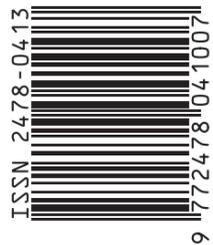


THE OPEN

QUARTERLY

i/2017



OUSL was selected as first runner-up in the Soft Robotics Toolkit Design Competition 2016 hosted by Bio Design Laboratory, John A Paulson School of Engineering and Applied Sciences at Harvard University, USA.

p.10

Three researchers from OUSL received awards at the presidential awards for scientific publications

p.10

Hasitha Eranga Bandara, a student of the Department of Electrical & Computer Engineering, was awarded the prestigious Manamperi Award

p.11

The Department of Medical Laboratory Sciences opened a service laboratory to provide quality laboratory service to the community.

p.13

The Faculty of Health Sciences

The predicament faced by an irregular migrant is serious. They are vulnerable to serious human rights abuses, discrimination, marginalisation and exclusion.

p.05

“I am hoping that the Faculty will also be a place of interaction for other Faculties with its new conference facilities”.

p.18

Growing resistance to antimicrobial medicines is a serious challenge in countries of all economic levels, and results largely from inappropriate prescribing and use.

p.26

“The power of discrimination of DNA is what makes it so successful in the identification of people”

p.24



A DARK SIDE OF HUMANITY
Yasodara Kathirgamthamby
05

WITH THE CONTENT IN THE NEWS

Experts Review MSc in Industrial Engineering Curriculum

'Haritha Roo' Photographic Exhibition

maintaining good postures for a healthier life

International Relations Unit moots MOU with Mianz International College Maldives to offer short courses

The OUSL Library Ventures into Public Library Automation Islandwide

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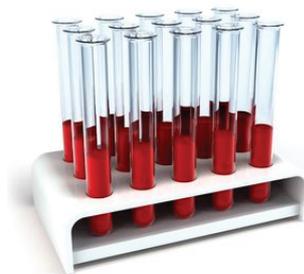
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THE FOOD YOU EAT
Kanishka De Silva
& K. Sarath D. Perera
07



PREPARATION FOR MEDICAL LABORATORY TESTS

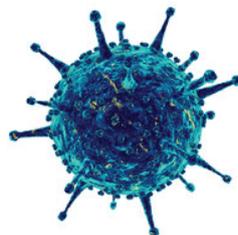
B.S. Sunil De Silva
B.M.C.R. Wimalasiri
R.S.R. Rajakulasooriya
V.A.S. Fernando
H.M.S.P. Herath
28



DNA FINGERPRINTING
Kshanika Goonesekera
24



BUILDING RESILIENCE
Gayani P. Gamage
Asanka Bulatwatta
Kanchana Manikdiwela
& Dayanga Randeniya
22



FIGHTING YOUR OWN BATTLES
K.D.S.V. Karunanayaka
K.M. Rathnayake
A.S.D. Wickramasinghe
D.H. Pathirana
26

A JOURNEY OF ACADEMIC ACCOMPLISHMENT
Indikā Bulankulame
18



03



THE OPEN QUARTERLY

iii/2016

THE OPEN UNIVERSITY
OF SRI LANKA

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With this issue, **The Open Quarterly** moves on to its second year. Our previous issues have discussed and reflected upon important subjects that touch our day-to-day lives. I would like to take this opportunity thank all the faculties for their contributions—without their support we would not have been able to produce such a healthy magazine with rich content. In this quarter we feature the newly formed Faculty of Health Sciences (FHS). We have dedicated the cover of this quarter to all the staff of this new faculty.

We focus on each and every department of the FHS that has contributed to create a discourse on variety of health matters, ranging from workplace stress management, forensic science, rational use of antibiotics, teenage pregnancy to valid information about how one can prepare for valid lab results.

But, we open our discussion with a subject matter that has become a political, economic as well as a social concern – human trafficking. One could call it an iceberg of socio-cultural complications whose magnitude and causalities continue to evade complete understanding. We also like to provide you some food for your thought regarding the food you eat, with emphasis on food preservatives.

All this knowledge, we hope, will contribute to creating dynamic discourses on matters that concern each and every one of us, day in and day out. Because knowledge, we believe, will raise awareness and prepare us for the unseen challenges of tomorrow.

Sameera Tilakawardana



human smuggling... a dark side of humanity

From time immemorial migration from one locale to another has been an intrinsic feature of human beings. Movement within a region or across long distances in small or more often in large groups has occurred throughout history. The causes and scope may differ but there is no gain in saying that it is a continuous historic process with uninterrupted sequence.

The reasons people move from where they are settled may vary. Lack of adequate earnings and availability of opportunities in the new location, insecurity caused by civil strife in the country of origin and natural disasters are among the motivating factors that impel people to move away from their homes and familiar surroundings. Approximately one in seven people today are migrants: 232 million people are international migrants, or 3.2 per cent of the world population, and 740 million are internal migrants.

Migration from one place to another is always plagued by some pain. However, the new form of migration which involves human smuggling with its inevitable perils and problems, along with its accompanying dehumanisation has stirred the conscience of the world and prompted calls for action by the international community.

The hazards involved in inhuman trafficking are well known. Yet recent techniques of smuggling persons into other countries are fraught with many pitfalls and have acquired a disturbing new dimension. What is of great concern is that despite the risks that smuggled migrants have to face there appears to be an increase in the use of such techniques with new daring actors and criminal elements entering the enterprise.

An unfortunate features of human smuggling are the connivance of those who consent to be smuggled and those who organise the smuggling. It is not only the involvement in such a dangerous enterprise, but also the wider implications and a multiplicity of problems caused for the country of origin, transit states and destination countries, creating a serious strain on the relationships among these countries. Above all are the grave and alarming problems and hardships that are caused to those who consent to be smuggled. This has blatantly violated human rights norms and stirred the conscience of the world.

The predicament faced by an irregular migrant is serious. They are vulnerable to serious human rights abuses, discrimination, marginalisation and exclusion. These are further accentuated by exploitation and maltreatment by employers and official authorities. The woes of such a migrant begins even before departure, continues up to arrival at their destination and persists on returning to the country of origin. The world has been shocked at the travails and traumas that such people endure.

Human smuggling has emerged as a serious problem for Sri Lanka which is both a transit and a source country. The modus operandi is through sea and air. People seek and make access to services provided through smugglers by paying substantial fees. The most favourite destinations of human smuggling for Sri Lankans are Australia, Canada, Italy, UK and the US. The increase in the volume of people smuggled has an adverse impact on international relations. Attention has

been paid to taking necessary steps to contain the threat. What is distressing is that although the smuggling venture brings such enormous hardships and suffering it seems to be on the rise.

This article draws attention to a few incidents of human smuggling in Sri Lanka in order to illustrate the complex issues involved in the process.

It is to be noted that notwithstanding any regional or ethnic differences Sri Lankans are attracted to this illegal operation. Poverty, unemployment, lack of job security, marriage/-family reunification, unsatisfactory reconciliation processes are some of the causes. The average payment made to the agents or organised criminal groups in Sri Lanka are between half a million to a million rupees. In many instances people make part payment and promise to pay the balance once they reach the destination. Corrupt officials facilitate the process by helping the agents/criminal gangs to arrange forged travel documents and visas.

While some vessels carrying migrants successfully enter the border many other vessels are sent back to the source country or to detention centres maintained outside the host country. Even when they successfully enter the country they have to suffer long detentions before a decision is made on their fate.

Some leave behind their spouse, children and parents. They go with great expectations and hopes that their families will be able to join them later or that they can create a comfortable life for them in Sri Lanka. Unexpected problems can befall them during their journey. The boats sail in the sea for months. Some fall sick and some even die before reaching the destination.

The boats used are not the most suitable for

carrying human beings. The majority are multi-day fishing trawlers and cargo ships in which containers are maintained to house the people. This is done not only to avoid detection but also to accommodate the largest possible number of persons. A few examples are given below to illustrate the situation.

The MV Sun Sea carried 493 immigrants from Thailand to Canada in a Thai cargo ship. Migrants went from Colombo to Thailand by air on tourist visa. It was here that the Thai ship was hired to take them to Canada. During the journey 380 male migrants were forced to stay below deck and 63 women and 49 children slept under tarpaulin on the deck. During the journey one person died due to suffocation and had to be given a sea burial. The ship was intercepted by the Canadian authorities on 12 August 2010. All 492 were from the Tamil ethnic community from the North and East claiming refugee status who said that the situation in Sri Lanka was not conducive for them to live in. The case was heard. Judgement was given on the basis of the merit of each case. Some cases are still going on. In 2009 the Ocean Lady carried 76 immigrants from Sri Lanka to Canada. Out of these 30 migrants have been given refugee status, the others are awaiting a decision. In another incident, it reported on the print media two persons had died and one had gone missing in a boat carrying Sri Lankan passengers to Australia. Another boat named Jayawe went missing in Cocos Islands in 2013 and could not be traced. Two Sri Lankans committed suicide in Australia in 2012 and 2014 due to the stress of the lengthy process of court proceedings in such cases.

The above examples are only the tip of the iceberg. Not only are people willing to risk such trauma but some seem to be willing to try again. Despite all the information about the dangerous nature of being smuggled out it is a curious fact that more people are willing to pay large sums of money to undertake this venture. This phenomenon defies all rational analysis.

Yasodara Kathirgamthamby
Department of Legal Studies



SOME FOOD FOR THOUGHT ABOUT THE FOOD YOU EAT



Food preservation can be defined as the science which deals with the process of prevention of decay or spoilage of food and helps them to be stored in a fit condition for future use. Throughout Human history, certainly since the beginning of civilization, preservation of food materials has played a vital role in avoiding wide-spread starvation. Sri Lanka too had been using methods such as smoking, drying, salting, pickling, and dipping in bee honey for food preservation for centuries. Due to high demand and the consumption of processed food, artificially manufactured preservatives are in common usage at present day food industry. Preservatives are also known as antimicrobial agents, because of their action against food-born microbes responsible for food spoilage and food poisoning. Not only chemical preservatives, we can add pasteurization, sterilization, refrigeration, freezing, canning and irradiation to the list of methods of food preservation at present. Nuclear radiation is also being used now in preserving food. Modified packaging techniques like vacuum packing and hypobaric packing also work as food preservatives. Therefore we can define a food preservative as a substance which is capable of inhibiting, retarding or arresting the growth of micro-organisms.

Food Preservation is basically done for three reasons:

- To preserve the natural characteristics of food
- To preserve the appearance of food
- To increase the shelf life of food for storage.

As mentioned earlier, food preservation is not a modern day invention but a process that was advanced with the transformation of societies. Let us pay attention to the food preservative methods that have been used in Sri Lanka for generations.

1. Sun drying

In tropical countries like Sri Lanka, direct solar radiation is used for drying a variety of foods such as vegetables, fruits and fish and shrimp. As food

dried in this way is exposed to dirt, insects and to air, there is always a risk of contamination and spoilage.

2. Smoking

Food like fish and meat is usually preserved by exposing them to smoke, by burning some special kind of wood. In this method while heat from the smoke helps in removal of moisture, exposure to smoke imparts a characteristic flavour to the food. The detection of known carcinogens such as 3, 4-Benzopyrene and other polynuclear aromatic compounds in wood smoke has led to concern over the safety of smoked food.

3. Salting

Salting is the preservation of food with dry edible salt and it is related to pickling. It is one of the oldest methods of preserving food, and two historically significant such food are dried and salted cod (salt fish) and salt-cured meat. Salting is used because most bacteria, fungi and other potentially pathogenic organisms cannot survive in a high salty environment, due to the hypertonic nature of salt. Any living cell in such an environment will become dehydrated through osmosis and die or become temporarily inactivated.

4. Pickling

Organic acids are added or allowed to form to preserve food. For example, vinegar (acetic) for pickling, lime juice (Citric) and Lactic acid.

Chemical Food Preservatives

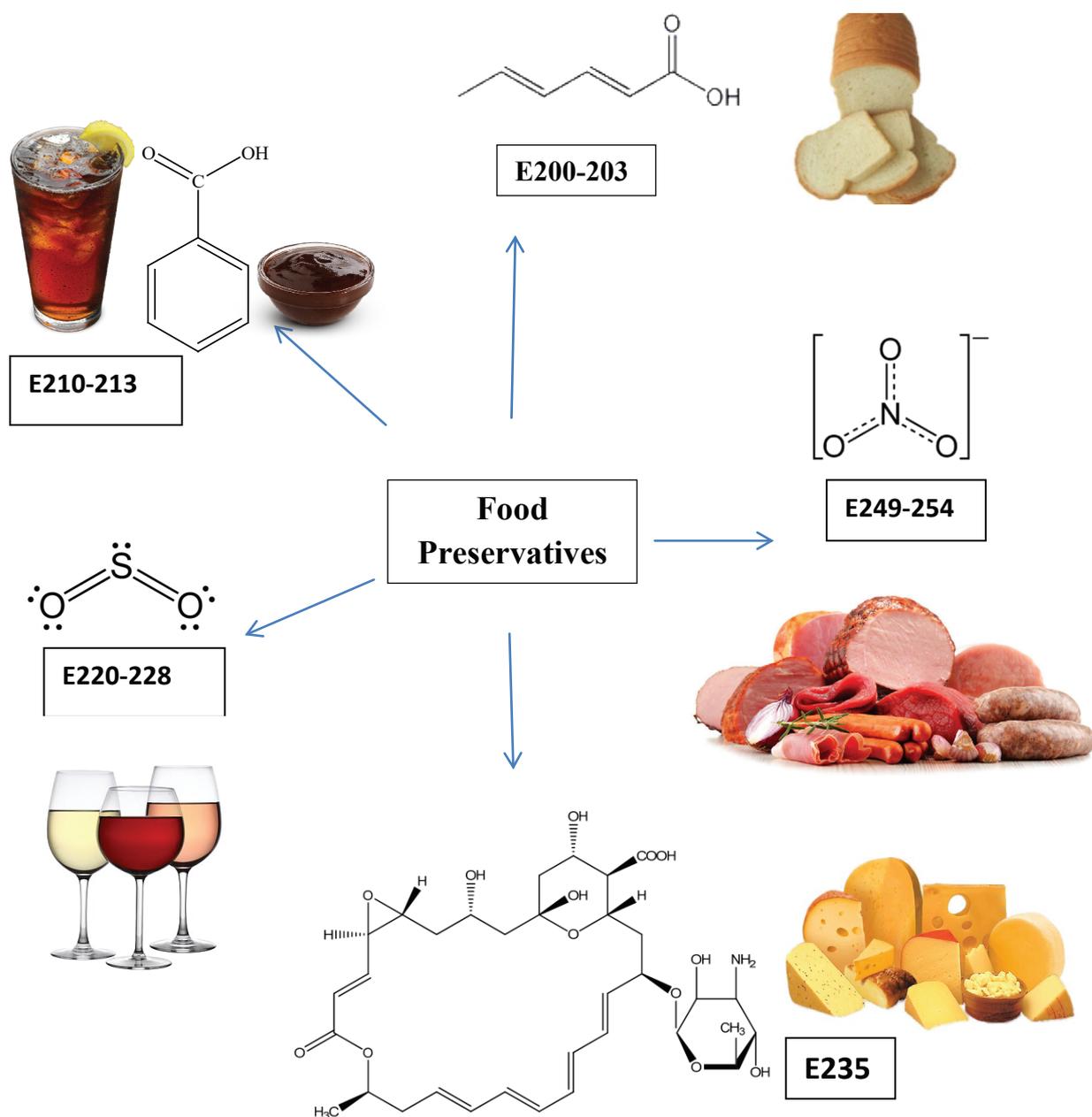
The use of chemical food preservatives has many side effects. Harmful chemical food preservatives have been the cause of many health hazards ranging from mild headaches to the most serious diseases like cancer. However, not all food preservatives are harmful, especially if they have been manufactured in controlled situations and used in food items in amounts permissible by food laws.

This article presents a list of some common harmful food preservatives with their side effects. Knowing the side effects of harmful food preservatives will definitely help one in reading the food labels more thoroughly and in understanding whether to buy a food item that has a harmful food preservative in it.

To ensure that preservatives really do help make food stuffs safer, their use is subject to pre-market safety assessment and authorisation procedure. As a result each food additive is assigned a unique number. This process was initiated in Europe to regulate these additives and inform consumers about food additives. "E-numbers" are used in Europe for all approved additives. Food preservatives belong to a group of E-numbers from E200-E299.

Examples of widely used preservatives

To delay the spoiling of foodstuffs by micro-organisms, preservatives/anti-microbial substances which inhibit, delay or prevent the growth and proliferation of bacteria, yeasts and moulds are used. For example, Sulphur compounds such as sulphites are used to inhibit the growth of bacteria e.g. in wine, dried fruits, vegetables in vinegar or brine. Sorbic acid, nitrate and nitrite compounds are used as additives in meat products to protect against the bacterium that causes botulism (*Clostridium botulinum*), and in this way they make a significant contribution to food safety. Benzoic acid and its calcium, sodium or potassium salts are used as antibacterial and antifungal in foods such as pickled cucumbers, low sugar jams and jellies, dressings and condiments.



WIDELY USED PRESERVATIVES, THEIR E-NUMBERS, EXAMPLES AND HEALTH EFFECTS

E-Number	Preservative	Some food stuffs in which they are used	Adverse health effects
E200-203	Sorbic Acid and Sorbate	Cheese, wines, dried fruit, fruit sauces, toppings, baked goods, fish and sea food	Skin and eye irritation, wheezing, running nose
E210-213	Benzoic Acid, and Benzoate	Pickled vegetables, low sugar jams and jellies, candied fruits, semi-preserved fish products, sauces and beverages	Benzoic acid can temporarily inhibit the function of digestive enzymes and may deplete glycine levels. It should be avoided if you suffer from asthma, rhinitis, or other allergies
E220-228	Sulphur Dioxide and Sulphite	Dried fruits, fruit preserves, potato products, wine, beer, jam	Asthma, hypotension, flushing tingling sensation
E235	Natamycin	Surface treatment of cheese and sausage	Nausea, vomiting and diarrhoea
E249-252	Nitrite and Nitrate	Sausage, bacon, ham, foie grass, cheese, pickled herring	These can lower the oxygen-carrying capacity of the blood and may combine with other substances to form nitrosamines, which are carcinogenic. Also they have an atrophying effect on the adrenal gland

Each and every person, old or young, has the duty to be concerned about the food they consume, especially the food behaviour. If you go to a super market, the same food item with different brand names can be recognized. But if you look at the label cautiously, the additives it contains are more or less the same. The attractiveness of the food product (colour/flavour) is the main factor that allows you to purchase it, particularly confectioneries, sauces, sausages, soft drinks and instant noodles contain lots of additives. However, only regular exposure can cause severe effects on your

health. So, why should we endanger our lives? Can't we avoid the use of these food additives? Ask yourself. Be aware of what you eat.

Kanishka De Silva and K. Sarath D. Perera
Department of Chemistry,
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OUSL Soft Robotics Team the First Runner-up at Harvard

From Left: Eng. BGD Achintha Madhusanka, Eng. Nimali Medagedara, Singhe Wijesinghe, Eng. PDS Hiroshan Gunawardane

A team comprising of researchers supervised by Eng. Nimali T Medagedara and Eng. BGD Achintha Madhusanka of the Dept. of Mechanical Engineering, OUSL was selected as first runner-up in the Soft Robotics Toolkit Design Competition 2016 hosted by Bio Design Laboratory, John A Paulson School of Engineering and Applied Sciences at Harvard University, USA. The main researcher, Eng. PDS Hiroshan Gunawardane, an OUSL graduate is now a probationary lecturer at the Dept. of Mechanical Engineering.

The OUSL competed with close to twenty other nations with more than eighty teams from well-known universities, high schools and researchers around the world in three categories. The soft robotics design team of the OUSL introduced the "Design and Development of a Hand Gesture Controlled Soft Robot Manipulator" which is a novel methodology to control a soft robot manipulator with a three finger soft gripper by imitating real-time human hand gestures.

The competition was judged by nine top researchers in the field of robotics selected by Harvard University. The winner was Worcester Polytechnic Institute, MA, USA (World Rank 682). The first runner up was the OUSL (World Rank 4479) and second runner up was Cornell University, NY, USA (World Rank 6). Other renowned universities that participated were University of New South Wales, Sydney, Australia (World Rank 91), Colorado State University, CO, USA (World Rank 192) and Rochester Institute of Technology, NY, USA (World Rank 387).



OUSL Bags Three Presidential Awards

Three researchers from OUSL received awards at the Presidential Awards for Scientific Publications for 2014. The awards ceremony was held on 22 November 2016 at the Waters Edge Hotel, Battaramulla. Prof. Sarath Perera (Department of Chemistry, Faculty of Natural Sciences) received an award for two publications in the Journal of the Chemical Society, Dr.Rohan Senadeera (Department of Physics, Faculty of Natural Sciences) for three publications in Solid State Ionics and Electrochimica Acta and Dr. Anushka Rajapaksha (Department of Basic Sciences, Faculty of Health Sciences) for seven publications in Colloids and Surfaces A: Physicochemical and Engineering Aspects, Chemosphere, Bioresource Technology, Journal of Environmental Management, Environmental Monitoring and Assessment, Chemistry and Ecology and Environmental Earth Sciences.





Manamperi Award for OUSL Student

Hasitha Eranga Bandara, a student of the Department of Electrical & Computer Engineering, was awarded the prestigious Manamperi Award 2015 for the Best Inter-University Final Year Undergraduate Project in Engineering on 5 December 2016. The Manamperi Award is awarded annually for the best inter-university undergraduate final year project by the Sri Lanka Association for the Advancement of Science (SLAAS). An OUSL student won the award the previous year as well. Hasitha received the award from the Minister of Science, Technology, and Research Susil Premajayantha at a colourful ceremony held at the BMICH that was graced by the chief guest President Maithripala Sirisena. Hasitha's project, titled 'Vehicle Notifier for the Deaf Pedestrians', was completed as part of his BTech (Eng)(Hons) degree at the Department of Electrical & Computer Engineering and was supervised by Senior Lecturer Nuwan Balasuriya.



Health Web Activity

Udaya Chandrasena, a senior physiotherapist at the Lady Ridgeway Hospital in Colombo, was invited to OUSL by the Health Web society for a lecture and demonstration on maintaining good postures for a healthier life. The society is from the Faculty of Health Sciences and is dedicated to promoting health and wellbeing. The presentation was held on 9th February 2017 at the seminar room of the Faculty of Natural Sciences.



OUSL Library Ventures into Public Library Automation Islandwide

The OUSL library has been awarded a Rs. 1.5 million Rupee project by the Ministry of Provincial Councils & Local Government to automate 40 public libraries island wide.

The project is sponsored by the Sri Lankan Government, the Australian Government and the World Bank through the North East Local Services Improvement Project (NELSIP). The OUSL is working closely with the Ministry to achieve the project goals to automate 40 libraries with KoHa Integrated Library Management System (ILMS). The second phase of automating an additional 20 public libraries is expected to be completed by the end of 2017.

The OUSL library has been selected as the system provider for this mega project as the library has proven expertise in adopting and customizing the software having successfully implemented such projects for over 12 public libraries and several other institutional libraries during the past year. The project covering the 40 libraries will be collaboratively handled by the technical team of the OUSL library together with KoHa ILMS experts from other state universities and public libraries around the country.

This project expects to empower public libraries to inculcate an e-library culture within the public library sector and enable librarians and users to network with other libraries locally and internationally to access information. It is also expected to enhance the skills and capacities of public library staff in providing an efficient public library service and thereby ensure the creation of an "Informed Citizenship" in Sri Lanka.



International Relations Unit Moots MOU with Mianz International College Maldives to Offershort Courses

The signing of the MOU between the Open University of Sri Lanka (OUSL) and Mianz International College (MI College) on 02nd December 2017 created history. This will pave the way to offer several OUSL short courses internationally.

The programme was launched in February to teach short courses from the Faculty of Education and the Department of Management Studies. The OUSL will also offer Staff Development Training for the MI College staff.

The short courses on offer are:

1. Short Course on Teaching Children with Learning Disabilities
2. Short Course on Research Methodology in Education
3. Short Course in Financial Accounting (SCFA)
4. Short Course in Marketing Management
5. Short Course in Human Resource Management

The MI College which has a wide regional base in the Maldives similar to that of the OUSL will offer these courses from its head office in Male. There will be resource persons from the OUSL who will offer the courses in Male and provide support to their resource persons. The students will be registered with the OUSL and the certificate will be awarded from our University as per the MOU. Further, it is proposed that this this initiative will strengthen the OUSL to offer Foundation, Diploma, Undergraduate and Postgraduate programmes at the MI college in the near future. The Vice Chancellor, Registrar and the Director International Relations Unit of the OUSL participated in the graduation ceremony of the MI College at the time of the signing of the MOU in December last year.





Experts Review MSc in Industrial Engineering Curriculum

The Department of Mechanical Engineering successfully conducted a discussion workshop on 28 January 2017 at the Opulent River Face Hotel to review the proposed MSc in Industrial Engineering programme. The workshop was attended by representatives from relevant industries and academia including the academic staff of the OUSL. There were over 35 participants. The main objective of the workshop was to obtain the views and recommendations of the industry experts and academia on the proposed curriculum. The curriculum was prepared by the Department of Mechanical Engineering in accordance with the Sri Lanka Qualification Framework and in line with the latest developments in industrial engineering.



A Lab for You

Disease diagnosis has become a collaborative activity with the advancement of supplementary services such as medical laboratory and radiology services. These services have evolved to diagnose diseases before the appearance of signs and symptoms on the patient, allowing clinicians to identify diseases in their very early stages.

With the vision of providing a quality laboratory service to the community, the Department of Medical Laboratory Sciences at the OUSL has decided to open a service laboratory. In the initial stages laboratory service will be offered to the university staff and their families. Laboratory service will be extended to students of the OUSL and their families and even to the general public in the future.

The laboratory will function based on ISO 15189 quality standards and all the tests will be performed by Sri Lanka Medical Council registered medical laboratory science graduates. The laboratory will function as a model laboratory for BMLS graduates so that they can familiarize themselves with standard practices. As this project is service-oriented rather than profit-oriented, the prices of tests will be comparatively low compared to other laboratories in the country.

With the intention of providing a quality laboratory service at a concessional price, we would like to invite you to utilise the service laboratory of the Department of Medical Laboratory Sciences at the Faculty of Health Sciences from March 2017.





Expanding and Upgrading OUSL

In a bid to accommodate the ‘surge in demand’ of the number of students who were unable to make it to the state universities, the government of Sri Lanka is presently negotiating the possibility of expanding and upgrading the OUSL to accommodate at least a hundred thousand students over a five year expansion plan. A discussion in this regard took place when Hon. State Minister of University Education Mohan Lal Gero visited the OUSL and met the senior management of the university on 24th of January 2017 . The Vice Chancellor, Prof. A.S. Ariadurai, stated that, "by the end of March we will have a proposal ready for further discussions".



OUSL gets Industry Liaison Center

The Industry Liaison Center (ILC) was established with the objective of improving the industry relevance of the OUSL graduates by building close collaborative relationships with industries. The ILC’s vision closely aligns with the vision set out in the directive from the University Grants Commission to strengthen University Business Linkages (UBL). The Centre is managed by a board of management chaired by the Vice Chancellor. Other members include the Deans of faculties and other officials of the university.

The broad goals of the Centre include improving the industry relevance of the OUSL graduates through positive experiences created through industry interaction. It will seek to identify, plan, design and implement projects that have industry relevance and provide a vehicle to transfer the knowledge created within the university to the industry for national development. Furthermore, it will enhance the innovation and entrepreneurship culture within the university.

The Centre has four broad goals: improve the industry relevance of the OUSL graduates through positive experiences created through industry interaction; identify, plan, design and implement projects that have industry relevance; provide means to transfer knowledge created within the university to the industry for national development; and enhance the innovation and entrepreneurship culture within the university.





Public Information Division at EDEX EXPO 2017, BMICH

The Public Information Division of the OUSL participated at the annual EDEX EXPO. This is Sri Lanka's largest Higher Education and Career Exhibition organised by the Royal College Union held at the BMICH on the 20th, 21st and 22nd January 2017.

The main highlight of this exhibition was the opportunity we received to sit on the Entrepreneurship Platform together with Chamber of Commerce and Sri Lanka, Information and Communication Technology Agency (ICTA), Association of Software Service Companies (SLASSCOM). The Public Information Division partnered with the Department of Management Studies of the Faculty of HSS and the Industrial Liaison Center (ILC) of the OUSL. Our Entrepreneurship and Small Business Management Course (ESBM) was the main feature at this platform.

A special feature was the enthusiasm of all OUSL current and former students at our exhibition desk. Former Bachelors of Engineering student Erangi Parthiraja, Managing Director of Era De Moh, winner of the startup Business Entrepreneur of the Year 2016 and former ESBM and current Business Management student A. K.G. Ayesha, Managing Director of Kavum Kokis an enterprise that exports traditional Sri Lankan sweets, both promoted our entrepreneurship desk. The exhibition was attended by a large number of both students and young adults.

From the Diary of PID

- 29th December 2016 'Heta Dinnana Maga rakiya magpeth' Career Development Fair at Ja Ela Pamunugama Bomiriya Madya Maha Vidyala
- 09th December 2016 Education and Career Exhibition at National Youth Council Maharagama
- 25th, 26th & 27th November 2016 ITN Rakiya Abhishekaya 2016 Job Fair, Nelum Pokuna Mahinda Rajapakse Theatre.



Opening of "Sarasavi Medura", a Modern Hostel Complex

"Sarasavi Medura," a four-storey modern hostel complex of the OUSL, was recently declared open by the Vice Chancellor Prof. S. A. Ariyadurai. This Temporary Residential Facility (TRF) can accommodate up to 400 students at a time and is an ecofriendly construction. The complex includes spacious, comfortable rooms as well as study spaces, a dining room and other basic amenities. This TRF is the latest addition to the OUSL's vision of providing maximum support to its Open and Distance Learning student population.





'Haritha Roo' Photographic Exhibition

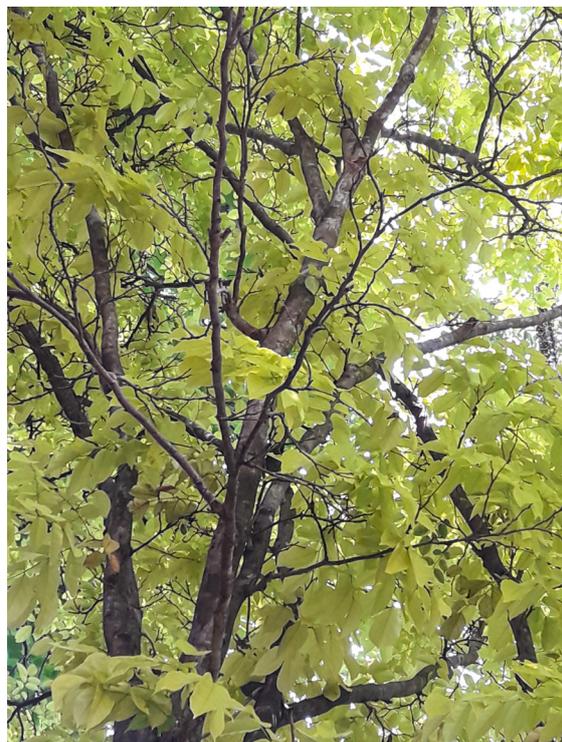
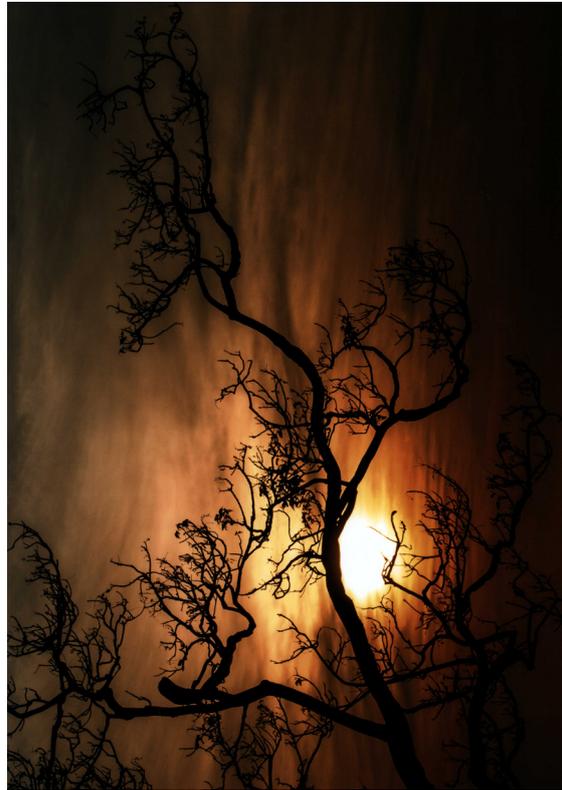
A photographic exhibition titled 'Haritha Roo' was organised by the Botanical Society of the OUSL on 6-7 December last year at the Faculty of Natural Sciences.

The exhibition called for photographs from students and staff across faculties and the Regional Centers of the OUSL. Close to 150 entries were received from which over 100 were from students, the rest were from academic and non-academic staff members.

Each photograph was displayed without the photographer's name, with only their titles and index numbers. They were judged by a three-member panel comprising of Dr. Jayantha Wattevidanage (Director, CETMe), Duleep Samarasinghe (CETMe) and Pradeepa Perera (Dept. of Botany). The first, second and third places were selected from amongst the student entries and five other photographs selected from all the entries which were commended.

Hiruni Damsara Wickramasooriya (CRC) won the first place for her entry Just After a Rain , Sachithri Munasinghe (postgrad, Dept. of Botany) won second place for Flower of the Day and the third place went to MC Nuwan (KRC) for Dusk.

The commended entries were Trees in Flush by SMDP Samarathunga (CRC), OUSL After Rain by Chamodi Kawshani Rajapaksha, Faculty in the Summer time by KA Dilani Kaushalya, Every Living Being Maintains Boundaries by Dr. Janaka Kurupppuarachchi (Dept. of Botany), and Nature Never Goes Out of style by Dr. Thilini Wickramasinghe (Dept. of Electrical & Computer Engineering).





The Faculty of Health Sciences A JOURNEY OF ACADEMIC ACCOMPLISHMENT

On an exceptionally quiet day due to the non-academic trade union action, I begin to read the most unusual reading material: a booklet titled Unit to The Faculty of Health Science 1993-2016 which was published as part of the the first anniversary celebrations of that Faculty, which fell on 06th of July 2016. The booklet traced the journey of this faculty. One primary narrator was the former Vice Chancellor Vidya Joti Emeritus Professor Dayantha S.

Wijsekera who articulated the sophisticated procedure involved in creating the B.Sc in Nursing .

This is the first Medical Sciences programme to be offered by the OUSL in the Open and Distance Learning (ODL) mode. In Fact, this was the first ever Nursing Degree course offered from any state university in Sri Lanka. Since the time of that difficult birth, the nursing degree has come a long way to be incorporated into the Faculty of Health Sciences in 2015. So, what are the modalities of its creation? What were the motivating forces? Where did it all begin? To answer all these question I turned to the most reliable source: the members of the Faculty.

Approved by the UGC in 2014, the Faculty of Health Sciences was formally decaled open by the former Vice Chancellor Dr Vijitha Nanayakkara who graced the occasion as the Chief Guest, along with Prof Nalani Ratnasiri the founding Head of the Department of Health Sciences and the present Vice Chancellor Prof. A.S Ariadurai on the 14th of August 2015.



Nursing – the incubator of all departments

In 1994, Professor Nalani Ratnasiri, a Biologist (the founding Dean of the Faculty of Natural Science) helped pioneer the B. Sc in Nursing Degree and established the Nursing Unit under the Faculty of Natural Sciences. By 1995 the Department of Health Sciences was established as part of the Faculty of Natural Sciences and Prof. Ratnasiri became its founding Head. In 1997 the first batch of B.Sc students graduated. One of these graduates, Hemamala Vithanarachchi, later became the Head of the Department of Health Sciences. Some of the key persons who joined the Department at its inception were W.N. Priyanthi an OUSL nursing graduate from the second batch. She received her Ph.D in Nursing from the University of Colombo and is now a permanent staff member of the Department of Nursing. Today they are planning out the M.Sc in Nursing and the Foundation programme for school leavers.

Mr. Sunil De Silva, Ms. Premudhitha Madavi and Ms. Deepika Samaraskera, all of whom were B. Sc in Nursing Graduates from the OUSL, joined the department as lecturers. Significantly today, all three are the founding heads of departments with Premudhitha Madavi becoming the founding Head of Nursing, while the former two the Heads of the Pharmacy and Medical Laboratory Departments respectively.

Roots of the Departments of Pharmacy and Medical Laboratory Sciences (MLS).

In order to realize the vision for differentiation, the nursing department sacrificed their precious



carder to build the Pharmacy and the Medical Laboratory Services departments with limited staff and resources. Although, the Bachelor of Pharmacy was proposed by Prof. Tuley de Silva as far back as 2000, it did not get off the ground until 2007, when the Asian Development Bank (ADB) began to assist the programme. The B.Pharm degree was inaugurated in June 2013 and was offered to in-service pharmacists who were registered with the Sri Lanka Medical Council. A total of 105 students registered for this programme. Deepika Samarasekera a B. Sc nursing graduate of OUSL became its founding head in 2015.

Medical Laboratory Sciences (MLS)

How did MLS degree come about? On the request of the Medical Laboratory Technologist Association and under the initiative of a former Vice Chancellor of the OUSL Prof. Nandani De Silva, and with the funding assistance of the ADB the Medical Laboratory Service Degree was launched in June 2013. It is offered to in-service Medical Laboratory Technicians having registration with the Medical Council, Sri Lanka.

The first batch of 99 students are due to complete their finals this year. Today the department is in good hands of Mr. Sunil de Silva, another product of the B.Sc Nursing programme of the OUSL. By then, he had already completed a full term as the Head at the Department of Health Sciences. In 2015 he became its founding head. What are their future plans for the future?

- ***both the Pharmacy and the Medical Laboratory Sciences hope to start a certificate course to train those who are working as technicians but do not have the theoretical knowledge, creating employment avenue, for school leavers, serving the greater medical community.***

Three New Departments

The three new departments, Basic Sciences, Psychology and Counselling, Health and Educational Research, were established to address key needs identified within these educational sectors.

Basic Sciences

The founding head of the Basic Sciences, Prof. Rohan Fernando is a geologist by specialisation from the Natural Sciences Faculty. Established in 2014, this department serves the other departments by providing core courses especially in the fields of Chemistry, Biochemistry, Microbiology, Health Communication, Anatomy and Physiology. Plans for this year: launching of the B.Sc degree in Microbiology with specialisations in levels 5 and 6 in Medical Biology, Microbiology and Bio Medical Engineering (the latter offered by the Faculty of Engineering).

Psychology and Counseling

To address a growing demand for psycho social health and well being, this Department was proposed and approved in 2014 with the Counseling Unit being inaugurated in November 2016. The aim of the unit is to provide service to the staff and students to manage the stresses of modern living. The unit focuses on a theme based approach - psychology for life and has conducted workshops on stress management, social anxiety and anger management. There will be two workshops per month on such issues. The two counselors, Yashoda Ratnapala and Ransirini de Silva a (Clinical Psychologist), take one-on-one counseling and group counseling for staff and students. The Counselling Unit is located at the Health Center. Plans for the future:

- ***The department hopes to launch its B.Sc Honours Degree in Psychology early next year.***

Department of Health and Educational Research

The Health and Education Research department is still in its inception and mandated to be the research hub of the faculty and hopes to generate and promote postgraduate and undergraduate research.

A new beginning with Prof Gaya Ranawake, Dean of the Faculty of Health Sciences, and the four founding heads of departments.

I only met Prof. Gaya Ranawake recently. It was clear from the start of our conversation that the Faculty of Health Sciences had a strong leader.

On hindsight, the former Vice Chancellor Dr. Vijitha Nanayakara had requested Prof. Gaya Ranawake to take the position of Dean of the new Health Sciences Faculty. She had already served as the Dean of Natural Sciences and was experienced, focused and had the ability to take the challenges of building a new faculty.

A Zoologist by specialisation she showed me the preliminary plans drawn for the Faculty's new premises which is under review. She says "I am hoping that the Faculty will also be a place of interaction for other Faculties with its new conference facilities". She says about the future, "now that the other four departments are established my main focus for this year is to get the Health and Education Research Department off the ground".

Sunil de Silva emphasised, "she helped us put together the MLB and Pharmacy courses, it was during her term in office as Dean that these were achieved and even after her term as Dean of Natural Sciences she was consulted on matters concerning our department. Prof. Ranawake took the position of Dean of this faculty, knowing she had our fullest support, she was otherwise reluctant to do so." Deepika Samarasekera also noted that the "support given by the Natural Sciences Faculty to achieve these goals was immense and needs to be appreciated, now, as a Faculty now we have a place under this new leadership".

What is interesting is to note the struggle the founders of this programme had to make. How they had to depend on external teaching resources without permanent cadre. The coordination, planning and implementation were conducted with limited human resources, poor infrastructure and shortage of other resources. Often they worked late into the night and found themselves locked up in their own premises by the security!

Yet, one of things I saw in the stories of Sunil de Silva and Deepika Samarasekera is the bonding between them, how they kept the three department in tact like a family. They kept away hierarchy



and tried to link everyone through their unique social welfare programme, an example for all members of this university. They gave incentives to keep their temporary staff and motivated them to work like permanent members. Samarasekera says "we still don't have permanent cadre, but I am very hopeful we will have them this year. I have to carry this degree programme on the strength of the temporary staff".

Premudhitha Madavi shouldered the responsibility and the commitment of seeing the nursing unit evolved into a department. She gives credit to Hemamala Vithanarachchi, the founding Head of Department of Health Sciences, whose dedication and hard work kept this department moving forward.

Travelling daily from Galle, Madavi says today she feels that "now we have a Faculty focus and a voice, a different outlook, our perspectives have changed and our mandate has become bigger. I genuinely feel I have grown and I am still growing now even more with this Faculty, under the guidance of Prof. Ranawake, she has inspired us to look back at our selves and be self reflective"

I now come to Prof. Rohan Fernando. Prof. Fernando took the challenge of building the Basic Sciences Department with only two permanent members and a coordinator. He had nothing but praise for his three-member team: "they worked hard and we achieved all the goals we set out to do and I am happy that they followed all the things I told them about their roles and the expectations from their roles.

When I leave as head of department I know that they can carry through without any difficulty". Prof. Fernando comes across as a hardworking optimistic person himself "We started the programme with a lot of difficulty but we have kept to the schedule, before my headship is over I will launch all the programmes we have set out to do", he stated.

Taking over the founding headship in February this year psychologist Dr. Gayani Gamage is the newest member to the OUSL community. Her goals are to focus on better mental and physical health to all students and staff of the OUSL. Dr. Gamage has a strong view that the psychologist should be trained taking into consideration the socio-cultural aspect of a country. They have long term goals developing the B.Sc in Psychology and the short term goals like the three-month course in counseling skills for professional which is due to start Soon. "At the moment we do not have any resources. We are appreciative of the Dean's office,

which provides us with the administrative support", she said.

No doubt the successes led to establishment of the first three departments. It was not merely the hard work and long hours but clearly it was the unity they have between them. The Faculty is now on a new path promising a future with hope contributing very largely to our education and more to our national development.

In conclusion, I would like to state that this Faculty is the focal point of many individuals who have different specialisations, skills, experience, knowledge, exposure. Yet they, had a few things in common: determination, leadership and courage to face the unknown and uncertainties to build their disciplines.



Dr. Indikā Bulankulame
Public Information Division

Building Resilience at the Workplace

Living in the present world with all its complexities can place physical and emotional burdens on all of us at some point in our lives. We face many different events both at home and work that make us reach for all the help we can get. This phenomenon was observed and analyzed by Lazarus and Folkman. They specifically studied the daily hassles and stressors of human life and developed a theory called 'Cognitive Transactional Theory of Stress'. In brief, this theory explains the relationship between the individual and the environment when they interact. For example, a noisy environment affects our ability to concentrate on a task and reduces the standard of task completion. If such 'toxic factors' continue, then we become 'chronic stressors' which have a significant impact on our physical and mental health. It has been identified that we 'feel stressed' when we do not have resources to overcome or control certain situations or events. But on a positive note, we sometimes have resources or strategies and people who help us to face these issues and manage them effectively.

These strategies are called coping strategies or skills where we learn to 'survive' adversities using our innate abilities, learned skills or social support from others around us. The discipline of Psychology, specifically the subfields such as Social, Health, Organisational and Occupational Health Psychology investigate these issues and how they impact on health and well-being of a person. In addition, they develop strategies/interventions to reduce the negative impact of stress using evidence based research.

A survey of over 100,000 employees across Asia, Europe, Africa, North America, and South America found that employee depression, stress and anxiety accounted for 82.6% of all emotional health cases in Employee Assistance Programs in 2014, as opposed to 55.2% in 2012.

Today, most adults have full time careers requiring them to commute long hours and be



I'LL BE
BACK

confined to office spaces throughout the day. This affects how social support networks are developed. Social and welfare interactions are increasing in working environments. As we struggle to cope with the occupational obligations and work-related interactions our, 'Health and Wellbeing', are affected even before we know it. The answer to this dilemma may not be as complicated as we think as these can be addressed through simple mechanisms at both personal and organizational levels.

The WHO (World Health Organization) defines health as not merely the absence of illness or disorder but something beyond the physical boundaries set by biomedical models.

Components of 'Health'

- Physical
- Social
- Mental and
- Spiritual

Components of Well-being

- Optimism
- Engagement
- Accomplishment
- Relationship
- Meaning

Factors affecting Health & Well-being at Work

The workplace is typically an environment in which people with different personalities, communication styles, and attitudes interact to achieve organizational goals. During this process various issues can arise, requiring different types of solutions. An individual's role/s in an organization, work demands, working hours, working patterns, interpersonal relationships, career growth, job security and work-family balance are potential sources of workplace issues. In addition, hierarchical arrangement of authority, communication pathways, organizational practices and values also contribute to the uniqueness of issues as well as the working environment within each organization. However, it is also important to understand that different types of stress need not operate as separate entities. The interaction of the individual with the environment affects the way people handle these 'stressors/challenges' at the workplace.

What can we do?

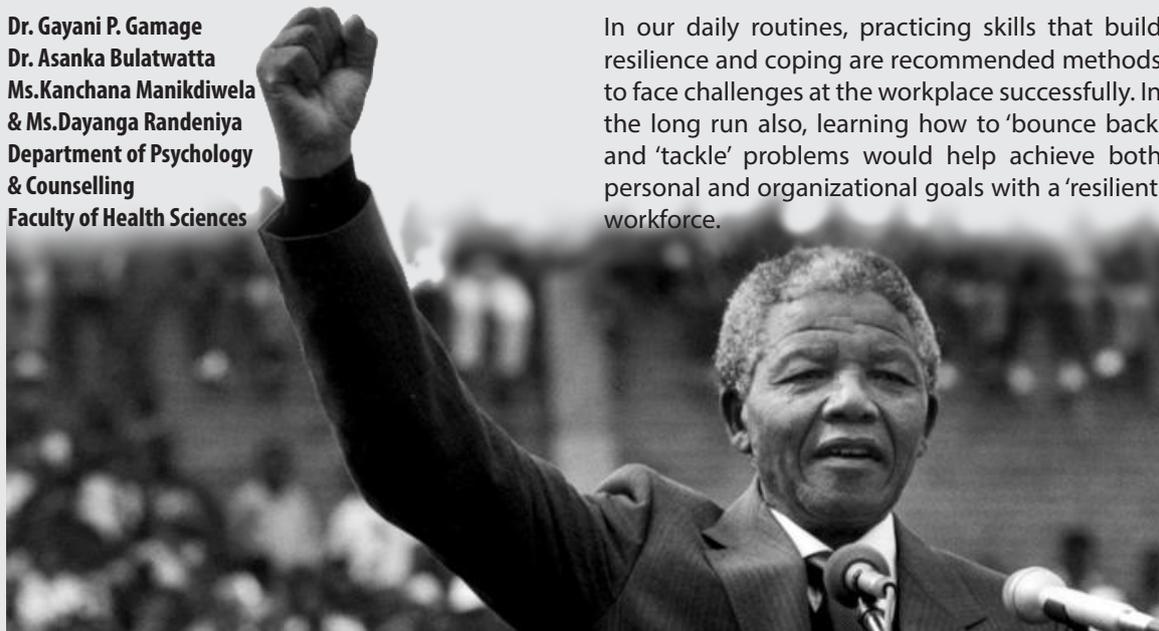
More than five decades of research point to the fact that resilience is built by attitudes, behaviours and social supports that can be adopted and cultivated by anyone... there is a concrete set of behaviours and skills associated with resilience. You can learn to be more resilient," Richard Fernandez (Harvard Business Review)

Dr. Gayani P. Gamage
Dr. Asanka Bulatwatta
Ms.Kanchana Manikdiwela
& Ms.Dayanga Randeniya
Department of Psychology
& Counselling
Faculty of Health Sciences

In the organizational setting, resilience is the key to overcoming work related stress. 'Resilience' is simply defined as the 'bounce back capacity' to personal adversities whereas 'coping' is how we manage stress either by adaptive (eg. seeking help) or maladaptive ways (eg. alcoholism). This can be achieved through practicing mindfulness, relaxation techniques such as taking deep breaths during stressful situations, maintaining a daily journal and setting realistic goals at work.

Development of Organizational Protective Factors
• Leadership with clear direction
• Risk awareness and management at workplace
• Fair and regular performance management
Development of Personal Resilience
• Learning skills to build self esteem & self efficacy
• Develop mindfulness, practices of identifying thoughts, emotions & activities
• Keeping a journal of daily achievements & challenges
Coping enhancement
• Learning to see problems as opportunities
• Development of employee goal setting
• Learning change management skills

In our daily routines, practicing skills that build resilience and coping are recommended methods to face challenges at the workplace successfully. In the long run also, learning how to 'bounce back' and 'tackle' problems would help achieve both personal and organizational goals with a 'resilient' workforce.



"Do not judge me by my successes, judge me by how many times I fell down and got back up again"

~ Nelson Mandela, former president of South Africa and one of the great leaders in the world, who changed the landscape of human history after enduring many adversities...



DNA

fingerprinting and the Scales of Justice

Human beings have an instinct for violence. Though you may not agree with this statement, violence appears to follow human beings. In the not so distant past, the Sri Lankan crime watch reported very little on murders, abuse or abductions. Today, we are inundated with reports of heinous crimes, and in most cases, the culprit is never caught. Scientists are trying to end this predicament

DNA fingerprinting, a new and controversial method, was used for the first time to catch a killer, in England in 1985, when the murder of 15-year old Dawn Ashworth had left the police frustrated. It was during this time that Professor Sir Alec Jeffreys discovered by accident, as is common with many scientific discoveries, that DNA can be used as a fingerprint to identify people.

Sir Jeffreys was at the time studying the inheritance of genetic disorders at the University of Leicester. In a failed experiment, several samples of DNA were attached to photographic film and left in the photographic developing tank. Later Sir Jeffreys saw that the film represented the DNA profiles of each volunteer and that each profile

was distinctive. This discovery led to DNA fingerprinting, also known as DNA profiling, becoming one of the most significant breakthroughs in crime solving since the invention of human identification through conventional fingerprinting. Today, DNA fingerprinting is almost a mandatory task in criminal investigations.

Almost a decade after Sir Jeffrey's discovery, the Sri Lankan authorities used the same technology to catch a killer of six victims in the Hokandara murder case.

Dr. Ruwan Illeperuma, alumnus of OUSL – BSc Degree Programme and Head of Forensicsat Genetech is an expert on the subject. Dr. Illeperuma frequently visits the OUSL to share his knowledge and experience with the Bachelor of Medical Laboratory Sciences undergraduates of the Faculty of Health Sciences. On one such occasion he took time to talk to about his experiences. One particular case he spoke of involved the death of a 55-year old man who had been run over by a tipper truck. "In such circumstance it is hard to trace the driver unless there are eye witnesses," said Dr. Illeperuma.

Any biological sample, including blood, urine, semen, saliva, tissue, bone or even a hair root can be used to obtain an individual's DNA. Ten or more DNA locations which have a high degree of variation among humans and consisting of repeating units (Short Tandem Repeats or STRs) are used to create a unique DNA profile for each individual. It is the number of repeats in each STR unit that varies among people that makes a DNA profile unique to each individual. The only exception to this are identical twins who share 100% identical DNA profiles between them. After excluding this exception, there is a less than one in a trillion chance of finding any two randomly selected Sri Lankan individuals who have the same DNA profile.

Fortunately, the Scene of Crime Officers (SOCO) managed to locate the truck in question. "It was around two weeks after the crime," recalled Dr. Illeperuma. Exposed body fluids degrade very quickly, which means DNA evidence left behind from the accident would disappear. However, the vigilance of the SOCO officers paid off as a single short strand of hair lodged on a nail in the broken front headlight was found. It was this single strand of hair that was used to convict the driver.

The Kotakethana-Kahawatte killer gained fame as Sri Lanka's first serial killer. It was only after the DNA profile of the perpetrator was established that the authorities were able to focus their investigation. "The perpetrator's DNA was extracted from semen samples left on the victims and saliva from betel spit," explained Dr. Illeperuma. Several newspapers reported that if not for the DNA profile, the main suspect later convicted as the serial killer would have been left free to continue his macabre hobby. The shooting of Judge Sarath Ambepitiya was another case where DNA fingerprinting played a vital role. "One of the felons was identified through DNA extracted from vomit found on the premises" Dr. Illeperuma said. This and other evidence helped police to unravel this premeditated murder.

The brutal murder of four-year-old Seya Sadewmi of Kotadeniyawa was a highly publicized case aired on every television screen and newspaper. The case only reached a logical ending after DNA evidence was taken into consideration. "The inherited male specific paternal genes on the Y chromosome were tested between the evidence found on the victim and the two suspects," explained Dr. Illeperuma. DNA evidence collected from the victim's body contained Y-chromosomes which originate through sperms. The Y-chromosomes are unique to males and includes chromosomes directly inherited from the father. "The Y-chromosome profile of the second accused was a 100% match to that of the sample taken from the victim" Dr. Illeperuma said. This finding and other evidence were used to sentence the second accused to death and to exonerate his brother.

"The power of discrimination of DNA is what makes it so successful in the identification of people" says Dr. Illeperuma. Apart from criminal investigations, DNA profiles are also used to identify genealogical aspect of people. Similarly, DNA fingerprinting can also be used to solve cases of smuggling of fauna and flora in relation to endemic species. The value of DNA in paternity tests as seen in the instance of Tsunami 'baby 81' speaks volumes as to its importance in today's world.

This exciting world of molecules, mysteries and the unknown is explored through several courses offered through the Faculty of Health Sciences at the OUSL.

**Kshanika Goonesekara
Department of Basic Sciences**



AND WHEN TO SAY **NO** TO ANTIBIOTICS

Antibiotics are powerful medicines that act against bacterial infections. They act by either killing the bacteria or stopping them from reproducing.

Our immune system can usually cope and fight off an infection. If not, the only hope will be antibiotics. They are of two main categories named as broad and narrow spectrum antibiotics. A broad-spectrum antibiotic can be used to treat a wide range of infections whereas narrow-spectrum antibiotic is only effective against a few types of bacteria.

Antibiotics are effective for bacterial infections such as strep throat, tuberculosis and urinary tract infections. There are instances where the infections are caused by viruses such as flu, chicken pox, AIDS, and the common cold. In that case, using antibiotics will not be beneficial since they are not effective against those viruses.

Most of the times antibiotics will quickly act and counter the symptoms even after the first few doses. At that time you may tend to stop taking the remaining doses assuming that you have been totally cured. However, there are some bacteria which could survive antibiotics. They have been already exposed to the antibiotics and may gradually build up resistance to them. Therefore, even if you feel better, it is essential to continue the whole course of the treatment.

If you consider the global situation,

- About two-third of global antibiotic sales occur without any prescription.
- Growing resistance to antimicrobial medicines is a serious challenge in countries of all economic

levels, and results largely from inappropriate prescribing and use.

Eg. For the treatment of malaria, chloroquine resistance is now established in 81 of the 92 countries in which the disease is endemic.

Misuse of antibiotics

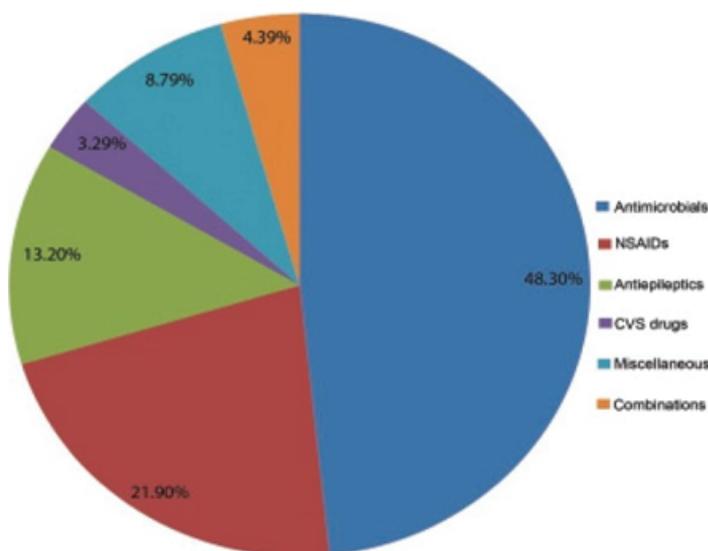
Antibiotic misuse is also known as antibiotic abuse. There are several instances where people misuse antibiotics. Use of antibiotics prescribed for non-bacterial infections, use of antibiotics prescribed in inadequate doses or duration, prescriptions which are incompatible with clinical guidelines, inappropriate self-medication of patients and non-adherence to prescribed treatments are examples for antibiotic misuse. In another words, this is irrational use of antibiotics.

Ultimately the irrational use of antibiotics can lead to:

- emergence of drug resistance which cause the reduction of effectiveness of antibiotics.
- increase morbidity and mortality.
- increase expenditure for antibiotics than for other vital drugs.
- increase risk of Adverse Drug Reactions (ADRs).
- misbelief of patients that there is a pill for every illness.

According to the recent studies (Gupta. A, Hashmi. A & Nandha R; 2011), the drugs most commonly responsible for adverse drug reactions which affect the skin are antimicrobials(48.30%) which include most of the commonly used antibiotics.

Drug groups causing ADRs which affect for the skin



Why is it necessary to use antibiotics rationally?

Rational use of antibiotics requires that patients receive appropriate antibiotics for their clinical needs in doses which meet their own individual requirements for an adequate period of time at the lowest cost to them and their community.

Hence, there is a need in preventing irrational use and promoting rational use of antibiotics. Therefore, you should know the Do's and Don'ts of using antibiotics.

Do's

- Use antibiotics only if physician prescribes it
- Take antibiotics exactly as instructed by your physician or pharmacist
- Complete the antibiotic course as instructed by your physician or pharmacist even if you feel better
- Prior to prescription, tell your physician if you had previous allergic conditions to antibiotics
- Inform your physician if you are currently under any antibiotics when any other medicine is prescribed.

Don'ts

- Use old prescriptions to buy antibiotics for new illnesses
- Use antibiotics prescribed for others
- Promote others to use antibiotics without physician's advice

Furthermore, in developing countries, infectious diseases of bacterial origin are the leading cause for more deaths than all other infectious diseases. Therefore, there is a need of proper education and research in promoting rational use of antibiotics. As a responsible party, Department of Pharmacy, OUSL presently imparts students with the relevant know-how to disseminate this idea among the general public.

World Health Organization (WHO) recommends the following interventions to promote the rational use of medicines:

- *Using appropriate clinical guidelines in prescribing*
- *Developing and using national Essential Medicines List (EML) to prevent unnecessary prescribing and use of medicines*
- *Establishing committees responsible for rational use of medicines in hospitals*
- *Use of independent information on medicines*
- *Public education about medicines*
- *Use of appropriate rules and regulations*
- *Sufficient government expenditure to ensure availability of medicines and medical staff*

**K.D.S.V. Karunanayaka
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HOW CAN YOU PREPARE FOR ACCURATE LAB RESULTS?

Laboratory testing provides impartial data that enables healthcare providers to screen for risk factors to perform early diagnosis, evaluate the severity of a disease state and recovery status, monitor treatment and total evaluation of these outcomes. Many are unaware as to the correct procedure to follow in providing samples for testing. Tainted samples can result in misleading results. This article gives you a brief outline on preparation for medical laboratory tests with respect to Hypercholesterolemia and Diabetes Mellitus as well as the values that indicate the disease state.

Hypercholesterolemia

Cholesterol is a fatty substance that can be found naturally in the body. A higher than normal level of cholesterol in the blood is called Hypercholesterolemia. The fat and cholesterol in your diet are absorbed through the intestines and transported to the liver in a protein coated complex called lipoproteins. There are four main types of lipoproteins: Very Low-Density Lipoproteins (VLDL), Low-Density Lipoproteins (LDL) also called "bad cholesterol", Intermediate Density Lipoproteins (IDL) and High Density Lipoproteins (HDL) also called "good cholesterol". Presence of LDL in the body puts a person at a higher risk of developing the disease while the presence of HDL could create protective conditions.

Hypercholesterolemia is a silent condition detected only through a blood test. Longstanding levels of blood cholesterol contribute to the deposition of cholesterol inside the blood vessels causing significant narrowing or blocking of the blood vessels which lead to the heart or brain. This condition will then result in a decreased blood supply to the brain also known as Coronary Heart Disease (CHD) or stroke.

Blood cholesterol levels can be checked with a simple blood test called 'lipid profile' (Figure 01). International guidelines recommend that adults above the age of twenty should screen for a complete fasting lipid profile every five years. However, screening recommendations differ based on sex, age and risk factors for CHD. The risk factors include obesity, smoking, high blood pressure, diabetes and family history. Doctors require accurate measurements to diagnose and treat people with Hypercholesterolemia.



Figure 01: Risk factors for Hypercholesterolemia

LIPID PROFILE

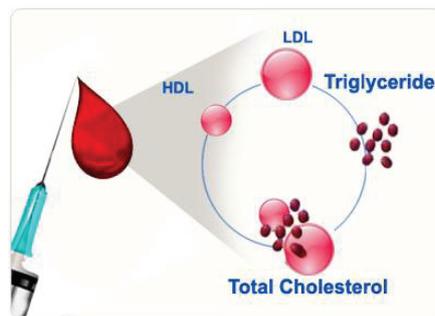


Figure 02: Components of a lipid

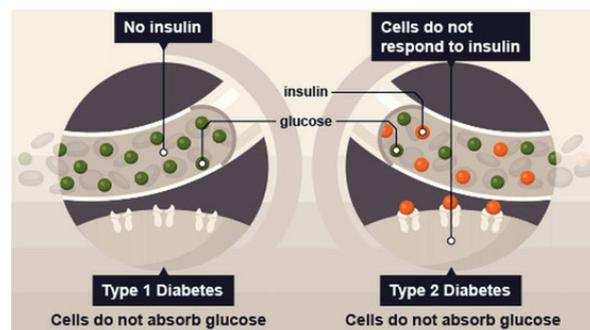


Figure 04: Type 1 DM vs Type 2 DM

Important tests include:

- Testing only for total cholesterol: fasting is not required as recent food intake does not have a significant effect on the total cholesterol level in the blood.
- Testing for lipid profile & triglyceride levels: nine to twelve hours (not more than sixteen hours) of fasting is required. During this period, no food or drink must be consumed other than water. Take medication as directed by your physician. Also do not forget to provide accurate information regarding any underlying disease conditions, family history and risk factors related to CHD. These tips will help your physician to accurately interpret cholesterol levels and diagnose your condition. High cholesterol can be controlled through lifestyle changes though medication is necessary at advanced stages. Based on the Classification NCEP-API III (2002) the reference ranges and risk levels are listed in Table 01 for the Test Lipid Profile.

Diabetes Mellitus

Diabetes Mellitus (DM) is a disease caused by the deficiency or diminished effectiveness of endogenous insulin. There are two common forms of diabetes: type 1 and type 2. According to the American Diabetes Association all should screen for diabetes at three-year intervals beginning at the age of 45 especially those who are overweight or obese (Figure 04). If multiple risk factors are present screening should be done at an earlier age and more frequently. Early diagnosis can be done through relatively inexpensive blood tests.

Fasting Blood Sugar (FBS)

FBS measures blood glucose levels after fasting for ten to twelve hours. For the FBS test, no food or drink other than water must be consumed for at least ten hours prior to giving the blood sample. During the fasting hours the patient must NOT smoke, consume food or vigorously exercise. These activities cause blood sugar levels to be falsely low or falsely high.

Random Blood Sugar (RBS)

A blood sample will be taken at a random time, regardless of food intake. No special preparation is required.

Postprandial Blood Sugar (PPBS)

Did You Know?
Prior to testing it is advisable to drink some water. Otherwise it may cause unnecessary thickening of the blood. This makes it difficult to draw blood.

Lipid Profile Risk levels (NCEP-API III Classification – 2002)	
Total Cholesterol (mg/dL)	
<200	Desirable
200-239	Borderline High
≥ 240	High
HDL Cholesterol (mg/dL)	
<40	Low
>60	High
LDL Cholesterol (mg/dL)	
<100	Optimum
100-129	Near Optimum
130-159	Borderline High
160-189	High
≥190	Very High
Triglycerides (mg/dL)	
<150	Normal
150-199	Borderline High
200-499	High
≥500	Very high
Total Cholesterol to HDL Ratio	
<3.5	Desirable

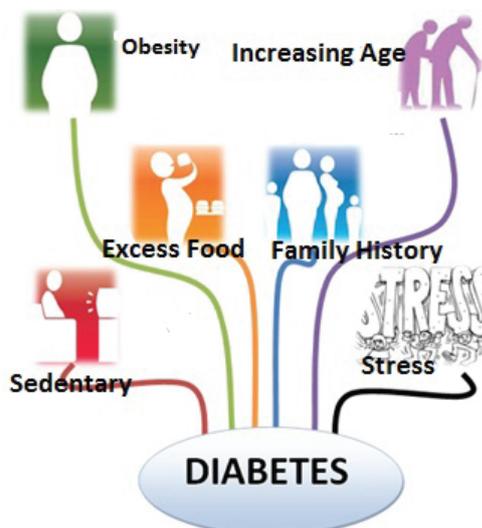


Figure 05: Risk factors for DM

This test is used to detect the efficiency of treatment of a diabetes patient. For a two-hour postprandial test, the patient must have their blood collected exactly two hours after a regular meal. Before the test the patient must consume a meal containing carbohydrates within fifteen minutes and rest for two hours. Remember that smoking, eating, drinking, or vigorously exercising during the two hours will falsely increase or falsely decrease your blood sugar levels.

Oral Glucose Tolerance Test (OGTT)

This is a simple test that measures the body's ability to metabolize glucose or remove it from the bloodstream. Patients must fast for at least eight to twelve hours before the test. Slight changes of any of following activities can lead to false results.

To prepare for the glucose tolerance test:

1. Consume a balanced diet including at least 150 grams (g) of carbohydrates per day for three days before the test.
2. Do not eat, drink, smoke, or exercise strenuously for at least eight hours before the first blood sample is taken.
3. Inform the doctor about all prescription and nonprescription medicines taken. You may be instructed to stop taking certain medicines before the test.
4. Physical activity can interfere with test results so you must sit quietly for the duration of the test.
5. Do not eat during the test. You may only drink water during this time.

ORAL GLUCOSE TOLERANCE TEST

1. You are given a drink contains 75 g of glucose

www.med



2. Blood will be drawn at 30 min. intervals for 02 hours

3. Urine samples will be also collected with each blood sample

Figure 06: Oral Glucose Tolerance Test procedure

HbA1c

The term HbA1c refers to glycated haemoglobin. It develops when haemoglobin joins with glucose in the blood. As the concentration of the glycohaemoglobin in the red blood cells reflect the average blood glucose level of the past three months, the measurement of glycohaemoglobin is a valuable test for assessing the long term control of patients with diabetes. There is no special preparation for the test.

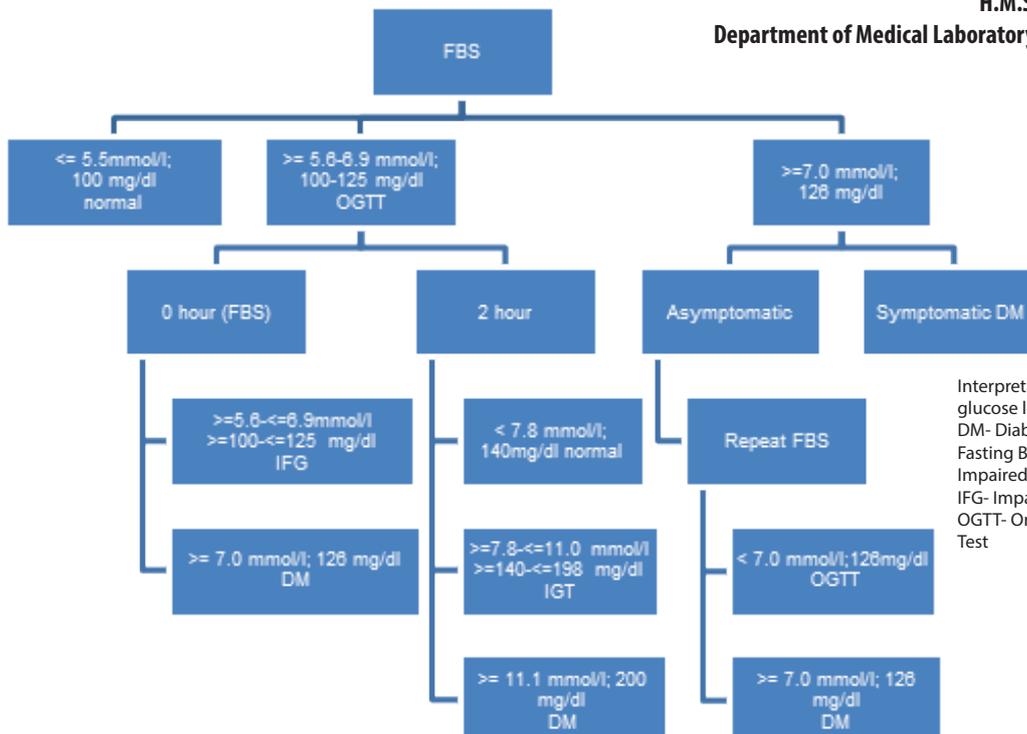
Reference ranges for HbA1c

HbA1c	
Total Cholesterol (mg/dL)	
Below 6.0%	Normal
6.0% to 7.0%	Prediabetes
7.0% or over	Diabetes

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Interpretation of plasma glucose levels



Interpretation of plasma glucose levels
DM- Diabetes Mellitus, FBS- Fasting Blood Sugar, IGT- Impaired Glucose Tolerance, IFG- Impaired Fasting Glucose, OGTT- Oral Glucose Tolerance Test



අපි පුංචි උනන් මුළු ලොව බබලයි

හිරු කිරණ බෙදයි - මුළු ලොව බබලයි
 හිරු බැස ගියදා - මුළු ලොව අඳුරයි

ජල විදුලි බෙලෙන්- ඝන දුර දුරලයි
 හිරු කිරණ නැතත්- මහ රෑ ඵලියයි

වැසි නොපැමිණිදා - යලි ලොව අඳුරයි
 විදුලියක උපත- යලි ලොවම සොයයි

ගල් අඟුරු වලින් -මහ දුමක් නැගෙයි
 තෙල් බිනිප් වලින්- මුළු ලොවම දැවෙයි

හිරු කිරණ අරන්-කෝෂයක දමයි
 සැම වහල මතින් - විදුලිය උපදියි

මඳ සුළඟ හමයි - වා පෙනි කැරකෙයි
 මඳ නළවාගෙයි - විදුලිය උපදියි

අපි පුංචි උනන්- විදුලිය වාගෙයි
 මුළු ලොව බබලයි- හිරු දෙවි පරදියි

ගී පද රචනය: සිසිර ජයමහ

පරායක්ෂ විචල්‍යය

මගේ ආදරේ
 සංකීර්ණ වෙද්දි
 ඒයා මගෙන් අපේ වෙන්න
 අනන්තයේ සීමා පෙන්නවා
 මං ඒවට පුනරාවර්තන සාධක හෙවිවා
 අපේ ජීවිත වල සර්වසාම්‍යයන්
 විනිශ්චිත අරගෙන
 නියතයක් වෙවිව මගේ ආදරේ
 අවකලනය කරලා
 වර්තන ලක්ෂයෙන් හැරලා
 ඒයා යන්න යද්දි
 පරායක්ෂ විචල්‍යයක් වෙලා
 මං ඒ දිනා බලා ගිටියා

ප්‍රශාදි මාලිකා





බටු ගිරව්

අපේ ගෙදරට අල්ලපු ගෙදර ඉන්න හෙන්රි ඇන්ට් එක්ක යමක් කතා කරලා විසද ගන්නවට වඩා ලේසියෙන් ISIS ත්‍රස්තවාදීන් එක්ක සාම ගිවිසුමක් ගහන්න පුළුවන්.. ඒ නිසාම එයාගේ වන්නේ කඳු විතරක්

නියෙන වන්නේ නියෙන රඹුටන් ගහ ගැන කොයි තරම් විරෝධයක් මගේ හිතේ තිබුනත් මම හැම වෙලාවෙම ඒ අතු වලට රවලා විතරක් මගේ කෝපය උහුල ගන්නා ...

පහුගිය කාලේ උදේ එලාමි එක මදිවට ඒ ගහේ අතු අස්සෙන් එන කව කවේකුත් හැමදාම පාන්දරට මගේ ඇගේ ලේ ටික රත් කලා.. ඒ කෑ ගහන්නේ එහෙමත් නැත්නම් උගේ හාෂාවෙන් කෙළවරක් නැතුව කියවන්නේ කුරුල්ලෙක් කියලා තේරුම් ගියාට ඒ මොන කුරුල්ලෙක්ද කියලා මම හරියටම දැන ගන්නේ දවල් වෙනකම් නිදා ගන්න නියෙන සෙනසුරාදා දවසකත් උදා උගේ කියවිල්ලෙන් මගේ හිත්ද පාන්දරින්ම බිඳලා දාපු වෙලාවක.. ඒ කව කවේට මම ප්‍රිය නොවුනත් උගේ පෙනුම නම් හරිම හුරුනල්... කොළ පාට පිහාටුයි, රතු හොටයි, බෝල ගෙඩියක් වගේ ඇගයි එක්ක උදා විශේෂ වුනේ තද නිල් පාට ලස්සන පිහාටු කිහිපයකුත් උගේ බෙල්ලට පහලින් තිබුණු නිසයි.. රතුපාට පුංචි මාලෙකුත් ඒ බෙල්ල වටේ තිබුණා.. (ඒ මාලේ තිබුණු නිසයි මම උගේ බෙල්ල එතන බව හිතා ගන්නේ , නැත්නම් උගේ බෙල්ල කොහෙද, කඳ කොහෙද කියලා හිතා ගන්න බැරි තරම් උදා බෝල ගෙඩියක් වගේ..)

"මේකා මේ බටු ගිරවෙක්නේ... ඔය කියවිල්ලේ හැටියට නම් මු ශුවර් එකටම ගෑණු සතෙක්.." මම බලාගෙන උන්න දිනා බැලුව නාත්තා අම්මටයි, මටයි දෙන්නටම ඇනුම් පදයක් මුදා හැරියා. "නම්... හරියට ඔයාගේ දුව වගේ.." ඔක්කොම කුණු බේරුවල් බොක්කට කියන්නැහේ අම්මත් ඒ ඇනුම් පදය මගේ ගිණුමටම බැර කරලා ඇග බේරා ගන්නා.. උගේ පෙනුම මගේ හිතේ ප්‍රියතාවයක් ඇති කරපු නිසා උගේ කව කවේ ගැන නොසිතා මම හැමදාම උදේ කාමරේ ජනේලේ ඇරපු ගමන් කලේ බටු ගිරව්ව අර රඹුටන් ගහේ කොල අතු අස්සේ හොයන එක. ...හැම වෙලාවෙම සතුටින් ඉන්න, මොහොතක් නෑර මොනවා හරි කියවන, බටු ගිරව්ට යාළුවෝත් ගොඩක් හිටියා. කොළ පිරුණු රඹුටන් ගහ පුරාම බටු ගිරව් සතුට බෙදුවා.. දකින හැම මොහොතකම බටු ගිරව් මගේ හිතේ හරිම ප්‍රබෝධයක් ඇති කලේ බටු ගිරව්ත් හැම මොහොතකම අවන්කවම සතුටින් උන්න නිසා වෙනන ඇති.. සමහර විටෙක වෙලාවට ඇදේ දිගා වෙලා බටු ගිරව්ගේ කව කවේට සවන් දෙන එක මගේ පුරුද්දක් උනා...

කාලයත් එක්කම මට දැනුණා බටු ගිරව්ගේ නාදයේ වෙනසක්.. බටු ගිරව් කව කව ගාන එක මදිවට අමාරුවෙන් සිත්දුන් කියන්න හදනවා කියලා මට හිතුණා.. උගේ ගායනයට වඩා නම් කව කවේ හරි මිගිරිය කියලා හිතලා මට හිතියට නිනාවකුත් ආවා. අහමිබෙන් වගේ දවසක, මම දැක්කා අළුත් කුරුල්ලෙක් රඹුටන් ගහේ අතු අස්සේ.. ආඩම්බර පාට, සද්දන්න, රඹුටන් ගහේ ඉන්න හැම කුරුල්ලෙක්ගේම අවධානය දිනා ගන්න, සංගීතවත් හඬක් නියෙන කුරුල්ලෙක්.... ඇත්තටම ලස්සන කුරුල්ලෙක්... ඒ කුරුල්ලාගේ හැඩ රුව, වගතුග, හිත හිත හිටිය මගේ ඇහැ කෙලවරට එක පාරටම අහු උනා කොළ අත්තක ඉදගෙන අර කුරුල්ලා දිනා අනිමිස ලෝචන බැල්මෙන් බලන් ඉන්න බටු ගිරව්ව... බටු ගිරව්ගේ ඒ ආදරේ බේරෙන ඇස් දෙක මට තේරුම් කලා බටු ගිරව්ගේ නොනවතින කව කවය සමහර වෙලාවට ගායනයක් බවට පත් වෙන හේතුව මේ කුරුල්ලා බව...

...එදා ඉඳලා මේ ප්‍රේම කථාව ගැන විපරම් කරන එක මගේ දෛනික රාජකාරියක් වුණා. ගෙදර වැඩ මග අරිනවට අම්මාගෙන් බැනුම් අහ අහා, උදේ වෑන් එකට පරක්කු වෙනකොට වෑන් අත්කල් වෑන් එකේ හෝරින් එක පිවිචෙනකම් හෝරින් එක මිරිකගෙන ඉදිදිදිත් මම ඒ ආදර කතාව රස වින්දා.. ඒ කුරුල්ලා නම් හරි ආඩම්බරයි.. එයා ආදරේ පෙන්වුවෙම නැති තරම් බටු ගිරව්ට.. ඒත්, බටු ගිරව්... ඒ කුරුල්ලාගෙන් තොර ලෝකයක් බටු ගිරව්ට නොතිබුණු ගානයි.. බටු ගිරව් එහා මෙහා වෙනකොට විතරක් නෙමෙයි, බටු ගිරව් ආදරෙන් වෙලිලා ඉන්න වෙලාවටත් ඒ කුරුල්ලා නම් ඒ රඹුටන් ගහේ ඉන්න අනිත් හැම කිරිල්ලියෙක් එක්කමත් කොමළ කලා..

බටු ගිරව්ගේ ආදරේ දෝරේ ගලන ඇස් වල වේදනාව බේරෙනවා මම වගේම, බටු ගිරව්ගේ යාළුවෝත් දකින්න ඇති ඒ වෙලාවට.. ඒ උනත් බටු ගිරව් කාගෙවත් කරුණු දැක්වීමකට ඇනුම්කන්දෙනවා නම් මම දැක්කේ නැහැ. බටු ගිරව් පීච් උනේ අර කුරුල්ලා වෙනුවෙන්.. බටු ගිරව් ඉස්සර වගේ අහසේ සඳ, තරු, හිරු පායනවා, හිනි හිරිකඩ කොළ අස්සෙන් ඇගට වදිනවා, රඹුටන් ගහේ අවාරටත් මල් පුදිනවා, දළු දානවා දැක්කේ නෑ කියලා මට විශ්වාසයි.. මොකද, බටු ගිරව්ගේ ඇස් වල මට පෙනුනේ අර කුරුල්ලාගේ රූපයම විතරයි.. හැබැයි, අර කුරුල්ලාගේ ලෝකය ඊට වඩා ගොඩාක් විශාලයි කියලා මට හිතන්න මම ඒ සිතුවිල්ල ඒ තරම් විශ්වාස නොකලේ, රඹුටන් ගහේ ඉන්න අනිත් කිරිල්ලියෝ එක්ක මොන නාටක කෙරුවත් මේ කුරුල්ලා බටු ගිරව්ට බොහොම තද විශේෂයකුත් පෙන්වුව නිසයි.. ...කාලය ගෙවුණා මේ ප්‍රේම කථාවත් එක්ක... බටු ගිරව්ගේ සතුට, වේදනාව, කලකිරීම, කඩා වැටීම්, අර කුරුල්ලාත් එක්ක ඇති උන ගැටීම්, මේ හැම දේම මැද්දේ බටු ගිරව්ගේ ආදරේ නම් වෙනසක් නැතුවම තිබුණු බව මම දැක්කා..

..එක දවසක් ...

....ඒ උනත් මම දැක්කා බටු ගිරව් තටු පොරවගෙන අත්තක මුල්ලක ඉන්නවා.. ඒ බටු ගිරව්ගේ සාමාන්‍ය ස්භාවය නෙමෙයි.. අර කුරුල්ලාගේ උච්ච ස්වරයෙන් ඇසුනු ශබ්දය බැණ අඩගැසීමක් මිසක් ගිත ගායනයක් නම් නෙමෙයි කියලා මගේ මෝඩ මොලේටත් ක්ෂණිකවම වැටුණා.. බටු ගිරව් මලානික ඇස් දෙකෙන්, වෙවුලන තුඩින්, අර කුරුල්ලාට කරුණු පැහැදිලි කරන්න උත්සාහා කරනවාත්, බටු ගිරව්ගේ ලගම මිතුරිය වුන කහ කිරිල්ලිය බටු ගිරව්ගේ අස් වසන්න දරන උත්සාහයත් දැක්කහම මට හිතුනා බටු ගිරව්ගේ අතින් ලොකු වැරද්දක් වෙලා ඇති කියලා..

..එදායින් පස්සේ බටු ගිරව්ගේ කව කවේවත්, අමාරුවෙන් කියන කව් වත්, මට ඇහුනේ නෑ.. ගින්නි හඩින් අර කුරුල්ලාට කරන කරුණු පැහැදිලි කිරීමත්, ඒ කුරුල්ලා ගුරුන හඩින් කරන බැන වැදීමත් විතරමයි අහන්න තිබුනේ..
"බටු ගිරව් වැරද්දක් කරලා තිබුණත් ඒ ගිරව්ට ඔහොම සලකන එක නම් වැරදියි කුරුල්ලෝ" කියලා මට හිතුණා..

බටු ගිරව් දිගින් දිගටම සමාව ඉල්ලනත්, කරුණු පැහැදිලි කරන්නත් දරන උත්සාහයත්, ඒ උත්සාහය ඇතුළේ බටු ගිරව් දවසින් දවසට අර හිටිය ප්‍රබෝ-දමත්, සැහැල්ලු, සුන්දර, බටු ගිරව්ගෙන්....., අදුර, කලකිරුණු, අසරණ බටු ගිරව්ගේ වෙනවත් මම දැක්කා.. නමුත්, ඒ බව අර කුරුල්ලා දැක්කේ නෑ.. එහෙමත් නැතිනම් දකින්න උවමනාවක් ගත්තේ නෑ..
.....එක දවසක් බටු ගිරව් කඩා වැටුනු හිතත්, බිමට බර කර ගන්න හිසත් එක්ක රඹුටන් අත්තක ඔහේ ඉදගෙන ඉන්නවා දැක්ක මම අර කුරුල්ලා කොහෙද කියලා හොයපු මගේ ඇස් දෙක තිගැස්සුණා...
.....ඒ කුරුල්ලා අළුත් ප්‍රේමයක.....!!!! මගේ හිතත් මෙව්වර තිගැස්සුනා නම් ඒ දසුනින් බටු ගිරව් කොහොම නම් විඳවනවා ඇතිද කියලා මට හිතුනා.. කුරුල්ලාගේ පීච්මත් ඇස් ඇලව්ලා තිබුණේ ඒ අළුත් කිරිල්ලිගේ ඇස් වල.. බටු කිරිල්ලිට තරම් වත් දරාගැනීමක් නොතිබුනු හිසා මම මගේ කාමරේ ජනේලේ වහලා දාලා අහකට වුණා...

....එදා ඉදන් ඒ කුරුල්ලාගේ සරාගි ගීත නාදය මගේ කන් සිදුරු තුලින් ගලාගෙන ගියත්, මම මගේ කාමරේ ඒ ජනේලේ ඇරයේ නැති හිසා අළුත් කිරිල්ලිගේ එක්ක කරන ප්‍රේම නාටක මම දැක්කේ නෑ.. මම එහෙම උන්නට අනේ අර අසරණ බටු ගිරව්, ඒ විසල් රඹුටන් ගනේ අතු අස්සේ ඉදගෙන මේ ප්‍රේම ජවනිකා දැක, දැක දවසකට කී පාරක් නම් මැර මැර උපදින්න ඇතිද....???

....දවසක්, "බස්ටර්, අහකට වෙන්න.. මොනවද කරන්නේ....???" වුට් දව, වුට් දව...." අම්මාගේ කෑ ගැනිල්ලෙන් මම කියව කියව උන්න පොතත් පැත්තකට දාලා එලියට දිව්වේ බස්ටර්ගේ නෑ සනුහරේටම පින් දිදි...මේ බල්ලා කවදාවත් මට සැනසිල්ලේ ඉන්න දෙන්නේ නැහැනේ කියලා හිත,

හිත..

...ඒ උනත් අම්මයි, බස්ටර්ගේ ඉන්න තැනට කිට්ටු වෙනකොට මටත් කෑ ගැස්සුණා.. බටුගිරව්.....!
කාමරේ පිට පැත්තේ, ජනේලේ අයිනේ බිම.. බාගෙට ඇරව්ව ඇසුයි, වෙවුලන කකුල් දෙකයි, විටින් විට ගැස්සෙන තටුයි, ඇරුණු හොටයි....
.....කාලයක් පොඩි එකෙක්ගේ හුරුතලෙන් කව, කව ගලා, රඹුටන් ගහ පුරාම බෝලයක් වගේ එහෙ මෙහෙ පැන්න, වටේ උන්න හැමෝටම සතුට බෙදුව බටු ගිරව්ගේ දැන් ස්භාවය ඇත්තටම මාව කම්පනයට පත් කලා..

අතට අරගෙන වතුර පොදක් ඒ හොටට දැමීමට, අර කුරුල්ලාට දුක කියලම වේලිව්ව උගුර තෙත් නොකර ඒ වතුර බිත්දවත් පිටට ගලාගෙන ගියා.. අත්තටු, හොට, කකුල්, බඩ, බෙල්ල, මේ හැමදේම සීතල වෙලා තිබුණා.. වේදනාවෙන් අඩවත් වෙලා තිබුණු ඇස් දෙක කෙලවරින් ගලාගෙන ගිය කඳුළු පවා පුදුමාකාර සීතලක්....

.....ඒ උනත් බටු ගිරව්ගේ පපුවේ එක තැනක් විතරක් උණුසුමින් පිරිලා තිබුණා.. බටු ගිරව් අමාරුවෙන් ඇරගෙන උන්න ඇස් දෙක වහලා, පපුව මැද්දේ හිරකරගෙන උන්න හුස්ම සම්පූර්ණයෙන්ම පිට කරලා දැමීමට පස්සෙන් ඒ පපුවේ උණුසුම නැති උනේ නෑ.. "ඒ සතා දැන් මැරලා " කියලා අම්මා කියද්දීත් මම බටු ගිරව්ව නවත් තියා ගත්තේ ඒ උණුසුම් පපුව කොයි මොහොතක හරි පණ ගසාව් කියලා හිතලා.. තටු, කකුල්, හොට හැම දේම දුරදඩු වෙලා, තාත්තා කපපු වලේ බටු ගිරව්ව මිනිදන් කරද්දීත් ඒ පපුවේ උණුසුම එහෙමම තිබුණා.. ඒ උණුසුම් වෙලා තිබුනේ අර කුරුල්ලා වෙනුවෙන් බටු ගිරව්ගේ තිබුණු ආදරය වෙන්න ඕන..

.....ඒත් ඒ කුරුල්ලා.....?????
අළුත් කිරිල්ලිගේ එක්ක සතුටින්...එයාට ආදරය කෙරුව බටු ගිරව්ගේ උන්න බවක්වත් නොහිතා..නෙ-සලකා.. ඒ කුරුල්ලා කවදාකවත් එක තැනක, එක හිතක නතර වෙන එකක් නම් නෑ....
...රඹුටන් ගහ එහෙමමයි.. මල් පිපෙනවා, මල් වරනවා, කොළ හැලෙනවා, දළු දානවා....ගනේ උන්න කුරුල්ලෝත් එහෙමමයි.... කිව් බිව් ගානවා... කුඩු හඳුනවා.. ආදරේ කරනවා.. අර කුරුල්ලන් බොහෝ කිරිල්ලියෝ මැද සතුටින් ඉන්නවා... බටු කිරිල්ලි මිනිදන් කෙරුව තැන හිටේව්ව කුඩාපන්පැලේ රතු පාට මල් දෙකකුත් පිපිලා...

.....ඒත් මගේ කාමරේ ඒ ජනේලේ මම නාමත් අරින්නේ නෑ මම බටු ගිරව් දිහා බලා උන්න...

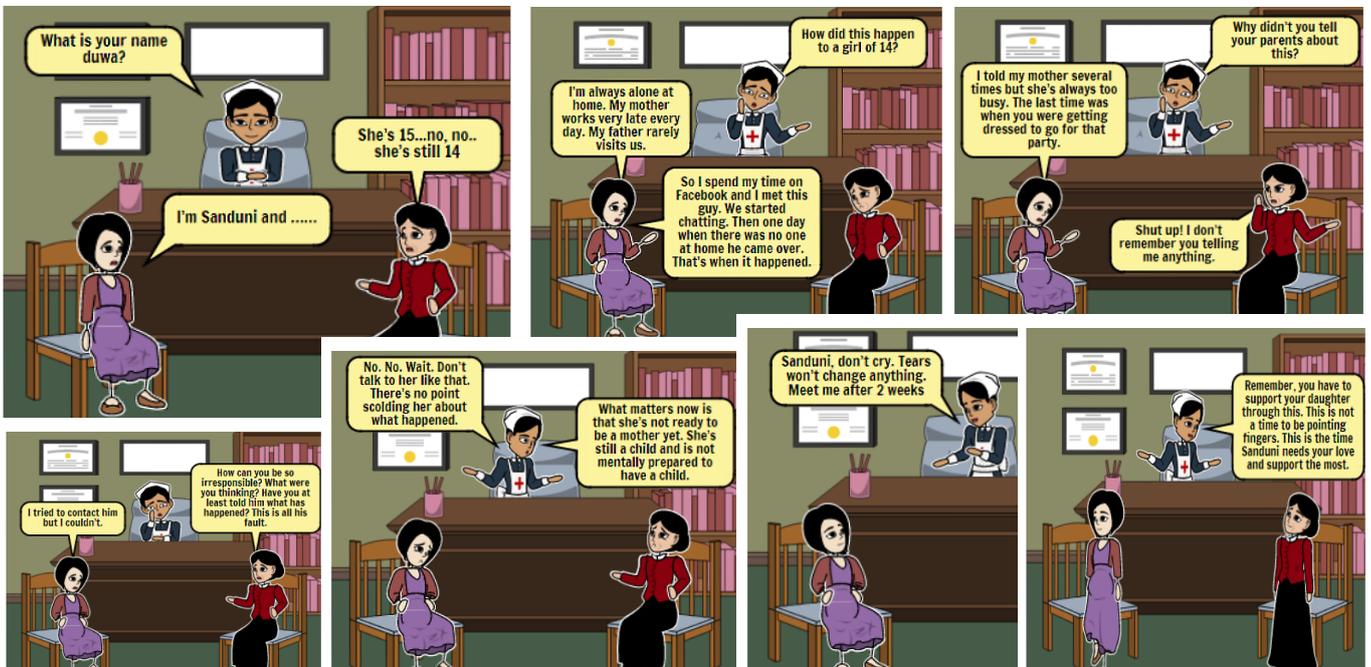
...සාම ගිවිසුමක් ගන්න බැරි නම් යුද්ධ ප්‍රකාශ කරලා හරි හෙත්රි ඇන්ට්ගේ රඹුටන් ගහ කපලා දාන්න කාලේ හරි වගේ...

සෙව්වන්දි කොඩිතුවක්කු

Silent Crying

Teenage pregnancy is a serious issue in Sri Lanka. Recent research indicates an increasing trend of this condition among females in the age group 10-19 years. More and more teenagers supposedly engage in unprotected sex only to suffer the consequences of being ostracized and stigmatized apart from the burdens of childbirth and early motherhood.

Below is Sanduni's story, a pregnant 14-year-old who finds herself being snubbed by society.

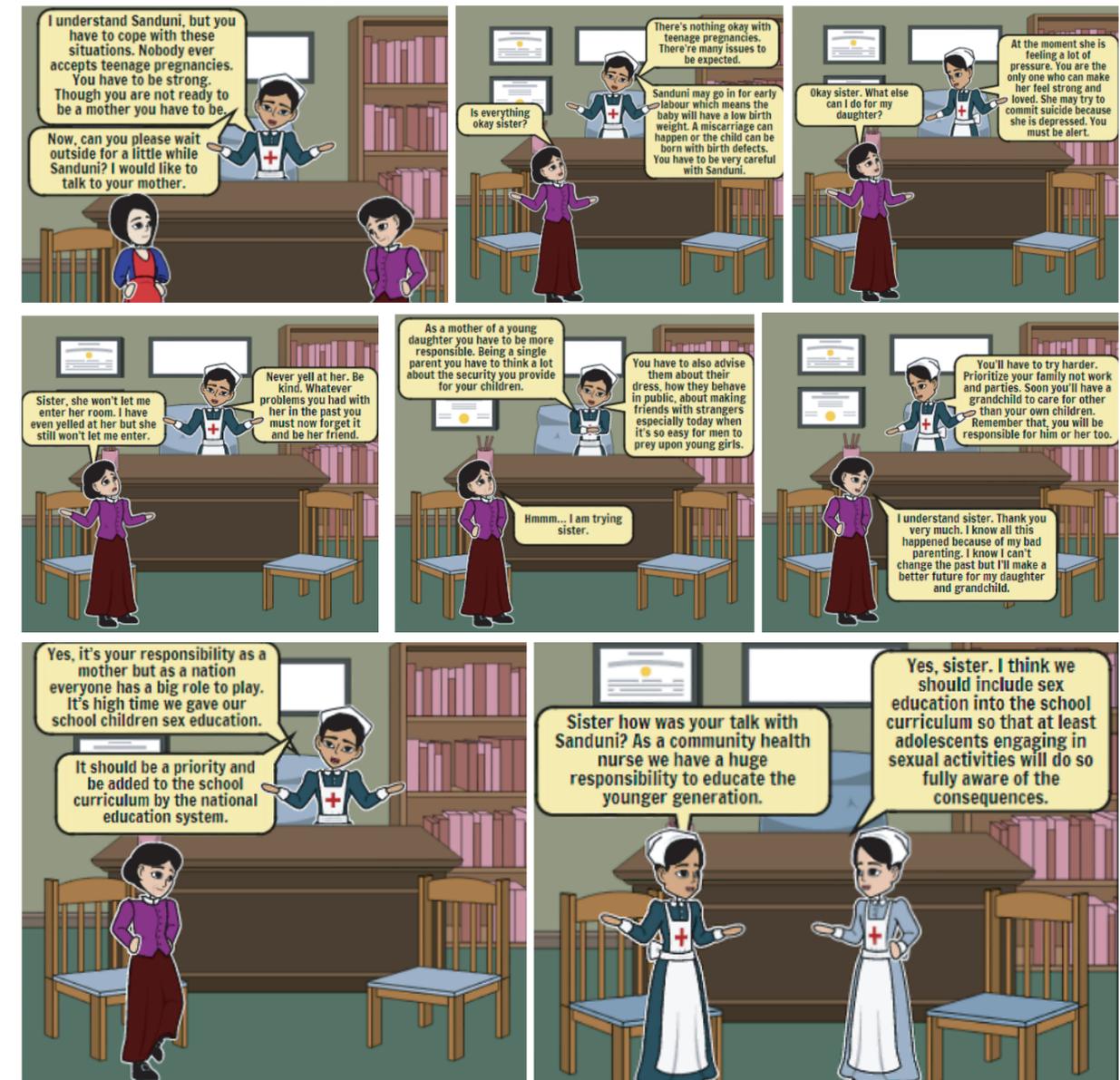


After two weeks...



CALLING FOR APPLICATIONS IN THIS QUARTER

Programme	Issuing Application
LLM Criminal Justice Administration	23.07.2017
MA in Development Studies & Public Policy	13.08.2017
Master of Education	27.08.2017
MA (Teacher Education)International –MATE »	03.09.2017
M.Sc in Environmental Sciences	17.09.2017
Diploma in Early Childhood & Primary Education	24.09.2017
Commonwealth Executive MBA/CEMPA	24.09.2017
Certificate in Entrepreneurship & Small Business Management(ESBM)	24.09.2017
M.Sc in Entomology & Applied Parasitology	08.10.2017



Hence, the role of a nurse is not only to provide health care to individuals, families and communities, she also has to perform responsible roles as advisor, decision maker, communicator, patient advocate and even teacher. The Department of Nursing at the Faculty of Health Sciences, of the OUSL is well versed in these functions and responsibilities of a nurse. The Department offers a BSc. in Nursing and today is educating more than 3,000 registered nurses in the island. The degree programme is largely dedicated to producing Community Health Nurses.

Nipuna Kuruppu
Vijini Wickramasinghe
E A R D Kumari