunegala, and Ratnapura -, representing the 9 provinces of the country, for student teachers of the Postgraduate Diploma in Education (PGDE) Programme. It is anticipated that the participant student teachers will develop competencies in adopting and creating OER in their profession and in the sharing and using of freely available quality learning materials in an innovative manner, and thus becoming effective professionals.

Department of Language Studies Launches DELL

The inauguration ceremony of the Diploma in English Language and Literature (DELL) Programme, offered by the Department of Language Studies was held on the 02nd of December 2015. The ceremony was presided by Prof. K. B. Guneherath, the Deputy Vice Chancellor, who was the Chief Guest, and Prof. Camena Guneratne, the Dean of the Faculty of Humanities and Social Sciences, and Dr. Vivimarie Medawattegedera, the Head of the Department of Language Studies.

Prof. Guneherath warmly welcomed the large gathering of students and staff that were present. He pointed out that in the current global context, effective communication in the English language is a vital skill that must not only be acquired, but well developed, and said the DELL Programme is specially prepared to enable students to become competent users of the English language. Prof. Guneratne drew attention to the literature courses that are part of the programme and encouraged students to seize the opportunity to expand and develop their critical thinking by delving deep into the literary texts assigned in these courses. Dr. Medawattegedera assured students that she and the teaching staff are ready to give their fullest support to ensure that students will receive the needed instruction and assistance to reach a high level of accomplishment.

Inauguration of the Faculty of Health Sciences



The Faculty of Health Sciences, the newest and fifth Faculty of OUSL, was ceremonially inaugurated on the 14th of August 2015, amidst a distinguished gathering. The Chief Guest at the occasion was Dr. Vijitha Nanayakkara, the former Vice Chancellor of the OUSL. Prof. S.A. Ariadurai, the Vice Chancellor, and Prof Nalini Ratnasiri, Emeritus Professor and the Founder Head of the Department of Health Sciences, were the guests of honour.

The Faculty of Health Sciences currently offers ODL programmes that lead to qualifications in Nursing, Medical Laboratory Sciences, and Pharmacy degree qualifications. These programmes aim to create competent and skilled personnel who are capable of assuming leadership positions, both in the academic and clinical sectors.

Annual Academic Sessions 2015



The OUSL Annual Academic Sessions 2015 was successfully held on the 19th and 20th of November 2015. 54 papers were presented over the two days of the academic sessions, which were selected from the total of 84 extended abstracts that were received, of which 26 were from researchers outside OUSL. Prof. Tuley De Silva and Prof. Narada Warnasuriya delivered the keynote addresses.

A New Study Centre for Mullaitivu



The OUSL ceremonially declared open its 18th Study Centre in Mullaitivu on 28th September 2015. It is situated at Puthukkudiyiruppu.

The Government Agent of Mullaitivu and the District Secretary, Mrs. Ketheeswaran was the Chief Guest at the ceremony. The Vice Chancellor of the OUSL, Prof. S.A. Ariadurai was the chairperson.

Mr. R. P. Wijewardana, Member of the Board of Directors of RAHAMA FORUT International, participated as a special guest with two more guests: Mr Pirathapan, Divisional Secretary, Puthukkudiyiruppu and Mrs. Malini Weniton, Zonal Educational Director, Thunukkai.

The Deputy Vice Chancellor, Prof. Kamal Bandara Gunaherath delivered the keynote address. The Deans, Heads of Departments along with the OUSL Bursar Mr. Wickramasingha and the Registrar Mrs. Vindya Jayasena, Assistant Registrars, Directors, Assistant Directors, Academic and Administrative staff and non-academic staff of the OUSL, distinguished invitees, teachers, parents and students from the Puthukkudiyiruppu Central College participated at the event.

The land and the dilapidated buildings for the Study Centre were donated to the OUSL by Puthukkudiyiruppu Central College. RAHAMA FORUT International renovated the building. The GA Mullaitivu officially intervened to facilitate the donation of the renovated building and the land.

OUSL Student Wins the Gold Award for the Best Invention in the Field of Communication



An undergraduate of the Department of Physics, Mr. M.C. Nuwan, overcame stiff competition from other national universities to win the coveted Gold Medal for the Best Invention in the field of communication at the Sahasak Numavum 2015 National Invention and Innovations Exhibition organized by the Sri Lanka Inventors Commission.

The theme of his invention was 'Touch Screen Technology Based on Acoustic Pulse Localization' through which he explores the possibility of creating an energy-efficient, compact, and cost-effective alternative to the widely used Capacitive and Resistive Touch Screens.

Manamperi Award for OUSL Student



Y. A. I. Yatawara, a student of the Department of Electrical & Computer Engineering, won the prestigious Manamperi Award 2014 for the Best Inter-University Final Year Undergraduate Project in Engineering at a colourful ceremony recently held at the BMICH. This is an accolade given annually, for the inter-university best undergraduate project, by the Sri Lanka Association for the Advancement of Science (SLAAS). This is the first time an OUSL student won this award. He overcame serious competition from several other universities to win the award. Anusha received the award from the Minister of Science, Technology, and Research, Susil Premajayantha.

The project, titled 'Automated Rubber Tapping Machine (Latex Tapper)', was completed as a part of Anusha's B.Tech final year project at the Department of Electrical & Computer Engineering and was supervised by Senior Lecturer Mr. Nuwan Balasuriya. The project was partially funded by a grant from the ERU research fund.

The project is to develop a fully-automated rubber-tapper machine that can move from tree to tree and tap rubber. This is the first stage of a two-stage project. Under this stage, an automated rubber tapper was developed that can automatically tap a single rubber tree. During the next stage, a mechanism will be developed to move the tapper from tree to tree. It also has the capability to detect aspects such as the thickness of the cut and the trajectory of the cut, and place the new cut accordingly. This machine can also remove and collect clogged latex, commonly known as ottapalu. This could be the first fully-automated rubber tapper in the world.

In Sri Lanka, and also in other countries like Thailand and South India, there is a severe shortage of labour for rubber tapping and most of the rubber estates remain untapped. This will be a timely solution for this issue.

OUSL Law Students Placed Runners Up at the 15th Henry Dunant Memorial Moot Court National Competition



A team of Law students from the Department of Legal Studies Department were placed Runners Up at the 15th Henry Dunant Memorial Moot Court National Competition (English) 2015. The competition was organized by the International Committee of the Red Cross (ICRC) Delegation and was held in Colombo on 3rd September 2015. The OUSL team entered the finals after a preliminary level of competition between six leading law universities and law schools in Sri Lanka. The team

will go on to represent Sri Lanka at the Henry Dunant Memorial Moot Court Regional Competition that is to be held in Pakistan.

The OUSL Team comprised of three law students, Niranjala Wijesinghe (Speaker), Lakmali Bhagya Manamperi (Speaker), and Jinani Hathurusinghe (Researcher). Lakmali Bhagya Manamperi won the Best Advocate award. The team advisor was Edirimuni Nadeesh Rangana De Silva, who is a lecturer in the Department of Legal Studies. Ms. Yasodara Kathirgamathamby, the Head of the Department of Legal Studies, and all the other staff of the department gave their utmost support to work towards this achievement.

Congratulations to the OUSL Law Students' Team for their excellent performance!

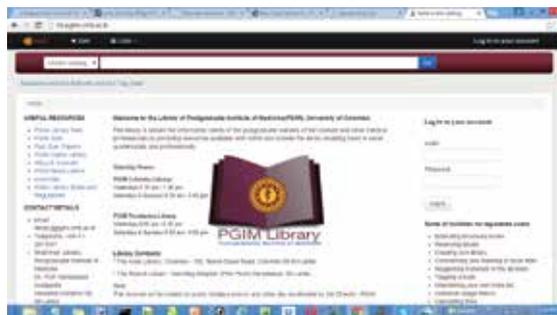
OUSL Student Awarded "Best Costume Designer" at Stylish Marketer



Stylish Marketer is an annual event organized by the Department of Marketing of the University of Kelaniya. The "Best Costume Designer" Award is awarded to a university student studying Fashion Design in Sri Lanka. This year's event was held on the 17th of November 2015 at the BMICH.

10 designers were selected for the final round and two students of OUSL, H. G. Chathurika Madubashini and H. M. Prasangika Madushani, were selected for this final round. The participants had to design 4 costumes for a European apprentice under the theme of "CHESS". The "Best Costume Designer" Award was finally won by H. G. Chathurika Madubashini who is a studying Fashion Design and Product Development at OUSL. She said the knowledge she acquired from OUSL was a big help to win the award and she was proud of the victory she had secured on behalf of her university.

OUSL Supports the Automation of Other Libraries



The OUSL Library has shared their knowledge and experience in the automation of library functions with more than 10 libraries from different sectors in Sri Lanka, which included the Colombo Public Library, the Postgraduate Institute of Medicine, and the Library of the Department of Census and Statistics. These projects of sharing information were conducted through OUSL CERC.

Vice Chancellors Prof. Lakshman Dissanayake, of the University of Colombo, and Prof. S. Ariyadurai, of OUSL recently launched the automation system of the library at the Postgraduate Institute of Medicine (PHIM) of the University of Colombo.



OUSL Supports Children with Special Education Needs

The Support Centre for Children and Adolescence at Risk (SCCAR) is now providing a free assessment service and early intervention programme for children with special education needs as a community support service.

Buddhist Society Donates Medicines to the National Cancer Hospital



The Buddhist Society of OUSL donated medicines to the Director, Cancer Hospital, Maharagama, on the 19th of October 2015. The medicines were for children with cancer who are patients at the National Cancer Hospital. The donation was made possible by contributions from university staff.

With the help of Dr Damayanthi Peiris, a Consultant Oncologist at the National Cancer Hospital, Meronum (1g) vials worth Rs. 200,000.00, Trauma Infusion sets worth Rs. 50,000.00, and Heparin Vials worth Rs. 75,000.00 were donated.

The OUSL Buddhist Society hopes and plans to continue this activity annually.

Free Medical Camp by the Welfare Society



A free medical camp for OUSL staff members was organized by the Welfare Society of the OUSL at the Faculty of Health Sciences from the 29th of September to the 17th of October 2015. The camp offered free consultations on general medicare, a vision check, a dental clinic, and the national cancer control and nutrition programmes.

News from the regions

**Award Ceremonies at
Colombo Regional Centre
Kandy Regional Centre
Anuradhapura Regional Centre
Batticaloa Regional Centre
Vice Chancellor visits
Kurunegala Regional Centre
KURC launches training programmes
for public servants**

The Regional Educational Services division along with the Colombo Regional Center operates eight Regional Centers, namely: Kandy, Matara, Badulla, Batticaloa, Anuradhapura, Kurunegala and Jaffna. They also facilitate eighteen Study Centers in eighteen districts.

The OUSL philosophy is to provide a Regional Center for every province and a Study Center for every district. Therefore, in the near future, the OUSL hopes to achieve this target and provide its educational services, offered by all four faculties, across the nation. The OUSL will be accessible to all our current 40,000 students islandwide and will be a platform to attract an even larger number of students due to our unique system of teaching and visibility.

Reading the Reader: How Do We Read?

"Insensibly he formed the most delightful habit in the world, the habit of reading; he did not know that thus he was providing himself with a refuge from all the distress of life; he did not know either that he was creating for himself an unreal world which would make the real world of everyday a source of bitter disappointment."

One reading of the above narrative, taken from W. Somerset Maugham's novel *Of Human Bondage*, helps us assemble certain ideas about the act of 'reading,' and about 'readers.' Reading, the text says, is 'the most delightful habit in the world,' and it could insulate one from the 'distress of life,' while, at the same time, it could create an 'unreal world' for the reader and convert his or her 'real world' into an anticlimax. However, as I mentioned at the beginning of this article, that is just 'one reading' – or one way of reading! Are there any other ways of reading this text? If the same text can be read in many ways, then what is the act of 'reading'? And who is a 'reader'? This article will attempt to reflect on these questions, using Maugham's narrative as a runway and by drawing in appropriate scholarly arguments.

If you are a teacher/parent/adult who laments over the deteriorating reading habits among the younger generation, obviously my first reading of Maugham's text would grant you a cause to celebrate. Other people's reading habits bother you because you have internalized reading as a positive act: 'Reading maketh a man,' you must have been told (and you possibly forgot to ask, "Why not a woman?"). If you are reading Maugham as a celebratory act about reading, then you are reading the text according to your cultural conditioning – in other words, it is not you who is reading the text, but someone else (parent, teacher – or even an entire society) who put that notion into your head. You, as a reader, have ceased to exist! You have died. Someone else is reading the text. This is why the scholar Stanley Fish suggests that reading is a community act where the reader reads the conventions of his or her upbringings in a text.

Let us engage Maugham's text differently – or let us offer another reading of the same text. Reading, according to the text, is a way of rewriting (or 'making') the 'real world' into a sheer anticlimax by creating a non-existing ('unreal') world. And 'he' – the main protagonist of the novel, a boy called Philip, is unaware of this process. Philip is unconsciously using the act of reading to live in a deceptive world. How many of you would say that this is a positive act? Does reading 'make a man' by sending 'him' into an illusory existence? Does living mean escaping from 'reality'? Does reading become 'the most delightful habit in the world' by projecting the reader into a non-existing world? These questions do not have simple ready-made answers. They only lead to more questions and dialectics. So, let us leave them hanging in their state of suspended animation and reflect on how we arrived at this second reading of ours. This second reading of the text was created by focusing on the word 'delight.' We already have a rough idea what the word 'delight' means (enjoyment, joy, amusement), or we have our own expectations from that word. So, we used the word as a yard stick to measure the kinds of delight offered by an act of reading. And what we found was that the delights of reading come with strings attached: reading lulls you into a false world. That picture of 'delight' clashes with our own ideas of 'delight.' There was a gap between our 'delight' and the 'delight' in the text. French literary critic Pierre Macherey called this 'gap' a 'silence.' Every speech in a text, he says, comes from a certain 'silence,' which tells us about the limits of that text. Apply that to Maugham, and his own text collapses when it comes to 'delight' because the 'delight' the text promises is not direct and simple – it is psychological and problematic.

Finally, just as much as Maugham's text is about reading, the questionable delights of reading, it is also about life – the text offers a crucial take on life by suggesting that life is full of 'distress' and that one needs some kind of 'refuge' from it. Think about this third reading, without falling into the social conventions of your upbringing. Do you agree with the text that life is painful and one needs sanctuary from it? Or is life disappointing only to Philip, the main protagonist of the novel? If that is the case, by showcasing a disappointing life in a book, what is Maugham is trying to do?

We actually began this article to reflect on readers and reading. You might have noted from our reflections that the act of reading, on the one hand, is an act of invoking and reliving and acknowledging our social conventions. On the other hand, the act of reading is an act of subversion where we ruptured a silence in the text and opened up questions without answers. So who is the 'man' or the 'woman'? The one who acknowledged social conventions or the one who cracked the silence?

Have a readable 2016!!!

Lal Medawattegedara
Department of
Language Studies





One rainy afternoon not knowing what to expect, I walked into the Vice Chancellor's office to meet Prof. Ariadurai for our scheduled interview. I found that he was easy to talk to, generous with time, well organised and friendly.

Born in the salubrious hills of Kandy, Prof. Ariadurai is the eldest of a family of five children and is a product of St. Anthony's College, Kandy. Having received his higher education overseas he is both a Chartered Engineer and Chartered Textile Technologist. Prof. Ariadurai currently serves as the Vice Chancellor of the Open University of Sri Lanka (OUSL) and is one of the youngest academics to become the Vice Chancellor of this university. No stranger to us prior to this appointment, he has served as the Head of the Department of Textile and Apparel Technology and the Dean of the Faculty of Engineering Technology at the OUSL. He has also functioned as the Director of the Textile Research and Innovation Centre in Pakistan. It is evident from this conversation that Prof. Ariadurai is a rare academic who can balance the arduous work of a top-notch administrator, while still being able to be down to earth, patient and sensitive to the needs of the OUSL community.

Unveiling the Pinnacle

Dr. Indika Bulankulame in an exclusive interview with Professor Samuel Anbahan Ariadurai, Vice Chancellor of Open University of Sri Lanka, explores his rise to the pinnacle of university administration.

Sir, I doubt there are many people who have charters in both Engineering and Textiles, but why did you shift from mining engineering to textile technology?

Very interesting question! After my O/L, I went to study a pre-degree course at the Madras Christian College, Chennai. After this I was awarded a self-funded nomination by the Government of India, for Sri Lankan students, to study in the State Universities of India. I completed my first degree at the Osmania University in Hyderabad studying Mining Engineering from 1978-1983.

Photo credit: Ruwan Gunaratne

When I came back to Sri Lanka, the ethnic tensions were at their peak and I couldn't get a job immediately. Then, immediately after the 1983 July incidents, my father concluded that we couldn't live in Kandy anymore and decided to move to Jaffna where he was originally from. I found it very difficult to find a job from Jaffna and for three years I was not employed and was just stuck in Jaffna. Although I applied for jobs, the scope for mining engineering was limited at that time in Sri Lanka and whatever openings available were in remote Sinhala areas to which my parents did not want me to go. Then I thought this is not going to work and was looking at opportunities to change my career path. One day I saw a paper advertisement for a Postgraduate Diploma in Textile Technology course at the University of Moratuwa. That is how I ended up in Moratuwa and after following my studies there, even before I completed the dissertation, I got a job at Sascon Knitting as the Quality Control Manager. So that is how I came out of Mining Engineering and became a Textile Technologist. So the shift was not a planned decision as such but one that just happened. I believe God planned it that way for me.

What made you decide to have a complete career change? To follow a teaching career which was not very lucrative those days?

Ninety five percent of things that I learnt in the University were not applicable in the industry. The culture was different. ***From early childhood my passion was to teach or share the knowledge I have gained with others.*** My father was a school Principal and my mother was a teacher. ***Probably teaching was in my blood.*** After O/L, in my free time, I used to teach in my father's school because they did not have a Mathematics teacher! Teaching was my passion; so when I got the first opportunity, I joined the university. I came for almost a 50% salary loss and in fact my General Manager asked why I was going for a lesser salary and he said that I was the biggest fool in the world making a bad decision. However, I know I made the right decision to join and stay in the academic profession.

Prof. Ariadurai joined the Open University as an Assistant Lecturer in the Department of Textile and Apparel Technology, in 1988 and soon he secured the prestigious Commonwealth Scholarship and left for his PhD studies at the University of Manchester Institute of Science and Technology (UMIST), now the University of Manchester.

PhD research

I wanted the Mining Engineering and engineering background I had not to go waste. At that time Technical Textiles, which are textiles that are used for engineering applications was an emerging field. So I thought of going into that field to do my research, where I could bridge my engineering training and textile knowledge. So I chose to do my research in the area of geotextiles, which is textile materials that are used for engineering applications in civil engineering. My actual work involved developing a newer geotextile material with good transmissivity to secure the embankments made of clay soil, which inherently have low water permeability thus endangering the stability of slope due to pore water pressure.

From 2004 – 2009, he held for two consecutive terms the Headship of the Department of Textile and Apparel Technology and in 2012, Prof. Ariadurai became the Dean of the Faculty of Engineering Technology.

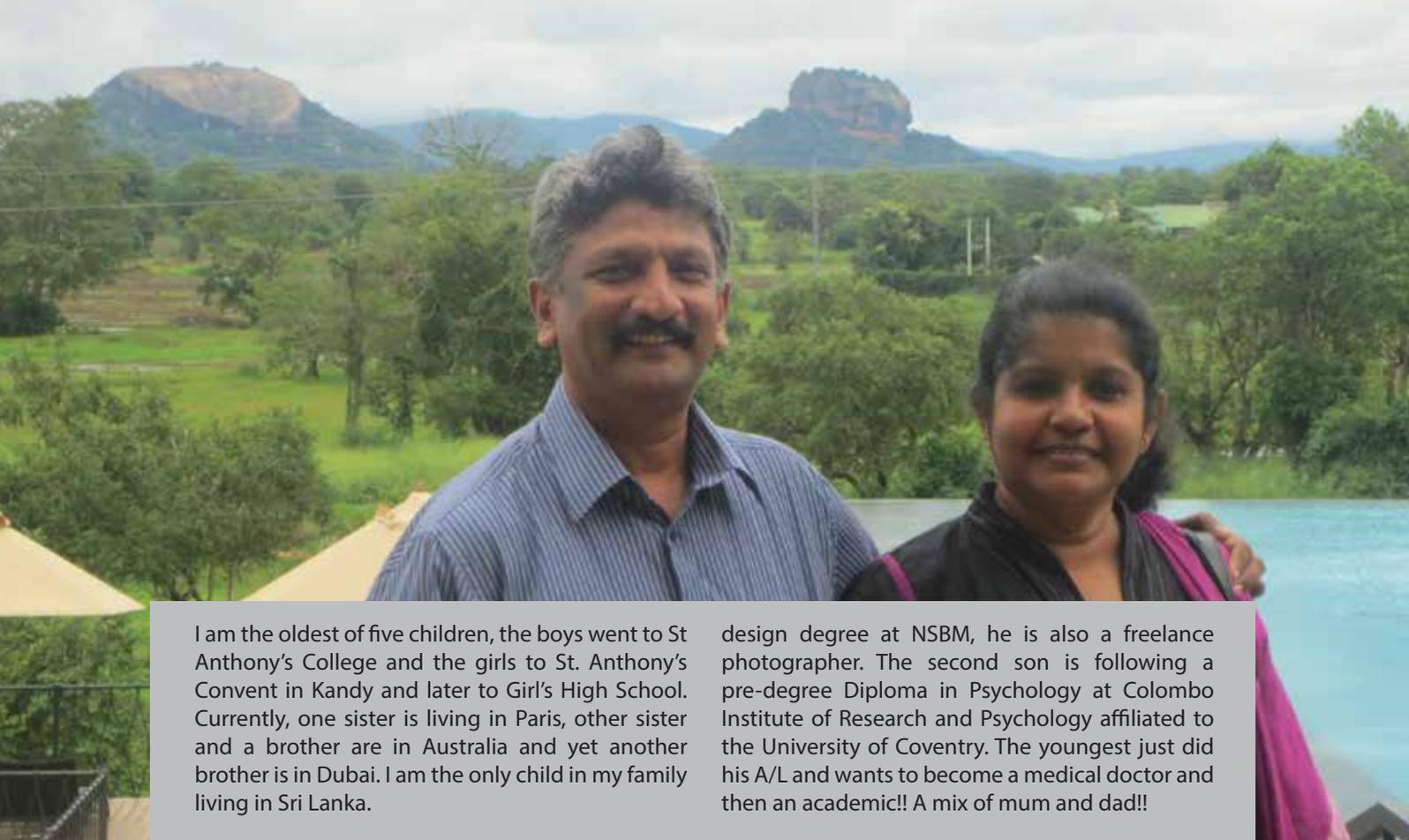
You became Professor in 2009 and then you became Dean?

Yes, but not immediately after I became a Professor, I took my sabbatical for two years and went to Karachi. That again is another interesting story! The President of the Textile Institute of Pakistan was my batchmate at the UMIST. In 2005 he visited Sri Lanka and wanted to hire people, as they were starting a degree program in apparel technology. From then on, almost every six months, he used to write to me and request me to join his institute. I had so much of negative impressions about Pakistan I gave him so many different reasons for not going but eventually, I ran out of reasons! So I went to Karachi in 2008 and 2009 for short stints and then as I liked the place, I took my sabbatical and joined the Textile Research and Innovation Centre, the research arm of the Textile Institute of Pakistan, as its Director from 2010 to 2011.

As for the Deanship, yes well, I was the Head of the Department for two terms and therefore with that experience I thought it wouldn't be difficult. Further, I knew my faculty well and that helped me a lot and I had the support of the entire Faculty and we worked as a team.

Childhood, Marriage and Interests

I was born and bred in Kandy even though my father was from Jaffna. Wherever my father got a posting, we would move, but always in and around Kandy, as he was a school principal.



I am the oldest of five children, the boys went to St Anthony's College and the girls to St. Anthony's Convent in Kandy and later to Girl's High School. Currently, one sister is living in Paris, other sister and a brother are in Australia and yet another brother is in Dubai. I am the only child in my family living in Sri Lanka.

Did you have any plans to move out of the country?

Immediately after returning from India and after July 1983, I tried to go overseas either to Australia or Canada, but it did not work out, so I chose to stay. Later when I was in England I got number of offers to stay there or move to the USA but I decided to come back to Sri Lanka. In fact on my return the manager of Commercial Bank in Wellawatte, when I went to change my address of the NRFC account, was surprised that I have come back to Sri Lanka for good and commented that I had come in the opposite direction, considering the situation in Sri Lanka at that time. When I look back, I am happy that I made the right decision to stay back in Sri Lanka.

Marriage

I met my wife through a proposal made by a mutual friend at church. It took me nine months to decide, and eventually, I thought ok I will marry her! By God's grace, once again I made the right choice! She is a medical doctor who graduated from the University of Jaffna, and is currently working as an anaesthetist at the Kalubowila hospital.

Prof. Ariadurai has three young children who are currently pursuing higher studies.

Children

Yes, they went to St. Thomas' Prep and then to Mount Lavinia; the eldest is doing an interior

design degree at NSBM, he is also a freelance photographer. The second son is following a pre-degree Diploma in Psychology at Colombo Institute of Research and Psychology affiliated to the University of Coventry. The youngest just did his A/L and wants to become a medical doctor and then an academic!! A mix of mum and dad!!

You didn't send your children abroad, so what do you think of the private sector education in Sri Lanka?

Well, I told our children that they should get their first degree in Sri Lanka and after that they can go out, if they want, for higher studies, of course on some scholarship. I was the President of the University Teachers Association at the OUSL when the academic community in Sri Lanka fought for 6% of GDP allocation for education. My position is that free education has to be there, and it should be further strengthened. Government has to fund it because far too many people in our country cannot afford to go for private education. However, realistically speaking, if you look at the A/L results, more than 100,000 children qualify to enter university and it is beyond the means of the government to provide higher education opportunities to all of them. So I believe private sector universities have a role to play. However, they should be monitored and regulated. State sector and private sector education institutes should have a level playing field. Unfortunately, this is not so now. We find private universities at every nook and corner without any monitoring of what they are doing and offering. Many of them charge very exorbitant fees. In most instances, it looks like they are selling education. I am against the selling of education as a commodity. If these institutes are regulated as our universities are regulated, and allowed to operate as non-profit making institutes, I don't have any issues.

Sports and Leisure

I used to do sports at the university but not so much at school. ***I played cricket for the university, as a wicket-keeper and one-drop batsman and I am an avid cricket fan.*** My brother and I have always gone to watch school cricket matches at St. Anthony's even if no one else is there. At university, I also played Table Tennis and Ball Badminton and ran 800 meters winning one of the first three places consequently for several years.

What about at school level?

I was involved in the Tamil Literature Society. I used to act in the drama every year during the Tamil Kalai Vila. I was also involved in debate competitions; of course in Tamil. Many say that my Tamil oratory skills are very good.

How about Music?

They tell me that I am the worst singer in the house!! I do like music and listen mostly to light music. Fortunately all my three sons are good musicians and singers.

And what about movies?

Well, while I was in the university I watched a lot of movies, there were days when I have watched three movies a day and seven to ten movies a week, all in the movie theaters. Anyway those days we did not have TVs. I was movie crazy. However, these days I hardly go to movies. I do not remember when I went to a movie last time. Probably, four or five years ago, or even longer than that!!

Sir, it's going to be a new year 2016 - what changes you would like to see as the VC?

When I applied for this position, I knew there were a number of challenges. The student protest was on and when I went and handed over my application to our registrar, she said "Oh you are applying for the crown of thorns!" ***You know, where there are human beings naturally there will be problems. Our viewpoints are different. My upbringing and my perspectives are different, and your perspectives are different. So definitely there would be conflicts and difference of opinions. This is the reality. The issue is not about the existence of conflicts but how do we deal with these conflicts? How do we respect each other's opinions? Whatever your understanding, whatever your perspectives all***

of them are based on your experience and I should understand and respect that. We need not fight over that. May be we can agree on certain things, but we can also honourably disagree on other things. This is what I believe! This way of thinking helped me to run my Faculty without major issues when I was the Dean. You see, our Faculty is a very difficult Faculty when it comes to opinions! We have a lot of people with very strong and different opinions; however we did manage that well and progressed forward. I will continue with this principle and I am sure we can go forward and achieve many things for the good of our University and our students.

Also I believe in empowering people; I don't believe in micro-managing; Even now as the Vice Chancellor, I have allowed the Faculties and other entities to make their own decisions; we all have our strengths, weaknesses and limitations; in this way we can work as a team compensating and complementing each other to achieve our common goals.

I think we have a very good team, both academic and administrative. Most of our administrative officers are very hardworking and dedicated. We should encourage and recognize their efforts. Even most non-academic staff are very positive. The meetings I have had with the non-academic unions have always been very constructive. They have so many good ideas and we need to listen to them and make them part of the decision making process. Always there will be a minority number of odd people who look at everything negatively and remain as non-performers. I am not bothered about these people as by and large the majority wants to serve the University to their maximum potential.

Most importantly, the only way to understand students is listen to them, everything they ask we may not be able to fulfill but then we also should tell them why we can't fulfill and in this way we can move forward. I would like to describe myself as more of a pragmatic guy and I would like to see the change happening in my lifetime.

How do you portray OUSL locally and internationally?

There are lots of good things that are happening in the university and as each one of us are in our cocoons, we don't know what is happening in other Faculties and other places. Recently when I visited Kurunegala, I saw how much they are doing

there; lots of good things with the community and it was news for me! That is why I decided that as a first step we should revive the newsletter.

As for the International Academic Relations Division, it was established by the former Vice Chancellor, Dr. Vijitha Nanayakara. I think that is a very progressive initiative and something good that happened to the University. The OUSL of Sri Lanka has been there for more than thirty years and compared to other open universities in the world, we are a mature senior university. However our presence internationally is very minimal. Recently, I travelled to South Africa for the meeting of the Presidents and Vice Chancellors and the conference of the International Council for Open and Distance Education. I met so many people and made so many contacts who were interested in forging partnerships and learning from each other. I would like to take this unit forward and make it even more focused and effective.

There is some skepticism about the many Directors of this unit who have come and gone?

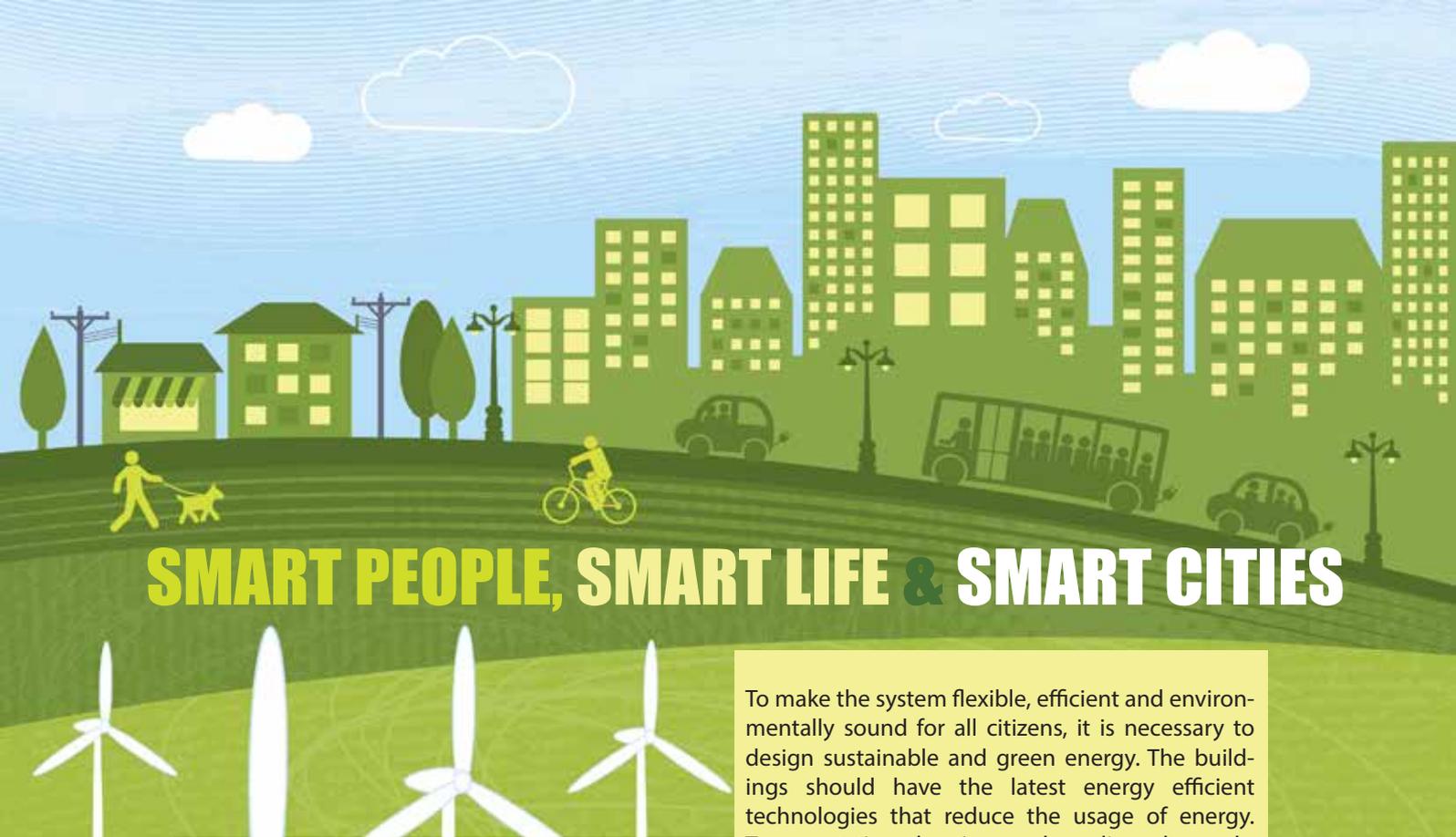
Yes that may be true to some extent. This is a young unit. We have had two directors, both coming from overseas. Each had their different strengths and focus and both left after one year. Probably we too did not know where we should go with this unit and did not help them. So I decided that we should not have any more outsiders but have one of our own to lead the Unit. Now we have formalized the division and also have a Board of Management and I am sure it is going to be forward march henceforth.

Sir, finally can you tell of some incident you will like to share with our readership?

I would like to share one thing that struck me when I was a teenager, about forty years ago, which had made a lasting impact on the way I look at people. Those days we used to get the Reader's Digest magazine at home. In the section *Life's Like That* there was a story about a survey in New York on the most important profession in the city. You know, those were the days when bucket toilets were in use and daily these buckets were cleared by sanitary workers. The survey concluded that the sanitary workers were the most important in New York ahead of doctors, engineers, accountants and other professionals because if they don't work for one day, the whole city stinks! That was really a revelation to me and later my faith and the experiences I have had in England emphasized the dignity of each individual. I learnt that we should treat everybody equally and every person counts!! And for me even the person who is in the lowest position in the hierarchy is an important individual for the smooth functioning of any system. In engineering parlance, this can be compared to a gear train where there are some change wheels that would decide the direction and speed of the system but every cog wheel in the system, whether small or large, is important and has its unique role to play for smooth running of the system.

Dr. Indika Bulankulame
Department of Social Science





SMART PEOPLE, SMART LIFE & SMART CITIES

Eco City is the newest focus of people and researchers in the world today. During the early stage of human civilization, ecology was not a concern of people - they lived a simple nature-based life. Environment was clean and energy requirement was less. Then they formed cities; the demand for energy increased; population exploded. As a consequence, more resources of energy were required and priority was given to producing energy while the ill effects were neglected. Global warming, air and water pollution created many health and social issues. With the increasing cost of energy people realized the importance of utilizing energy resources available within a city by making use of waste. This is how the concept of Eco City was born.

The world economy is growing rapidly and due to this, many countries have to change their infrastructure and also transform various sectors. Due to rapid urbanization, countries are facing huge challenges to keep a balance between resource conservation and environmental sustainability. To create sustainable environment, initiatives and targets need to be prioritized and handled carefully. Proper waste management, sustainable transportation, green energy production, land uses, energy efficient smart buildings are the most common and important factors. The design and planning of a smart city is not an easy task as it has a many boundary conditions. While designing a model for a smart or sustainable Eco City, geographical condition and financial feasibility need to be taken into account.

To make the system flexible, efficient and environmentally sound for all citizens, it is necessary to design sustainable and green energy. The buildings should have the latest energy efficient technologies that reduce the usage of energy. Transportation, heating and cooling demands, water purification and waste management need to be designed in such a way so that the overall Green House Gas (GHG) emission could be kept at a minimum.

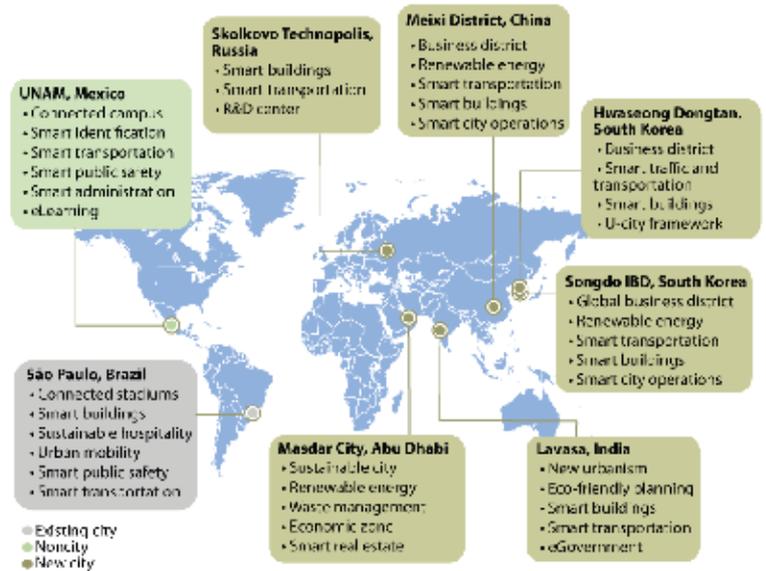
The green energy system can be designed either using renewable energy sources or by some other means. Solar Photovoltaic systems (PV), Photovoltaic Thermal Hybrid Solar Collectors (PVT), hydro-power, wind energy, biomass, CHP, biogas and geothermal energy can be good sources for green energy system. Clean coal technologies, nuclear energy with proper waste handling can be alternative sources of energy production. Smart metering, smart grid, time-based energy production, utilization and pricing can also be introduced.

Smart House is the main challenge for 21st century. Massive development of new building structures and infrastructure, neo-socio-cultural institutions using proper planning, designing, managing should also be taken care of in order to harmonize huge numbers of population without causing any harm and danger to environment.

J.H.S.K.Jayamaha
Department of Mechanical Engineering

Smart City

The Smart City concept is for smarter people who want to lead their life in an organized, green and peaceful way. For a Smart City, there should be good services, like a good education system, administration, health care, security, and good transport. Using advanced integrated materials, sensors, electronics, and networks a Smart City can be designed. In other words, it is an eco city which balances social, commercial and environmental factors while optimizing resources. In Figure 1, the world's top most smart cities are shown.



A Smart City should have simple goals: better lifestyle and working environment for smart inhabitants. A Smart City should have those following sections:

1. Smart People: A Smart City should have smart people whose lifestyle and way of thinking should not be ordinary. Qualification of the people, social and ethnic plurality, education, participation of social life should be monitored regularly.

2. Sustainable Environment: Smart City should be neat and clean. It should reduced and minimize waste of energy by using smart appliances. Pollution should be as less as possible. Environmental safety, proper resource utilization and natural attractiveness are also the main factors of a sustainable city.

3. Smart Transportation: Smart City should have smart mobility for people. It should have good transportation system for its population which allows more effective, convenient and low carbon emission movements within and outside of the city. It should also provide on-board sensors to guarantee optimal, maintenance and servicing.

4. Smart living and lifestyle: Smart lifestyle is the major important concern of smarter people. As people who will live in Smart/Eco City, they should be more concerned about the standards of living. Cultural environment, health, quality of life and accommodation, good educational system need to be ensured for smart people.

5. Smart Economy: It should ensure good business opportunities; provide broadband access for citizenry. Use of electronic appliances in business sector such as e-banking, online shopping and e-auction is very crucial for improving the economic lifestyle of citizens. More importantly, economic growth will foster the living standards of the communities.

6. Smart Governance: Smart governance can be another vital factor for a Smart City. Social services and transparent governance need to be ensured considering political strategies and perspective.

Smart Buildings

Energy efficient building play a vital role in a Smart City. Rather than improving efficiencies, it is always better to use smart appliances and integrate it with different uses in buildings to reduce energy consumption. Energy savings in buildings can be achieved through improved building design, orientation, improved building envelopes, improved efficiencies of individual appliances that are being used and alternative

sources of energy systems. Improved high performance envelope is the most important factor for designing low energy consumption buildings, not only because it reduces heating and cooling demands but also because it allows alternative and low energy systems for meeting the reduced loads. However, use of alternative heating, ventilation, cooling, and lighting systems can reduce energy consumption of a building.

THE GOOD

THE BAD

AND THE UGLY



OF COSMETICS

Cosmetic industry makes billions of dollars annually. Fashion icons and Hollywood stars have set high standards of "beauty", and most of us agree with their definitions. Most women, even little girls nowadays apply makeup because it enhances complexion. What is the truth about cosmetics or makeup? It is great to be beautiful; but the bad side of cosmetics is that the desired good feeling is short-lived and only a few know of its harmful effects and the ugly consequences of it.

Cosmetics are chemical formulations used for beautifying the external human body. They are intended for cleansing, beautifying, promoting attractiveness or altering the appearance of the human body or any part of it. Cosmetics can also be classed as drugs because they effect changes in body functions too. Most of the cosmetics consist of emulsifiers, active ingredients, moisturizers, waxes, preservatives and colored pigments. Cosmetic products are mainly categorized as follows.

Skin care: Emollients, creams, suntan lotion

Decoration: Lipstick, face powder, eye makeup, nail polish

Odor control: Deodorants, perfumes, aftershave lotions, colognes

Hair applications: Permanents, colorants, bleaches, sprays, depilatories

Among these cosmetic products, suntan lotions and sunscreens are the most beneficial. These products help prevent skin cancer by blocking UV light via its chemical sunscreens. Most suntan lotions contain para-amino benzoic acid (PABA), PABA esters, benzophenones, cinnamates, salicylates and anthranilates. PABA and its esters effectively screen out UV rays. The current trend is not to use PABA esters due to their potential toxicity and allergic reactions. These suntan products reduce the risk of melanoma (a virulent form of skin cancer).

Sunscreens are a group of compounds that protect the skin from ultraviolet radiation and they contain high levels of ultra violet light absorbing materials included in the emulsion. Octylmethoxycinnamate, octylsalicylate, titanium dioxide, and avobenzone are some important topical sunscreens. The ability of sunscreens to absorb or reflect these damaging wavelengths is rated by their sun-protection factor (SPF). This explains the ratio of time required to tan or burn with the sunscreens applied on skin compared to the time required without it. SPF of 2 is considered minimal and a value of 15 or above gives a good protection.

Wrinkles are an inevitable part of the natural ageing process. As we become older our skin gets thinner, drier and less elastic. Our skin's ability to protect itself from damage is also reduced as we age. 'Wrinkle removal' is a good answer for this

undesired situation. It is achieved by using Retinoic acid. Retina A is a vitamin A derivative and belongs to a class of chemicals called retinoids. Retina A accelerates the shedding of dead skin cells, thereby reducing pore blockage and decreasing the oil build up that causes acne. It also dilates blood vessels under the skin and creates new collagen to give skin its smooth texture and elasticity.

Frequent use of cosmetic is bad for our health. With the benefits, cosmetics also bring the danger of causing diseases. Let's look at the ugly consequences of cosmetics.

Cancer and other chronic diseases: Lipstick contains aluminum which may cause long term anemia and even glucose intolerance. Many products contain chemicals like zinc oxide, BHA, barium sulphate etc. They are very harmful for body and may result in many organ failures like that of kidney and liver. It is known that cosmetics like body moisturizers can disturb endocrine system as well and alter the thyroid content of the body. There can be many severe issues with the skin like causing skin cancer.

Danger to reproductive organs: Use of bubble baths or certain oils may affect your reproductive organs if it is in direct contact. They can even lead to infertility. Any cosmetic containing asbestos like talcum powder when in direct contact with organs can even affect the menstrual cycle leading to hormone imbalances. Shower gels and shower creams during bath may also prove to be harmful. We will definitely feel that they did the cleaning but on getting inside the body it may affect us severely. Apart from cleansing, these can cause severe damage once inside the body.

Ageing: Makeup and moisturizers do some damage to your skin - with prolonged use wrinkles and other signs of ageing become visible. Cosmetic makers knowing this produce anti-ageing creams and lotions. These cosmetics then fight the signs of ageing. Therefore, buyers definitely have to be careful when choosing desired products.

Headaches: Headache is a very common issue among women who have been wearing makeup for long periods of time. Prolonged exposure to heavy makeup has proved to cause dizziness, nausea etc. Even men who wear heavy makeup for stage performances have said that though the performance was not so tiring they felt sleepy and dizzy. This certainly is the effect of makeup. It has

Wrinkles are an inevitable part of the natural ageing process. As we become older our skin gets thinner, drier and less elastic. Our skin's ability to protect itself from damage is also reduced as we age.

been found that cosmetics contain certain ingredients which on exposure to humans directly in large amounts may lead to a state of unconsciousness.

Issues related to hair: Use of shampoos, conditioners, hair colors, gels and serums may actually harm your tresses pretty badly. There can be thinning of hair, redness in scalp, hair fall or even excessive dandruff. The use of hair sprays is even more dangerous with sources suggesting that long term usage may result in scalp skin damage and permanent discoloration of hair.

Damages to nails: Nail paints, Nail polish, manicures and pedicures seem hygienic but cause nails to become thin and fragile if done regularly.

Harmful for eyes: Eye shadow, mascara, kajal and other forms of eye makeup can harm the eyes of the user very badly. Girls who wear lenses may harm their eyes even more because the chemicals present in the lens material resulting in thinning of eyelashes and causing eye infections. Mascara can cause blindness as it contains pseudomonas aeruginosa which is a very harmful therapy bacterium. These bacteria are resistant to heat and cold and are very difficult to remove from mascara.

Allergies: There are different types of allergies possible with excessive use of cosmetics and at times their side effects are apparent even if the usage is limited. Allergies can be of skin, breathing, eating or hair etc. Skin allergies may be due to certain kinds of lotions or creams. Breathing allergies cause damage to nose and nasal passage due to intake of cosmetics by mistake or even deliberately. Eating difficulties arise as it may result in glucose intolerance as mentioned earlier.

So with some benefits of cosmetics, comes a parcel of harmful and irreversible health effects which you are at risk of. Therefore, be wise when choosing cosmetics because the good feeling it gives is temporary; but it may leave permanent ugly scars.

Prof. K. Sarath D. Perera and A. J. Prasadini Thilakatathna
Department of Chemistry, Faculty of Natural Sciences



LOOKING THROUGH THE JOHARI WINDOW

The world is full of controversies like never before. It becomes obvious when you read a newspaper or watch television that not only within the country, but among countries too, there are so many conflicts going on. There is no end to it. There are conflicts between employers and employees, governments and people, teachers and students, even parents and children. If we could attempt to identify the roots or the reasons that lie at the bottom of all these conflicts, maybe we could find a solution too.

The main reason for conflicts among any group of people is due to their different natures and dissimilarities. You are different from your friend because you think differently. You have different ideas about certain things and a different set of values. A family which lives in the same house, employees who work in the same organization, students who study in the same university and people who live in the same country are different from one another because they think differently.

We can identify so many reasons for these differences. One reason is the genetical pattern each person inherits from his or her ancestors. Genes are responsible for the way we behave and think, to a considerable extent. Bravery, honesty, openness all these qualities are brought forward from generation to generation through genes.

The second factor that influences the way of our thinking is the environment. When we consider the environmental factor, it covers a large

area. People are made to think differently because of their religion, race, school, friends, relations, media, work place as well as political groups and governments.

Just because people happen to be different, it does not necessarily create conflicts among them. It is when these different people with different genes and different backgrounds have to work together, and when each thinks that whatever he/she thinks is correct that conflicts arise. If they try to force their way of thinking into others, conflicts begin. Most people find it difficult to understand who they really are. This is the base of every conflict. There are a very few who really know who they are. Most of the people do not even try to find out their true selves. But at the same time, they try very hard not to let the world find out who they really are. There are several factors that prevent people from finding out who they really are.

- 1. People tend to overestimate themselves. Most of the time they think that the other person is weaker. But another person thinks he is the strongest. People live with high self-esteem. Because of this we fail to recognize that the other person is equally or even better than us.**
- 2. People always show the world their best image which is almost never their true image.**
- 3. People always see what they like to see and not the reality. The picture below explains this concept well.**

What do you see?

- Nothing significant
- An old couple
- A lamp
- A man playing a guitar with a lady beside him
- All of the above



4. *People try very hard to understand others. They spend their time and energy to find out what others do and think. But never spend a moment of time to understand themselves.*
5. *With regard to human relationships, people come to conclusions subjectively and never objectively.*

Just because people happen to be different, it does not necessarily create conflicts among them.

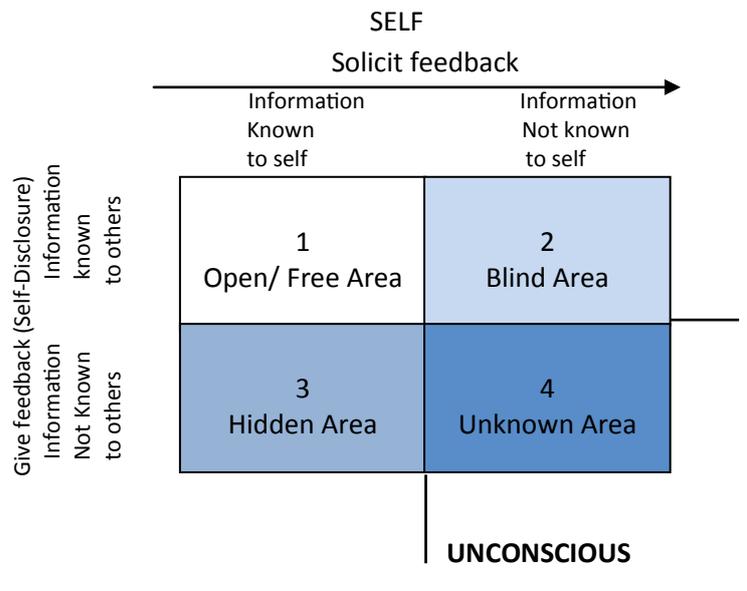
Because of all these factors, people have become different from each other, and given a common stimulation, they each would act differently under the same circumstances.

When you do not have a clear and accurate vision of yourself, you fail to understand other people, therefore it is very important that you get a true picture of yourself first.

Sociologists have often tried to describe the word 'self'. The most famous theory of "self" is 'JOHARI WINDOW'.

The word Johari is a combination of the first names of its originators, Joseph Luft and Harry Ingham. The Johari Window which describes the concept of self is divided into four panes.

**The Model
Joe Luft and Harry Ingham**



JOHARI WINDOW
(Luft, J., & Ingham, H, 1961; P-6-7)

The model known as the Johari Window illustrates the process of giving and receiving feedback. Psychologists Joseph Luft and Harry Ingram developed the Window for their group process program. Look at the model above as a communication window through which you give and receive information about yourself and others. Look at the four panes in terms of columns and rows. The two columns represent the self; the two rows represent the others. Column One contains “things that I know about myself;” Column Two contains “things that I do not know about myself.” The information in these rows and columns moves from one pane to another as the level of mutual trust and the exchange of feedback varies in the group. As a consequence of this movement, the size and shape of the panes within the window will vary.

Open Area – This is known as the public area or awareness area. This section contains information about you that both you and others know and includes information you do not mind admitting about yourself (demographic data such as your name, address, age, job, qualifications). When people get to know about you more and more, the open area of the window gets larger.

Blind Area – The blind area consists of information about yourself that others know about you, but that you are not aware of. You have no idea about these features but others can see them. Accordingly they might brand you as lazy, cunning, sharing, kind, snobbish etc. You may think that you are a friendly person but others may consider you to be reserved. You may think of yourself as a funny person but others may find you boring.

Hidden Area – The hidden area contains information that you know about yourself but others do not. This pane consists of your feelings, needs, past experience that you prefer to keep to yourself. You don’t wish others to know them. They could be experiences or feelings that you never want to share with others. There is nothing wrong in keeping a few secrets. Every person has a right to conceal his/her very personal details. But trying to hide too much could build a barrier to form strong relationships. This information could help others to understand your attitudes and behavior.

Unknown Area – Unknown area of information is what you as well as others do not know about yourself. The unknown may represent factors such as unknown talents, unconscious motives, early childhood memories that influence your behavior, the way you might react to an emergency etc.

These four panes of the Johari Window are interrelated. When one area gets larger, another gets smaller. By enlarging the open area, you could make others feel that you are an honest and open person.

Input from others could reduce the size of the Unknown Pane and increase the size of the Open Area. Knowing all about yourself is highly unlikely, and the Unknown Area in the model represents the part of yourself that will always remain unknown.

These four panes of the Johari Window are interrelated. When one area gets larger, another gets smaller. By enlarging the open area, you could make others feel that you are an honest and open person. As you can see, according to the Johari Window, you only know half of the factors about yourself that is shown by Open and Hidden Areas. The Blind and Unknown Panes contain information you do not know about yourself. You can reduce this by improving communication and interaction with others.

People could keep in mind that there is information that they do not know about themselves. More clearly, if they could keep in mind that there is information about themselves that they do not know, but others may know, it could be very helpful in making the right decision and avoiding conflicts with each other.

Chitrangani Hewapathirana
Department of Secondary & Tertiary Education
Faculty of Education



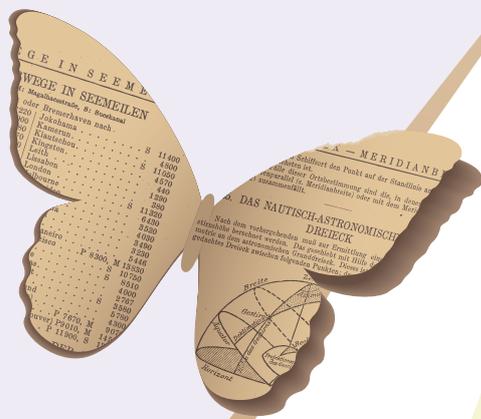
Color of Margith Fruits Never Fades Off

Daddy,
 Your love reminds me
 The poem of Palthu, the Indian poet
 He says himself
 He loves like the margith fruit
 Which the washerman uses
 To mark the client identification.....
 The color never fades
 Remains till the cloth remains.....

The cloth goes to pieces
 But the color remains until the last thread lasts.....
 Daddy, seven years have passed
 Since you left us

So many things we never got to do.....
 So many moments we never came across.....
 Thousand times we need you
 More than when you were alive
 We lost not only a father
 but
 A strong shoulder to held and cry
 You..... lifted us up when we felt blue.....
 The love you showed is not to be compared
 Never a day passes by
 That you are not in our heart.....
 Daddy, you remain in our souls
 Like the color
 Of the Margith Fruit

Chitrangani Hewapathirana
 Senior Lecturer
 Dept. of Secondary & Tertiary Education
 Faculty of Education



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2) මුලදී නම් නුඹ කීවේ
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3) අපි වද කොයිතරම් සෙනෙහසින් සිටියද?
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5) මුමුණාමින් මගෙ කනට
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Ghost

One day into cold stone my heart turned
I wondered where all the warmth was gone
But the barren space in turn frowned upon me
And I remained with a face sullen and a body ashen.

Light my heel has become on the earth I trod
I no more barely feel the gusts of Autumn wind
Nor the heat of summer's sprinkle on my face.
I have to the thunder become deaf and
Rain no longer drenches me in its showers cool.
The frosts have ceased to snip at my skin
Now transparent and colorless like the wind.

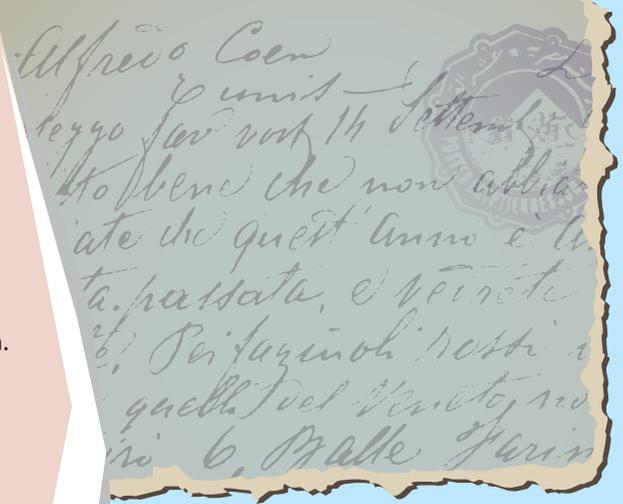
My heart laden with sorrow
Finds no peace in its existence so hollow
I cry; I smile; I laugh and I scream
Yet all is drowned in the empty stream.

The old times I imagined
Yet every time I sighed
I wish I could
Sing and dance and be at your side
But now I will always be on the other side
Of times we have not lived I regret
But of those merry I cannot forget.
For it is all that remains
To us phantoms.

This is the inevitable
I now understand.
Think not of me and in grief wallow
For I am no more
Cease to recast me in your memories
Which only bring you sorrow.
Your life's worth you have understood not
Far more precious than any lot
The world could offer.

I wish that you'd hear my thoughts and ponder
What mankind has ceased to remember
With it I'd pray that you'd live
The new springs and summers
And the forthcoming autumns and winters
With a new will
Amidst the dry days, stormy gales and the dull skies
I wish you'd see rays of hope bursting in
And you begin to see
That nothing forever lasts to be
That change is what encircles and envelopes us
And is the simple truth we'd happily deny.
But refuse to let it sink its claws deep
For it would trick you to a walking sleep
And transform you into a living phantom
To be trapped in your own world narrow.

*K. Cynthia Premachandra
B.A in English and English Language Teaching
Faculty of Humanities and Social Sciences*



ඇළිනු නිසාවෙහි

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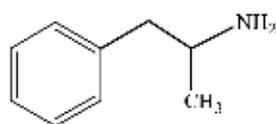


DRUG ABUSE, ADDICTION, AND THE MAGIC OF "GETTING HIGH"

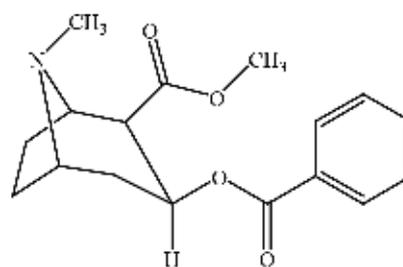


When thinking about drugs, what comes to our mind is medicine - prescribed by a doctor for an illness. However technically, they are substances affecting normal body functions. Moreover, it refers to substances which affect the brain. Drug abuse (or misuse) can be broadly defined as "consumption of a drug, usually of a perception altering substance, for medically unacceptable purposes". This means drugs are consumed

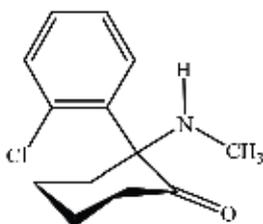
without acceptable reasons. When it comes to abusing powerful drugs, the consequences are harmful - it can even be fatal! Cocaine, amphetamine type stimulants (ATS), hallucinogens like LSD, and opium products such as heroin or cannabis are some examples of illicit drugs which are abused. New psychoactive substances (NPS) like synthetic cannabinoids, cathinones, and ketamine are further extended in this list, which are difficult to be controlled by the existing laws.



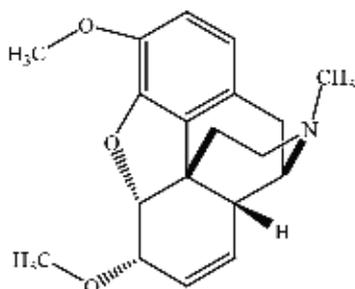
amphetamine



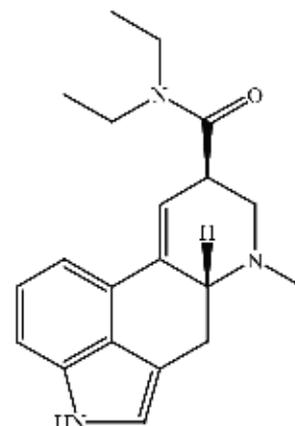
cocaine



ketamine



30 heroin



lisergic acid diethylamide (LSD)

Some commonly abused drugs

This has also been a bane in Sri Lanka as well, and children in their adolescence seem to be targeted as potential victims to drugs. Teens are curious by nature, and this combined with peer pressure makes many youngsters fall prey to drugs. Furthermore, lack of knowledge about the reality of drugs amongst the general public too helps in increasing the number of people abusing drugs.

Teens are curious by nature, and this combined with peer pressure makes many youngsters fall prey to drugs

The reasons for one to abuse drugs are many. Some of them are:

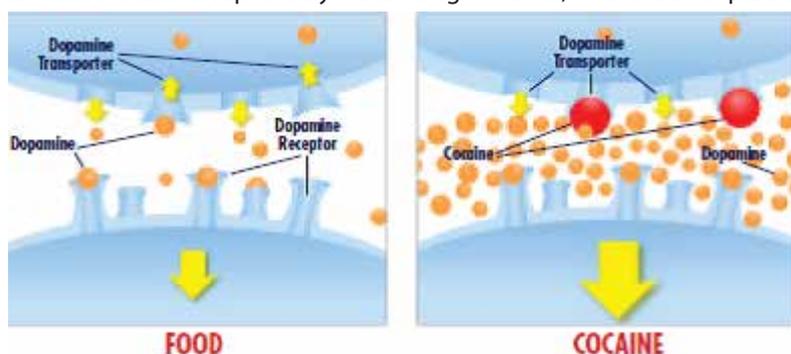
1. Peer pressure: This is a powerful method for initiation of drug abuse. Adolescents are predominantly vulnerable for this kind of strong influence, especially when they want to "fit in" to the crowd consisting of abusers.
2. Curiosity: Many people try to experience the effects of drugs due to curiosity. Here too, teenagers (who are curious and wanting to experiment new or risky things by nature) are affected.
3. To experiment: Most individuals begin to use drugs without being aware of the destructive nature of drugs. If one finds pleasure or heightened effects on testing drugs, this could make him or her to continue using drugs.
4. Changing social structures: Breaking up of families, friends, and communities will hinder the support one could receive to cope up with stress in life. For example, moving of families from rural to urban environments separates people from the familiarity or familiar surroundings, or it could be a change of schools for children, which they find hard to adapt to.
5. Emotional pressure: Some people find drugs as a way to relieve feelings of anger, stress, depression, or to boost self-confidence and relieve frustration due to low academic performance, or to chemically improve cognitive or athletic performance. These help initial use and continuing of drugs.

Addiction could be defined as a chronic, relapsing brain disease which is characterized by compulsive drug seeking and use, regardless of the detrimental consequences. Dopamine is a substance which plays the important role of regulating reward and movement in our brain. Drugs of abuse increase dopamine production by 2 to 10 times than that due to natural rewards - like music, food or sex. Thus the resulting effect on the pleasure circuit of the brain powerfully motivates an individual to repeatedly take drugs. Hence,

easily one would get addicted, even though the first decision to take drugs is essentially voluntary. The effects also could last longer than that by natural rewards.

Apart from the effects on the brain, the reasons for addiction could be a combination of risk factors which are biological (genetic factors, mental disorders, and adolescence), environmental (peers, abuse, poor academic performance, chaotic home, attitude of parents or community) and others like

cost, availability and route of administration of the drug.



Drugs of abuse (e.g. cocaine) release more dopamine than food

“Getting High” by Drugs - Idea Socially ‘Made Up’?

It is generally believed that people feel better or happy when they are on drugs. This is because drugs are thought to yield pleasure and relaxation. But is it really true?

It is seen largely that there have been instances where different users of a drug have experienced different effects. For example, a report by Dr. Zerrin Atakan shows that cannabis affects differently in people, wherein some develop psychotic illness to cannabis whilst some do not. The reasons could be genetic or personality characteristics.

However, when considering the issue of “getting high” after drug use, it seems that people who use drugs like morphine or cannabis based dronabinol (used in easing nausea and vomiting during cancer chemotherapy treatments, and in AIDS patients to stimulate appetite) do not feel that “high”- one would rarely get addicted to opioid analgesics when used properly. Moreover/Besides this, it is worthy to know that opioids, like heroin, in nature are narcotics - sleep inducing - and it is

less likely for them to give euphoric effects according to its pharmacology. So what really causes the “high”?

According to Dr. Hans O. Fekjaer, there are no ways to attribute any feeling of wellbeing associated with drug abuse to its pharmacological properties. He is citing many research reports to say that there are obvious non pharmacological explanations for the “magic” of drugs.

It seems that a drug leading to “getting high” is a learned idea as explained by Dr. Fekjaer. Drugs produce a feeling different to the usual. This state is concentrated by the user, and later ‘labelled’ using poetic, vague metaphors like “high”, or “kick off”. Such appealing descriptions guide novices about the interpretation of the effects. That is, the pharmacological effect of the drug, though unpleasant, is being interpreted as something euphoric. This is evident by the fact that solvents present in paints, or glues do not produce “highs” on craftsmen working as painters, while it is pleasurable for a teenage inhaling them deliberately.

The various mechanisms for this to happen could be:

1. The expectation of effects by users before using drugs could lead to the experience they gain finally.
2. Social indoctrination and practice which can make people appreciate chemical effects or a peculiar taste (like for coffee, tobacco smoke or beer).
3. Ability of people to interpret chemical effects as feelings, and link internal cues with emotions like joy or relaxation.
4. Labeling internal cues as a “high”. Thus, the individual not only requires chemical influence but a socially learned interpretation of the effects as well.
5. Association of related experiences and behavior to the state labeled as a “high”.
6. Using internal cues indicating the chemical influence to measure the degree of “high”. This strength of the cue would influence experience, behaviour and further consumption of the drug.

The simple summary is that there’s a huge difference between scientifically explained effects of a drug and the definition of a user, which is often a subjective interpretation, and a perception learned via a society of previously experienced users.

The effects of drugs soon after taking it might be pleasing, which is why one would continue usage. However long term effects are far more detrimental. The next article will discuss about the dangerous effects of drugs, and ways to cure the affected to have a new start in life.

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HAVE AN APPLE OR A PEAR, AND WHAT HAS MS GOT TO DO WITH IT?



The most important asset of the university is its employees. Health and fitness of the university employees are important considerations for the administration as their general health and wellbeing directly impact on their work and productivity. Healthy employees are much less likely to regularly fall sick. Not only would this reduce the rate of short and long term absenteeism, healthy staff are more likely to work efficiently and effectively. Furthermore, good health improves the morale of individuals and increases their productivity.

As new university staff members, all of us were required to provide a medical certification to establish our fitness to work; no doubt this contributes to the maintenance of a healthier workforce at the OUSL. However, as time passes, particularly with age, due to increased responsibilities and unhealthy life styles, some of us could become prone to various illnesses, such as stress, diabetes, heart diseases and even cancers. Living with such conditions could lead to anxiety and insecurity directly influencing our quality of life. It could also lead to a reduction in productivity at the work place if our performance is affected.

In this context, it is very important to promote the benefits of a healthy life style of all OUSL staff, through workplace health awareness and promotion activities. One such initial activity that could be undertaken by any organization that cares for its employees is the promotion of employee health

screening campaigns. Health screening provides the individual an overview of his/her current health status and helps detect illnesses or potential risk factors of diseases and areas to be focused on in order to promote the wellbeing of the person. Health screenings usually involve a combination of diagnostic tests including blood and urine tests, blood pressure readings, weight measurements as well as life style analyses that focus on physical activity and food habits of a person.

The OUSL conducted such a Health Camp on 08th October 2015 for the university staff on the purpose of checking their general health. In this endeavour, the staff of the Faculty of Health Sciences volunteered by performing the urine and blood tests of nearly 700 OUSL staff over a period of one week, with the assistance given by the Medical Research Institute. Particularly, blood levels of Lipid parameters, Liver enzymes, Serum creatinine (marker of kidney damage) and a Urine Full Report were respectively provided.

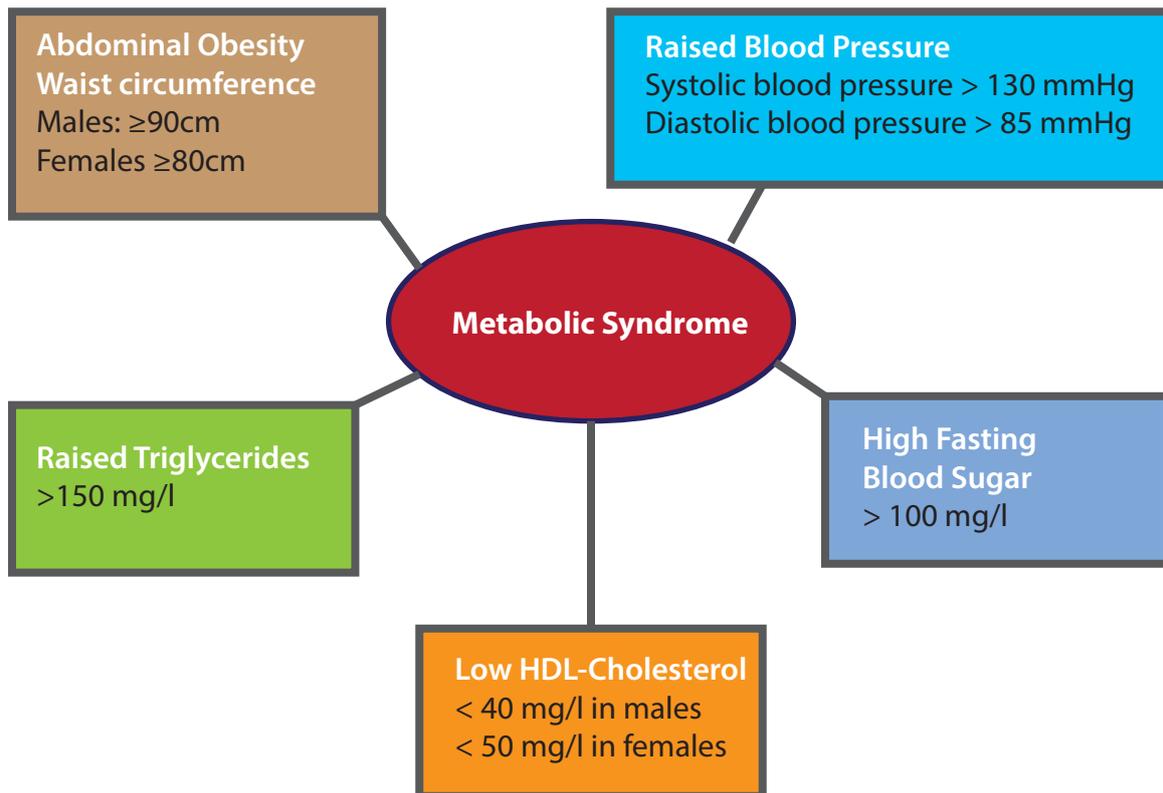
Based on the overall results of the health screening campaign, it is heartening to note that 60 – 70% of the OUSL staff members tested are apparently healthy. However, a preliminary analysis of the results indicated that elevated level of triglycerides, slightly elevated liver enzymes, reduced level of HDL were shown among the members. These outcomes are some parameters related to Metabolic Syndrome (MS).

Lipid parameter	Overall test result	Risk
Total Cholesterol	Around 45% of individuals had Total Cholesterol > 240 mg/dL	Too much cholesterol in blood can lead to narrowing of arteries in the body that cause heart attacks and stroke
Triglyceride	Around 40% of individuals had triglyceride > 150 mg/dL	Main form of fat in body – get mainly from food we eat leading to obesity. High levels may be a sign of other heart disease risk factors like high blood pressure and diabetes
Low Density Lipoprotein Cholesterol (LDL) Bad cholesterol	Around 45% of individuals had LDL > 160 mg/dL	LDL can build up inside walls of blood vessels and increase chances of heart diseases
High Density Lipoprotein (HDL) Good cholesterol	Normal range in majority of males and females	HDL helps decrease cholesterol buildup in walls of arteries that causes narrowing of their openings - lowers risk of heart diseases

Metabolic Syndrome

MS is a collection of interconnected health conditions - excess body fat around the waist, abnormal cholesterol levels, increased blood pressure and a high blood sugar level - that occur together. You will be diagnosed as having MS, if you have three or more of the following conditions shown in the figure.

MS is important because it directly increases the risk of heart attacks, type 2 diabetes and stroke. Around 20-25% of the world's adult population are prone to MS. The crude prevalence of MS in Sri Lanka is 27.1%. Note that individuals who have MS are twice as likely to die from and three times as likely to have a heart attack or stroke compared to people without the syndrome.



Are you at risk of MS?

- Age: Your risk of MS increases with age, affecting 40% of people over the age of 60.
- Weight and abdominal obesity: Do you have an "apple-shaped" figure - having excess weight around the waist? Or do you have a "pear shaped" figure - having excess fat on other parts of the body such as hips? Carrying excess weight particularly around the waist (abdominal obesity) increases your risk of MS. An inactive life style will lead to such excess weight.
- Race and gender: We Asians seem to be at a greater risk of MS than Americans and Africans. Men are more likely than women to develop MS.
- Diabetes: Did you have diabetes during pregnancy (gestational diabetes)? Or do you have a family history of type 2 diabetes? Then you are more likely to develop MS.
- High blood pressure, nonalcoholic fatty liver disease or polycystic ovary syndrome are some of the other conditions that increase the risk of MS.

Life style interventions and treatments for MS

If you have MS or any of the components of MS, lifestyle changes can delay or even prevent the development of serious health problems.

- **Change your dietary composition:**

- Increase consumption of fibre rich foods such as whole grains, pulses, fruits and vegetables
- Consume fish containing Omega – 3 fatty acids
- Limit intake of foods containing saturated fat such as butter, cheese and fatty cut of red meat, and fried foods
- Reduce intake of salts

- **Maintain a healthy weight**

- Reduce energy intake: replace starchy foods, sugar and fats with fruits, vegetables and pulses
- Follow a regular exercise programme: at least 30 minutes per day for 5 days of the week, take a brisk walk or any other physical activity like cycling, jogging, dancing, skipping, aerobics, etc.

- **If lifestyle changes are not enough, drug therapy may be required for treatment of MS.**

MS can be diagnosed based on results of a physical exam and blood tests. The early identification of the individuals who are having risk factors related to MS and lifestyle, intervention and treatments may reduce development of diabetes and cardio vascular diseases in the future. This is why it is important for all of us to undergo a routine medical check up annually to monitor and manage blood glucose, blood cholesterol, blood pressure and others investigations. The good news is that MS can be treated and we can reduce our risks of serious health problems by maintaining a healthy weight, eating a heart-healthy diet and getting adequate physical activity.

Harith Eranga Yapa
Department of Nursing
and
E.M.S. Bandara
Department of Medical
Laboratory Sciences
Faculty of Health Sciences



**Eat a
heart-healthy diet!
Engage in
regular physical activity!
Maintain a
healthy weight!**

Awards Ceremony of the CRC



The Awards Ceremony of the Colombo Regional Centre (CRC) was held on the 5th and 6th of December 2015 to grant awards to students who had successfully completed Diploma, Advanced Certificate, and Certificate programmes at OUSL. The ceremony took place in the New Conference Room at OUSL, conducted over four sessions during two days. Over 2360 students were awarded certificates at the ceremony.

Many distinguished guests participated in the ceremony, including Prof. Upali Vidanapathirana, former Vice Chancellor of OUSL, Prof. A.D.V.De.S. Indraratna, Council Member, Prof. Nandini De Silva, former Vice Chancellor of OUSL, and Prof. Nalini Rathnasiri, Former Dean of the Faculty of Natural Science. Dr. K.R.S Perera, the Assistant Director of the CRC, delivered the vote of thanks.



Awards Ceremony of the KRC



The Kandy Regional Centre held its annual Awards Ceremony at the KRC Auditorium on the 28th of November 2014. The ceremony commenced with traditional Sri Lankan drummers and dancers. This was followed by the lighting of the oil lamp and reciting of the 'Deva vassaThukalena' verse.

Prof. Kamal B. Gunaherath, the Deputy Vice Chancellor of OUSL, graced the occasion as the Chairperson of the ceremony. He welcomed all academic and non-academic staff and all other participants of the awards ceremony in his welcome speech.

Prof. S. Samita, the Director of the Postgraduate Institute of Agriculture (PGIA) of the University of Peradeniya was the Chief Guest at the ceremony. He emphasized the value of education in his address and spoke of the five key important factors to be a successful learner.

1031 students received certificates for the successful completion of Diploma, Advanced Certificate, and Certificate programmes at OUSL. The vote of thanks was delivered by Mr. Anushka Bandara, the Assistant Director of KRC.



Awards Ceremony of the ARC



The Anuradhapura Regional Centre (ARC) held its annual Awards Ceremony at the Youth Council Auditorium, Anuradhapura, on the 29th of November 2015.

Prof. Gaya Ranawaka, the Dean of the Faculty of Health Science, was the Chairperson of the ceremony, and Prof. Ranjith Wijewardena, the Vice Chancellor of the University of Rajarata, was the Chief Guest. Miss Piumali Karunarathne, the Assistant Librarian, welcomed all academic and non-academic staff and all other participants of the awards ceremony in her welcome speech.

177 students received certificates for the successful completion of Diploma, Advanced Certificate, and Certificate programmes at OUSL. The vote of thanks was delivered by Mrs. Vindya Angamma, the Assistant Director of the ARC.

Award Ceremony of the BRC



The annual Award Ceremony, organized by OUSL Batticaloa Regional Centre, was held on the 29th of November 2015 at the Auditorium of the St. Cecilia's Girls' National School, Batticaloa. The program commenced at 10.00am with a silent prayer, which was followed by the lighting of the Traditional Oil Lamp by the Chairman, Chief Guest, Academic staff, and a student of the Batticaloa Regional Centre.



The welcome speech was delivered by the Chairman, Prof. P. C. P. Jaufar, the Dean of the Faculty of Education of OUSL, which was followed by the address of the Chief Guest Mrs. P. S. M. Harles, the Government Agent and District Secretary of Batticaloa. Subsequently, certificates were awarded by the Chief Guest to the 423 candidates who had successfully completed the Diploma and Certificate courses in various disciplines at the Batticaloa Regional Centre.



A few short speeches were given by students in all three languages. They shared their experiences about the courses and appreciated the provision of students' facilities to encourage learners to fulfill their learning needs and goals at OUSL. The Award Ceremony concluded with the vote of thanks by Eng. A. D. Kamalanathan, Senior Assistant Director, Batticaloa Regional Centre.





The KURC expects to enhance the university's academic activities in the North Western province through these regional programmes by providing knowledge to public servants who work in the field who could then go on to effectively relay information about the opportunities that the Open University extends to the community and to students in rural areas.

Vice Chancellor visits KURC



The first official visit to regional centers of the newly-appointed Vice Chancellor, Prof. S. A. Ariyadurai, was to KURC on the 29th of July, 2015. He was accompanied by Dr. Jayawardana, the Director of Regional Educational Services. The Vice Chancellor emphasized that government policy aims to expand the regional education hubs of the Open University to cater to the increasing educational demands of the future. He said that, as a Center located at the key educational and developmental focal point of the country, accelerated developing of the Kurunegala Center is a priority of the University for next few years.



KURC launches training programmes for public servants

At the invitation of the Chief Secretariat of the North Western Province, the Kurunegala Regional Center (KURC) commenced the training of public servants, who work at provincial institutions, who are in key management fields that are in demand. The first training programme was held on the topic 'Event Management' for Development Officers in the Kurunegala and Puttalam districts, and was held at the Wayamba Training Center in Wariyapola on 15 16th and 22 23rd of November this year. It was attended by the Additional Chief Secretary of the North Western province.

The objective of these training programmes is to train an officer from the each provincial office in a specific field, such as in event management, organization management, and office procedures. The mandate of the Open University is to train a one person from each provincial department as an Event Manager, and 75 personnel were trained under this scheme at the inaugural programme.

The Assistant Director of KURC spoke of the progress of the Center in the last two years and the need to deliver University programmes that are more demanding at regional level. He requested that the programmes offered by the Faculty of Science be made available at KURC since the second largest number of school leavers from the Science stream in Sri Lanka was reported to have been from the Kurunegala district in the last few years.



Workshop on the Diploma in Youth Development at KURC

A training workshop for the visiting academics panel of the Diploma in Youth Development was successfully conducted at KURC on the 11th of July 2015 by Dr. Shantha Abeysingha who is a Senior Lecturer in the Department of Social Studies and is the Chief Coordinator of the Diploma in Youth Development programme. The workshop expected to upgrade the quality of course delivery methods and to make participants aware of the learning journal component of the programme.



New Building Complex at KRC



The Kandy Regional Centre (KRC) was alive with ceremonial spirit and color on the 1st of June 2015 when a new and spacious building was ceremonially declared open. It is to house the important administrative units of OUSL and a large examination hall. The Chief Guest at the occasion was the Hon. Dr. Sarath Amunugama, the Minister of Higher Education and Research. The then Vice Chancellor Dr. Vijitha Nanayakkara, the Deputy Vice Chancellor Dr. Janaka Liyanagama, senior academic members, and administrative staff attended the occasion.

The new administration building brings together some of the important units of the KRC under one roof. These units include a spacious student registration block, offices for senior administrative staff, a lecture hall that is to be managed by the Peer Assisted Student Support (PASS) unit, and a spacious study room for students. The second floor of the building houses a large examination hall that can accommodate 600 students in one sitting.

If you visit the KRC, don't forget to have a cup of tea at the new outdoor cafeteria that is set amidst the backdrop of the scenic Hunasgiriya mountain range.



Regional centres

Colombo Regional Centre	011-2853930
Kandy Regional Centre	081-2494083
Matara Regional Centre	041-2222943
Anuradhapura Regional Centre	025-2222871
Batticaloa Regional Centre	065-2222264
Jaffna Regional Centre	021-2223374
Kurunegala Regional Centre	037-2223473
Badulla Regional Centre	055-3012151

Study Centres

Ambalangoda Study Centre	091-2258585
Bandarawela Study Centre	057-2222820
Galle Study Centre	091-2223784
Gampaha Study Centre	033-2234571
Polonnaruwa Study Centre	027-2225776
Rathnapura Study Centre	045-2228660
Kegalle Study Centre	035-2222501
Ampara Study Centre	063-2222052
Ambalantota Study Centre	047-2225533
Hatton Study Centre	051-2225139
Kalutara Study Centre	034-3949160
Kuliyaipitiya Study Centre	037-2281271
Monaragala Study Centre	055-2277395
Puttalam Study Centre	032-2266822
Trincomalee Study Centre	026-2222088
Vavuniya Study Centre	024-2222995
Mulathivu Study Centre	071-3522367
Kilinochchi Study Centre	021-2283970

OPEN DAY 2015

For the first time, the whole university was open, from the 10th to the 12th of December 2015, to the general public to experience firsthand what OUSL has to offer.



Our children are our future, and we take responsibility for their empowerment. Nurturing the imagination in the classroom makes learning fun.





*Science is magical and exciting!
We brought the theories of Chemistry and Physics to life in a vibrant display of colour.*

Water purification system model – Our duty is to enlighten society to the ways of managing our natural resources.

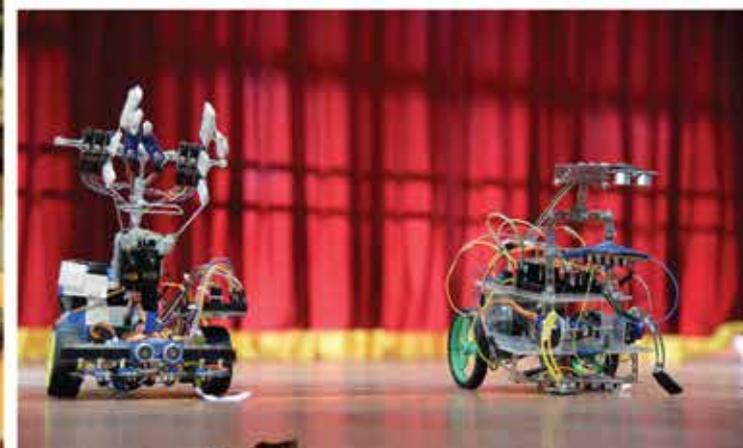




The mysteries of green life were captured in a bottle.



We travelled back in time to witness the first rulers of our earth.



Artificial Intelligence battled each other in an exhibition of their amazing strengths and capabilities.





Food for the brain and the body was on offer at reasonable prices!



Introducing efficient tools to harvest a better yield

We dove into the world of marine diversity to protect our environment for the future.



It is our duty to keep the road to lifelong learning always open.

